



HALLELUJAH ACRES

# HealthNews

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

March/April 2010 / No. 60

## YES! YOU CAN... BENEFIT FROM SUPPLEMENTS

### *Yes! You Can Be An* **ATHLETE**



Yes! You Can **DO THE DIET**  
**WHILE TRAVELING**

**+ Yes! You Can...**

- EAT NON-ORGANIC FOODS
- BEAT GENETIC WEAKNESSES
- HAVE A GREAT GARDEN

**Paul  
& Ann  
Malkmus**  
Expanding  
the Possibilities  
of The Hallelujah  
Diet

page 6

## YES! YOU CAN Do More With The Hallelujah Diet

# YES! You Can...



4 / ...Be in Health  
Rev. Malkmus Explains How



6 / ...Expand the Possibilities  
of The Hallelujah Diet  
with Paul & Ann Malkmus



18 / ...Control Your Appetite  
How to Overcome  
Food Addictions



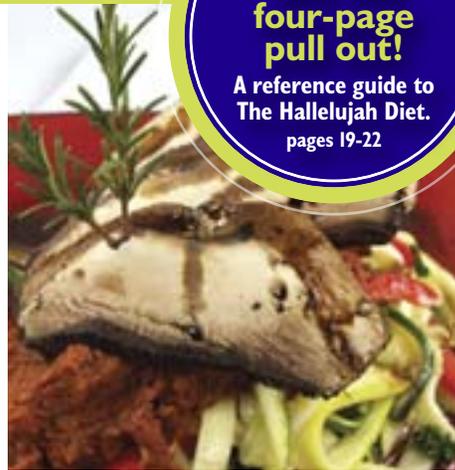
24 / ...Garden  
No Matter Where You Live



27 / ...Beat Genetic Weaknesses



34 / ...Break the Pain Cycle



14 / Signature Recipes from  
Hallelujah Acres Café & Smoothie Bar



10 / Yes! You Can... Be An Athlete  
Sydney Laird, Competitive Gymnast

**Start Now!**  
**See the**  
**four-page**  
**pull out!**  
A reference guide to  
The Hallelujah Diet.  
pages 19-22



## HALLELUJAH ACRES

Hallelujah Acres Health News is published by  
Rev. George Malkmus, Lit. D.  
& Hallelujah Acres / 900 S. Post Rd.  
Shelby NC 28152 / 704.481.1700  
www.hacres.com

**Executive Editor**  
Paul Malkmus, CEO of Hallelujah Acres

**Contributing Editors**  
Olin Idol, N.D., C.N.C., Vice President  
of Health  
Michael Donaldson, PhD, Research Director,  
Hallelujah Acres Foundation  
Ann Malkmus, Chief of Marketing and Education

**Marketing Director** / Tiffany Hughes

**Administrative Assistant** / Sheila Van Dyke

**Management Consultant** / Scott Laird

**Graphic Designer** / Paula Yount

**Contributing Writers**  
Dennis Daniel, Melody Hord

**Photographer** / Tera Wooten

**In Canada / Hallelujah Acres Canada**  
2 Queen Elizabeth Blvd.  
Toronto, Ontario / M8Z 1L8  
866.478.2224 / www.hacres.ca

The nutritional and health information in this publication is based on the teachings of God's Holy Word – the Bible – as well as personal experiences and research. We do not offer medical advice or prescribe the use of diet as a form of treatment for sickness without the approval of a health professional. Because there is always some risk involved when changing diet and lifestyles, we are not responsible for any adverse effects or consequences that might result. Please do not apply the information in this publication if you are not willing to assume the risk. If you do use the information contained in this magazine without the approval of a health professional, you are prescribing for yourself. This is your constitutional right, but the editor and publisher assume no responsibility.

The following names are all registered trademarks of Hallelujah Acres Inc.: Hallelujah Acres®, BarleyMax®, Get Healthy! Stay Balanced®, The Hallelujah Diet®, The Hallelujah Health Tip®, Hallelujah Acres Café®, Hallelujah Acres Lifestyle Center®, B-Flax-D® and CarrotJuiceMax®

The following names are all trademarks or service marks of Hallelujah Acres, Inc.: Hallelujah Acres University™, Hallelujah Diet & Lifestyle™, Health Minister™, WaterMax™, and You Don't Have to be Sick!™ Hallelujah Acres Diet & Lifestyle™, Hallelujah Acres Living Woman™ and The Hallelujah Acres Diet™

Copyright © 2010 Hallelujah Acres, Inc.

Send a magazine and a product catalog to a friend. / Call 800.915.9355



Hallelujah Acres Incorporated  
Accredited Since 1999

*Hallelujah Acres® is a non-denominational Christian ministry that provides education, products, services, and other resources to help people everywhere understand and practice God's ways to ultimate health. We hope that you will find both the information and inspiration you need to get on the road to health and to stay healthy for life.*

### Find us on...

Join our fan page at  
[www.facebook.com/hallelujahacres](http://www.facebook.com/hallelujahacres)

Follow us on Twitter  
[www.twitter.com/hallelujahacres](http://www.twitter.com/hallelujahacres)



**FREE!**  
**Snack Bar**  
**Sample Pack**  
with purchase of  
\$150 or more!  
page 35

### also in this issue...

- 13 / Yes! You Can Do the Diet While Traveling
- 19-22 / Start Today! The Hallelujah Diet Explained
- 23 / Yes! You Can Eat Conventionally Grown Fruits and Vegetables
- 28-29 / Hallelujah Acres Events • 30 / Dental Health Part 2
- 32 / Success Stories • 35 / Hallelujah Acres Market Place

16 / Yes! You Can...  
Be Healthy  
With Supplements



# YES! YOU CAN...

## Do More With The Hallelujah Diet

On the surface, The Hallelujah Diet is unassuming: it's just a Bible-based vegan diet with a few little extras. But it's not the diet that changes lives; it's the result of actually doing it that makes the difference. One has to experience it to realize the hidden benefits and priceless value to his or her life (which we will explore in this issue of *Health News*).

As we approach the celebration of Christ's resurrection, one might compare the experience of The Hallelujah Diet to that of experiencing the Last Supper. If you have had the opportunity to take part in a traditional Passover seder meal, you know that the experience can reveal hidden details of the Last Supper that the average Christian may never have considered. With your spiritual eyes open, the meal's seemingly benign symbols and rituals resurrect the story to incredible new life.

For example, have you ever wondered why the apostle John was given the privilege of sitting next to Jesus at the Last Supper? Or why he alone was told who would betray his Master? Or why none of the other disciples thought it was strange that Judas suddenly left the room? The answers, oddly enough, are contained within the traditions of the Passover meal itself.

John sits next to Jesus simply because it is Passover tradition for the youngest member of the group to sit beside the guest of honor; John is the youngest disciple, and Jesus is, of course, the guest of honor (John 13:23). It is also Passover tradition to recline during the meal to commemorate the relief of being freed from slavery in Egypt; this is why John is able

to simply lean to one side and ask Jesus who would betray Him without any of the other disciples noticing (John 13:25).

Jesus quietly answers John's question by using another Passover tradition; He tells John that the one who will betray Him is "the one whom I shall give a sop." The "sop" is a sandwich made of items on the Passover plate. At a certain point during the seder meal, each person around the table makes a "sop" and hands it to someone whom they love. In so doing, Jesus was simply indicating that He loved Judas; only John knew it as a signal.

Furthermore, when Judas gets up to leave, why didn't anybody try to stop him? Again, at a certain point during the seder meal, it is simply Passover tradition to leave the table in order to give to the poor (John 13:29). No one suspected he was going to betray the Master.

Upon further study, each of these situations has a prophetic meaning as well; the deeper you go, the more you discover.

*Have you ever had someone tell you that The Hallelujah Diet is too restrictive for them? Or that it's just another fad diet? If you've been doing The Hallelujah Diet for a while, you know they're not looking beyond the surface; there's far more to the story than carrot juice and celery sticks.*

The same holds true for The Hallelujah Diet. You can just do the diet to get healthy, but you can do more with it... and do more because of it! It's all what you make of it. Instead of just drinking

BarleyMax, find out why it has the incredible effect on the body that it does. Consider the infinite details God put into the simple barley leaf that makes it such a perfect food, and what a profound

effect it has on your body. By digging deeper into "why" The Hallelujah Diet enables the body (and consequently the mind and spirit) you will be awestruck by God's amazing power and His love for us as a caring Father.

The Hallelujah Diet is so much more than it appears to be. This issue of *Health News* will explore just a few of the ways the experience of The Hallelujah Diet can resurrect your health, energy and zeal for life — on having a healthy smile and giving you an athletic advantage, from overcoming food addiction to nurturing your soul. You will also see how to think outside the "diet box" to make The Hallelujah Diet suit your lifestyle, rather than trying to fit your lifestyle into the diet.

The lesson is simple. Never judge a book by its cover... or a diet by its menu! 🌱

Consider the ravens: for they neither sow nor reap; which neither have storehouse nor barn; and God feedeth them: how much more are ye better than the fowls?

Luke 12:24



# Yes! You Can... Be In Health

by Rev. George Malkmus, LitD

Two of the questions I am often asked concerning The Hallelujah Diet are:

*“Does everyone who adopts The Hallelujah Diet get well?” Do they see all of their physical and emotional problems go away?”* My answer to these questions is: **“ABSOLUTELY NOT.”**

But let me hasten to add that although not everyone who adopts The Hallelujah Diet recovers from all their problems, probably over 90% of all problems go away.

Now compare these results with the results people achieve when choosing to go the medical route with their physical or psychological problems. They are given drugs in an effort to take away these problems. In fact, let's go a bit further: Do you know of anyone who ever saw a physical or psychological problem go away as a result of taking a doctor prescribed or over-

the-counter drug? Allow me to elaborate on this thought even further:

- Do people with high blood pressure ever recover from their high blood pressure problem by taking drugs; or do they have to remain on those drugs for the rest of their life in order to control their high blood pressure?
- Do Type-2 diabetic ever get to the place where they no longer have need of insulin to control their blood sugar problem?
- Do the arthritic or migraine headache sufferers ever see their condition improve to the point where they no longer require pain medicine?
- Do the person who wear eyeglasses ever see their eyesight improve to the point where they no longer have need of corrective lenses?

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

3 John 2

If the medical profession could obtain the results people obtain after adopting The Hallelujah Diet, it would be front page news in tomorrow's newspapers and the lead story on evening television news programs. With so many people experiencing these incredible results after adopting The Hallelujah Diet, let's consider further the question:

## *Does Everyone Who Adopts The Hallelujah Diet Get Well?*

In answering that question, the very first thing I must say is that The Hallelujah Diet is incapable of healing anyone of anything! But I must hasten to reiterate what I said previously, which is that there is not a drug in the doctor's medicine bag that has ever healed anyone of anything either!

There is a reason why I say The Hallelujah Diet has never healed anyone of anything and it is this: all healing is self-healing. If anyone is ever



going to get well (that is, recover from their physical or psychological problem or problems), conditions conducive to healing must first be brought about within the body, so that the body can do what it was designed by God to do, which is HEAL ITSELF.

You see, when God created that original couple, Adam and Eve, he placed within their genetic coding SELF-HEALING. And that self-healing has been passed down in the genes from generation to generation, and finally to you and me. We all have self-healing built into our bodies! Let's prove that statement:

## We Have Self-Healing Built Into Our Bodies

At one time or another, we have experienced self-healing when we cut ourselves. That's right! Before our very eyes we saw the blood flow to cleanse the wound. Then we saw the scab form to protect that wound from the elements, while the body feverously worked beneath that scab to knit the skin back together. When the skin had been knit back together we saw the scab fall off and below that scab we saw the beautiful new skin the body had made.

Friends, that is a visual of the body literally healing itself on the outside! But what most people fail to realize is that the same self-healing we see manifested on the exterior of the body can and will manifest on the inside of our body in most instances, when we bring conditions conducive to healing within. It's what God designed the body to do.

Years ago I read a little book titled *Acres of Diamonds*. The book told about an individual who searched the world over for wealth, only to come home empty handed. However, after returning home, he found the wealth he had been searching for, an acre of diamonds in his own backyard. In other words, he had been searching for years for the wealth he already possessed.

This story is very much like our search for a cure for our physical and psychological problems today.

When it comes to physical and mental health, humans have been searching in vain for healing for millennia.

In an effort to obtain healing, people willingly accept doctor prescribed and over-the-counter

drugs, which are poisons and toxic to the body, along with burning radiation and mutilating surgeries. Sadly, while these modalities cost huge sums of money, they never bring the cure the person is seeking. Often, they exacerbate the problem. This search for a cure has been going on for at least 2,000 years as we read in the Bible in Mark 5:23-24:

“And a certain woman, which had an issue of blood twelve years, and had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse.”

## Why Does Man Continue Searching For Something He Already Possesses?

Why do we continue to look to the world for the solution to our physical and psychological problems when God told us more than 2,000 years ago that the world's solutions to these problems are “foolishness” with God? (I Corinthians 3:19)

My dear friends, how long will it take, how many more people must suffer needlessly and die prematurely, and how much more money are we going waste, before we realize that right within each of our bodies is a self-healing mechanism designed by God? When we bring conditions to bear within our body that are conducive to healing, the body will ALMOST ALWAYS heal itself.

When people adopt The Hallelujah Diet, the reason most get well is because they are bringing their body into a state that allows it to heal all by itself. It is simply the law of sowing and reaping that brings these positive results: “Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.” (Galatians 6:7)

And my dear Christian friend, don't forget the words of God in Hosea 4:6: “My people are destroyed for lack of knowledge: because thou has rejected knowledge.”

For over 18 years now, Hallelujah Acres has been sharing “knowledge” with anyone who would listen, and especially the Christian community, regarding “God's Way to Ultimate Health.” Yet the majority of Christians continue to follow the world's way when it comes to their physical and psychological problems — while rejecting God's way. 🌱

Over the years, tens-of-thousands have written to tell me that after adopting The Hallelujah Diet, they have either experienced improvement or recovered from over 170 different physical and psychological problems. Here are the top 50 in that listing:

1. Acid Reflux & Heartburn
2. ADD & ADHD
3. Addictions
4. Allergies (both food & seasonal)
5. Anemia
6. Arthritis (both osteo and rheumatoid)
7. Asthma
8. Bleeding gums
9. Blood pressure lowered
10. Body odor gone
11. Cancers (dozens of locations)
12. Candida
13. Cataracts, Glaucoma & macular degeneration
14. Cerebral palsy
15. Cholesterol (lowered readings)
16. Colitis & Ulcerative Colitis
17. Constipation
18. Cravings
19. Cystic fibrosis
20. Depression
21. Diabetes
22. Digestive problems
23. Diverticulitis & Diverticulosis
24. Eczema, Psoriasis & Acne
25. Energy increased
26. Epilepsy
27. Eyesight improved
28. Fatigue
29. Fibromyalgia
30. Gout
31. Headaches
32. Hemorrhoids
33. Hepatitis A, B, & C
34. Hypoglycemia
35. Incontinence
36. Infertility
37. Irregular heartbeat
38. IBS (Irritable Bowel Syndrome)
39. Leukemia
40. Lupus
41. Lyme Disease
42. Manic Depression & Bi Polar
43. Menstrual problems & Hot flashes
44. Migraines
45. Mood swings
46. Multiple Sclerosis (MS)
47. Obesity
48. Sinus problems
49. Sleep apnea
50. Stroke

However, it must be reiterated that these wonderful recoveries came automatically when that person brought about conditions conducive to healing within their bodies. When we do that, without the help of doctors or their drugs, **the body will in most instances, simply, and usually quite quickly, HEAL ITSELF!**

# Yes! You Can... Expand the Possibilities of The Hallelujah Diet

## A Conversation with Paul & Ann Malkmus

Hallelujah Acres' Paul Malkmus (CEO) and Ann Malkmus (Chief of Marketing and Education) are two very busy people. They have office chairs but rarely sit down. Their iPhones never stop vibrating. Meetings are held in the hallway (while walking to another meeting). Even at home, their kitchen table doubles as a boardroom, layered with projects begging their attention. Not to mention that their empty nest is not so empty, lately.

