

Health News

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

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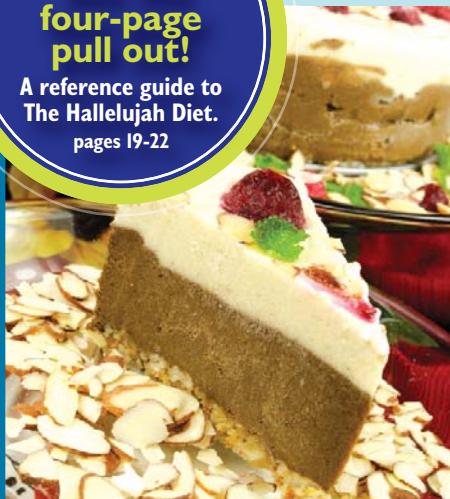
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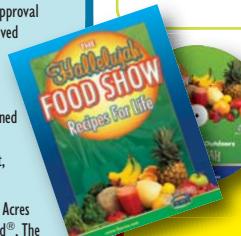
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TOXICITY & DEFICIENCY
Overcoming The Roots of Disease



"And the Lord God planted a garden eastward of Eden; and there he put the man whom he had formed. And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food. . . ."

Genesis 2:8-9



The ROOTS of HEALTH

By Rev. George Malkmus LitD

A little closer look at a tree reveals that it consists of various parts – root, trunk, leaves, and if a fruit bearing tree, it was designed by God to produce fruit. Now the Bible talks about a tree that was supposed to bear fruit but wasn't bearing any in Luke 7:19-20. Of that tree Jesus had this to say: "Every tree that bringeth not forth good fruit is hewn down and cast into the fire. Wherefore by their fruits ye shall know them."

And concerning a fig tree that was supposed to be bearing fruit and was not, Jesus said the following:

"A certain man had a fig tree planted in his vineyard; and he came and sought fruit thereon and found none. Then said he unto the dresser [gardener] of his vineyard, 'Behold, these three years I come seeking fruit on this fig tree and find none: cut it down; why cumbereth it the ground?'

And he [the gardener] answering said unto him, 'Lord, let it alone this year also, till I shall dig about [cultivate] it, and dung [fertilize] it: And if it bear fruit, well: and if not, then after that thou shalt cut it down.'" (Luke 13:6-9)



(L and R) Rev. Malkmus as a boy.

The Seeds of My Life

My maternal grandfather was a farmer and a gardener. He ran a cider press and a blacksmith shop. My mother grew up with her ten siblings as a country girl on a farm without electricity or indoor plumbing. Most of the food Mother consumed as a child and teen was unprocessed and right from the garden.

Upon graduation from high school, Mother left the farm for nursing school in the big city and married a city boy – my dad.

My paternal grandfather owned a retail cigar store in the city, and so my dad grew up as a city boy. Because my dad had a good paying job in the city (he was a railroad man), my country girl mother remained in the city after graduating from nursing school to marry my dad. It was from this union in the big city that I was born.

In the big city, Mother quickly adopted sedentary city living. She ate out of boxes and cans, consuming a highly processed, dead, cooked food diet. In nursing school, she was taught the necessity of consuming animal flesh for protein and cow's milk for calcium, thus animal products became a very important part of each meal.

Nutritionally, my life in the big city began with mother's milk. After weaning, however, my diet consisted largely of pasteurized cow milk and daily cooked animal flesh. The rest of my diet consisted almost entirely of cooked food with daily sugary desserts. I can't remember Mother ever serving a raw salad while I was growing up.

Before she moved to the big city, Mother had a comparatively good diet and lots of exercise — nutritionally speaking, I believe that I was fortunate to be conceived of "good seed" from this side of my family. By contrast, Dad's life consisted of little exercise and lots of animal source and cooked foods. So you can see the seeds of my life were a mix of good and bad coming from a country girl living an active farm lifestyle and a city boy living a sedentary city lifestyle.

"And some [seed] fell among thorns, and the thorns grew up and choked it, and it yielded not fruit. And other fell on good ground, and did yield fruit . . ." (Mark 4:7-8)

The Health of A Tree Is Determined by The Food of Its Roots



In the parable quoted in Luke 13:6-9, the fig tree that was supposed to be bearing fruit was not bearing

any; because of this, Jesus said it should be cut down (destroyed).

The gardener in this passage then requests mercy. He said, "Let's give it some time to grow stronger before cutting it down. I'll provide the opportunity for it to grow stronger by cultivating and fertilizing it. Hopefully good nutrition (fertilizer) will give it what it needs to grow stronger so that it can live as a result produce the fruit it was supposed to."

Now if the nutrients provided to and taken up by a tree determine the tree's health and potential for later fruit bearing, so too the nutrients provided to the body determine the future health of an individual and his or her potential for a long and fruitful life.

My Family Tree's Roots Have Suffered



What were the results of my parents eating the Standard American Diet (SAD), living a very sedentary lifestyle, constantly going to the doctors for physical problems that developed, taking the doctor's advice,

and accepting all the drugs the doctor prescribed? My dad had his first heart attack at age 42, then suffered several light heart attacks and strokes until his eventual death at age 65 following a massive heart attack. During those years, he was under the constant care of medical doctors, doing everything the doctors said, and taking every drug the doctors prescribed while continuing to eat the SAD.

Mother was diagnosed with colon cancer at age 49. They opened her up and found the cancer had wrapped itself around her colon. Saying the cancer was inoperable, they closed her back up and began cobalt (radiation) treatments that destroyed her immune system, resulting in yearly hospitalizations for pneumonia. From age 49 until she died at age 65, she was given huge amounts of drugs while continuing to eat the SAD. When my sister and I cleaned out Mother's apartment after her death, we filled three shopping bags with empty (and some partially filled) prescription drug bottles.

Now It Was My Turn

The Bible says: "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." (Galatians 6:7) "My people are destroyed for lack of knowledge." (Hosea 4:6) "...the curse causeless shall not come." (Proverbs 26:2)

In Proverbs 26:2 we learn that the "curse" of sickness will not come without a "cause." Galatians 6:7 lets us know that what we "sow" (diet and lifestyle in this instance) will determine what we "reap" — sickness or health. And in Hosea 4:6 we learn that this suffering and sickness may be due to "lack of knowledge."

On the diet on which I was raised — the same diet on which Dad was raised and Mom later adopted — I suffered yearly colds and bouts with the flu, terrible tooth decay, acne, high blood pressure, painful hemorrhoids, and at age 42 was told I had colon cancer.

Remember, when my registered nurse mother was diagnosed with colon cancer, she turned to the doctors for help. At her death, I believed it wasn't the cancer that ultimately caused her death but rather the treatments she had received.

Turning To My "Gardener"



At this low point in my life, with my body (tree) about to be cut down, I did not want to turn to the doctors for help as Mother had with such horrible results. Instead, I turned to Evangelist

Lester Roloff (my gardener) for help. Brother Roloff said, "Don't allow the doctors to give you the standard medical treatments of chemotherapy, radiation, and surgery which have already destroyed your mother's body and has the potential of destroying you (cutting down your tree) as well, but rather change what you nourish (fertilize) your body with and start exercising (cultivating) it."

Thankfully, I took the advice of this "gardener." I stopped putting the toxic foods (animal flesh, refined sugar, etc.) and drink (cow milk, soft drinks, etc.) into my body. I started eating the good foods God said in Genesis 1:29 we should consume for proper nourishment (100% garden sourced foods) and started drinking a lot of vegetable juices (fertilizer). I also started daily and vigorously exercising (cultivating) my body.

Almost immediately, my body (tree) started to respond and my tumor started to shrink. All the other physical problems I was experiencing at the time also started to disappear, and within less than one year all my physical problems were gone, even the cancer.

I began this diet (fertilizer) and lifestyle (exercise) change at age 42. By age 43 my body (tree) was healthy and began bearing fruit.

"Bless the Lord, O my soul: and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; Who healeth all thy diseases; who redeemeth thy life from destruction: Who crowneth thee with loving kindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's." (Psalm 103:1-5)

What A Little Fertilizer and Cultivation Can Produce



God "satisfied my mouth with good things" in 1976 — raw vegetable juices, a primarily raw plant-based diet, and vigorous exercise. As a result, I am alive and well at 76 years of age with a strong body, a sound mind, and serving my Lord and Saviour Jesus Christ with a ministry (Hallelujah Acres) that is teaching millions around the world

how they too can eliminate sickness. Isn't it amazing that, through simple diet and lifestyle change, we can restore our health and have a body fit for the Master's use?

"Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf shall not wither; and whatsoever he doeth shall prosper." (Psalm 1:1-3)

Dear friend, I invite you to trust Jesus, meditate daily on His word, be in the world yet not of it, attend regularly a Bible-believing church, eat a healthy diet, and live a vigorous lifestyle by exercising daily. See if God won't do for you what He has done for me.

Jesus said: "I am the vine, and my father is the husbandman [gardener]. . . . As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. . . . He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing. . . . Herein is my Father glorified, that ye bear much fruit. . . ." (John 15:1-8)



Toxicity and Deficiency

In this special issue of Health News, we're getting back to basics to equip you with the information you need to help others understand that poor health is simply the symptom of two largely controllable causes: **toxicity and deficiency**.

The next few pages have been dedicated as a reference manual to help you explain to friends and family how toxicity and deficiency creep into our lives unnoticed... and more importantly... what to do about it.

TOXIC FOOD

For years during his monthly Saturday seminars, Rev. George Malkmus has warned against toxic foods including animal products, refined sugar, refined flour, refined salt, caffeine, and so on (see Foods to Avoid on page 22). But are they really that bad? Most Americans would laugh at the notion that these foods — or food itself — can be toxic, but some are waking up and smelling the coffee for what it really is.



Toxic Food is Still Toxic

The saying, "too good to be true" is still your best plumb line when determining whether that latest report you read online or heard on the news is telling the whole

truth. Clever number skewing, missing details, and small survey samples can all be used to whitewash a research finding so that it benefits a certain industry or company.