Whether it's a busy schedule, willpower struggles, or other hurdles, the secret, say Paul and Ann, is to make The Hallelujah Diet match your life, rather than trying to match your life to The Hallelujah Diet ideal. We sat down with them to find out how they're changing people's minds about adopting The Hallelujah Diet.

### **HealthNews:** *Why do people think they could never do The Hallelujah Diet?*

**Ann:** Paul and I have thought about this question many times over the years, and we've determined that there are several reasons for this. First, people think that they have to give up their favorite foods. Secondly, the diet appears to be too restrictive (when really it's not). It's so full of variety that the menu can be literally endless.

**Paul:** Exactly. People think they have to "give up" all the foods they've had all their lives. But what we're really doing is finding replacements for those foods. When you walk down the grocery aisles and see the ice cream, meat, cornbread and things like that, you can know that there are ways to replicate those foods in a healthier manner that will support the body rather than detract from good health.

**Ann:** I remember when I first started The Hallelujah Diet in 1996 and heard Rev. Malkmus talk about how he loved cornbread and had to "give it up." So, rather than just deprive himself, he went into the kitchen and created a healthy version of the cornbread he missed. And we've come a long way since then. I mean, we even have replacements for most of the coffees, lattes and things that Starbucks has. You don't have to be without — you just have to be creative.

**Paul:** Let's be honest; who wants to go on a diet that's not going to be enjoyable? Especially a diet that is supposed to be lifelong, rather than just a temporary fix. If it's not fun, it's not going to be embraced, and it certainly won't be permanent. As an example, I'm part of a CEO peer group, and I invited a member of that group to have lunch at our new Hallelujah Acres Café. When he finished his meal, which was totally foreign to him, he said, "You know, you may have me convinced by the time I leave today." Healthy food doesn't have to taste bad; in fact, it can taste incredibly good.

**Ann:** There's always a fear of the unknown. That's what makes this so threatening to some people. Furthermore, it involves change and that's not always comfortable. Most people have spent 20 years amassing their kitchen appliances and suddenly we're telling them to get this weird thing called a juicer. And what does a dehydrator do, anyway?

*If anyone knows how to expand the concept of The Hallelujah Diet to match an **impossibly busy schedule**, Paul and Ann Malkmus do!*

Not to mention there's so much misinformation out there these days that sometimes we have to get right back to the basics to help people separate basic health truth from all the fads and quick fixes.

**Paul:** Another reason people tend to shy away is that they don't want to be different from their friends and families.

**Ann:** Being different is not always comfortable because sometimes friends and family don't understand why you're changing your diet. The light hasn't come on for them. And I think one of the reasons that friends and family don't get it is because there's a misunderstanding that somehow The Hallelujah Diet is complicated, time consuming and expensive.

**Paul:** The expensive part does have some truth to it — if someone is attempting to do both The Hallelujah Diet and maintain their standard American diet.

Buying meat and lots of packaged products in addition to increased fruits and vegetables will definitely tip the scale. Not to mention that they won't see the savings due to decreased doctor visits and health improvement if they do both lifestyles, rather than just sticking to The Hallelujah Diet.

**HealthNews:** *What about the notion that, to be on The Hallelujah Diet, you should only buy organic foods?*

**Ann:** What I tell people is the same thing that Dr. T Colin Campbell (author of *The China Study*) says. Certain vegetables have so many nutrients in such great quantities that the benefit of eating them far outweighs any marginal negatives from the pesticides on them. Plus, you can always wash or peel the pesticides away.

**Paul:** Pesticides are also hydrophobic, which means they tend to bond with the pulp in fruits and vegetables, not the juice. So, when you juice, if organic produce is not an option, you can rest assured that the juice you get from conventional

produce will almost always have lower pesticide residue than the whole food itself.

**Ann:** If you can't get all organic, the next best thing is locally grown produce, or even a local food co-op (see page 23). Try your local grocery store; ask them if you can order larger quantities of the produce you want at a reduced rate.

**HealthNews:** *In some of your classes recently, when you introduce The Hallelujah Diet to newcomers, you called it a "concept." What do you mean by this? Why the change in delivery?*

**Ann:** We've changed how we deliver the message because the goal of The Hallelujah Diet is not to restrict a person's diet as many people assume. It's not a rigid diet plan. It's a concept. And that concept is simply to add more living foods and nutrition either in the



Paul and Ann teach the practical basics of The Hallelujah Diet during their recent "Where Do I Go From Here?" road tour in Florida.

form of juices, supplements, or both, as well as continuing to eat whole, enzymatically rich foods every day.

As busy people ourselves, we recognize the busy lives that people lead and their many time and resource restrictions. We just want to show people that incorporating The Hallelujah Diet into their lives can still be done — even if it looks different in real life than it does on paper.

There is one exception. Someone with a life threatening illness must adhere to the “recovery” version of the diet (see page 22) to provide the best opportunity for the body to be supported through the healing process.

We have found that, as we meet people personally and share this lifestyle with them, we can describe it in a way that is more practical to them. People read the outline of the diet (see pages 19-21) and conclude that it is rigid. This makes it difficult to convey its true flexibility. By presenting it as a concept, we can open the door to show how to replace unhealthy items with healthier, wholesome ones and how the vast variety of fruits, vegetables, beans, nuts, and seeds afford many quick, sustaining, and delicious meals.

**HealthNews:** *If The Hallelujah Diet is so versatile, why do you think some people who try the diet end up limiting themselves to eating carrot sticks and celery?*

**Paul:** I think it has to do with the mindset that, in order to eat healthy, people think they have to eat more salads. Salads do add more raw food, living enzymes, and fiber to a diet, but there's more than one way to prepare raw foods. There is endless variety within the parameters of a healthy, whole foods diet. There's a whole living foods movement out there today proving that main

***It's not about being perfect. It's about concentrating your nutrients, reducing and replacing harmful foods, and enjoying yourself.***

***It's all about mindset.***

courses and desserts made with foods on The Hallelujah Diet can be creative and flavorful, without looking like a typical salad. The all-new Hallelujah Acres Café is a perfect of example this. The food is gourmet (see page 14), the taste is out of this world, and yet it's all within the boundaries of The Hallelujah Diet.

**Ann:** By approaching the diet as a “concept” rather than a “diet,” the versatility becomes evident. It can be fun and flexible and based upon your daily priorities. The key is to fit the diet into your life, rather than trying to fit your life into the diet. If that means having the cooked portion of your food at a different time of day, so be it. If that means having your BarleyMax at the beginning of a meal because you forgot to do it 20 minutes beforehand, that's okay, too. In fact, we have found that, in some cases, taking BarleyMax at the beginning of a meal may be even more beneficial because fats from a meal can help the body assimilate the BarleyMax better.

**Paul:** The Hallelujah Diet ideal that we print in every issue of our magazine is an optimal model of the diet. It's like showing someone how to score 100% on a test. Scoring 100% every day is not only unrealistic, it's nearly impossible. The idea is to get it as right as you can, as often as you can, without beating yourself up about it. If you happen to have 20% cooked foods one day (instead of the ideal 15%) and then 10% the next day, that's fine.

Trying to do it perfectly creates so much frustration that some people just give up, or spend too much time and energy trying to live up to it rather than just following the concept. In fact, we've seen situations where people who stick to The Hallelujah Diet too rigidly actually don't fare as well in the long run as people who can appreciate it as a flexible concept.

The important lesson in all of this is to maintain the concept of The Hallelujah Diet and not to try to be perfect. If you keep narrowing your scope of what you think you can do with it, you'll end up carving out a niche diet for yourself that is truly too restrictive. It's not about being perfect. It's about concentrating your nutrients, reducing and replacing harmful foods, and enjoying yourself. It's all about mindset.

When we present the idea of The Hallelujah Diet being a concept that allows for replacement foods that eliminate harmful foods, some people who have been following our program for years tell us they've never thought about it like that.

**Ann:** I remember one lady who approached us after hearing us present The Hallelujah Diet from this different perspective. She came to us with tears in her eyes saying, “You have no idea how much easier you've made this diet for me.” She was struggling with it for years, but by simply



***How We All Went Raw***

By Charles Nungesser, Coralanne Nungesser, and George Nungesser teaches all about a raw foods lifestyle, describes how to prepare great tasting raw food dishes, and is filled with almost 80 raw food recipes.

#BKHPL0375

\$17.95

To order, call toll free **800.915.9355** or order online at **www.hacres.com**



understanding it from a different perspective, the light came on for her. She was so worried about living up to what she considered The Hallelujah Diet's rigorous standards that she couldn't enjoy it.

**Paul:** It's not all or nothing. We have to remember that every step we take toward the good is a step forward. The Hallelujah Diet is not a temporary diet. It's a lifelong journey. Every month and every year we move closer to getting the most out of it.

**HealthNews:** *What are some of the projects you're working on for 2010?*

**Ann:** Paul and I are finishing up a book that helps people start The Hallelujah Diet from the ground up. Secondly, we're taking Health

Minister Training on the road as we did in 2009. We've also lined up a lot of speaking engagements at churches, raw food expos, seminars, and conferences (watch [www.hacres.com](http://www.hacres.com) for details).

We want to create a momentum and awareness for people to understand that The Hallelujah Diet is a powerful force when facing illness and disease.

The primary focus is to demonstrate that this diet can easily be replicated in every home across the country and across the world.

We want to show the practicality of The Hallelujah Diet — it's not only the "what" but the "how." We want to help people make this work for them and include a lot more scientific validation than we have in the past.

**HealthNews:** *Why all the traveling this year?*

**Paul:** We're well aware that many people cannot make it to our headquarters in Shelby, North Carolina. Furthermore, some just don't

understand the power this diet has to transform their lives. So, we want to ensure that this message can be delivered in as many cities and towns as possible (see ad on back cover).

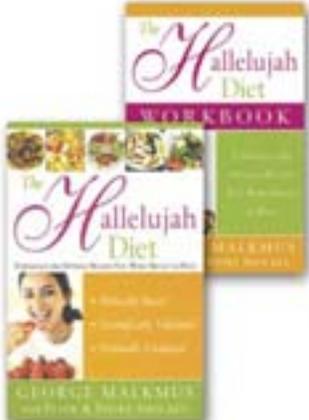
**HealthNews:** *Are you hoping to change people's perception of The Hallelujah Diet? If so, how do you hope people will view it?*

**Ann:** The basic concept of The Hallelujah Diet is virtually the same as when Rev. Malkmus created it. What we want people to notice is that the variety and the value of this lifestyle is so powerful that it's worth taking a second look at it.

**HealthNews:** *What is the future of Hallelujah Acres?*

**Paul:** Only God knows for sure! We truly believe in the message that God gave to Rev. Malkmus, and we intend to share it with as many people as possible. For the last 18 years we have seen the message produce extraordinary results. Our next step is to use technology to its fullest capabilities to share the message and to offer support to those on their journey to optimal health. ☺

OPEN TO ALL!



Spend two memorable days with Rev. Malkmus, including presentations on dead food/living food, Biblical foundations of The Hallelujah Diet, the importance of exercise, and much more!

This course is a prerequisite option for Health Minister Training.

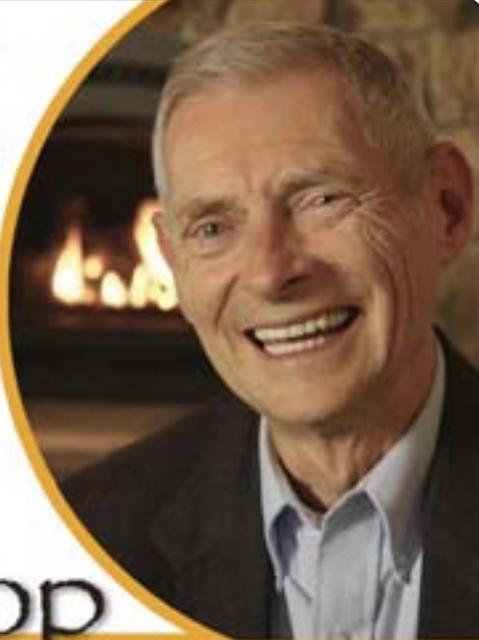
\$125 per person

# 2-day Workshop

Hallelujah Acres Diet & Lifestyle

March 8-9 • July 5-6 • November 8-9

Training takes place at the Hallelujah Acres International Headquarters in Shelby, NC. For more information, call **800.915.9355** or visit [www.hacres.com](http://www.hacres.com)





HALLELUJAH ACRES



**Yes! You Can**

Sydney with head coach Sergei and Anne Tereshenko, owners of Precision Gymnastics.

**Be An**

**ATHLETE**

**Sydney Laird, Competitive Gymnast**

**Many people assume that The Hallelujah Diet is not wise for children. Many also doubt that it is adequate for an athlete. And many would certainly say that it is out of the question for a child who is also an athlete... tell that to 10-year-old Sydney Laird.**

Sydney is a promising, level-eight competitive gymnast who trains 20 to 24 hours a week at Precision Gymnastics in Boiling Springs, North Carolina. She, her parents, and 6-year-old brother all adhere to The Hallelujah Diet — and the numbers prove that the diet is more than adequate, even for her rigorous training schedule. Her strength and muscle tone have shown remarkable improvement since adopting The Hallelujah Diet 2 years ago — so much so that her chiropractor nicknamed her “The Muscle.” The diet, combined with a change in coaching, resulted in an improvement that led Sydney to move up two competitive levels in just one season.

As part of this magazine article, The Hallelujah Acres Foundation offered to examine an average day in Sydney’s diet to determine if indeed it was adequate to support the high level of athletic activity required for a gymnast (see chart at right; download the complete report at [www.hacres.com/pdf/misc/athlete-diet-nutrition.pdf](http://www.hacres.com/pdf/misc/athlete-diet-nutrition.pdf)). Those who consider The Hallelujah Diet deficient may find these results shocking.

Sydney’s daily diet not only provides enough protein, but more than doubles the recommended intake for a US child her age

(202%) — achieved without any meat, milk, cheese, eggs or other animal products.

“Her protein comes mainly from 4 tablespoons of hemp seed,” notes Dr. Michael Donaldson, Research Director of the Hallelujah Acres Foundation. “The hemp definitely provides enough protein, and it is very digestible compared to some other plant proteins, like soy.”

Contrary to popular belief, plant protein is the healthiest type of protein. It allows for a normal rate of body growth, rather than the hyper-growth we have been conditioned to pursue via misinformation and the marketing efforts of the meat and dairy industries.

Hemp protein in particular is extremely healthful. Researchers claim that if no other food is consumed, hemp seeds could sustain a human life for a few months without causing nutrient deficiency problems. With a protein structure of 66% edestin and 33% albumin, hemp seeds contain all eight essential amino acids plus two conditionally essential amino acids. They also contain the perfect ratio of omega fatty acids researchers recommend for good health: one part omega-3 to three parts omega-6.

Not only is Sydney’s protein level impressive, her fiber intake is 222% of recommended intake. Her levels of vitamins A and C are off the charts at 599% and 384%, respectively. Several other nutrients are also double, triple or exponentially higher than what is recommended — again, achieved without any animal products whatsoever.

With the addition of some simple, dietary supplementation, she is also getting 1000% of her daily vitamin D3 (\$0.10/day) and more than 17000% of her daily vitamin B12 (\$0.06/day) — a nutrient always brought up in opposition to a vegan diet. Truth be told, meat eaters are often deficient in B12 despite eating meat.