Thankfully, smart consumers like you are not taking these findings at face value anymore. Almost-anywhere internet access, social media sites, blogs, and the like have given us unprecedented access to research records and to fellow smart consumers who are routinely blowing the whistle on bogus claims.

A well known example of this is the 2009 incident in which a children's breakfast cereal company plastered its cartoon-clad cereal boxes with the claim that they contained "A good



Toxicity

toxicity \ tok-SIS-i-tee \ **n:** the degree to which a substance contains poisonous material especially when capable of causing death or serious debilitation

source of calcium and vitamin D" and "Nutrition to help your kids grow up strong!" At face value, the claim is essentially true: calcium and vitamin D will indeed help children grow up strong. However, the intended message is disingenuous. The truth is that the amount of sugar and refined corn in the cereal completely nullify the amount of calcium and vitamin D added to it, not to mention that the calcium and vitamin D had to be artificially inserted into the cereal to make the claim.

These boxes are still on the shelves, but countless blog posts and news reports have since exposed this half-truth to a wide audience.

Regardless of added nutrients, refined sugar is still toxic. It suppresses the immune system, upsets the mineral relationships in the body, causes blood proteins to function less effectively, produces a significant rise in triglycerides, can cause juvenile delinquency in children, contributes to obesity, causes premature aging, aggravates arthritis, and is even associated with the development of Parkinson's disease.

And don't forget that the milk served with the cereal in this example has been sterilized of beneficial nutrients and then "fortified" with artificial nutrients. Plus, it contains animal-source protein, which has a list of issues all its own. Still want that crunchy, sugary bowl of disease?²¹



Ask Logical Questions

Speaking of animal protein, the toxin-riddled Atkins Diet is experiencing a resurgence since the release of a new book promoting the diet. The Atkins Diet bases its weight-loss strategy on reducing carbohydrates and increasing animal source protein. The diet saw a drastic drop in popularity several years ago after people who tried the diet began experiencing a host of health problems including sky-high cholesterol.

The new book bases its claims on the same claims as the original Atkins Diet book, which begs the logical question: If this highly toxic diet caused problems for people the first time, why would a repackaged version of the same diet be any different? It's not.

Dr. T Colin Campbell, author of *The China Study* (the most comprehensive study on diet ever conducted) recently reviewed the new Atkins Diet and commented that, "[The authors] recommend 20-25% dietary protein then claim somewhat defensively that this is not a high protein diet. This is nonsense. The present range of dietary protein for the vast majority of the population is about 11-22% of calories (average of 17%), with three-fourths of this protein provided by animal-based foods. The Atkins recommendation for dietary protein is triple that of the RDA, high by anyone's standard (except for these authors). A whole food plant-based diet of mixed vegetables, fruits, legumes, grains and tubers can easily provide the

ENVIRONMENTAL TOXICITY

By Olin Idol, ND, CNC

When God created man, He placed him in a pristine garden environment free of toxins and chemical exposure. It was natural (and normal) for man to live in a superb state of health. While it is impossible to duplicate those environmental conditions today, it behooves us to be aware of the sea of chemicals we are exposed to and to take what practical measures we can to minimize our exposure. We must limit the damaging impact of these toxins not only for our own health but for that of future generations.

With more than 90,000 chemicals in use today, it is impossible to avoid them, but by being aware of the more common sources, we can minimize our exposure and make wiser choices.

Plastics

At one time, only the health conscious were aware of dangers lurking in many plastic products. Knowledge of the dangers of Bisphenol A (BPA) is now becoming mainstream. *TIME* magazine, in an April 1, 2010 article titled *The Pearls of Plastic*, stated, "As scientists get better at detecting the chemicals in our bodies, they're discovering that even tiny quantities of toxins can have a potentially serious impact on our health and our children's future. Chemicals like BPA and



phthalates (key ingredients in modern plastics) may disrupt the delicate endocrine system, leading to developmental problems. A host of modern ills that have been rising unchecked for a generation, such as obesity, diabetes, autism, and attention-deficit/ hyperactivity disorder could have chemical connections."

The recycling number inside the recycling triangle located on the bottom of most plastic containers indicates what type of plastic it is made from, which is a quick reference as to whether the plastic is safe or not. Generally, the higher the number, the more toxic the plastic.

Polycarbonate water bottles and baby bottles (recycling number 7 – the highest number) are toxic and should be avoided as much as possible.

Most one-time-use water bottles with the number 1 indicate the plastic is polyethylene terephthalate, also known as PETE or PET; the number 2 is for high density polyethylene, or HDPE. Bottles carrying these designations are generally considered safe and are preferred forms of plastic.

Pesticides

Pesticides are another common source of toxins that are often associated with cancer, Parkinson's, nerve damage, miscarriages, and birth defects. Chemicals such as DDD (a less potent cousin of DDT) have been used in what would be considered

safe levels (by the EPA), only to be found accumulating over 125,000 times the water concentration in carnivorous fish found in such waters. According to Neil Nedley, MD in his book *Proof Positive* this is an example of biomagnification, meaning the concentration of toxins accumulate exponentially as they work up the food chain. "Aquatic organisms may bioaccumulate environmental contaminants to more than 1,000,000 times the concentrations

RDA of about 8-10% dietary protein, based on long established experimental evidence (since 1943) that this is more than enough protein."²

Make Wise Decisions

No diet (not even The Hallelujah Diet) is a miracle diet. However, there are some basic guidelines. Eat what grows from the ground; this is the best option. Avoid packaged goods as often as possible. When you must buy packaged goods, make sure you understand the ingredient list. The more you eat naturally occurring whole foods, the more you give your body what it needs to be self-healing as God intending it to be. ☩

Everything from water bottles and plastic toys to major electronic components can disrupt normal hormonal processes in the body.



detected in the water," Nedley points out. This is one of the biggest concerns with seafood. When using fish oil it is imperative that it be processed in such a way that the toxins are eliminated.

Phthalates, mentioned earlier with respect to plastics, are also found in fragrances and other cosmetics. They can disrupt the endocrine system and pose dangers for developing children and teens.

Cleaning Products

Other areas of concern are household cleaners, which often contain a host of chemicals that are not even disclosed on the label (as many formulas are considered proprietary). For the health of our families, we need to pay close attention to the chemicals we are being exposed to on a daily basis in our home environment.

Electronic Pollution

There is mounting evidence that the day to day exposure to electromagnetic fields (EMF) from cell phones and cell phone towers pose a significant health risk. Here's why: our bodies can "feel" or recognize cell phone frequencies. As such, when exposed to these frequencies, it is thought that the body's self defense mechanism is to harden bodily cell membranes in an effort to limit exposure. This hardened membrane may impact the ability of nutrients to enter the cells and the ability to eliminate toxins from the cells. It is imperative that cell phone use be minimized and protection such as the cell phone chip be implemented to minimize the damage. ☩



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TOXICITY

In most parts of the world, it is assumed that you should not drink the water coming from the tap. In America, we have strived to provide tap water that is safe to drink.



TOXIC TAPS

By Michael Donaldson, PhD

One of the greatest achievements in the last century has been the provision of clean water and hygienic sewage treatment. However, a new class of pollutants has been added to our environment with the advent of the chemical age — pharmaceuticals, personal care products, and industrial-source pollutants.

A lot of effort has gone into making the waste streams of American industries much cleaner, yet little has been done about consumer-generated pollution. For example, our bodies only metabolize a small amount of any drug we ingest. The rest goes to the sewer treatment plant. All of the things we put on our bodies and in our hair also end up the same place.

Ingredients from pharmaceuticals and personal care products have been found in rivers and streams worldwide. Waste treatment plants catch some of these compounds but they are not designed (yet) to handle the many drugs that come their way. While these drugs get diluted in the water, the effect on the environment is not yet known.

How to Purify Drinking Water

There isn't a single process that will remove all contaminants from tap water: pharmaceutical residues, viruses, bacteria, not to mention other contaminants like chlorine or chloramine, fluoride (see detailed story on page 26), arsenic, lead, industrial organic pollutants, and rock minerals.

Activated carbon does an excellent job of filtering organic contaminants, but doesn't do much with mineral or metal contaminants. Certain filter resins remove some minerals (arsenic, fluoride, lead) under acidic conditions. Reverse osmosis (RO) units rely on activated carbon to remove the organic contaminants. RO units do purify the water, but bacterial fouling can be a problem, resulting in reduced performance over time.

The best method is to combine an activated carbon filter and distiller (see Waterwise 4000 Distiller, right) to fully remove all of these contaminants. This method yields pure water consistently. Using an activated carbon filter and a distiller gives you water that you can have confidence in. You know that it is pure water and there are no contaminants in it.

Evidence of Toxicity

- Fish from a stream in northern Texas that were exposed to contaminated water from a sewage plant had antidepressants detected at levels greater than 0.1 ng/g in all the examined tissues in four separate species, demonstrating that some of these chemicals can bio-accumulate. Could it do the same to those who drink this water?
- The cholesterol-lowering drug gemfibrozil was found to concentrate in goldfish over 100-fold (using environmentally relevant concentrations) and caused a 50% decrease in testosterone.
- The non-steroidal, anti-inflammatory drug diclofenac, which is very common in surface waters globally, caused the same kind of negative side-effects in brown trout at environmentally relevant concentrations as seen in mammalian species.
- A mix of pharmaceuticals can cause complex and unpredictable effects, as illustrated by toxicity studies with the fresh-water zooplankton *Daphnia magna*. Exposure to a single pharmaceutical in the range of 1-100 mcg/L caused no effect. But a mix of 36 mcg/L fluoxetine and 10 mcg/L clofibrate acid caused significant deformities, while a mix of 3 to 5 antibiotics (total antibiotic concentration 30-500 mcg/L) changed the sex ratio of offspring.

As Olive Wendell Holmes, MD said, "If we doctors threw all our medicines into the sea, it would be that much better for our patients and that much worse for the fish." Turns out he was more right than he knew, for most of our medicines do go to the fish. And what is bad for fish can't be good for us, either.

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TOXICITY IN DENTISTRY

By Robert B. Johnson, DMD ND

I recently delivered a presentation entitled Biologic Dentistry and Its Effect on Your Overall Health during the 2010 Health Minister Reunion at Hallelujah Acres. In this presentation I discussed how the health of the oral cavity affects overall health.

The use of toxic dental materials can affect the body profoundly. Materials used during restorative procedures not only release toxic gases or substances but can also damage health locally (teeth and gums) and systemically (overall body) via an allergic sensitivity reaction.

Substances used for dental treatments also affect health via toxicity and/or a sensitivity reaction. Even though all dental materials potentially can cause sensitivities, this article will be discussing three of the most common yet toxic materials that can affect health: mercury fillings; nickel in many crowns, partials and orthodontic appliances, and fluoride used in rinses and toothpaste.



Mercury Fillings

Dental amalgam fillings are composed of silver, zinc, copper, and tin with mercury as the glue that holds them all together. The mercury component has been definitively shown to escape from the filling as ion particles and methyl mercury gas. Once it escapes, mercury gas accumulates in various tissues (nerve/brain, thyroid, kidney, liver, and more) resulting in dysfunction and potential death of that tissue.

If the tissue has not "died" from mercury toxicity, its function can be recovered. This reversal process must be done very carefully so as to protect the person's health at every step. With respect to mercury, if a person is allergic/sensitive (about 1 in 5 patients), sensitivity must first be eliminated. This is not difficult and can be done noninvasively. Then — and only then — should the source of the mercury be eliminated (use the email at the end of this article to inquire about the exact protocol). This procedure halts further introduction of mercury into the tissues.

Once the mercury flow has ceased, careful removal of accumulated mercury will restore cell tissue and organ function. This process involves chelation of the mercury toxins, establishing detoxification pathways, and healing of the tissues in question.

Nickel Crowns, Partials & Orthodontic Appliances

Nickel is a component of many types of crowns (unless a dentist uses only gold or platinum), dentures, and stainless steel wires used in orthodontics. The gums, jawbone, and tissues in proximity to nickel-containing crowns show significant inflammation and long-term damage. Systemic inflammation also results from nickel-containing crowns. A high percentage of people (well over 50%) manifest severe allergic reactions to nickel with females displaying more frequent and severe nickel sensitivities than males.

Nickel in dentures should be avoided and/or eliminated. Nickel in stainless steel orthodontic wires is difficult to avoid, as there is no suitable alternative to stainless steel. Overall, treatment of nickel sensitivity and toxicity should include eliminating nickel where possible, while undergoing allergy elimination to nickel as mentioned with mercury. Additionally, heavy metal chelation (e.g. using chlorella, garlic, DMSA) should be used for detoxification if someone is undergoing orthodontics with stainless steel wires.

tox·ic \ TOK-sik \ adj:
baneful, deadly, harmful,
lethal, mephitic, noxious,
pernicious, pestilential,
poison, septic, toxicant,
venomous, virulent,
dangerous

Fluoride

Fluoride, a toxic by-product of aluminum manufacturing, has shown varying levels of decay prevention. Decay prevention must be measured against the health risks from fluoride exposure. These risks include corrosion of vessels and tissues, increased likelihood of tumors (sarcomas) and binding of negative charged fluoride to positive charged heavy metal. When fluoride binds to toxic heavy metal (e.g. mercury and aluminum) it transports these heavy metals into the brain and the thyroid. This can result in deterioration of those organs and tissues, resulting in some loss of brain or thyroid function.

The obvious treatment for fluoride toxicity is to first avoid further use of fluoride (at the dentist, in toothpaste, and in your water – see page 26) then to detoxify continually with products such as chlorella, garlic, and other chelators. Healthier foods with higher mineral content will also help to normalize acidity and will assist the removal of both fluoride and bound heavy metals from tissues.

The mouth is a potentially significant source of toxicity to the body. The good news is that this toxicity can generally be avoided, and accumulated toxicity from the mouth can be removed with consistent, direct protocols. Reduced body toxicity is critical in achieving overall health.



For further information,
email Dr. Robert Johnson at
bobjohnsonmd@gmail.com or
visit www.nhwelnessctnrs.com.

Toxicity



SPIRITUAL TOXINS

Much research has been conducted regarding the effects of toxic chemicals and substances on our physical health. We often find, however, that very little emphasis is given to emotional, mental, and most particularly, spiritual toxicity.

What exactly is spiritual toxicity? As the term would indicate, it is quite simply a poisoning of the spirit. When we accept Jesus Christ as our Saviour, God places His Holy Spirit inside of us. Although we know from I Peter 1:23 that this Spirit is “incorruptible,” we also know that it is our responsibility to either nourish and grow our spirit or allow it to become dormant. Since there is no “gray area” with spiritual matters, to allow the Spirit of God in us to become dormant is, in effect, to poison it. Influences on this Spirit are primarily environmental, but it goes deeper than that.

Toxic People

The people with whom we associate can have a tremendous effect on our spiritual health. If we spend too much time with negative individuals, we will almost certainly find ourselves becoming caught up in some of their negative thinking and behavior.

A good example of this influence is found in the Book of Job when, after Satan had afflicted Job in so many ways, he was visited by his “friends.” Eliphaz, Bildad, and Zophar informed Job that they had come to comfort him, but it soon became apparent to Job that their purpose was quite the contrary. In Job 16:2, Job actually refers to these so-called friends as “miserable comforters” because of the negativity that they embraced. If we are not careful, we can surround ourselves with “miserable comforters,” people whose words and behavior only serve to pull

us deeper into whatever negative situation we find ourselves. Sympathy is when a positive person is brought down by a negative person. Empathy, on the other hand, is when a negative person is encouraged and built up by a positive one. We should surround ourselves with more empathetic people.

Toxic Places

We have all been faced with spiritual challenges and these challenges were often a result of where we happened to be at the time. If we had experienced a negative occurrence at a particular physical location, it would probably benefit us not to return to that location, at least until we feel that we have fully conquered that influence. Even then, we must carefully guard our minds and hearts not to revisit these situations spiritually. For example, if we were at a certain location when someone was physically injured or a relationship was damaged, going back to that place could bring back those memories and cause us to stumble.

Toxic Things

Finally, inanimate things also have negative spiritual repercussions. Television, and most specifically TV news, are prime examples. It is no secret that most news programs are basically negative. Even some of the comedy and drama programs we watch propound negative behavior. It is to our advantage to not spend time watching these types of programs. Also, we must attempt to monitor both the TV programs and video games that our children are exposed to.

We must take action to rid our lives of these spiritual toxins. By doing so, we will find our health improving spiritually, emotionally, and physically.

DO YOU
KNOW THE
DIFFERENCE
BETWEEN
SYMPATHY
AND
EMPATHY?

Sympathy is when a positive person is brought down by a negative person.
Empathy is when a negative person is encouraged and built up by a positive one.



Toxicity

EMOTIONAL TOXICITY

Just as each cigarette compounds a smoker's risk of lung cancer, negative emotions — worrying in particular — can create a toxic snowball that can literally shorten lifespan if left unchecked.

In 2007, researchers at Purdue University concluded a study of 1,663 men, revealing that their "level and slope of neuroticism (excessive worry) interacted in their effect on mortality."¹ Essentially, the longer they continued to worry about things in their lives, the shorter their lives became. Another study in Scotland concluded after 21 years of research that "[worry] was significantly related to risk of death from cardiovascular disease."²

The Science of Anxiety

When we worry, we spark a chemical reaction in the body, creating excess free radical activity within our cells. The same thing happens when we eat poorly or don't get enough exercise. The result is a general decline in health (ie. worrying yourself sick). Sickness is, in fact, the evidence of excess free radical activity within your cells, causing toxicity that paves the way for disease.



Worrying is Not Worth It

Having negative emotions, (especially worry) is just not worth getting sick — or worse. In fact, worry is unbiblical. It is concern about an imminent event or uncertain outcome over which only God has control. Jesus himself gave us some good advice on this point by way of a gently worded commandment: "Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself." (Matthew 6:34) When presented with an unpleasant situation, we have a choice. We can worry or we can trust God.

Emotional Therapy is Spiritual Therapy

Spending time with the Lord is perhaps the most important method of reducing anxiety. By spending more time with God in prayer and

Remember Your Biblical "Vitamins"

When Anxious, take vitamin "A"

All things work together for good to them that love God, to them who are the called according to his purpose. - Romans 8:28

When Crushed, take vitamin "C"

Casting all your care upon him; for he careth for you. - 1 Peter 5:7

When Depressed, take vitamin "D"

Draw nigh to God, and he will draw nigh to you. - James 4:8

meditation, your relationship with Him will grow. The more your relationship grows, the more you will learn to trust His ways, even when you can't see the light at the end of the tunnel.

1. Mroczek DK, Spiro A 3rd. Personality change influences mortality in older men. *Psychol Sci*. 2007 May;18(5):371-6. • 2. Shipley BA, Weiss A, Der G, Taylor MD, Deary IJ. Neuroticism, extraversion, and mortality in the UK Health and Lifestyle Survey: a 21-year prospective cohort study. *Psychosom Med*. 2007 Dec;69(9):923-31. Epub 2007 Nov 8.



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Toxicity and Deficiency

The Standard American Diet (SAD) is loaded with foods that are high in calories and toxins, and deficient in nutrients, all of which lead to sickness and chronic disease. If we desire to enjoy a life of wellness and live to a ripe old age we must take control of our health and insure our body has the nutrition necessary that promotes health at the cellular level, and rapid and efficient elimination of toxins.



Deficiency



de·fi·cien·cy \ dih-FISH-uhn-see \ **n:** a lack or shortage, especially of something essential to health; an insufficiency

NUTRITIONAL DEFICIENCY IMPACTS DETOXIFICATION

By Olin Idol, ND, CNC

God created man with a body capable of enjoying eternal life here on earth in perfect environment if he would simply chose to obey God and pass only one test of his volition (Genesis 2:16-17). As we all know well Adam and Eve failed that one test and were expelled from the Garden.