“Some people respond well to much higher levels of B12 than the ‘recommended’ amount. You don’t have to worry about getting too much,” says Dr. Donaldson. “It is one of the few vitamins that actually has no toxic upper level listed.”

***There were, however, some questions. For example, why was her calcium level only 61% of the recommended intake?***

“The calcium seems low because the standard is set so high, around 800 mg/d for children — this is an attempt to increase calcium intake

to offset the possibility of osteoporosis,” says Dr. Donaldson. “But it is also a ploy by the American Dairy Council to get their products moving in the market. It’s driven by food politics. It is likely that there really isn’t any issue. She is doing well to get that much calcium from her diet now. If she eats some beans that will increase a bit more, as they are a good source of protein and minerals, including calcium. I wouldn’t go looking for a calcium supplement at all.”

***The total fat content also looks high at 193%. Dr. Donaldson explains that for child athletes, this is not really a concern.***

“I wouldn’t worry about the fat content. It is coming mainly from foods; a bit of olive oil and coconut oil, but mostly from nuts and seeds. And the olive oil and coconut oil aren’t exactly junk either. She’s obviously burning it off. In fact, the oil on salad is functional and helps absorb nutrients from the vegetables, so I don’t ever encourage people to use fat-free dressings.”

***Hallelujah Acres’ Vice President of Health, Olin Idol (ND, CNC) commented that although Sydney’s caloric intake is almost ideal at 108%, child athletes may need even more to keep their energy up.***

## **Sydney’s Diet**

***Sydney’s daily diet not only provides enough protein, but more than doubles the recommended intake for a US child her age (202%) — achieved without any meat, milk, cheese, eggs or other animal products.***

### **Breakfast**

- 4 g BarleyMax (2 servings)
- 0.05 ml Iosol Iodine
- 1 tsp Pharmax Finest Pure Fish Oil
- ¼ B12-B6-Folic Acid tablet
- 2 capsules Vitamin D (1000 IU each)
- 1/2 cup rolled oats-dry
- 1/2 cup raw almond milk (homemade)
- 1/2 cup frozen blueberries
- 2 Tbsp shelled hemp seed

### **Mid morning snack - 1 banana**

- 1/2 oz almonds • 1/2 oz cashews
- 1/2 oz pecans • 1/2 oz pumpkin seeds

### **Lunch Salad • 3 cup Romaine lettuce**

- ¼ medium tomato • 1/2 cup broccoli florets
- 1/2 cup cabbage • 1/4 avocado • sundried tomato pieces
- (Dressing) 2 Tbsp olive oil
- 1 Tbsp fresh lemon juice • 1 tsp honey

### **Lunch Pasta**

- 1.1 oz organic brown rice pasta noodles (dry weight)
- 1 tsp coconut oil • 1/8 tsp unrefined sea salt

### **Dessert - 4 dried prunes**

### **Pre-Gymnastics Smoothie / Supper**

- 1/2 cup frozen peaches • 1 cup raw spinach
- 1/2 banana • 3 fl oz carrot juice
- 2 Tbsp hemp seed • 1 Tbsp flax seeds
- 1 oz cashews • 1 tsp BeetMax powder
- 1 tsp CarrotJuiceMax Grapefruit Ginger powder
- 1 cup distilled water (treated with WaterMax)

### **Post Gym Snack - 1 medium apple w/peel**

### **Daily Totals**

NUTRIENT	QUANTITY	% comparison to US Child (7-10 yrs)
Calories	2124	108%
Protein	56.9 g	202%
Calcium	491.1 mg	61%
Dietary Fiber	43.6 g	222%
Fat — total	126.3 g	193%
Vitamin A IU	20950 IU	599%
Vitamin C	172.7 mg	384%

### **Sources of Calories**

Protein	10%
Carbs	40%
Fat — Total	50%

### **Sources of Fat**

Saturated	8%
Mono unsat	23%
Poly unsat	15%
Other	5%



**Great  
for  
Athletes!**

## Living Food Survival Bar

At 300 calories, this truly raw, living food bar makes a perfect **meal replacement!** It's packed with nutrient-dense, organic, whole foods — and it's the only bar in the world made with *BarleyMax*, *BeetMax* and *CarrotJuiceMax!*

### #FDGLF0446

1 bar	\$2.95
Box of 12 bars	\$33.95
Case of 72 bars	\$144.00

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

### The Precision Gymnastics competitive team

"Hallelujah Acres' Living Food Survival Bars are a great option, providing 300 calories each without any artificial fillers or harmful proteins you find in most other energy bars," Idol says. "Parents may also want to consider making a home-made sports drink consisting of 1 pint or more of water, 1 banana, half an avocado, and a rib of celery blended together. This would provide 250 to 400 calories depending on the amount of avocado (one avocado provides 300 calories)."

Nutrition immediately following a workout is also important. Instead of just an apple for a post-gym snack (as shown in the sample day on page 11), Sydney's diet now includes a "recovery smoothie" including citrus juices, water, dates, hemp, and dulse flakes.

When asked what other gymnasts think of her "special diet," Sydney says, "At first they thought it was weird. Everyone else had Gatorade® or vitamin water® and I had a

***Sydney was diagnosed with asthma as a toddler, which made gymnastics difficult. When Sydney's family started The Hallelujah Diet, dairy products were the first thing to go — and her asthma disappeared soon after.***

smoothie. But now it's funny because everyone says, 'So what's in your smoothie today, Syd?'"

In addition to providing strength and stamina, The Hallelujah Diet also has its advantages when it comes to injuries (unfortunately not even The Hallelujah Diet can make an athlete 100% bulletproof). By increasing her intake of fresh vegetable juices and anti-inflammatory foods such as blueberries, walnuts, flaxseeds and fish oil, getting some rest, and utilizing

homeopathic therapies from her nutritionally-minded chiropractor (Dr. Paul Calvillo, see page 34), she has recovered from a knee injury much faster than anticipated.

Sydney's dream is to compete in the Olympics, be on a university gymnastics team or coach gymnastics for a living (or all three). Backed with solid nutrition like that on The Hallelujah Diet, she'll be well equipped to do it all — and set an example in the process. 🌟





# YES! YOU CAN DO THE DIET WHILE TRAVELING

by Paul and Ann Malkmus

**Traveling can be so much fun.** It is an opportunity to meet different people, experience different cultures, see different sights, and gain a wider understanding of how the world works. Sometimes, more often than not, we even get to experience the phrase, "It's a small world!"

Inevitably, whether in Hawaii, Boston or San Diego, we will run into people who know about the powerful Hallelujah Diet health message and have first-hand experience of the miraculous healing of their bodies because they put these principles into practice in their own lives. Amazingly, it happens nearly everywhere we go. We have been doing a considerable amount of travel recently, and we'll be doing even more in coming months. We have learned a great deal from our travels and believe that you will find these tidbits both interesting and informative to help maintain your physical and mental health as you travel.

## What to Pack

One of the first things we pack is our Tribest personal blender (see ad at right). We use it every morning to make our BarleyMax and then again to make our smoothies. Before we check into the hotel we purchase bottled water to ensure we have pure water to drink and enough to mix with our BarleyMax and smoothies.

It is not easy to take a juicer or other necessary kitchen items with you on an airplane. That is where the portable juice powders become convenient. So, we pack small zipper bags of powdered juice and other supplemental powders such as BarleyMax, hemp protein powder, vitamin C powder, B-Flax-D powder, and sometimes a sheet of nori for additional iodine and mineral support. We pour the mixture in the personal blender with bottled water, ice from the hotel and either a banana or an apple from the hotel breakfast area. The personal blender mixes them with the bottled water into a refreshing beverage and the carrot, beet, and barley mix provide the nourishment as well as the quality flavor without the mess and time. You can also add a liquid fish oil supplement before the final blending to offer more omega-3 fatty acids. After we blend it, we place it in a mason jar and cover it so we have a late morning smoothie.

We also bring along workout clothes. It is usually pretty easy to find a hotel that has exercise equipment to use. It truly just takes self-discipline to get up earlier in the morning to fit that half hour into your day. If we don't walk outside (which is our first choice), then we use the elliptical trainer or the treadmill, followed by a brief weight bearing exercise session. It sure does help when you are with someone to hold you accountable.

We also pack our very own handheld shower filter and a wrench. As often as we take showers from the chlorinated hotels, we would soon find our skin drying out and getting itchy if we didn't attach the filter unit. A simple, 5-minute replacement can make a world of difference by the end of the trip.

## Where to Stay

We try to stay in an affordable suite instead of a typical hotel room. We have found that the cost is typically less than \$20 more than a standard hotel room, yet the countertop space and larger refrigeration space affords us a better chance at eating healthy. Sometimes we bring a larger blender with us and stock the larger, suite-size refrigerator with whole veggies so that we can blend up a salad for our dinner when we return from a seminar. The way we see it, the extra dollars we spend on the hotel room gives us the resources for a healthier meal than spending those dollars on a quality salad at a restaurant!

## Eating Out

When we do eat out, we review the menu carefully. We look at the larger entrees and see what they are served with. For example, if the steak entrée is served with braised asparagus and the seafood entrée is served with steamed broccoli and carrots, then we ask for those sides as our entrees.

Although it takes a bit of planning, it truly isn't as difficult to stay healthy on the road. What we miss the most when we travel are three things: the wonderful food at the Hallelujah Acres Café, the freshly extracted juices that the Hallelujah Acres Store makes, and our warm, comfortable bed. ☺



## Tribest Personal Blender

Versatile and portable, with powerful ice-crushing, smoothie-making, seed-grinding, sauce-blending functions!

**#FETRB0585** (reg. \$85.95) **Now! \$75.97**

Mention promo code **HN60** when ordering.



## BarleyMax Mint & BarleyMax Berry

If you consider regular BarleyMax an "acquired taste," you'll love the pleasant, sweet taste of these two new varieties. Like regular BarleyMax, both contain a high level of enzymatic activity for building new, strong, healthy, and vital cells.

**#SPTRC0510** **\$41.95**  
8.5 oz Barley Max Mint (120 servings)

**#SPTRC0511** **\$41.95**  
8.5 oz Barley Max Berry (120 servings)

To order, call toll free  
**800.915.9355**  
or order online at **www.hacres.com**

# Signature Recipes

from Hallelujah Acres

This feature recipe is courtesy of Hallelujah Acres Executive Chef Kirk Talley and his brilliant culinary team at the all-new **Hallelujah Acres Café**. If you haven't visited us yet, make plans! The Café's affordable, gourmet menu of living food entrees is spectacular — and some of the best tasting in North America!



**HALLELUJAH ACRES**

**CAFÉ**

Open Monday to Saturday  
11 am to 2 pm



## Fettuccine with Sun-Dried Tomato Pesto & Marinated Portobello Mushroom

### ZUCCHINI PASTA

1 large zucchini, washed, with ends trimmed  
Celtic sea salt  
½ large red bell pepper, seeded and cut julienned  
pinch of oregano

*Using a mandoline (with the large julienne blade setting locked) firmly slice the zucchini into long strips. Add the bell pepper strips, and a pinch of sea salt and the oregano. Toss all the ingredients in bowl, and set aside.*

### MUSHROOMS

1 large Portobello mushroom, rinsed and stemmed  
juice of one lemon  
dash of Celtic sea salt  
extra virgin olive oil

*In a small bowl, pour the lemon juice over the mushroom and salt it. Add enough oil to coat the mushroom well and give it a good toss in a small bowl. Allow to marinate while you finish the dish.*

### SUN DRIED TOMATO PESTO

½ cup sun dried tomatoes, soak in warm distilled water until pliable  
¼ tsp Celtic sea salt (can be omitted for a sweeter flavor)  
½ cup extra virgin olive oil  
distilled water to add while blending

*Fully drain the tomatoes and place them into a blender. Add the salt, if desired, and then add the oil. Pulse to get the emulsion started, and then on low speed adds water until the desired consistency is reached.*

### PRESENTATION

Remove the zucchini pasta from its bowl and allow to drain for a few seconds. Curl the pasta onto the plate and top with the desired amount of sun-dried tomato pesto. Slice the mushroom cap on a bias and fan it across the pasta. Garnish with fresh basil, or whatever herbs you like.



*Smoothie recipes are courtesy of the Smoothie and Juice Bar at the Hallelujah Acres Store.*

## Pina Notta Colada

1 cup Coconut Bliss 'Naked Coconut' non-dairy ice cream  
1 cup fresh pineapple  
½ banana  
3 Tbsp agave nectar  
¼ cup ice (made with distilled water)  
optional: handful of sprouts (alfalfa not recommended – the taste is too strong)

Just blend and serve! If fresh pineapple is not available, use frozen pineapple and omit the ¼ cup of ice.



## Power Smoothie

2 bananas  
1 cup mung bean sprouts  
½ cup shredded coconut  
½ cup coconut milk  
½ cup pitted dates  
1 Tbsp BarleyMax powder

Blend and serve! Coconut water can be substituted for coconut milk.

**NOTE:** Coconut water is the water (or juice) found inside a young coconut. Coconut milk is made by blending this water with the white coconut meat.



# Yes! You Can Be Healthy with Supplements

by Michael Donaldson, PhD

*Every now and then a study is published that proclaims vitamins are dangerous and supplements are a waste of money. Everything from vitamin C (causes DNA damage in test tubes), folic acid (causes cancer), niacin (causes uncomfortable flushing), Vitamin E (causes cancer) and beta-carotene (lung cancer) has been proclaimed dangerous.*

How do you analyze one of these negative studies that claim a vitamin or antioxidant gives no benefit? First, look at the source of publication. If the journal was written for doctors or oncologists (*Journal of the American Medical Association* [JAMA] or *Annals of Internal Medicine* or another

AMA journal, *Journal of the National Cancer Institute*, and many others) then most likely the results of any study on a vitamin, antioxidant, or a supplement will be negative. On the other hand, if the journal's audience is nutrition professionals (*American Journal of Clinical Nutrition*, *Journal of Nutrition*, *Nutrition Journal*, *Annals of Nutrition and Metabolism*) or other researchers (epidemiologists, other health researchers) then there is a good chance that a positive result of some kind was found before publication.

A clinical study can be designed to give a positive or negative result, depending on what is desired. It is a matter of picking the right population, giving the people the appropriate amount of the vitamin or supplement, (depending on the result desired) and following them for the right amount of time (not too long or too short to see what you want to see). And if the results aren't good, you bury those results and do it again.

I searched back through JAMA to see if my hypothesis about audience-based publication bias would hold water. I looked for clinical trials and reviews on vitamins or supplements. Between 1996 and the end of 2009 I found 45 of these articles, mostly covering omega-3 fats, B vitamins (a lot), and antioxidant vitamins C and E. Eleven of these articles had at least a partially positive response to a tested vitamin or supplement, while 34 articles repeatedly found no effect or even a slight harmful effect from using these supplements. If I only read the AMA's journals, I would believe that vitamins are worthless and a waste of money.

Do you get the picture? Do you trust a vitamin paper published

---

If I search through the American Journal of Clinical Nutrition (AJCN.org) or the Journal of Nutrition (jn.nutrition.org) almost every article in every issue demonstrates a positive effect of a nutrient or a negative effect of a lack of a nutrient.

---

in JAMA? Recently, JAMA published a report indicating that the daily use of 800 mcg of folic acid along with vitamins B6 and B12 lead to increased risk of cancer.<sup>1</sup> Any single study needs to be interpreted in the context of what is already known. Also, design flaws need to be examined to see if they skew the data. This report is the combined analysis of two studies of heart disease patients taking medications, not healthy people, so extrapolation to healthy people would not be appropriate. It turns out that smokers who took folic acid were at higher risk for lung cancer in this study. Otherwise there was little increased risk. Other studies have shown that taking up to 2,500 mcg of folic acid every day for an average of 7 years did not lead to any increase in breast cancer.<sup>2</sup> So, the new findings are not as sensational as the sound bite made them appear.

What can we conclude about dietary supplements then? Are they safe? Are they efficacious? Yes, they are very safe. Do dietary supplements deliver what they promise? Not always, because individual results vary. You don't need everything that is for sale in the catalog, not even from Hallelujah Acres. But there are a few supplements that will fill in dietary gaps and even bring up levels of nutrients to optimal levels regardless of what type of diet you follow. Below are a supplements that everyone could benefit from consuming.

## Vitamin B12

Research studies have shown that many people, especially as they age, are low in vitamin B12. Though vitamin B12 isn't reliably found in plant foods, just eating animal foods isn't a guarantee of adequate B12 nutrition. A study of about 3,000 people found that 39% of the group was low in B12, despite following an omnivorous diet.<sup>3</sup> So, nearly every elderly individual would benefit from a B12 supplement. Vitamin B12 is essential for nerve health, including brain function, homocysteine metabolism, and energy production. Using half of a folic acid-B6-B12 sublingual tablet twice a week keeps B12 levels at or near optimal levels.

See page 36 for Hallelujah Acres' B12, B6 and Folic Acid Supplement

## Vitamin D

A lot of research has shown that almost every person in the USA has lower than optimal levels of vitamin D. We don't get enough sunshine. In our bone health study we found that women, both middle-aged and elderly, really need to supplement vitamin D to have optimal levels. As we age, our skin does not produce vitamin D as efficiently. A 70-year-old only makes 25% as much vitamin D as a 20-year-old from the same sun exposure.<sup>4</sup> In fact, it may take more than 5,000 IU every day to optimize your blood levels of vitamin D. Your vitamin D level is likely as important as your cholesterol levels. If everyone in the USA took just 2,000 IU of vitamin D every day, the rates of heart disease, strokes, colon, breast, and prostate cancer would plummet.<sup>5</sup>

Visit <http://ecommerce.hacres.com> and enter "D3 5000 IU" in the search field.

## Iodine

Iodine supports the health of many organs in the body. It is taken up by most every gland and, when taken in milligram quantities, is found in nearly every tissue of the body. The thyroid cannot function properly without an adequate supply of iodine, and much of the subclinical hypothyroidism in the USA is likely just a shortage of iodine. Iodine is necessary for optimal function of the breasts, ovaries, endometrium, and prostate. Research has shown that milligram amounts of iodine can reverse fibrocystic breast disease. Iodine balances estrogen levels, thus supporting ovary health. Sufficient iodine is needed for a stable rhythmic heart beat. Iodine attaches to insulin receptors and improves glucose metabolism, which is good news for people with diabetes. Iodine is essential for the development of the central nervous system, and women need a good supply before becoming pregnant. A drop of Iosol iodine a day is an excellent way to safely optimize your iodine intake.

Visit <http://ecommerce.hacres.com> and enter "Iosol" in the search field.

## Fish Oil

The benefits of EPA and DHA are well known and thoroughly researched, including greater mental acuity for all ages from the youngest yet-unborn infant to the oldest adult (which includes IQ, cognitive function, depression, ADHD, autism, etc), reduction of inappropriate chronic inflammation (near to the root of many diseases), improving cardiovascular function (normalizing triglycerides, heart muscle electrical activity, platelet function), and immune system modulation to squelch autoimmune diseases. The evidence is strong and conclusive regarding the benefits of long chain omega 3 fats in human health, (unless you rely solely on articles published in JAMA). One teaspoon of Pharmax Finest Pure fish oil provides 1,800 mg of EPA and DHA, which is more than other popular brands.

Visit <http://ecommerce.hacres.com> and enter "finest pure fish oil" in the search field.

**So, yes, you can use supplements to augment your diet and be healthy. Always check the source of information before believing a study.** ☺

### References

1. Ebbing M, Bonna KH, Nygård O, et al. Cancer incidence and mortality after treatment with folic acid and vitamin B12. *JAMA*. 2009;302(19):2119-2126. • 2. Zhang SM, Cook NR, Albert CM, et al. Effect of Combined Folic Acid, Vitamin B6, and Vitamin B12 on Cancer Risk in Women: A Randomized Trial. *JAMA*. 2008;300(17):2012-2021. • 3. Tucker KL, Rich S, Rosenberg I, et al. Plasma vitamin B-12 concentrations relate to intake source in the Framingham Offspring study. *Am. J. Clin. Nutr.* 2000;71(2):514-522. • 4. Holick MF. Sunlight and vitamin D for bone health and prevention of autoimmune diseases, cancers, and cardiovascular disease. *Am. J. Clin. Nutr.* 2004;80(6 Suppl):1678S-88S. • 5. Faloon W. Millions of Needless Deaths. *Life Extension Magazine*. 2009;January 2009.

# GET your LIFE back!



**Food and lifestyle choices determine your health! Visit a Hallelujah Acres Lifestyle Center and you'll discover how to get your life back—or discover one you never knew you had!**

*"I gained 40 lbs in two years after my husband died... I was committing a SLOW SUICIDE through my diet! But after just FOUR DAYS here at the Lifestyle Center in Branson, my blood pressure dropped... and I learned more than I can possibly retain - thank you!" - Dorothy Funk*

A 10-day, 5-day or new 2-day stay is all it takes to start changing your health for the better! Visit [www.hallifestylecenters.com](http://www.hallifestylecenters.com) for more information.



**HALLELUJAH ACRES**  
Lifestyle Centers

**For reservations or a FREE brochure call:**

Branson, MO..... 888.651.5132  
Lake Lure, NC ..... 877.743.2589  
Fallbrook, CA ..... 877.728.1064  
Plant City, FL ..... 866.757.1771



**Cookies. Ice cream. Chocolate. Potato chips.** They seem to scream your name from the refrigerator and cupboard. Why are the most harmful foods most compelling? You're addicted to them, that's why.

# Yes! You Can

## Control Your Appetite

by Melody Hord

Food addictions are overwhelming habits that can destroy our health and steal our self-worth through constant feelings of guilt and defeat. Overeating can cause us to gain weight, which may make us feel unattractive and can even keep us from fulfilling our dreams and desires. Would you like to go through life without being lured by physically harmful and fattening foods? **You can.**

I have personally been addicted to cigarettes, alcohol, caffeine, and sugar. Sugar was by far the hardest addiction for me to overcome. The funny thing about addictions is that most of the time you aren't even aware that you have them. If you continually eat something while consciously knowing it is compromising your health, you are probably addicted.

So first of all, we must admit to ourselves that we are addicted to something. If you aren't sure you have an addiction, go to the Lord and ask Him. He can fill you with the self-discipline needed. Next, resolve with all your heart to end the addiction. It must be a top priority in your life. When you are on a road trip, make it a priority. When you are tired, make it a priority. When you are at a party, make it a priority.

You also need to remind yourself of the dangers of your addiction. For example, being aware that refined sugar wreaks havoc on your

immune system will encourage you to avoid it. You'll then be prone to keep sugar-laden products out of the house completely (so they won't tempt you in a weak moment). Keep things like fresh papaya, trail mix, tangerines, and carrots in the house as delicious, healthy replacements.

Several years ago I determined in my heart to give up sugar. I decided to replace it with almond butter. Almonds are naturally sweet, so instead of grabbing a cookie, I kept a large container of freshly ground almond butter and a spoon at my quick disposal. At a moment's notice, when my brain whispered, "I want something sweet like a brownie," I made a mad dash to the almond butter container and plunged my spoon in for a luscious, satisfying mouthful. This little trick worked like a charm. It was almost like I had tricked my mind — I thought I wanted a brownie but ended up happy with something else!

What really helps me curb my appetite is freshly extracted green juices. My favorite is kale, cucumber, and celery. Sometimes I'll use

broccoli stalks (they actually have a lot of juice in them).

Another undervalued "addiction buster" is fiber! Fiber slows down the digestive process as it absorbs fats and sugar (meat products contain no fiber). Consequently, our blood sugar levels remain steady. When sugar is slowly digested, it improves metabolism and halts uncontrollable urges. Whole foods including salads, beans, and smoothies are loaded with fiber.

When you enhance your intake of nutrients, you satisfy your body on a cellular level so you simply don't get cravings with the former intensity.

One of the best feelings in life is to be satisfied instead of continually fighting off acquired cravings. Committing to foods on The Hallelujah Diet can help set you free from the trap of addictions and give you the freedom to choose foods that make you look and feel terrific. I urge you to select some tasty substitutes and end those cravings for good! 🌸

---

I discovered that the foods on The Hallelujah Diet, like almond butter, are just as delicious as the foods in the mainstream diet, yet they make us look and feel better.

---



HALLELUJAH ACRES

Use this  
four-page  
pull out  
section!

A reference guide to  
The Hallelujah  
Diet.

# Yes! You Can Start Today!

You've Discovered God's Way to Ultimate Health!

As you begin your journey to healthy living, we encourage you to **use this four-page pull out section** as a reference guide to the basics of The Hallelujah Diet.

Experience Healthy Living from a Biblical Perspective!

## In this section

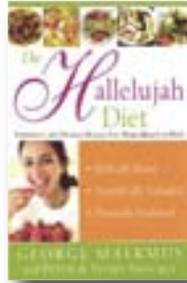
- The Hallelujah Diet Explained
- A Day on The Hallelujah Diet
- Foods to Avoid



# The Hallelujah Diet *Explained*

Use this  
four-page  
pull out  
section!

A reference guide to  
The Hallelujah  
Diet.



*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, resulting in sickness and disease. 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 composed 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 we no longer need 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, 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).



# Yes! You Can Experience 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 for 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 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 pita pocket 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 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, including 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.

George Malkmus' Hallelujah 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!



Yes You Can!

## PERSONALIZE IT

The Hallelujah Diet ideal that we print in every issue of our magazine is an optimal model; it's like showing someone how to score 100% on a test. But scoring 100% every day is not only unrealistic, it's nearly impossible. The idea is to get it as right as you can, as often as you can, without beating yourself up about it.

# 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 composed of raw foods — and that we avoid the foods that are causing the problems in the first place.

Use this  
four-page  
pull out  
section!

A reference guide to  
The Hallelujah  
Diet.

**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. 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 more.)

**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

### Aggressively Supporting the Body's Innate Self-healing

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.

For this situation, we recommend The Hallelujah Recovery Diet, which is identical to The Hallelujah Diet but increases the number of servings of an optimally processed barley juice powder (fiber-free 100% juice powder processed at low temperatures to retain heat sensitive nutrients and live enzymes) and the number of servings of vegetable juice (2/3 carrot and 1/3 greens).

For example:

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

Juicing is the most efficient way to nourish the body at cellular level. Consuming a vegetable or barley juice drink on an hourly basis will provide the body with powerful nutrition in an easy to assimilate form. These 12, hourly juices provide the body with a broad spectrum of naturally occurring vitamins, minerals, and trace elements often missing from our foods, that the body uses to rebuild the its self-healing ability.

In addition to aggressive juicing, those using diet to aggressively support the body's self-healing have often implemented many of the following:

- 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.
- Iodine supplementation to support the thyroid and the immune system.
- 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). A good fiber supplement may be helpful in achieving optimal bowel function.
- 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. It is wise to have vitamin D levels tested prior to supplementation. Contact Hallelujah Acres for details regarding the availability of an inexpensive option for determining vitamin D levels.

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.

# Yes! You Can Eat Conventionally Grown Fruits and Vegetables



The debate has raged for years regarding the benefits of organically grown produce over conventionally grown produce. There have also been numerous questions as to why organically grown foods are more expensive than non-organic ones. Organic produce advocates point to the fact that it is grown with naturally occurring fertilizers, such as animal manures and minerals, instead of chemical pesticides or chemical fertilizers. These organic advocates further explain that most fruits and vegetables contain natural insecticides that help ward off harmful insects without the need for harsh chemical repellents.

The reasons for the increased costs, they claim, lie in the procedures required to produce food with an “organic” label.

For example, utilizing restorative crop rotation can take years to recondition the soil to produce a top quality organic yield. Under this process, certain crops (such as legumes) are grown in order to restore vital nutrients to the soil. Since this procedure can take many years to come full circle, yield may be smaller. Furthermore, with organic farming, the same amount of soil may produce smaller harvests than it would by using non-organic farming methods. The costs must be passed on.

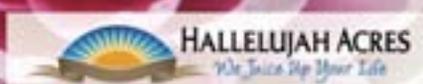
When Rev. Malkmus was diagnosed with colon cancer in 1976 and made the decision to change his diet to a 100% plant based, all-raw foods plan, he found that neither the popularity nor the availability of organic produce was what it is today. He made every effort to purchase and consume organic foods as often as possible. When it was not available to do so, he used the non-organic ones. He always made it a point to thoroughly wash or peel the produce prior to consuming it. He was recently asked at one of his seminars if non-organic produce should be avoided at all costs. His response was that although organic produce is definitely the desired choice, “I would rather eat a non-organic salad than no salad at all.” 🌱

So what is the answer when organic produce is not available or too expensive? The next best choice after organic would be locally grown produce, usually found at farmers markets, but on occasion it is available in local supermarkets.





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



## 3 DAYS TO HEALTH

**FREE!**

**Discover why it's not normal to be sick! You'll learn about God's simple, Biblical model for physical health and healing through lectures, video clips, food prep and sampling, juicing demos and more!**

**Call 800.915.9355 for more information and to register.**  
To book this seminar in your area, please call 828.894.5074.

### Tryon, North Carolina

March 7, 8 and 10  
(Sun-Mon-Wed, 6:30-8:30 pm)

Tryon Seventh-day Adventist Church  
2820 Lynn Rd. (Hwy 108),  
Tryon NC 28782

### Madison, Wisconsin

April 5, 6 and 8  
(Mon-Tue-Thu, 6:30-8:30 pm)

Lake City Church  
4909 E. Buckeye Rd.,  
Madison WI 53716

### Myrtle Beach, S. Carolina

April 13, 14 and 15  
(Tue-Wed-Thu, 6:30-8:30 pm)

Forestbrook Baptist Church  
2051 Forestbrook Rd.,  
Myrtle Beach SC 29588

# Yes! You Can Garden

## No Matter Where You Live

by Rev. George Malkmus LitD



Above and left: Rev. George Malkmus' personal, raised bed gardens.



*You don't have to live on a farm, in a warm climate or have lots of land in order to garden. You can garden in the heart of the biggest city, in an apartment five stories off the ground, and with no land at all.*

In this article we are going to explore a number of different and very simple ways to garden, but before we go any further, let's look at a few of the reasons and benefits of becoming a gardener and producing your own food:

**Cost** – For only a few dollars invested in some seed, you can produce a lot of food at far less cost than any you can purchase in a store.

**Freshness** – You just cannot buy food as fresh as what you grow and then pick from your own garden only moments before you eat it.

**Organic** – When you grow it yourself, you control what you eat comes in contact with before your eat it, and you can know that no toxic chemicals have been applied.

**Taste** – Nothing tastes as good as what you have produced through your own efforts and with your own hands.

**Convenience** – And of course you don't have to even leave your own home to harvest what you have grown. Talk about convenience.

So now that we have looked at a few of the benefits of your becoming a gardener, let's look at some of the different ways you can garden:

### **Ways to Garden**

**Sprouting** – Sprouting can be done right in your own kitchen and it's fun. YES YOU CAN grow a garden in jars and sprouting bags and produce a lot of organic, fresh, tasty food, right in the convenience of your own home. All you need are some seeds, water, a window, and something to grow them in. Even if you don't have a window, you can garden under grow lamps if you have electricity.

**Container Gardening** – If you have a patio, balcony, or porch, YES YOU CAN garden in containers, large or small. All you need is the container,

some soil (which can be purchased at most any home improvement store or garden center), water, some sunshine, a little time, a little desire, and some love.