The body God entrusted to man was designed to maintain health and to stay well until a ripe old age (now limited to around 120 years, Genesis 6:3). Even in the day in which we live, surrounded in a sea of toxins on all sides, when we supply our body with the optimal conditions, it will still maintain health. Sickness results from two main sources, nutritional deficiency and internal toxicity. When we supply the body with optimal nutrition, it can deal pretty efficiently with the internal toxicity.

nutritional deficiency and toxicity more directly. This is one reason we use juicers today (although they were not needed in the Garden of Eden).

According to H. E. Kirschner, M.D., when we drink the juice of the vegetables, we get 92% of the nutrients to cellular level. When we eat the vegetables we only absorb from 1 to 35% of the nutrients at cellular level, depending upon how efficient our digestive process is (*Live Food Juices*, H.E. Kirschner, M.D.). A good juicer is critical, especially if facing a chronic health challenge, for maximizing nutrition at the cellular level to support the body's innate self-healing and detoxification.

It is also imperative to insure optimal bowel function for timely elimination of toxins. If unable to do so with diet alone, it may be helpful to include some additional fiber (such as is found in Hallelujah Acres' Fiber Cleanse supplement) for the first two to three months on The Hallelujah Diet. Doing so will support optimal bowel function and detoxification. After this initial period, fresh ground flax seed or Hallelujah Acres' B-Flax-D supplement is an excellent option for long-term use to insure there is optimal fiber in the diet for elimination of toxins.

is grown organically in soil that is consistently composted with organic matter to insure nutrient density of the barley and alfalfa grasses. The grasses are harvested and processed in such a way that heat sensitive nutrients and enzymes are not destroyed. By supplying the nutrients that are often missing from our foods, we insure the body has the vital resources needed for optimal detoxification.



BARLEYMAX

Rich in nutrients, drinking BarleyMax and freshly extracted vegetable juices will aid the body in detoxification and in the activation of its self-healing. Plus, BarleyMax is arguably the best value for the best quality, live enzyme juice powder on the market!

BarleyMax Original 8.5 oz

#SPTRC0441

\$39.95

BarleyMax Berry 8.5 oz

#SPTRC0511

\$41.95

BarleyMax Mint 8.5 oz

#SPTRC0510

\$41.95

Addressing Deficiency

The Hallelujah Diet is based upon the principles of Genesis 1:29. However, since we live in conditions far removed from those that existed even in biblical days, we have found it increasingly important to address the issues of

Diet Matters

Our foods (even organically grown) are at best devoid of many trace elements due to depletion of our top soils and poor farming practices. For this reason BarleyMax is one of the most important components of The Hallelujah Diet. It

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

CHRONIC DEHYDRATION: THE SILENT DEFICIENCY

Nutritional deficiency is rarely considered in terms of getting enough water — but it should be. The human body can go without food for weeks, but only a few days without water. Water is as vital to every cell as proper nutrition, but how do you know if you're getting enough?

Most of us don't really know what dehydration looks like. As a result, it creeps in slowly and undetected until it becomes a chronic condition.

Chronic dehydration is a major, underlying cause of many common ailments and diminishes physical, visuomotor, psychomotor, and cognitive performance.



WATERMAX

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

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



The Signs of Chronic Dehydration

Chronic dehydration will not give you the obvious cues of acute dehydration (dry mouth, extreme thirst, etc). Instead, the signs of chronic dehydration manifest themselves under the guise of seemingly insignificant and/or unrelated ailments.

For example, allergies (and even asthma) can be a symptom of chronic dehydration. Dehydration increases histamine levels, which causes the body to release cortisol (a stress hormone). This suppresses the production of white blood cells making the body vulnerable to allergens.

Chronic dehydration can also cause heartburn, gastro-esophageal reflux disorder (GERD), joint pain (due to dried out cartilage), kidney stones, depression, and other disorders throughout the body, including:

Fatigue: Water is extremely important for energy production. For every 1% drop of water in your cells, energy production is cut by 10%. Dehydration also slows enzymatic activity, causing an imbalance in the acid/alkaline balance, which leads to fatigue.

Dark Urine: When you're dehydrated, your body stops relying on fresh water coming in and begins re-using what it has (ie. urine). As your kidneys recycle urine, it will become more concentrated and darker in color. This increases the level of acid in your body. The darker the urine, the more acid is in your body.

Constipation or Digestive Disorders: Here again, the body recycles water when it's scarce. Colon muscles will contract to absorb water back into circulation. This can result in harder stool and weakened colon walls, which can develop small pockets in the colon known as diverticuli (from which the condition diverticulitis is named).

High and Low Blood Pressure: The blood is largely composed of water. Dehydration can reduce the blood volume by reducing the water content of the blood. It can cause orthostatic hypotension (sudden low blood pressure felt as a dizzy spell when attempting to stand up), fainting, and even shock in extreme cases.

Obesity: We may overeat when dehydrated because our body craves food rich in water; thirst is commonly confused with hunger.

Eczema: Without adequate water your body cannot sweat enough water to dilute toxins. As a result, these toxins irritate the skin.

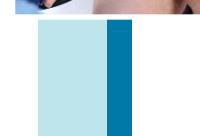
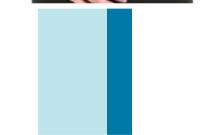
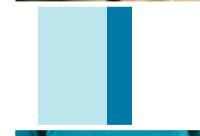
High Cholesterol: Dehydration can dry out your cells. In an effort to prevent this, your body produces more cholesterol.

Cystitis, urinary infections: Water is necessary to sufficiently dilute toxins in urine or else they will attack the urinary mucous membranes.

Rheumatism: As with urinary infections, dehydration increases the concentration of toxins in the body. Rheumatoid pain will increase in direct proportion to the concentration of toxins.

Premature aging: A newborn's body is 80% liquid but declines to about 70% in adulthood and continues to decline with age.

References: Grandjean AC, Grandjean NR. Dehydration and Cognitive Performance. *J Am Coll Nutr.* 2007 Oct;26(5 Suppl):549S-554S. • Dehydration's Hidden Symptoms, Brian D. Foltz and Joe Ferrara, PhD • Dangers of Chronic Dehydration by Albert Grazia, MS, ND



The Best Sources of Water

The raw foods and juices in the 85% raw portion of The Hallelujah Diet contain abundant water in its purest form — living foods (all fruits and vegetables are sources of electrolytes too). Of course, a supply of purified water is also recommended (re-mineralized, distilled water is best as dehydration causes both a shortage of water and minerals, see WaterMax, above left). Drinking water a half-hour before eating will also help digestion, easing its effect on your cells.

Deficiency

Deficiency

EASY WAYS TO ADD EXERCISE

- Take the stairs.
- Clean the house.
- Walk while talking on the phone.
- Do dishes by hand.
- Play with your kids or pets.



EXERCISE DEFICIENCY

By Melody Hord

My mom was a junior high school teacher and walked almost 2 miles to and from school in each direction every day. So sure enough when I reached junior high, I was walking briskly with her to school as well. People thought we were strange or assumed we didn't own a car. However, Mom knew the value of exercise and had healthy exercise habits. Wise lady.

Poor exercise habits can contribute to developing serious health issues. On the other hand, a combination of cardiovascular exercise, weight bearing exercise, and The Hallelujah Diet contribute to bone health, a reduction in cancer and obesity risks, longevity, and increased energy to face life's pressures.

Energy

Brendon Brazier, a vegan professional ironman triathlete (and speaker at Hallelujah Acres' 2010 Health Minister Reunion), explains that strong, efficient muscles require less energy for contraction.¹ He uses the example of climbing a flight of stairs. Imagine how it feels to climb a flight of stairs with weak under-developed muscles. The majority of the strength in your legs is required simply to reach the top. Your body requires excess blood, which in turn calls upon the heart to beat faster. Conversely, if your legs muscles are powerful and in shape, you'll only need a tiny portion of your leg muscle strength to reach the top. Your energy levels remain high throughout the day because strong muscles perform more efficiently.

Longevity

Consistent exercise doesn't just build strong legs, arms, or stomach muscles. It also builds a strong, efficient heart. After all, your heart is a muscle. A strong heart requires fewer beats to generate blood flow throughout the body. It doesn't have to work as hard.

A heart that works more efficiently due to regular exercise is a key for a longer life.²



Bone Health

Want to resist osteoporosis? Get serious about resistance exercise. Our bones require resistance exercise to maintain or increase bone strength.

Resistance is anything that causes the muscles to contract against a counter force, such as push-ups. You can also use weights, which can be as simple as bricks or even cans of food. You can wear weighted vests or specially designed weights that fit around your arms and legs. Your own body weight works just fine, too. Running helps build bones as your bones will build in density to withstand the pounding force of running. Pulling on rubber tubing or bands is fun and works like a charm. You may prefer the array of resistance exercise machines at your local gym.

Breast Cancer

Besides skin cancer, breast cancer is the number one cancer in women in the United States. The International Agency for Research on Cancer has studies that estimate 25 to 30 percent of breast cancer might be prevented if women were thinner and increased their exercise.³ Estrogen, a hormone produced in fat tissue, feeds many breast cancers. According to the study, it is possible that fatter women produce more estrogen, which could promote breast cancer growth. Even women with normal weight may reduce their cancer risks by reducing fat and building muscle.

Although The Hallelujah Diet offers delicious substitutes for dairy, meats, sugar, and processed foods, there are NO substitutes for physical activity. My mom is in her mid-80s now. She is healthy, and we're still blazing trails together. So like Mom, be wise — exercise. 

Resources: 1. Thrive Fitness: The Vegan-Based Training Program for Maximum Strength, Health, and Fitness, by Brendon Brazier (p. 30) Da Capo Press, 2009 • 2. Thrive Fitness: The Vegan-Based Training Program for Maximum Strength, Health, and Fitness, by Brendon Brazier (p. 31) Da Capo Press, 2009 • 3. International Agency for Research on Cancer: www.iarc.fr

ARE YOU BREATHING DEFICIENT?

We don't think about breathing — but we should. It's at the core of our being. Breath constituted the life God gave to Adam. We breathe every moment of our lives. It is, in fact, the key to optimal health.

It may seem humorous, but you can actually have a breathing deficiency, that is, a deficiency of oxygen due to improper breathing. If you've ever found yourself out of breath during a stressful situation, you were probably holding your breath and not realizing it (which causes even more stress to your cells). This, of course, disrupts the flow of oxygen to the body.

Holding your breath or shallow breathing also causes an imbalance of carbon dioxide in the blood, which in turn interferes with optimal delivery of oxygen to cells. The result is poor blood flow, increased acidity, and increased free radical activity in mitochondria (each cell's microscopic power plant) — the same, toxic outcome as poor diet, lack of exercise, or dehydration.

Given an optimal diet, breathing can be the most important means of eliminating waste. Optimal breathing will eliminate 70% of the body's metabolic waste, while defecation, urination, and sweating combined eliminate the remaining 30%.

While deficient breathing contributes to toxicity, deep breathing reverses the trend. Deep breathing releases tension, increases oxygen intake, helps with digestion, and lowers blood pressure. It also helps increase blood flow, which has a positive effect on your lymphatic system. Lymph, the fluid surrounding each cell, serves as the body's waste management system. Breathing deeply increases blood flow, which stimulates the lymphatic system's disposal of dead cells and toxic materials. With toxic fluid out of the way, cells can better absorb oxygen. Understanding this mechanism, you can see how deep breathing creates a very positive, compounding cycle of oxygen flow and balance throughout the body's interconnected systems.

Deep Breathing Exercise

1. Sit up straight (remember your posture) or stand with your shoulders back, and your head up, looking straight forward.
2. Exhale completely through your mouth.
3. Place your hands on your stomach, just above your waist
4. Breathe in slowly through your nose, pushing your hands out with your stomach (this ensures that you are breathing deeply).
5. Hold your breath for 2 to 5 seconds (whatever you can handle).
6. Slowly and steadily breathe out through your mouth, keeping your hands on your stomach. Exhaling should take longer than inhaling.
7. Repeat steps 1 though 6 several times.

de·fi·cient \ dih-FISH-uhnt \

adj: amiss, bad, damaged, defective, faulty, flawed, found wanting, impaired, incomplete, inferior, injured, insufficient, lacking, meager, not enough

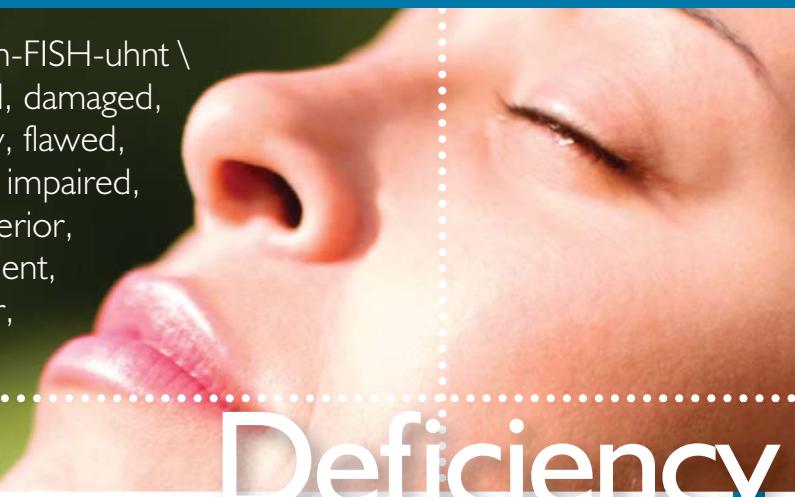


Deciding to change the way you breathe begins with posture. If you have a desk job, you probably find yourself slouching at times. This is a major cause of improper breathing, which leads to low energy, fatigue, and so on. Is it any wonder that people who sit up straight seem to be more alert?

There are many different breathing techniques that have been developed over hundreds of years in every region of the world. There are breathing exercises to help increase energy, calm stressful nerves, assist with sleep, and even methods that address specific ailments including allergies and panic attacks. They all have one goal in common, however — optimal health.

Optimal health begins with optimal breathing. As Sheldon Saul Hendler, MD PhD, author of *The Oxygen Breakthrough* points out, "Breathing is the FIRST place not the LAST place one should investigate when any disordered energy presents itself."

A good place to start is with a basic, deep breathing exercise (see above). Deep breathing is the most basic means of re-training your body to breathe optimally (and it can be practiced anywhere, inconspicuously).



Deficiency

Try deep breathing the next time you're standing at the ATM, sitting in traffic, watching TV, or lying in bed. As you get used to breathing this way — and begin noticing the benefits to your physical and mental well-being — do some online research to find other methods that help you achieve the benefits you're looking for, just as you would search for vegan recipes, exercise routines, or even Bible studies.

As with better eating and exercise habits, better breathing doesn't happen without time and training.

Remember that The Hallelujah Diet is not just about food. It's a holistic wellness concept that involves every part of your being. Food, water intake, exercise, and emotional and spiritual well-being all play a part — but achieving optimal health literally begins with your next breath. ☺

SLEEP DEFICIENCY

By Paul and Ann Malkmus

Sleep deprivation can have serious effects on your health. Inadequate rest impairs your ability to think, handle stress, maintain a healthy immune system, and moderate your emotions. In fact, sleep is so important to our overall health that total sleep deprivation has been proven to be fatal: lab rats denied the chance to rest die within two to three weeks.

Without adequate rest, the brain's ability to function quickly deteriorates. The brain works harder to counteract sleep deprivation effects but operates less effectively; concentration levels drop and memory becomes impaired.

Similarly, the brain's ability to problem solve is greatly impaired. Decision-making abilities are compromised, and the brain falls into rigid thought patterns that make it difficult to generate new problem-solving ideas. Insufficient rest can also cause hallucinations.

How Much Sleep Do You Really Need?

Lifestyle, health, age, and genetics factor greatly into an individual's sleep requirements. For example, while an infant spends nearly 50% of his or her non-waking time in Rapid Eye Movement (REM) sleep, adults generally spend about 20% of their sleep time in the REM stage.

Experts recommend the following guidelines:

Infants / as many as 16 hours, including naps

Ages 3-6 / 10 to 12 hours

Ages 6-9 / about 10 hours at night

Ages 9-12 & teens / about 9 hours at night

Adults / While the adult range can vary anywhere from 5 to 10 hours, it averages at about 7 to 9 hours.

Seniors / Older adults tend to require as much sleep as children, including daytime napping.



Sleep & Aging

Over 50% of people over 64 years old suffer from some type of sleep disorder. One of the biggest sleeping problems the elderly experience is the inability to get deep, restorative sleep. Although they tend to sleep just as much as they did when they were younger, the elderly don't get as much quality sleep, meaning that they often suffer from fatigue and daytime drowsiness. The main reason for this is that older people don't get as much Rapid Eye Movement (REM) sleep, the deepest, most restorative sleep phase.

Weight Changes

Dramatic weight changes, especially weight gain, are common effects of sleep deprivation because quality of sleep affects hormone levels. Leptin is a hormone that affects feelings of fullness and satisfaction after a meal, and ghrelin is the hormone that stimulates appetites. When you suffer from sleep deprivation, your body's levels of leptin fall and ghrelin levels increase. This means that you end up feeling hungrier without really feeling satisfied by what you eat, causing you to eat more and gain weight.

Building Your Sleep Environment

One of the most important aspects to getting adequate sleep is to create a sleep environment free from distractions. Similarly, your body needs to be prepared for sleep, meaning that both your brain and muscle activity need to be slowed down.

Along with sleeping in comfortable surroundings, ensure that you eliminate objects that stimulate the brain. Other steps to getting good sleep include:

- **Exercise early:** Intense physical activity later in the day provides too much stimulation in the evening.
- **Maintain consistency:** Keep a regular schedule both on weekdays and weekends to get your body used to a routine.
- **Perform rituals:** Develop relaxation techniques before bedtime that you associate with resting, such as drinking a cup of hot, herbal tea or reading a book.
- **Eat your meals early:** Give your body time to digest the food. As a general rule, allow at least three hours between dinner and bedtime.
- **Save worrying for the next day:** Most problems cannot be solved while you're asleep. Try to put stressful thoughts aside. If you have trouble doing this, consider writing down your concerns in a diary. This is a good way to process these thoughts and release them for a while.

If you still have trouble falling asleep, try taking a hot bath about an hour before bedtime. This forces your body to reduce its temperature and may help you enter REM sleep more efficiently. If in bed lying restlessly, don't stay in bed tossing and turning. Move around, read a book, and try to create the right mood to sleep.

Resources: • Bouchez, C. (2007). *The dream diet: Losing weight while you sleep.* • Sleep Channel (1998-2007). *Sleep Stages.* • Helpguide.org (2006). *Getting the Sleep You Need: Sleep Stages, Sleep Tips, Sleeping Aids and Pills.* • Sleepfoundation.org (nd). *ABCs of ZZZZZ – When you Can't Sleep.* • E-Medicine Health Staff. (2007). *Sleep disorders and aging.* • Yahoo!, Inc. (2007). *Top 10 Foods for a Good Night's Sleep.*





SPIRITUAL DEFICIENCY

Most of us are extremely excited when we first begin the The Hallelujah Diet. We probably experience improvements to our health that trigger our excitement and, we want to share the health message with the world. However, after a time, we sometimes find ourselves getting lazy and straying from these healthy principles.