**Raised Beds** – This is my favorite way of gardening. And YES YOU CAN garden, if you have access to the smallest piece of ground that receives sunshine most of the day. You would be absolutely amazed how much food can be grown in a piece of ground measuring just 4' x 4'. This is how I have been gardening for many, many years. I will expound on this method below.

**Open Ground Gardening** – This is the most difficult and inefficient way to garden, but the only way many people are aware of. This is the way my grandma and grandpa used to garden. I can still see grandpa guiding the horse drawn plow behind his horse as he turned over the ground in the spring back in the 1930s. I can still see my grandma out there in the garden hoeing the weeds from the garden at the crack of dawn. This method of gardening was all they knew, and it produced a lot of food, but we have learned a lot about new methods of gardening in the past 50 years or so that produce abundance with a lot less time and effort.

## Where Do I Start?

One of the first questions people often ask me regarding gardening is “WHERE DO I START?” My first thought in answer to that question is “START SMALL!” And I mean real small. One of the biggest mistakes a new gardener can make is starting too BIG. They are just learning how to garden, and taking care of a BIG garden can become so overwhelming that they get discouraged and often quit. So what is the best way to start?



**Sprouting** – If you don't have an outside location for containers or a raised bed, you can start your gardening experience simply by growing some seeds in a sprouting bag or glass jar with an old (clean)

stocking with a rubber band over the opening to drain the water. You would be surprised how simple, inexpensive, and productive this form of gardening can be.



**In a Container** – When I say small, I am talking possibly as small as growing a few vegetables in a container on the patio, porch, or balcony.

It is absolutely amazing how much food can be grown in a very small area. For instance, one cherry tomato plant grown in a container can yield hundreds of little tomatoes.



**In a Raised Bed** – In an area as small as 4' x 4', which provides 16 square feet of growing area, you could produce approximately 64 lettuce plants, 256 beets or carrots, or any combination

thereof, approximately every 60 days during the growing season.

## More Information

**Sprouting** – For the best source of information I am aware of on sprouting, I suggest you obtain a copy of Steve Meyerowitz's book titled *The Complete Guide to Sprouting*. In this book, Steve shows you how to grow delicious baby greens and mini-vegetables in just one week from seed to

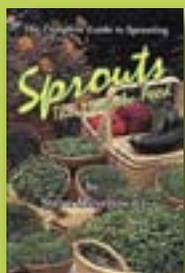
salad. This guide can make anyone a self-sufficient gardener of sprouts that are bursting with concentrated nutrition. This book is available from Hallelujah Acres (see below).

**Container Gardening** – Most garden centers and discount stores have a good selection of large pots, growing containers and seed. Purchase containers at least 12" in depth either round, square, or oblong and fill them with a good planting mix available from your garden supply store. For a fertilizer I recommend a product produced by Espoma, called Plant Tone or Garden Tone, which comes in 5 lb. bags and is available at many garden centers or online at [www.espoma.com](http://www.espoma.com).

**Raised Bed Gardening** – Don't grow directly in the ground. Most people live in an area of the country where the soil is far from being ideal for growing vegetables. Some may live in an area where the ground around their home has been compacted or is comprised of hard clay. Others live where the ground is comprised of nearly 100% sand, while others live where the ground is full of rocks. Very few people live in an area where you can just turn over the ground and it is ready to plant. This is where raised beds really shine.

If you want to produce more vegetables than you could grow in your house by sprouting or in containers in an outside location, and you have the land, then try your hand at raised bed gardening. Find a location as close to the house as possible that has access to water nearby and receives sunlight most of the day.

A raised bed garden sits on top of the ground outlined by wooden boards, rocks, cement blocks, etc. that raises your garden at least 6" above the ground. These raised bed gardens can be almost any size, starting with as small as 4' x 4' to as long as you desire. My favorite size is 4' x



## Sprouts The Miracle Food The Complete Guide to Sprouting

By Steve Meyerowitz

This guide can make anyone a self-sufficient sprout gardener! Learn how to grow delicious baby greens and mini-vegetables — just one week from seed to salad.

#BKSPR035I

\$12.95

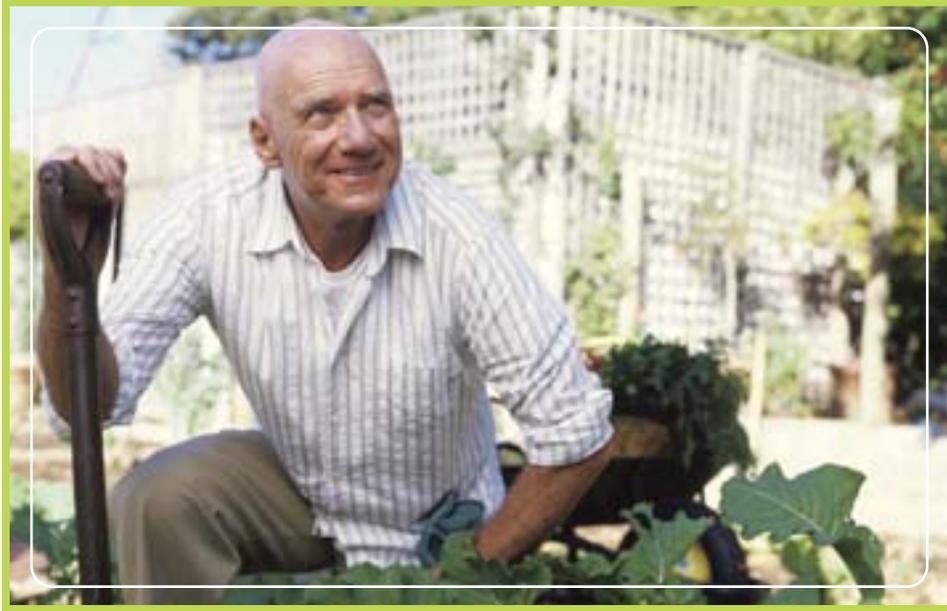
To order, call toll free **800.915.9355** or order online at [www.hacres.com](http://www.hacres.com)

12'. (I suggest the bed not be wider than 4', because you want to be able to reach the center without having to walk in the growing area.)

After the bed size has been marked off, remove the sod from that marked off area and then dig as deeply into the soil as possible, 6 to 8 inches is ideal, removing any rocks or debris. Then place the frame of wood, rock, or block on top of the outer perimeter of the overturned ground. If you have clay soil, place several inches of sand along with a couple inches of pre-packaged growing

medium on top the overturned ground. Work the sand and growing medium into the turned-over soil as deeply and thoroughly as possible, rake, and you are ready to plant. (Skip the sand if you have sandy soil and add more planting mix.)

**Fertilizer and Seed** – You will need a good, organic fertilizer. As I said earlier, I recommend a product produced by Espoma. As for seeds, there are a number of good sources to be found if you Google “Organic Vegetable Seeds.” (Be sure to order well in advance of planting time.)



## Recommended Reading

My first choice would be *Square Food Gardening: A New Way to Garden in Less Space with Less Work* by Mel Bartholomew. It teaches how to grow vegetables and flowers using 80% less space, less work, and actually makes gardening fun. Mel is a retired engineer who found the answer to the frustrations of most gardeners. “I found a better way to garden,” says Mel. “One that’s more efficient, more manageable and less work.”

My other choice is *How to Grow More Vegetables Than You Ever Thought Possible on Less Land Than You Can Imagine* written by John Jeavens. It is the best book I am aware of that teaches the bio-dynamic (better than organic) method of gardening in a simple and understandable way.

Both books are available at Hallelujah Acres by calling **800.915.9355** or online at [www.hacres.com](http://www.hacres.com).

**YES! YOU CAN garden no matter where you live. So now that you know you can, and how to begin, why not give it a try?**

*(Editor’s Note: My personal raised beds are made of fancy block placed waist high, so that I don’t even have to bend over to tend the garden.)* ☀



now you can call Hallelujah Acres "home"



Right next door to Hallelujah Acres, The Villages is a place where you can build your dream home from \$130,000, plant that organic garden you’ve always wanted, walk along a peaceful lake with stunning views—a place where neighbors share your enthusiasm for health and vitality. *The only thing missing is you.*

Act now for limited time incentives!



704/481.1700 ext. 738  
[www.villagesofhacres.com](http://www.villagesofhacres.com)



**YES!** I am interested—please send more information on The Villages of Hallelujah Acres

**MAIL TO:** The Villages of Hallelujah Acres, P.O. Box 2388, Shelby, NC 28151

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

GARDEN LOTS FROM \$45,000 | ESTATE LOTS FROM \$90,000 | CONDOS FROM \$188,000

# Yes! You Can Beat Genetic Weaknesses

by Olin Idol, ND, CNC

*For the past several decades those in the so-called “health care” industry have operated under the delusion that everyone’s medical problems are a result of genetics or the result of aging. It has long been assumed that if a person’s parent(s) had heart disease or cancer, that they were more likely to suffer from the same ailments. But there are fallacies of this line of thinking, and the doom and gloom it perpetuates.*

Let’s be upfront and acknowledge that, without a doubt, people may inherit certain genetic weaknesses or predispositions that could leave them vulnerable to certain health challenges. And, there are some instances when a child is born with a defective gene that causes them to be the victim of some rare medical condition. There are some influences that are beyond our control, but our choices can have a major impact on most. In order to give our children and future generations the best opportunity to enjoy wellness, it is imperative that couples be on an optimal diet prior to conception and their exposure to toxins is limited as much as possible. It is evident that genetic weaknesses can be passed down through several generations.

For the vast majority of people, genetic influence does not have to ultimately manifest in a disease condition! According to Dan Chesnut, MD author of *Lying with Authority*, “Genes control everything in our body and they can cause disease when abnormal, but not always! So who controls genes? Nutrition can control genes. Genes can be silent and do nothing. Most are like that. For most genes to become active (to be expressed) something in nutrition triggers it, bad or good. (Of course there are very potent gene defects which we can do nothing about, too, but they represent a very small portion of the total disease picture.) Chemicals also can trigger bad genes to be ‘expressed’. Good genes, e.g. genes that can boost immune activity, can be expressed by good nutrition, and that is good news. We know for sure that harmful genes (especially cancer) can also be activated by animal products, especially cancer.”

Concerning the impact of nutrition on gene expression and the development of disease, Joel Fuhrman, MD in *Eat to Live* states, “My clinical experience over the past ten years has shown me that almost all the major illnesses that plague Americans are reversible with aggressive nutritional changes designed to undo the damage caused by years of eating a disease-causing diet. The so-called balanced diet that most Americans eat causes many of the diseases Americans get.

*“These conditions, and many others, can be effectively prevented or treated through superior nutrition. As their medical problems gradually melt away, patients can be slowly weaned off the medication they have been prescribed.”*

In the December 2009 edition of the magazine *Life Extension*, John Colman authored an article titled *Protect Your Genes from Deadly Mutations*. He states with documentation that, “Unfavorable genetic mutations are responsible for an estimated 6,000 diseases, including all cancers. Researchers believe that if this one factor was eliminated, humans would regularly live for 100 years or more.

“In the majority of cases, unfavorable genetic alterations are not inherited. They occur within a single lifetime as a result of exposure to environmental agents. A variety of natural compounds have been shown to block the toxicity of these mutagens — and protect the DNA.

“Cancer results from the accumulation of

mutations in genes that regulate cellular proliferation. Chlorophyllin is one of the most promising agents to protect against deadly gene mutations.”

Chlorophyllin is a water-soluble form of chlorophyll and has shown significant protection against numerous carcinogens found in the Standard American Diet and our environment. Green leafy vegetables and BarleyMax are rich sources of chlorophyll.

In a recent in-vitro study, a “Comet assay of colon cancer cells,” a dilute solution of BarleyMax was able to protect the cells from DNA damage induced by hydrogen peroxide. It is unknown at this time how this might translate into protection within the body.

*There is much yet to be learned about the disease process. But from what we know, it is quite obvious that while an individual may inherit a genetic weakness, much can be done nutritionally to help prevent that weakness from ever developing into a disease.*

With an ever-increasing load of toxins from our food supply, water, air, and our environment, it is essential that we maintain an optimal diet and lifestyle. We must minimize our exposure to toxins, drink purified water, and use fresh vegetable juices, blended salads, and raw foods as much as possible if we are to enjoy wellness! 🌱



# EVENTS AT HALLELUJAH ACRES in Shelby NC



## Make it a **Hallelujah Weekend**

Join us for one, two or all three events on the first weekend of every month!

**Fridays - Mar. 5 • Apr. 2 • Apr. 30 • Jun. 4**

*An Evening of Food Prep with Rhonda Malkmus*  
6 p.m. to 8 p.m. • \$30 per person

**Saturdays - Mar. 6 • Apr. 3 • May 1 • Jun. 5**

*God's Way to Ultimate Health Seminar — FREE*  
10 a.m. to 1 p.m.

**Saturdays - Mar. 6 • Apr. 3 • May 1 • Jun. 5**

*Where Do I Go From Here?*

\$45 per person • \$10 for spouse or children aged 13-17

Children under 12 admitted free with adult • 1:30 p.m. to 4:30 p.m.

**Mon.-Tue. March 8-9 • July 5-6 • Nov. 8-9**

*Hallelujah Acres Diet & Lifestyle 2-Day Workshop*  
\$125 per person (includes books) • Registration starts Noon Monday

**Wed.-Fri. March 10-12 • July 7-9 • Nov. 10-12**

*Health Minister Training 3-Day Course*  
\$300 per person • \$450 per couple

**Sat. March 13 • July 10 • Nov. 13**

*Raw Food Revival with The Graffs*  
\$200 per person • 10 a.m. to 5 p.m.



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

Schedule subject to change without notice. Please call for updates.

Starts in **MAY**

# 60 Days to Reclaim YOUR Health

Learn how to restore your self-healing body!

- Vital information about the diet-disease connection
- Weekly webinars to answer your questions
- Daily email tips to help you change your health for life

**REGISTER NOW!**  
[www.hacres.com/60days](http://www.hacres.com/60days)

**April 22-24**

# Yes You Can!

## 2010 Health Minister Reunion

Discover how to grow your ministry with renewed confidence and vitality!

Fabulous speakers, incredible food and memories for a lifetime... join us!

**REGISTER NOW!**  
\$99 per person by April 1  
\$159 per person after April 1

Call 800.915.9355 or watch for event updates at [www.hacres.com](http://www.hacres.com)



# EVENTS AT HALLELUJAH ACRES in Canada



## 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 so you don't have 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!**

  
**HALLELUJAH ACRES**  
Canada  
2 Queen Elizabeth Blvd.  
Toronto, Ontario • M8Z 1L8  
866.478.2224 • www.hacres.ca

### In the Kitchen with Judy Gourmet Vegetarian Food Prep Classes

During 2010 we will be "traveling around the world" looking at the foods from eight different regions. Judy will have some interesting facts about the area as well as a wonderful assortment of 6 course dinners you can enjoy with us then take the recipes home and share with your family and friends. Come and join us!

- Mar. 13 – Italian Classics
- Apr. 10 – Mexican Fiesta
- May 15 – Oriental Bazaar
- June 26 – Middle Eastern Market
- July 10 – Pacific Island Paradise
- Aug. 14 – Indian Curry Festival
- Sept. 11 – European Buffet
- Oct. 16 – African Safari

Classes are held one Saturday a month from 11:00 am until 3:00 pm.

Cost is \$45.00 per person (discount for second person in the same family).

### Meet Rev. George and Rhonda Malkmus June 19-20

Enjoy food prep with Rhonda, plus Rev. Malkmus' world famous *God's Way to Ultimate Health* seminar, and more!

RSVP to 866.478.2224

### Health Minister Training with Paul & Ann Malkmus Sept. 29 - Oct. 1

You'll get the same training and certification as you would during Health Minister Training at Hallelujah Acres in Shelby, NC, plus prerequisite training is included!

Call for pricing and more info.