Perhaps we are at a sporting event with family or friends and everyone is having a hot dog and a soda. Someone turns to us and says, "I know you are on that special diet, but one little hot dog and one little soda aren't going to hurt you. You can get back on your diet tomorrow." So, we go along with the crowd and indulge ourselves — and reinforce a bad choice. The next time we are faced with a similar choice, it may a little easier to "cheat." Eventually, we may find ourselves right back in the same old, unhealthy rut from which we escaped by adopting The Hallelujah Diet.

In the same way we can become spiritually lazy. In I Corinthians 9:27 the Apostle Paul says, "But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." In a different translation the phrase "...be a castaway" is interpreted "disqualified." Paul feared that after winning many others to the Lord he may be tempted to "pat himself on the back" spiritually, become complacent and slack off on the duties God had entrusted to him. The Lord may then "disqualify" him from this work, finding him to be too lazy and uncaring to complete the task.

Just as we must continually discipline our minds and bodies to remain faithful to our healthy lifestyle, we must also discipline ourselves spiritually. There are four things that we can do to keep ourselves "on our toes" spiritually.



Study God's Word

First of all, we must read and study the Bible. II Timothy 2:15 urges us to "Study to shew thyself

approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." God's Word is the foundation upon which we must begin our spiritual "workout." Keeping it in our hearts and minds will assist us with the other three steps.



Pray

Secondly, we must always be in an attitude of prayer. Philippians 4:6 instructs us to "Be careful for nothing; but in every thing by prayer

and supplication with thanksgiving let your requests be made known unto God." This verse points out the importance of prayer, but it also illustrates the necessity of giving God thanks for His abundant blessings as well. The "attitude of gratitude" is always our best state of mind.

Share Our Faith

Thirdly, we must share the Good News with others. In II Timothy 4:2 we read, "Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine." This verse is not saying that we must go around preaching at people constantly. It is saying that we should be ready to share the word as needed. We will only be able to perform this step successfully if we have previously performed the first two steps.

If we separate ourselves from our brothers and sisters, we will often find ourselves becoming spiritually lazy.

Fellowship With Believers

Finally, we should become involved in fellowship with other believers. Hebrews 10:25 says, "Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching." We are probably all familiar with the analogy of the hot coals. As long as coals are together in a fire pit, they remain hot. However, if we remove one coal and place it by itself, it will die out. In the same fashion, we, as Christians, require fellowship with one another in order to remain strong in our Christian walk. If we separate ourselves from our brothers and sisters, we will often become spiritually lazy.

Therefore, in the same way that we discipline ourselves to eat better and exercise to keep our physical bodies performing optimally, let's make some extra effort to follow these four steps to keep ourselves sharp spiritually as well. ☩



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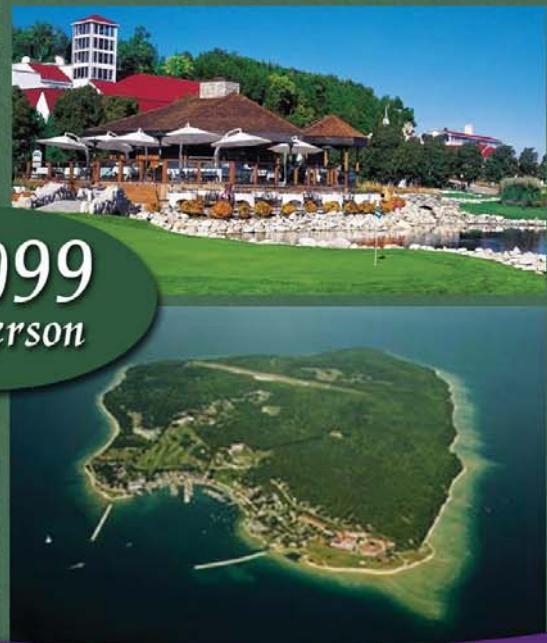
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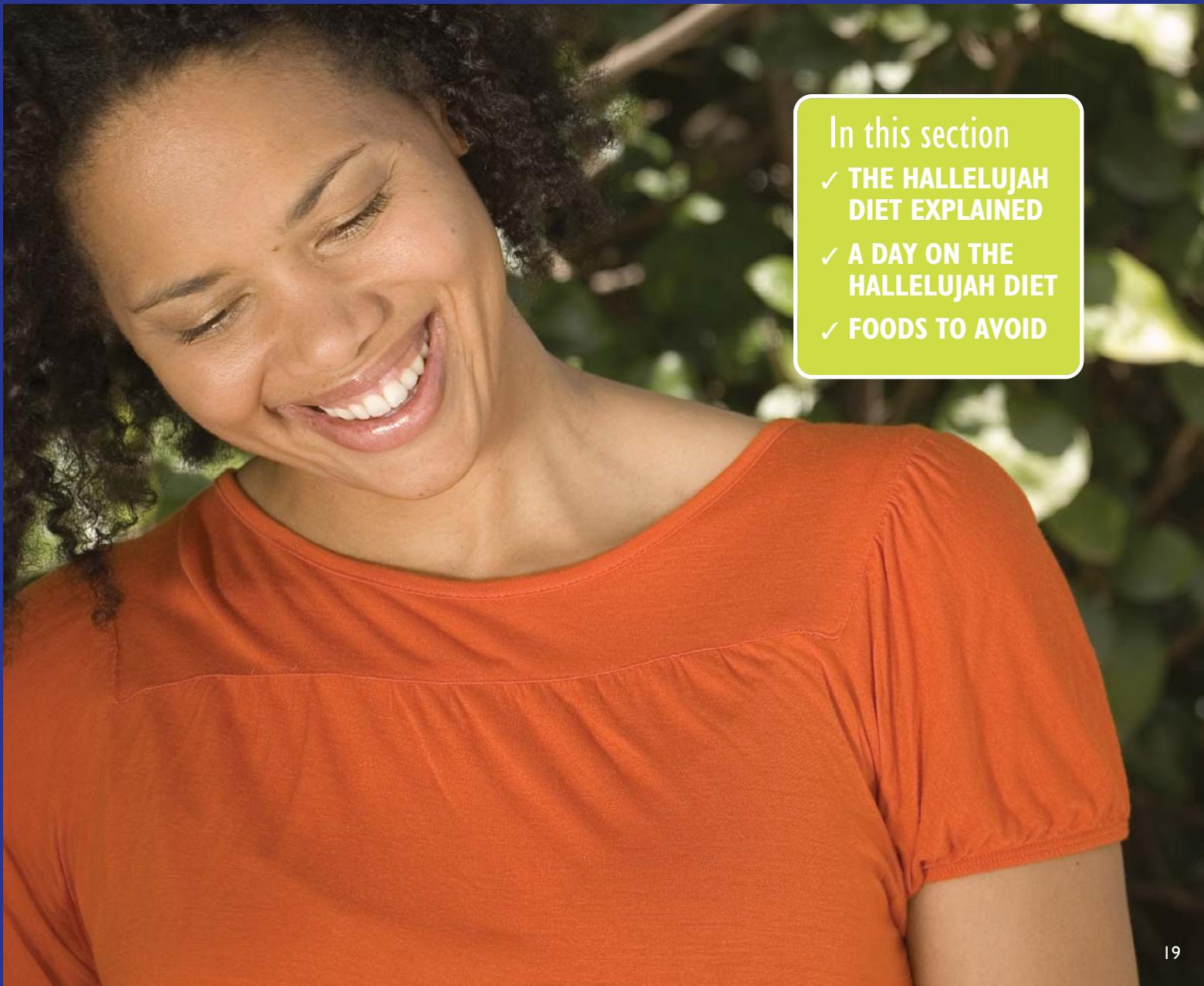


Yes! You Can Start Today!

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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!



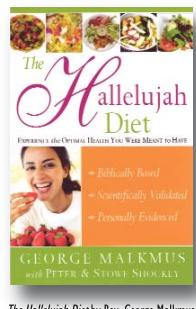
In this section

- ✓ THE HALLELUJAH DIET EXPLAINED
- ✓ A DAY ON THE HALLELUJAH DIET
- ✓ FOODS TO AVOID

The Hallelujah Diet Explained

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A reference guide to
The Hallelujah
Diet.



The Hallelujah Diet by Rev. George Malkmus

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 to eat in the Bible, (Genesis 1:29). 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 don't 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 or fruit 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 that continue for several hours after rising.

If you feel 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 (prepared salad mixed in a blender into a smoothie consistency), 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



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Optimal Health

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For more information on The Hallelujah Diet call 800.915.9355

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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.

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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).

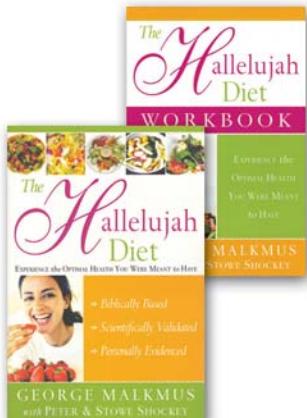
Juicing is the most efficient way to nourish the body at cellular level. Consuming a vegetable or barley juice drink on an hourly basis will provide the body with powerful nutrition in an easy to assimilate form. These 12, hourly juices provide the body with a broad spectrum of naturally occurring vitamins,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

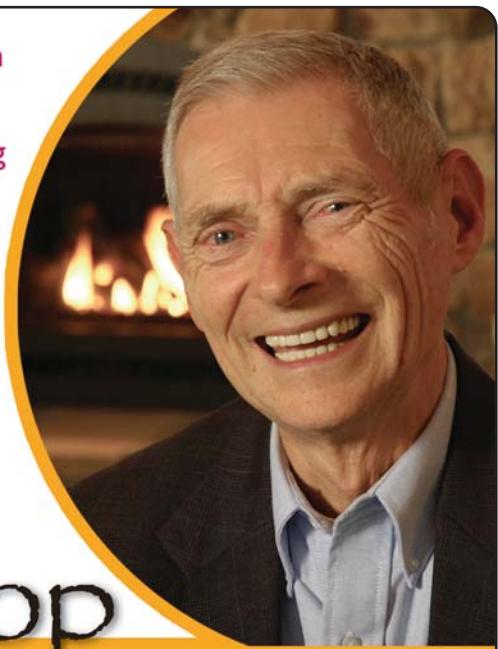
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Hallelujah Acres Diet & Lifestyle



HALLELUJAH ACRES

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Signature Recipes

from Hallelujah Acres

The recipe for Hallelujah Acres' **Marinated Summer Squash with Pico de Gallo** is courtesy of the brilliant culinary team at Hallelujah Acres Café. The Café's affordable, gourmet menu of living food entrées is spectacular — and some of the best tasting in North America! Come see us soon!



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Marinated Summer Squash with Pico de Gallo

A light summer dish,
with satisfying textures
and flavors!

SQUASH

2 large yellow squash, ends trimmed
1/2 red onion, sliced in thin julienne
1 red bell pepper, sliced in thin julienne
1/2 tsp dried oregano
Celtic sea salt
dash of olive oil

1. Using a mandolin with the blade set for shredding, cut the squash into thin strips.
2. Add the onion, bell pepper, and oregano. Add a small amount of sea salt, a dash of olive oil, and gently toss the mixture to distribute the ingredients (take care not to break the strands of squash).
3. After a few minutes, taste and add more salt if needed.

PICO DE GALLO

2 large ripe tomatoes
1 small white onion, diced fine
2 jalapeno peppers, seeded and diced, then minced
1 Tbsp fresh cilantro, roughly chopped
juice of 1 lime
Celtic sea salt to taste
olive oil

1. Combine all the ingredients in a mixing bowl.
2. Add a small amount of oil and season lightly with salt. Toss the mixture to combine it well.
3. Check the seasoning after a few minutes. If desired, decrease the amount of jalapeno, or increase it for a spicier version.

PRESENTATION

1. Using your hand, pick up a good amount of the squash mixture and twirl it on the plate to create a mounded base for the Pico.
2. Top the squash with the Pico de Gallo, and garnish with fresh oregano, cilantro, or a lime wedge.



BarleyMax Mint Carob Frozen Cake

by Rhonda Malkmus

CRUST

2 cups macadamia nuts (soaked, drained and dried)
or 1 cup macadamia nuts & 1 cup pine nuts • 1/2 cup Medjool dates, pitted
1 Tbsp agave nectar • 1 tsp lemon zest
pinch of Celtic Sea salt • 1/2 cup finely shredded unsweetened coconut

1. Process all ingredients in a food processor, except coconut, until moist and crumbly.
2. Place coconut in the bottom of a 9" springform pan.
3. Chill while making the filling.

PIE FILLING

3 avocados (halved, pitted and scooped out of the shell)
1/2 cup agave nectar • 1/2 cup organic maple syrup
1/2 cup carob powder • 1 tsp Roma or other instant grain beverage
1/2 cup raw almond butter • 1 tsp fresh lemon juice
pinch of ground cinnamon • pinch of ground nutmeg or cardamom
1 Tbsp BarleyMax Mint (or fresh mint leaves or 1/2 tsp mint extract)
1 Tbsp psyllium husks or ground hemp seeds

1. Place all ingredients except ground hemp seeds or psyllium husks in a Vita Mix or other powerful blender and process until smooth and creamy.
2. Add hemp seeds or psyllium husks and continue blending just until incorporated.
3. Pour into crust. Top with Pine Nut Crème and place in freezer to set.
4. Garnish with mint leaves just prior to serving.

PINE NUT CRÈME

1 cup pine nuts, almonds, or macadamia nuts (soaked 12 hrs. and drained)
1 Golden Delicious apple • 1/2 cup agave nectar
1/2 vanilla bean (cut into small pieces) or 1 tsp vanilla • 1 cup distilled water

1. Place nuts, apple, agave nectar and vanilla bean in Vita Mix or other powerful blender and slowly add water.
2. Less water makes a thicker consistency so add the water slowly until desired consistency is reached.

For a fun color, blend in a couple of strawberries or 1/2 cup raspberries or blueberries.

FLUORIDE

Nutrient or Toxin?

Fluoride has a positive health image in the USA. Most people think that fluoride is beneficial for their teeth and don't hesitate to use fluoridated products. However, most people who take an honest look at the benefits and risks of using fluoride come away with a negative view.

By Michael Donaldson, PhD

Next to chlorination, fluoridation of the public water supply has been hailed as one of the top 10 greatest public health victories of the last century. But there is a lot of controversy about water fluoridation. No study has demonstrated that fluoride is an essential nutrient for people. Above very trace levels, research is accumulating that fluoride has a very toxic effect on many systems of the body.

Teeth and Bone Effects

Added fluoride compounds have been disproven as necessary for healthy bones and teeth. Data from the World Health Organization (shown in Figure 1) shows that in Europe, where fluoridation is uncommon, the rates of cavities among children has decreased as much in recent years as in areas where fluoridation is practiced.¹ So, the claim that fluoride in the water is beneficial has really not held up to independent scientific scrutiny.

Furthermore, there are adverse effects of ingesting too much fluoride. First, systemic fluoridation leads to more brittle, fragile bones.² Eighteen studies are cited on the Fluoride Action Networks website showing that fluoride increases bone mass density but reduces strength of the bone at the same time, due to fluoride-caused defects in the bone structure.

Neurotoxic Effects

Fluoride combines readily with low levels of aluminum in drinking water and tends to accumulate in the brain. Rats drinking distilled water with sodium fluoride added had twice the amount of aluminum in their brains as control rats, and rats drinking water laced with aluminum fluoride had even higher levels.³ Neurotoxic, morphological changes were seen in brain tissue of the rats in both the sodium fluoride and aluminum fluoride groups compared to the control rats, including changes similar to what is seen in Alzheimer's disease. The level of fluoride used in this study was 0.95 ppm fluoride, the same level recommended by public health officials to "protect teeth."

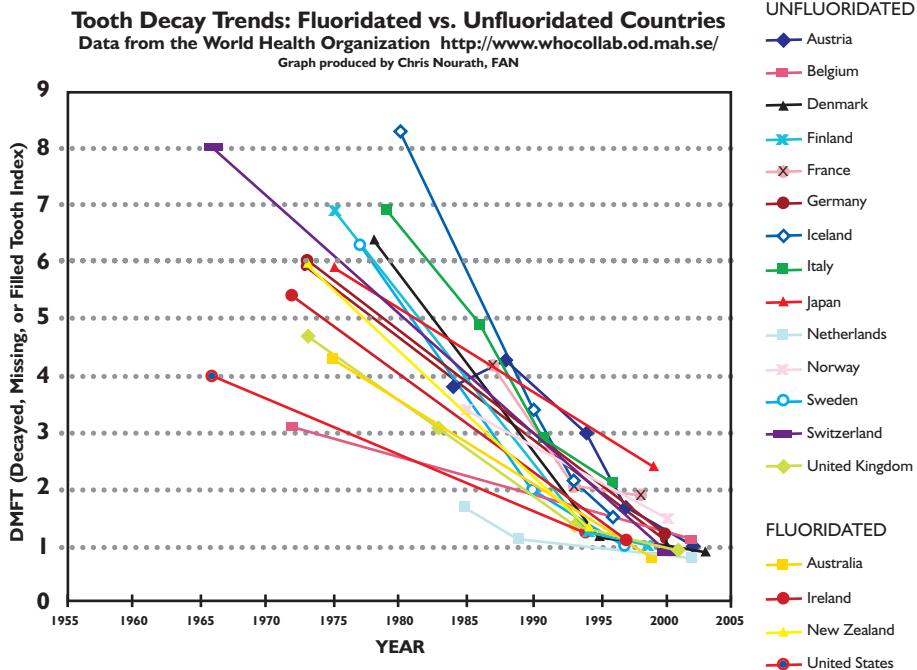
Pineal Gland, Thyroid, Diabetes

Fluoride accumulates in the pineal gland in the brain, causing lowered melatonin secretion in pre-pubescent gerbils and earlier onset of sexual maturation in female gerbils.⁶ Whether this effect occurs in people is unknown. Fluoride may be a contributing factor to a very rare bone cancer called osteosarcoma. Research results in this area have not been consistent. Fluoride can cause an elevation in blood sugar levels, which exacerbates diabetes in rats.⁷ Young adults with dental fluorosis were found to have a significant correlation between plasma fluoride levels and impaired glucose tolerance. When water without excess fluoride was provided, the impaired glucose tolerance was normalized.⁸ Interestingly, iodine has been reported to have the opposing effect of decreasing blood sugar levels.

What Level is Safe?

In spring 2006, the National Research Council issued a report on their review of the EPA's safe limit of 4 mg/L fluoride. Their conclusion was that the current limit is too high, but they were not commissioned to determine a new, lower, safe level. One of the committee persons was Dr. Kathleen M. Thiessen, a senior scientist at SENES Oak Ridge, Inc., Center for Risk Analysis. She made this comment in an interview: "The concentration of fluoride that's used for supposed benefits is also in the range where adverse health effects are seen or are beginning to be seen. There's an overlap of the so-called beneficial range and the so-called adverse health effect range. And that's no margin of safety".⁹

Figure 1. Tooth Decay Declines in All Nations Regardless of Fluoridation Status.



Both the CDC and EPA disagree and declare that the dangerous levels of fluoride were only above 2 mg/L, so fluoridation at 0.7 to 1.2 mg/L is still acceptable.¹⁰ However, the American Dental Association, based on this 2006 NRC report, recommended that infant formula only be made from "water that is labeled purified, demineralized, deionized, distilled, or reverse osmosis filtered water."¹¹ Furthermore, young children and people drinking moderate or large amounts of fluoridated water could easily reach fluoride intakes that are associated with the negative health effects found in the NRC report. Many of the negative effects cited in this article are from fluoride levels near or even below 1 mg/L, so this stance by the CDC doesn't make sense. It appears that politics still play a role in fluoride regulations.