### Get Healthy Stay Balanced 3-Day Retreat

- Mar. 25-26-27
- May 27-28-29
- July 22-23-24

Immerse yourself in The Hallelujah Diet while you learn the steps to change your life and food choices. Attend one day (\$75.00 each day) or invest in all three days to turn your lifestyle around for better health!

One Day: \$85  
Three Days: \$250  
(special discount for couples)

### Exercise with Judy

A one-hour, drop-in fitness class including rebounding, aerobics, resistance training, and more. Includes veggie juice before exercise time and a scrumptious salad after.

Cost: \$12 per person  
(7th class free!)

### Wednesday & Thursday

Drop in between 6:00 pm and 8:00 pm

### Saturday Mornings

Twice a month drop in between 10:00 am and 1:00 pm (call for details)

### Come Walk With Me

Come and walk your way to better health. Includes a BarleyMax shot before the class and a refreshing carrot juice after.

Cost: \$5 per person  
(7th class free!)

Monday to Friday • 8 am

**For more information or to pre-register for any of the above classes call 866.478.2224 or email [jfleming@hacres.com](mailto:jfleming@hacres.com)** Schedule subject to change without notice. Please call for updates.

# Dental Health

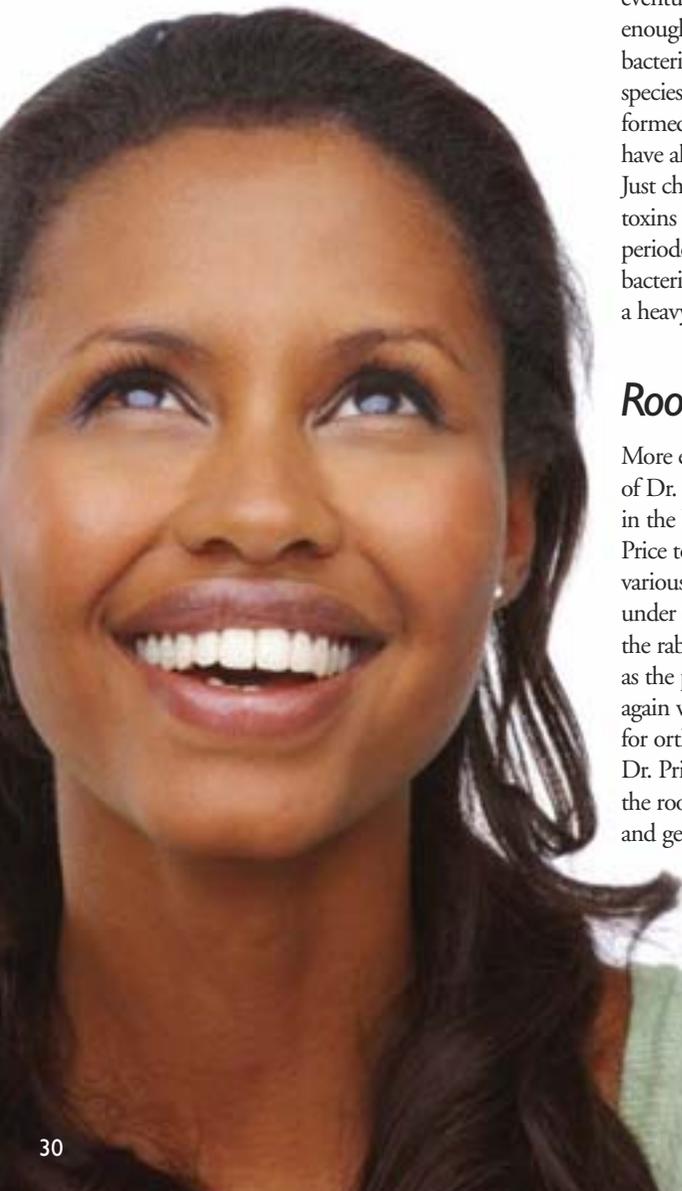
## A ROOT OF DISEASE - PART 2



### Yes! You Can Use Dentistry to Improve Your Health

by Michael Donaldson, PhD

In part 1 of this article (Health News #59 Jan-Feb 2010) we reviewed the toxicity of mercury, amalgam fillings (which are 50% mercury), mercury testing, and the safe removal of amalgams. In the sidebar on page 31 of this article, Paul and Ann Malkmus share their own personal experience of amalgam removal. This is by far the most common toxic problem in people's mouths. However, the problems don't stop with mercury.



### Periodontitis

Periodontal disease has been associated with various systemic diseases, including heart disease, diabetes, arthritis, some forms of cancer,<sup>1</sup> premature births, and low birth weight babies. The biofilm of bacteria around the neck of the tooth causes an inflammatory reaction. If allowed to persist, the gums recede and the bacteria population becomes dominated by anaerobic species deep in the pockets around the roots of the teeth, eventually leading to tooth loss. That's bad enough, but the bacteria and toxins from the bacteria don't stay in the mouth. The same species of bacteria found in the pockets formed in the gums by the disease process have also been found in plaque in arteries.<sup>2</sup> Just chewing gum raised the level of bacterial toxins in the bloodstream of people with periodontitis.<sup>3</sup> Couldn't these translocated bacteria contribute to inflammation and add a heavy burden to the immune system?

### Root Canal Therapy

More evidence for this comes from the work of Dr. Price, published by Dr. Meinig, DDS in the book *Root Canal Cover-up Exposed!* Dr. Price took root canal teeth from people with various infirmities and implanted them under the skin of rabbits. In a matter of days, the rabbit contracted the same sort of disease as the person had. He repeated this again and again with the same results. Teeth extracted for orthodontal reasons did not cause disease. Dr. Price was able to extract the bacteria from the root canal teeth and inject the bacteria and get the same results as well. Dr. Price's

results indicate that oral bacteria can contribute to systemic disease.

What is the problem with root canal therapy? The dentist tells you that he cleared out the infection. However, the tooth dentin is not a solid structure. In a living tooth there is fluid pushed through microtubules in the tooth, providing nutrients to this living tissue. There are literally miles of these tubules in a single tooth. A tooth that needs a root canal has an infection in it. Antibiotics don't clear out an infection in a dead tooth because there is no fluid going into the tooth anymore. The endodontist does his best to sterilize the inside of the tooth, but inside the microtubule structure of the dentin many bacteria can hold out. It is impossible to seal all of the microtubules. There is no such thing as a sterile root canal tooth. They all have bacteria inside of them. These anaerobic bacteria and their toxins leak out of the tooth into the bone or bloodstream.

Think about it. How safe is it really to leave a dead bone in your body? Dead things attract bacteria. Doctors always remove dead tissue from the body to avoid gangrene and infections. Why should teeth, which harbor bacteria, be any different? Once a tooth is truly dead it needs to be removed from the body.

A breast cancer case series was examined by Dr. Thomas Rau of the Paracelsus Klinik in Switzerland. He found that 147 of 150 women with breast cancer had a root canal tooth on the same meridian as their tumor. The Gerson Institute and other clinics insist on taking care of root canal teeth in order to overcome cancer as well.

### Jaw Cavitations

Another dental problem, literally buried below the surface, is the jaw cavitation. Some dentists even deny they exist, so your dentist may not help you on this one. Where does a jaw cavitation come from? Probably the most common source is a poorly healed extraction site.

Wisdom tooth sites are notorious for causing cavitations. A survey of 121 randomly selected patients was conducted to determine the

incidence of cavitations in old extraction sites. A full 77% of all sites had cavitations, ranging from 55% for non-molar sites to 88% for wisdom tooth sites.<sup>4</sup> The periodontal ligament which holds the tooth in its socket is not usually removed with the tooth. This ligament is a boundary for the jawbone, indicating how far the bone can grow. If this ligament is not removed then the bone does not grow into the empty socket. Instead a thin layer of bone grows over the top, leaving a cavity of dead ligament tissue inside to fester. A little bit of bacteria and pretty soon you have a huge waste dump inside your jaw.

How do you detect a jaw cavitation? The best way is a bone ultrasound device invented for just this purpose called the CAVITAT. Panoramic x-rays and even MRIs do not reveal all of the holes that can be seen using the CAVITAT.

How do you resolve a jaw cavitation? Generally, all of the diseased or infected bone and tissue needs to be removed from the area by oral surgery.

Then, if the surgery itself wasn't too traumatic and the patient is following a healthy diet and lifestyle for recovery, the bone and tissue will heal itself. There are a handful of oral surgeons who are experts at this in the USA. However, there is a need for more dentists and oral surgeons that understand the link between root canal therapy, cavitations, and systemic health. The CAVITAT is a machine that can help open their eyes.

In a recent study of 11 patients with cavitations, neuromodulation technique (NMT) was used to resolve cavitations in 8 of 10 patients (1 was a control), a result that was at least as good as surgery.<sup>5</sup> This is very good news, as NMT is much more accessible to people than a properly educated oral surgeon, and many people (80% of all who have had a wisdom tooth extracted) probably have issues with cavitations.

There is a way to extract a tooth without causing future problems. As Dr. Huggins related, the use of a simple burr to clean out the periodontal ligament after the tooth is extracted will allow the bone to heal and fill in the extraction site with strong, dense bone.

## Implants

If you have to have a tooth extracted you are faced with the question of what to replace it with — bridge or implant? The implant is a fake tooth screwed onto a post osseointegrated (direct, intimate contact between the dental implant surface and bone without having intervening tissues in between) into the jaw bone. It is more

like a real tooth than a bridge. A bridge requires shaving down two adjacent good teeth to add a crown to each of them and placing a bridge tooth (or teeth) between the crowns. The two crowned teeth become weaker in the process. Dental literature indicates few problems with implants and a success rate greater than 95%.

However, many biological dentists warn that the titanium post is not sealed in the mouth so that oral bacteria have a pathway into the bone structure down below. This could lead to a low level infection that weighs down the immune system. It is possible for anaerobic bacteria to fester and grow there as well. Titanium is used in the body elsewhere for implants, but implants are not generally successful when open to the outside environment. Biological dentists tend to recommend bridges and crowns without metal in them.

Another possibility with implants is chronic infection. Usually a bad tooth is removed.

Hopefully infection at the extraction site is cleared up, but that depends on the skill and awareness of the dentist or oral surgeon. All of the warnings about extractions apply here. If the infection does not clear up the implant may fail, or may just be a low grade chronic infection

My wife had an implant fail miserably 3 weeks after the initial procedure. Only by clearing up the infection with proper debridement with an excellent biological dentist did the extraction site heal. A CAVITAT scan 6 months later showed complete healing of the bone. She then was able to use a bonded bridge, rather than a normal bridge. A bonded bridge is not as strong as a standard bridge but sufficient for non-molar teeth. The bonded bridge did not require crowns on the adjoining teeth, only Kevlar strips and the artificial tooth.

## Conclusion

Is every disease caused by a root canal tooth or inflammation in the oral cavity? Not necessarily, but if an ailment is not going away when you are doing all the right things, it would make sense to take into consideration root canal teeth and other sources of infection in the mouth. It pays many dividends to keep your mouth and teeth clean. It isn't just your smile, it may be your life. 🌱

## Amalgam Removal: A Personal Testimony

By Paul and Ann Malkmus

Anyone will tell you that sitting in a dentist's chair isn't always comfortable. Well, recently, we took that to a different level. Between the two of us, we had nearly 35 old, dirty amalgams removed from our mouths. Each of us also had a root canal removed.

Typically someone would take several months to do this; we did it in two very long days. Why? Ann has been battling candida for nearly 20 years and recently also developed symptoms related to a root canal gone bad. Paul found his vision deteriorating rapidly and thought there may just be a connection. We both realized the intrinsic value of removing these harmful metals from our bodies.

There were days when we each were in the chair for over 6 hours. The biological dentist we saw was professional in every way. He used the proper equipment and state of the art techniques that most dentists don't even know about. He even used ozone therapy, which is something neither of us had ever seen from a dentist!

It took a few weeks to heal the holes and the sore bottoms, and eating wasn't the easiest experience for a couple of days, but the results are beginning to be seen and felt.

Paul noticed almost immediately that his thinking was much clearer and he was able to focus and concentrate with less effort. He has also found that even in low light, he can now see smaller print much easier. Ann remarked that when she looks through windows, things seem to appear much clearer and cleaner. She has also noticed other subtle changes like lumps under the skin just disappearing.

We are now in the process of detoxing the rest of the metal from our cells. This dentist has helped us by providing supplementation like vitamin C, garlic, and chlorella that, when combined with our BarleyMax and other green juices, will make the process quicker.

With all of the data to support the dangers of mercury fillings, it should be clear that even those on a healthy diet should strongly consider their removal so the body can concentrate its efforts on maintaining health without having to deal with the toxins emitted from the amalgams. The major benefits to your health once these toxins have been removed is still to be determined.

### References

1. Meyer MS, Josphura K, Giovannucci E, Michaud DS. A Review of the Relationship between Tooth Loss, Periodontal Disease, and Cancer. *Cancer Causes Control*. 2008;19(9):895-907.
2. Haraszthy VI, Zambon JJ, Trevisan M, Zeid M, Genco RJ. Identification of periodontal pathogens in atheromatous plaques. *J. Periodontol*. 2000;71(10):1554-1560.
3. Geerts SO, Nys M, Mol PD, et al. Systemic Release of Endotoxins Induced by Gentle Mastication: Association With Periodontitis Severity. *Journal of Periodontology*. 2002;73(1):73-78.
4. Levy TE, Huggins HA. Routine dental extractions routinely produce cavitations. *J Adv Med*. 1996;9(4).
5. Feinberg LS, Stephan RB, Fogarty KP, et al. Resolution of Cavitational Osteonecrosis Through NeuroModulation Technique, a Novel Form of Intention-Based Therapy: A Clinical Case Study. *The Journal of Alternative and Complementary Medicine*. 2009;15(1):25-33.

# Hallelujah Acres Success Stories

■ “Since starting on The Hallelujah Diet in 2002, I have become increasingly aware of just how horrible most people’s diets are, and that these people are not being made well by the doctors they go to or the drugs that they take. In most cases medicine does not heal them, but only masks their symptoms. I have watched people in our church (people I loved) die unnecessarily at the hands of the medical doctors, even after much prayer. God’s people must begin to make the connection between what they eat and the physical problems they experience. I so much want to help people make this connection and then train them to make healthy choices. So many people feel helpless in their sicknesses and I want to offer these people hope. Since I adopted The Hallelujah Diet, I have lost 25 pounds; my energy has increased dramatically; menopause was a breeze; and my IBS (irritable bowel syndrome) I had battled with for years completely went away!”

*Debbie S., Taylorsville, Kentucky*

■ “Since adopting The Hallelujah Diet just three weeks ago, I have lost 18 pounds in weight, seen my chronic cough almost totally go away, incontinence is almost completely gone, and I am sleeping through the night, something I couldn’t do before the diet change. I was born again on February 23, 1994 and am a walking miracle of what God can do in someone’s life. I have been transformed from a drug

addict, alcoholic, whoremonger, drug dealer and a wicked lifestyle by the blood of Jesus Christ. I am coming to Health Minister training so that I will be better equipped to share with fellow Christians the “good news” that we don’t have to be sick. I will also use this information as a tool to reach out to the lost community.”

*Pastor Gregory L., Zachery, Louisiana*

■ “My husband and I have reclaimed our health by switching to The Hallelujah Diet. Because of our dramatic and visual weight loss and return to health, people have approached us desiring our help. We have tried to help these people, but believe the Lord would have us channel these dear people through the knowledge and reputable resources of Hallelujah Acres. I had previously studied health and nutrition for over 30 years, but never made the important link between living food (raw food containing enzymes) being necessary to properly nourish our living bodies. This is the vital key that had escaped me. We also appreciate the way Hallelujah Acres includes spiritual health in with the physical health. My husband’s cholesterol levels had been around 300 for years prior to making the diet change. He had developed sleep apnea, which was very frightening, as he would sometimes stop breathing in the middle of the night. He also would often awake with fiery acid coming up in his throat and it was not unusual for him to down a full bottle of Tums in as little as a week. His knees were stiff and very painful. Within 2 weeks of adopting The Hallelujah Diet, his sleep apnea, along with his fiery acid problem and painful knees were a thing of the past. Within 4 months of making the diet change, his cholesterol was down to 161 and he had lost 55 pounds. Today he is a gorgeous hunk of living health! Personally, before adopting The Hallelujah Diet, my heart was giving me very strong and painful angina-like

symptoms. My pancreas was giving me sharp pains, I was constantly experiencing infections, and after three knee surgeries my knees were very stiff, swollen and extremely painful. Since adopting The Hallelujah Diet, I have lost 45 pounds, my knees are like those of teenagers, with no swelling or pain, and all the pains in my heart and pancreas are gone. I thank God for showing me The Hallelujah Diet and His way for healing!”

*Jan O., Colorado Springs, Colorado*

■ “Since adopting The Hallelujah Diet, I have lost 15 pounds and seen the following physical problems disappear: severe PMS, fatigue, painfully swollen breasts, acne, and stomach pain. Prior to making the diet change, doctors were providing no cause or solution for my problems, so they had me on anti-depressants and progesterone, hoping they would help. They didn’t, but rather made things worse. I felt in my heart that an answer would come from God, and it did when I stumbled onto the Hallelujah Acres website. As I started to read the information on that website, it wasn’t long before I realized I had found the truth, as well as the solution to my physical problems. Almost immediately upon making the diet change, I realized that I had indeed found the truth as well as the solution to my physical ills, as my body started to heal. There are two concerns that take precedence above all else in my life: my love for God and my concern for good health. How joyous it is to be able to have a title that joins these two together... Health Minister! Being a Health Minister allows me to discuss God’s Word with people and help them understand that better lifestyle choices will lead to a higher quality of life. I like sharing the Hallelujah Acres health message with people who struggle with obesity, diabetes, acne, etc, showing them how to alleviate the cause of such suffering through a simple diet change. I have an obligation spiritually and morally to share this Health Message.”

*Health Minister Laura D.,  
Silver City, North Carolina*

If you would like to submit a testimony, please email it to [testimonies@hacres.com](mailto:testimonies@hacres.com).

Please put the type of testimony on the subject line.

You may also mail your testimony to: Hallelujah Acres • P.O. Box 2388 Shelby, NC 28151

■ “I have seen firsthand how The Hallelujah Diet can change a life and I want to be able to educate others on how simple dietary and lifestyle changes can make such a positive and dramatic change in their lives. Every day in my line of work I see individuals given large and frequent dosages of psychotropic drugs to treat emotional imbalances. This is so disheartening because I know that in many cases mood instability is directly related to their dietary choices. I want to be able to educate, and give people alternatives to drug treatments. These people are putting more toxins into an already toxic body, and they are not getting any better. I want to help people take charge of their own health. Since being on The Hallelujah Diet, I have seen my acne (which I have struggled with for the past 23 years) totally disappear. Additionally, I now have increased energy and my monthly periods, which used to include heavy cramping, are a thing of the past. I now feel emotionally balanced and the things that used to make me very angry I now address with a calm spirit. I am also more patient with my husband and children and just feel healthier in general. Overall, I am less stressed and more patient and positive, and I give The Hallelujah Diet all the credit.”

*Dawn C., R.N., Waldorf, Maryland*

■ “The Hallelujah Diet has not only changed my life, but I believe it is responsible for saving my life! I am already sharing the health message with others, but I want to come to Health Minister training to be better equipped to share this life-changing, life-saving program with the people in our church. I started on The Hallelujah Diet after being diagnosed with prostate cancer in March 2002. It has been exciting to see the tumor go from active to inactive as God, using this Hallelujah Diet, heals me. Praise the Lord!”

*Pastor Rick, Taylorsville, Kentucky*

■ “In February 2002, I was admitted to the emergency room with shortness of breath, fever, increased heart rate and flu-like symptoms, and was diagnosed with bacterial pneumonia. My lungs were so congested the doctor was unable to get reliable x-rays or MRI. For seven days I was treated with antibiotics, inhalers, and nebulizers every four hours. When I was released, my oxygen saturation, (amount of oxygen in blood) was below normal, so I had to remain on oxygen in order to be released. While in the hospital, I was diagnosed with the following: COPD (chronic obstructed pulmonary disease), emphysema, bronchitis, asthma, and shortness of breath. Other ailments included obesity, high blood pressure, sinusitis, acid reflux, heartburn, skin cancer, dry skin, heart murmur, anxiety, constipation and bleeding hemorrhoids. At 62 years old, I had to go on disability; was not able to walk up steps; couldn't take even a few steps before having to stop for breath; and it was extremely difficult to even take a shower. I prayed for God to just let me die. I have a Bachelor of Science Degree in Nursing. As you know, the medical profession teaches very little about nutrition. So needless to say I had been on the Standard American Diet (SAD) my entire life. I had known about The Hallelujah Diet for several years before becoming so sick, but had not changed my diet or lifestyle. So after being diagnosed with all of the above problems, and because I felt so bad, I decided to give The Hallelujah Diet a 30-day trial, but no longer. On September 22, 2005, I went cold turkey on the diet, while giving up the chicken, steak, pizza, milk, cheese, and other things Hallelujah Acres said were creating my physical problems. When I stopped consuming all of these poisons, my body almost immediately began to heal. Three months after beginning the diet, I joined the YWCA and began working out 7 days a week. What has been the result of this diet and lifestyle change? All my ailments have totally disappeared except I still have some symptoms of the COPD and emphysema. Since making the diet change, I have never cheated because I remember how bad I felt before and that's enough to keep me on this

Hallelujah Diet for the rest of my life. Oh, by the way, I have also lost 65 pounds and been able to get off all but a few of my medications! I still have to use some oxygen, but I realize that I fed my body poisons for 65 years and it will take more time to totally heal. I am now 66 years old and feel better than I have felt for many, many years. God willing, I plan to return to work soon. It is heartbreaking to see so many people suffering like I used to suffer. I tell everybody I meet about The Hallelujah Diet, and it gets frustrating at times because so few people want to listen. However, I will continue to set the example and pray others will follow as they see the results in my body. Dr. Malkmus, thanks to you and Rhonda for your dedication and hard work, and for teaching others how to not only get healthy, but how to stay healthy.”

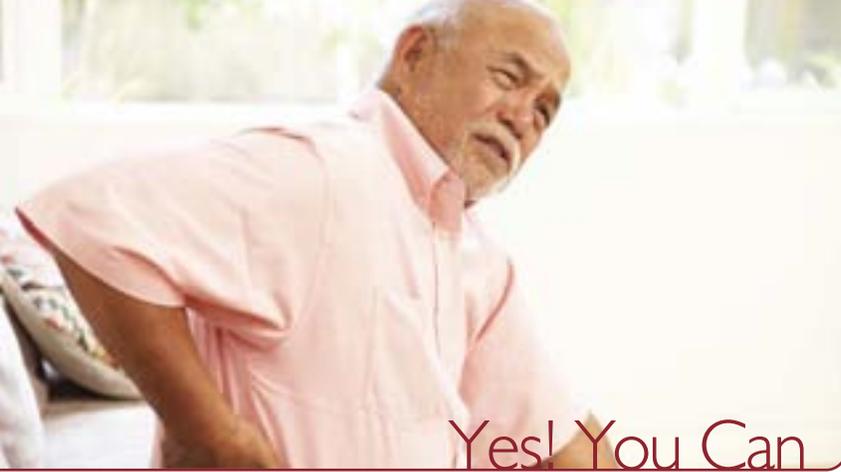
*Doris H., R.N., New Castle, Virginia*

■ “Rev. Malkmus, I am proud to be one of your ‘disciples.’ If it weren't for your obedience to God in developing Hallelujah Acres and The Hallelujah Diet I would still be on the path to destruction as far as my health is concerned. I give God the glory for the awesome self-healing body He has given all of us and I thank you, Rev. Malkmus, for delivering the message, ‘YOU DON'T HAVE TO BE SICK!’”

*Health Minister Jeanette D.*

■ “Hello Rev. George and Rhonda Malkmus. The Lord bless you so much for the wellness gospel you are spreading all over the world and especially for not being selfish in sharing it. Be blessed for humbly submitting to God to tell everyone about going back to the garden. I learned of Hallelujah Acres in Nairobi, Kenya after meeting your Health Minister Esther Kibunja. I am still reading your book God's Way to Ultimate Health and the testimonies found in the book are almost unbelievable.”

*Juliet N., Nairobi, Kenya, Africa*



Yes! You Can

# Break the Pain Cycle

by Dr. S. Paul Calvillo

*Did you know that musculoskeletal conditions are leading causes of disability in the United States? According to the American Public Health Association (APHA), patient visits made to health providers to treat these musculoskeletal conditions costs Americans \$850 billion per year, a hefty price for an easily-avoided injury.*

Perhaps you, like many, have musculoskeletal problems. You have tried traditional medical intervention and have not experienced significant or long-lasting relief. Medications have a tendency to mask or cover-up the symptoms without correcting the real problem.

*Neuro-musculoskeletal problems deal with three parts of the body: nerves, muscles, and the overall bone structure.*

When the spinal joints become dysfunctional and cease to have normal movement, an increased pressure on the nerve tissue results, which causes both pain in the body and dysfunction in the systems that the spine supplies. This degenerative chain-reaction is called the vertebral subluxation complex, which essentially describes the result of an interruption of proper function within the neuro-musculoskeletal system. Swelling develops in and around joint and nerve tissues, which in turn cause changes in muscle function.

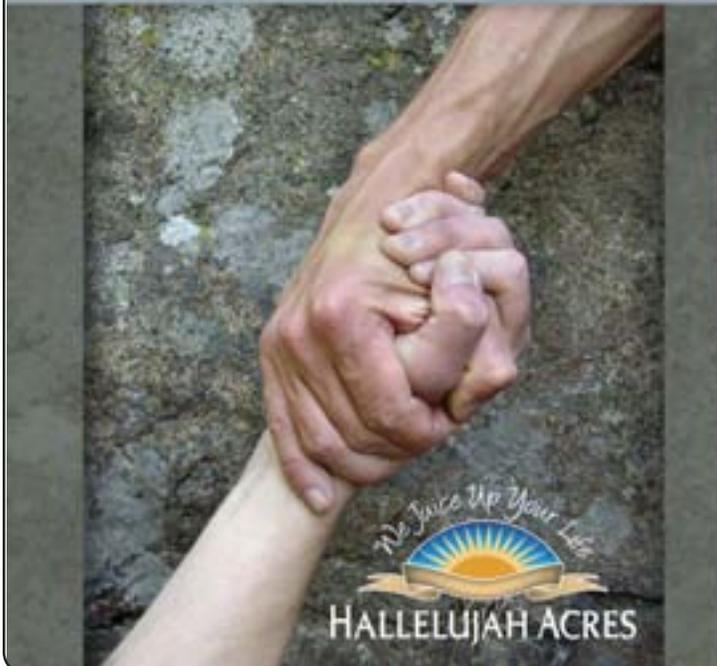
These muscles respond by tightening (spasms) resulting in decreased blood supply. The end result is inflammation or swelling. If you think about how you physically respond to pain, you will realize that your muscles really do tighten, voluntarily or involuntarily. From there, a cycle of pain-spasm-pain occurs and will continue to occur until it is properly addressed.

When you visit a chiropractor, you can expect that the pain-spasm-pain cycle will be broken. A chiropractic adjustment restores normal joint function, which in turn increases normal muscle tone, oxygenation, and blood supply to injured or abnormal tissues. Along with the spinal adjustments, most chiropractors offer instruction on spinal corrective exercises and stretches to help stabilize the problems and prevent a relapse of the injury. When a problem fails to respond to conventional care, chiropractors work hand-in-hand with MDs and will make the appropriate referrals for the best possible treatment outcomes. ☺

*Dr. S. Paul Calvillo is a nutritionally-minded chiropractor who has been in practice in Forest City, NC since 1996 ([www.integrityhealthoptions.com](http://www.integrityhealthoptions.com)).*

Become a  
*Health Minister*

March 10-12 • July 7-9 • Nov. 10-12



**If you have a passion to share your interest in nutrition, health and the wonders of the self-healing body, then Health Minister Training is for you! During this three-day event, you will discover:**

- Health-related principles that verify The Hallelujah Diet
- How to reach those who desperately need the message
- Where to share your new knowledge

**\$300 per person / \$450 per couple**  
*(includes Health Minister Resource Kit, valued at \$50)*  
**\$50 for re-attending Health Ministers**  
*(Resource Kit not included)*

**Applicants are required to complete one of the following prerequisites:**

- Hallelujah Acres Diet & Lifestyle 2-day Workshop
- Hallelujah Acres Lifestyle Center 5- or 10-day stay
- Get Healthy! Stay Balanced course

Training takes place at the **Hallelujah Acres International Headquarters in Shelby, NC**. For more information, call **800.915.9355** or visit **[www.hacres.com](http://www.hacres.com)**



## BARLEYMAX ORIGINAL

- #SPTRC0441 8.5 oz. powder (120 servings) **\$39.95**
- #SPTRC0440 4.2 oz. powder (60 servings) **\$24.95**
- #SPTRC0442 240 ct. vegetarian capsules (60 servings) **\$33.95**
- #SPTRC0453 (alfalfa-free) 8.5 oz powder (120 servings) **\$39.95**



Where else can you get an exceptionally pure, one-of-a-kind super food for just 99¢ a day? Superior nutrition doesn't have to be expensive — in fact, BarleyMax is arguably the best value for the best quality, live enzyme juice powder on the market!

\* Based on regular BarleyMax 8.5 oz price (\$39.95 / 120 servings per container x 3 servings per day)

## BARLEYMAX MINT & BARLEYMAX BERRY

If you consider regular BarleyMax an "acquired taste", you'll love the pleasant, sweet taste new **BarleyMax Mint** and **BarleyMax Berry**. Both contain the same high level of enzymatic activity and nutrients as regular BarleyMax.

- #SPTRC0510 8.5 oz. mint powder (120 servings) **\$41.95**
- #SPTRC0511 8.5 oz. berry powder (120 servings) **\$41.95**



To download a research brochure on the how BarleyMax protects DNA visit <http://www.hacres.com/pdf/BarleyMax-Protects-DNA.pdf>

## FIBERCLEANSE ORIGINAL

Fiber Cleanse is recommended during the first two to three months of The Hallelujah Diet to assist detoxification, cleanse the colon, and help restore optimal bowel function. Contains 28 herbs in a psyllium and flax seed base.

- #SPTRC0445 16 oz. powder **\$29.95**
- #SPTRC0446 240 ct. veg. cap **\$29.95**



## FIBERCLEANSE LEMON & FIBERCLEANSE GREEN APPLE

**NEW!** Fiber Cleanse Lemon and Fiber Cleanse Green Apple offer sensitive palates a much milder, pleasant taste, with all the same powerful cleansing action of original Fiber Cleanse... **satisfaction guaranteed!**

- #SPTRC0520 16 oz lemon powder **\$32.95**
- #SPTRC0521 16 oz green apple powder **\$32.95**



## DIGESTIVE ENZYMES

Live enzymes help improve digestion and the absorption of nutrients from the foods we eat. This product also contains a significant amount of probiotics.

- #SPNTN0447 90 ct. vegetarian capsules **\$24.95**

## Quick Start Kits All you need to start in one kit!

All Quick Start Kits **\$99.95**  
\* Refer to item # when ordering.



**Flavored Supplements Kit**  
The Hallelujah Diet book  
Fiber Cleanse Green Apple powder  
BarleyMax Berry powder  
Digestive Enzymes capsules  
#KTHLH0885\*

**Regular Supplements Kit**  
The Hallelujah Diet book  
Fiber Cleanse Original powder  
BarleyMax Original powder  
Digestive Enzymes capsules  
#KTHLH0880\*

**Capsule Supplements Kit**  
The Hallelujah Diet book  
Fiber Cleanse capsules  
BarleyMax capsules  
Digestive Enzymes capsules  
#KTHLH0881\*

**Alfalfa-free Supplements Kit**  
The Hallelujah Diet book  
Fiber Cleanse Original powder  
BarleyMax Alfalfa-free powder  
Digestive Enzymes capsules  
#KTHLH0884\*

**TO ORDER:** Call toll free **800.915.9355** or order online at [www.hacres.com](http://www.hacres.com)

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. \* Products, prices, and availability subject to change



**B-FLAX-D** by Hallelujah Acres is a rich source of both soluble and insoluble fiber, plus a wealth of vitamins and minerals to help achieve and maintain excellent health.

#SPTRC0460 2 lb. powder \$21.95



**B12, B6 AND FOLIC ACID** B12 is an essential nutrient not found in plant-based foods. This supplement contains methylcobalamin, the preferred form of vitamin B12.

#SPHLS0450 60 veg. tablets \$14.95



### WATERMAX

Over an extended period of time, strip the body of vital minerals such as calcium, potassium, and magnesium, among others. WaterMax alkalizes distilled water, provides minerals in amounts and forms that benefit the body, provides antioxidants, and improves its hydrating ability.

#SPFLD0339 8 oz. bottle \$32.95



## CARROTJUICEMAX ORIGINAL

**CarrotJuiceMax** by Hallelujah Acres is the only raw, unpasteurized carrot juice powder on the market — making it the only product of its kind with live enzymes. *One tablespoon per serving, equivalent to 4 ounces of fresh carrot juice.*

#SPTRC0461 8.8 oz. powder \$39.95



## CARROTJUICEMAX GRAPEFRUIT GINGER

How good does it taste? Ask your kids! **CarrotJuiceMax with grapefruit and ginger** has a delightfully sweet, punch-like flavor with a refreshing burst of citrus. Plus, you'll get all the nutrition of our regular CarrotJuiceMax.

#SPTRC0451 8.8 oz. powder \$41.95



## BEETMAX ORIGINAL

**BeetMax** is a great, fresh vegetable juice substitute made from organic beets, using the same proprietary dehydration process used for BarleyMax and CarrotJuiceMax. Betanin, the unique antioxidant pigment in beets, protects the body from free radical damage.

#SPTRC0451 8.8 oz. powder \$32.95

### Now In Capsules! BeetMax & CarrotJuiceMax

BeetMax and CarrotJuiceMax (original flavor) are now available in capsules. These juice powders are the same as the originals, and the 100% vegan capsules are the same ones we use for our other supplements.

#SPTRC0540 BeetMax 240 veg. cap. \$32.95

#SPTRC0531 CarrotJuiceMax 240 veg. cap. \$32.95

**TO ORDER:** Call toll free **800.915.9355** or order online at [www.hacres.com](http://www.hacres.com)

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. • Products, prices, and availability subject to change



## BLENDTEC BLENDER THE ULTIMATE APPLIANCE!

The Blendtec combines the heavy duty power of a 1500W motor with the ease of dozens of electronic settings. **No more standing at the blender to “babysit” it**, turning it off and on to get the consistency you need — the Blendtec’s computer controlled, variable speed motor does it for you! It speeds up and slows down automatically to give perfect consistency to dressings, salsas, soups, sauces, smoothies and more, every time. **It even kneads bread and warms soup!**



**PROBIOTICS** The Hallelujah Acres Probiotic is a stable probiotic supplement that survives the acid/bile conditions of the intestinal tract and aids in maintaining a healthy balance of "friendly" flora.

**#SPNTN458** \$29.95  
**Professional Strength Probiotics**  
 60 vegetarian capsules (provides 24 billion CFU)

---

**#SPNTN446** \$24.95  
**Regular Strength Probiotics**  
 90 vegetarian capsules (provides 2.8 billion CFU)



**NEW GENERATION BIO-CURCUMIN**  
 A powerful anti-oxidant and anti-inflammatory agent, curcumin is the active ingredient in the spice turmeric. Traditional uses include: antioxidant, anti-inflammatory, anti-bacterial, antirheumatic, anti-carcinogenic and hepatoprotective (liver protection).

**#SPBNG0457** 60 ct. veg. caps. **\$29.95**



**SERRAPEPTASE**  
 The prime cause of western diseases is now considered to be chronic inflammation caused by eating starchy carbohydrates, processed, microwaved and generally overcooked foods. Serrapeptase is one of the best anti-inflammatory enzymes available.

**#SPBNG0454** 60 ct. veg. caps. **\$24.95**



**INTESTINAL BALANCE** Contains a proprietary blend of botanicals, probiotics, and enzymes to provide support for the intestinal tract, thus discouraging yeast formation, while naturally strengthening the immune system.

**#SPNTN0449** 60 ct. veg. caps. **\$24.95**



**BALANCED WOMAN** Many women experience hormonal imbalances due to a lack of progesterone and an excess of estrogen in the body. This yam-derived progesterone cream can help balance female hormones naturally.

**#SPHMN0443** 2 oz. pump **\$24.95**



**ANTIOXIDANT**  
 Includes antioxidant vitamins various minerals, plus botanicals, antioxidant nutrients and countless other phytonutrients.

**#SPNTN455** 60 ct. veg. cap. **\$27.95**



**FREE!**  
**Snack Bar**  
**Sample Pack**

with purchase of  
 \$150 or more!†

**SPECIAL OFFER!!**

Expires May 15, 2010



† **Snack Bar Sample Pack** includes one Pecan Pie, Mocha Coconut, Orange Cranberry Delight, and Blueberry. Mention promo code **HN60** when ordering.

**It's the toughest, most versatile and easiest blender you will ever use — and quite likely the last one you'll ever need!**

- **Motor and Base: 3 year warranty**
- **Jar: 1 year warranty**
- **Blade: lifetime warranty**

**#FEBLT0675** **\$399.95**

*"I have a Blendtec at home and use it every day. It is my favorite appliance!"*

*Ann Malkmus*

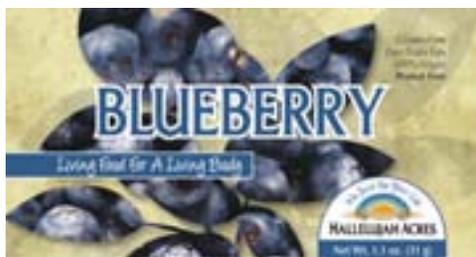


SO GOOD YOU WON'T BELIEVE THEY'RE GOOD FOR YOU!

# SNACKBARS



**PECAN PIE** Yes, it really tastes like pecan pie! This new concept of a classic southern favorite will impress even the most discriminating pie connoisseur. **#FDGLF0110\***



**BLUEBERRY** Bursting with juicy summer fruit, this chewy, cookie-like treat could very well rival even grandma's recipe! **#FDGLF0113\***



**MOCHA COCONUT** Attention gourmet coffee lovers... you won't believe your taste buds! Take a bite and enjoy a forbidden flavor — without breaking The Hallelujah Diet. **#FDGLF0111\***



**VANILLA NUT GOODEE BARS** The combination of nuts, vanilla, cinnamon and spices in this great tasting bar reminds us of fresh cinnamon buns, except that this tasty snack is healthy! **#FDGLF0445\***



**ORANGE CRANBERRY DELIGHT** This delicious combination of tangy cranberries, orange zest and a mellow blend of spices are sure to be a new family favorite. **#FDGLF0112\***



**MAPLE NUT ROYALE BARS** Maple Nut Royale is made with nuts that are soaked to promote easy digestibility, rinsed, then combined with pure maple syrup and dehydrated at low temperatures to preserve living enzymes. **#FDGLF0444\***

<b>ALL SNACKBARS</b>	1 bar	\$1.95
	Box of 20 bars	\$33.60
	Case of 80 bars	\$120.00

\* Refer to item # when ordering.

**LIVING FOOD SURVIVAL BARS** At 300 calories, this truly raw, living food bar makes a perfect meal replacement! It's packed with nutrient-dense, organic whole foods — and it's the only bar in the world made with BarleyMax, BeetMax and CarrotJuiceMax!

**#FDGLF0446** 1 bar \$2.95    Box of 12 bars \$33.95    Case of 72 bars \$144.00



## Monthly Support Kit



Get all the essentials delivered to you every month! Includes one-month supplies of everything you need to support optimal health.

SAVE up to \$9.90!

INCLUDES:  
BarleyMax (8.5 oz) powder or 240 veg. capsules  
B-Flax-D (32 oz powder)  
Digestive Enzymes (90 veg. capsules)

**#KTHLH0882** powder (BarleyMax) \$74.95  
**#KTHLH0883** capsules (BarleyMax) \$74.95

# AutoShip & Never Miss a Month!

**FREE! Snack Bar Sample Pack**

with purchase of \$150 or more!†

With AutoShip, just tell us the products you'd like and how often you want them shipped.\*

**FREE Shipping** every time!

Call 800.915.9355 to sign up for AutoShip now! Retail customers only.  
\*Only valid for shipments over \$100 in value. Valid only in lower 48 states.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Physical Address (if different from mailing address) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Note: Products, Prices, and Availability Subject to Change. Except where specified, prices in this magazine are effective through May 15, 2010

Keycode: **HN60** Your Health Minister PIN# \_\_\_\_\_ Customer # \_\_\_\_\_

Qty.	Item#	Item Name	Price Each	Total
<b>Method of Payment</b> <input type="checkbox"/> Check <input type="checkbox"/> Money Order <input type="checkbox"/> VISA <input type="checkbox"/> MC <input type="checkbox"/> Discover <input type="checkbox"/> American Express			<b>Sub-Total</b>	
<b>Card Number</b> _____ <b>Security Code</b> _____ <b>Card Exp. Date</b> _____ <b>Signature</b> _____			<b>Local State Sales Tax</b> (NC & SC residents only)	
			<b>Shipping (10% of Subtotal)</b>	
			<b>Handling</b>	<b>+1.00</b>
			<b>TOTAL</b>	

**International Orders: US Currency only, and please inquire about extra shipping costs. 1.800.915.9355**

**Shipping & Handling Charges:** \$5.00 for all orders under \$50.00. For orders over \$50.00 shipping will be 10% of subtotal of all items. A handling charge of \$1.00 will be applied to each order. Outside Continental U.S., call for international rates.

**Sales Tax:** North Carolina & South Carolina residents, please calculate sales tax based on subtotal amount.

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

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

The views, opinions and religious beliefs expressed by various authors and Hallelujah Acres Certified Health Ministers are not necessarily those of Hallelujah Acres, Inc. Books and videos listed herein, together with the health information contained within such works are provided solely for your use and convenience and do not constitute endorsement of the author by Hallelujah Acres. The use of such works, including services provided by Health Ministers is the sole responsibility of the user.

**30 Day Satisfaction Guaranteed Return Policy**

Please contact Customer Service at 1-800-915-9355 for Full Return Policy or go to [www.hacres.com](http://www.hacres.com) and click on Return Policy.

- Retail customers can return supplement(s) for a full refund (less shipping and handling) within 30 days from invoice date.
- Only one (1) open container of any product is eligible for a full refund. All other returns of the same product must be factory sealed.
- Unopened books (original condition), CDs and DVDs (unopened), small appliances and accessories (new condition), and exercise equipment in original packaging can be returned to Hallelujah Acres within 30 days of delivery date for full purchase price.
- Hallelujah Acres will refund shipping fees for "Return(s)" resulting from a Hallelujah Acres error.
- Non-refundable items: personal hygiene products, food products, Max GXL and Max WLX products, gift certificates.
- Return(s) require RMA# (Return Material Authorization number). Please contact Customer Service at 1-800-915-9355 for RMA# and shipping instructions.
- Only items listed on original invoice will receive Return Authorization number(s).
- Item(s) returned must include manufacturer's manuals, warranty card, accessories, and Packing List copy.
- Please use original package for return when possible.
- Please record RMA number on outside of box(es).
- Returns must be received within 10 business days after RMA number is issued.
- Hallelujah Acres reserves the right to refuse Return(s) not packaged per instructions above.
- Number each box if more than one box is shipped.
- No refunds or credits will be issued until the item(s) has been received and processed. Refund amount will be determined upon inspection of returned item(s).
- Allow three to four weeks for returns to be processed.

**Customer Service Hours:**

**Mon. - Fri. 8:00 a.m. to 8:00 p.m., Sat. 9:00 a.m. to 4:00 p.m. EDT.**

Products, prices, and availability subject to change.



Credit Card Orders Call:

**1.800.915.9355**

Mon. - Fri., 8:00 a.m. - 8:00 p.m. EDT  
 Saturday 9:00 a.m. - 4:00 p.m. EDT



24 Hour Fax: **704.481.0345**



Order Online:

**www.hacres.com**



Mail Orders to:

**Hallelujah Acres  
 PO Box 2388  
 Shelby, NC 28151**



**HALLELUJAH ACRES**

**Send this magazine to a friend!**

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Please check the appropriate box for each question.

- Gender    Male    Female  
 Age    18-30    31-40    41-60    61 and Over

What is their primary interest? (select one)

- Information about Lifestyle & Diet  
 Healthy Food Preparation  
 Health Issues    Children's Health    Recipes  
 Testimonies    Product Information    Other

How did they initially hear about us?

- Health Minister    Friend/Family    Books/Video  
 Conference/Event    Magazine ad    Resource Center  
 TV Commercial    Radio    Internet (search engine)  
 Seminar - God's Way to Ultimate Health  
 (at Hallelujah Acres location)  
 Seminar - God's Way to Ultimate Health  
 (NOT at Hallelujah Acres location)  
 Hallelujah Acres Lifestyle Center    Other

What is their primary health interest? (select one)

- Auto-immune Disorder - Arthritis, Lupus, Fibromyalgia  
 Cancer    Candida    Depression    Allergies  
 Obesity    Heart Disease    Osteoporosis    Diabetes  
 None    Other



# HALLELUJAH ACRES

P.O. Box 2388 • Shelby, NC 28151  
704.481.1700 • 800.915.9355  
www.hacres.com



Keycode: HN60



917809291619866

## Make it a Hallelujah Weekend!

Join us for one, two or all three events  
on the first weekend of every month!

**FREE Saturday Seminar**  
at 10 am presented by Rev. George Malkmus

Friday evening *before* the Seminar  
**An Evening of Food Prep**  
with Rhonda Malkmus

Learn a variety of food preparation techniques and recipes!  
See page 28.

Saturday *after* the Seminar  
**"Where Do I Go From Here?"** class

Spend a few hours with us to learn how to implement  
The Hallelujah Diet at home! See page 28.

Whether you're battling a life-threatening disease or you simply want to achieve optimal health, these events at Hallelujah Acres in Shelby NC will enlighten and inspire you to take that first step to self-healing.

**Mar. 5-6 / Apr. 2-3 / Apr. 30-May 1 / June 4-5 / July 2-3**

Schedule subject to change without notice. Please call for updates.



## Health Minister Training COMING TO YOU!

Paul and Ann Malkmus  
are coming your way!  
You'll get the same training  
and certification as you would  
during Health Minister Training  
at our international headquarters,  
plus prerequisite training is included!



**Tampa, FL** – April 7-10  
**Los Angeles, CA area** – August 11-13  
**Sacramento, CA area** – August 18-20  
**Madison, WI area** – September 15-17  
**Chicago, IL area** – September 22-24  
**Toronto, Canada** – September 29-October 1  
**Detroit, MI area** – October 6-8

Call for pricing and information for  
your area. **800.915.9355**