Removing Fluoride from Water

The best ways to remove fluoride from water are with a reverse osmosis system or a water distiller (see page 8). There are a few specialized filters available that are designed to remove fluoride, but generally filters do not remove fluoride from the water supply. The resin that removes fluoride and arsenic works

best at acidic pH, which is not commonly found in the public water supply as it is corrosive to the piping. So, a reverse osmosis system or a water distiller is your best option for getting fluoride out of your water.

Other Sources of Fluoride

Along with municipal water, fluoride can sneak into your body in a number of other ways. Toothpaste and dental treatments are another obvious source, which you can easily control. Many options are available for cleaning teeth without fluoride (see Hydro Floss Oral Irrigator, right).

Surprisingly, tea is naturally high in fluoride. Both black and green tea have high levels of fluoride. One cup of caffeinated, traditional-brew tea would give you as much fluoride as a whole liter of fluoridated water. Herbal teas that don't contain any tea leaves are the exception and are acceptable for drinking.

Reconstituted juices and sodas made with fluoridated water are hidden sources of fluoride. The pesticide cryolite, about 50% fluoride, contributes to exposure of fluoride. Cryolite is used mainly on wine and table grapes. This is why California wines and raisins are high in fluoride.

Zero Tolerance

Fluoride is not a benign additive to our water. It is a highly reactive element. It acts as a neurotoxin causing increased accumulation of aluminum in the brain, brittle bones leading to increased rates of hip fractures, decreased intelligence in developing infants, and interference with thyroid function. Subpopulations at higher risk include infants, people with impaired kidney function, and people with diabetes. It is no more a required element in the human body than lead. In fact, both lead and fluoride should be seen in the same light — toxic elements whose exposure should be reduced to zero. ↗



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Cleveland OH 44121

September 16, 18 & 19
(Thu-Sat-Sun, 6:30-8:30 pm)

Southeast Seventh-Day Adventist Church
16602 Tarkington Avenue
Cleveland OH 44128

 **Hallelujah Acres**
We Juice Up Your Life



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 - Jul 2 • Aug 6 • Sept. 3 • Oct. 1

An Evening of Food Prep with Rhonda Malkmus

6 p.m. to 8 p.m. • \$30 per person

■ Saturdays - Jul 3 • Aug 7 • Sept. 4 • Oct. 2

God's Way to Ultimate Health Seminar — FREE

10 a.m. to 1 p.m.

■ Saturdays - Jul 3 • Aug 7 • Sept. 4 • Oct. 2

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. July 5-6 • November 8-9

Hallelujah Acres Diet & Lifestyle 2-Day Workshop

\$125 per person (includes books) • Registration starts Noon Monday

■ Wed.-Fri. July 7-9 • November 10-12

Health Minister Training 3-Day Course

\$300 per person • \$450 per couple

■ Sat. July 10 • November 13

Raw Food Revival with The Graffs

\$200 per person • 10 a.m. to 5 p.m.

■ Thurs.-Sat. October 21-23

2010 Hallelujah Acres Women's Retreat

Register by Oct. 1: \$99 • Register after Oct. 1: \$149



OCTOBER 21-23, 2010

For more information call us at
800.915.9355 or visit www.hacres.com

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

WATCH EVENTS RECIPES
What You Eat.

TESTIMONIES
HEALTH NEWS
Behind the Scenes
MEDICAL RESEARCH

HATV premieres July 19
www.hacres.com

FREE

60 Days with the **Hallelujah Diet**
Learn how to restore your self-healing body!

Choose your challenge according to your goals

Vital Information about the diet-disease connection

Daily emailed videos, recipes, and more to change your health for life

REGISTER NOW!
www.60DayJuiceUp.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 from 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!



2 Queen Elizabeth Blvd. • Toronto, Ontario • M8Z 1L8
866.478.2224 • www.hacres.ca
Monday - Saturday, 9 a.m. - 5 p.m.
(Phones open extra hours on Wed. 8 a.m. - 8 p.m. for phone orders only)

Raw Food Road Trip!



Join Judy Fleming, Director of Hallelujah Acres Canada as she travels across Canada to show you what to do on The Hallelujah Diet, and how to do it! You'll learn about juicing, enzymes, raw foods and more! Judy will explain The Hallelujah Diet in detail and answer your questions while you enjoy fresh juice and living food to help your body start its self-healing journey!

**July 12 – St John, NB (6:30 pm) * July 13 – Fredericton, NB (6:30 pm)
July 14 – Moncton, NB (6:30 pm) • July 15 – Charlottetown, PEI (6:30 pm)
July 17 – Halifax, NS (2:00 pm) • August 4 – Winnipeg, MB (6:30 pm)
August 6 – Regina, SK (6:30 pm) • August 7 – Saskatoon, SK (2:00 pm)**

FREE Call for Locations

Health Minister Training

with Paul and 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. Call for pricing and to register.

**Get Healthy
Stay Balanced
3-1/2 Day Workshop**

July 22-23-24 • Oct. 28-29-30

Immerse yourself in The Hallelujah Diet while you learn the steps to change your life and food choices. Attend one day (\$90.00 each day) or invest in all 3-1/2 days to turn your lifestyle around for better health! Learn about living foods, cleansing, how to take care of mind and soul, and more!

\$250 per person
(includes "Let's Get Started" half-day class on July 21 or Oct. 27)
(special discount for couples)

Using The Right Appliance for the Right Task

Learn when and how to use a dehydrator or a sprouter... and you'll be amazed at what a juicer can do! Includes product demos, food samples, fact sheets and recipes to take home, plus sale prices on the featured appliance!

Cost: \$10.00 per person

Sat. Aug. 28, 10:00 am – DEHYDRATING

Sat. Nov. 6, 10:00 am – JUICING

Sat. Dec. 4, 10:00 am – SPROUTING

(Registration required by Monday before the class – 866.478.2224)

Let's Get Started!

**Wednesdays, 1pm – 5pm:
July 21 and Oct. 27**

**Saturdays, 11am – 3pm:
Aug. 21 and Nov. 27**

Find out what to do on The Hallelujah Diet and how to do it! We'll talk about juicing, enzymes, raw foods, and more! We'll cover The Hallelujah Diet and answer your questions while you enjoy fresh juice and living food to help your body start its self-healing journey!

**Cost: \$30.00 per person
\$45.00 for couples**
(includes food and a resource book)

For more information or to pre-register for any of the above classes call 866.478.2224 or email GetHealthy@hacres.ca

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

The Stark Simplicity of Overcoming Toxicity & Deficiency

Disease Reversal With Diet is Real



By Dr. Joel Fuhrman

When chest pains sent Ronnie to the emergency room in September 2005, he knew how he had ended up there – years and years of smoking, heavy drinking, a sedentary lifestyle, and the toxic standard American diet. Ronnie survived the surgery, but not without much pain and grief.

"I can't begin to explain all the images and thoughts that ran through my head as I awaited open heart surgery," I remember him telling me. "The regrets of past actions weighed heavily on my heart. I said a prayer, pictured my wife in my mind, and then closed my eyes. The next thing I recall was the most exhilarating thing I've ever heard: my name! My wife and the nurses were calling my name in the recovery room. I had survived! That joyful moment was overcome with excruciating pain in my back. Then I felt like I was choking to death because of the ventilating tube that was stuck down my throat. The back spasm would not let my lungs expand enough to get a good breath. I was strapped to the bed. I couldn't move for over eight hours while feeling the awful cramping, coupled with the fact that I couldn't breathe. I felt like I'd been buried alive."

Bypass surgeries like Ronnie's are performed all over the country, every hour of every day (about 450,000 each year in America). But this suffering can be completely avoided with exercise and a phytochemical rich, vegetable-based diet.

We need to eat a diet rich in phytochemicals and other micronutrients contained in vegetables, fruits, beans, nuts, and seeds — these are the substances needed by the body for blood vessel and heart health. When we eat a diet of primarily these unrefined plant foods, we protect ourselves against disease. Surgery only repairs small portions of specific blood vessels, but excellent nutrition is far more powerful, keeping the entire vasculature clear of atherosclerotic plaque.

Sadly, Ronnie didn't know this yet. Even more sadly, the dreadful experience of open heart surgery was not enough to make him change his ways.

"Feeling that I had been fixed, I went back to my old routines that had put me in that predicament, smoking two to four packs of cigarettes a day, drinking heavily, living on the couch, and eating fried foods galore in massive quantities," Ronnie laments. "This continued until I had resolved that I would soon be leaving this earth. In 2008, after a day of heavy drinking and binge eating, I went to bed to 'sleep it off' and woke up with chest pains. I knew this day would come. The doctors put three stents into one artery, performed balloon angioplasty on another, and sent me home with a packet full of prescriptions. I was very depressed because I wanted to live again, but I was faced with the realization of what I had done to myself."

This ordeal didn't only affect Ronnie. His wife and children were suffering as well. Ronnie's wife, Peggy, recalls this dark period in their family's life.



Ronnie in 2008. "We were living with a person who was voluntarily and slowly killing himself," she says. "I remember telling the kids that I felt strongly their father would not be around much longer. After his second trip to the hospital for treatment of serious heart disease in three years, we were both at rock bottom." *This was finally the turning point for Ronnie.*

"For the first time in my life I saw that it wasn't life that was killing my body, it was me — and all of the poor choices I had been making," he says. "I wanted to change, but how? I knew it all centered around what went in my mouth. That night I woke up with chest pains again and, after taking the nitro to make them stop, I decided to look for an answer. I Googled 'reverse heart disease' and came across DrFuhrman.com. Finally it all made perfect sense. If I ate my way to the destruction of my health, why couldn't I eat

my way to restoration and reversal? I quit drinking and smoking, followed Dr. Fuhrman's advice to the letter, and my chest pain ceased. In one year, I had lost 140 pounds. I had been taking over \$600 of medications each month, but I don't need them anymore. Now I can do heavy-weight strength training four times a week, I do interval cardio training, play tennis, ride a bike — these are all activities I couldn't dream of doing two years ago! I'm fit, healthy, and well!"

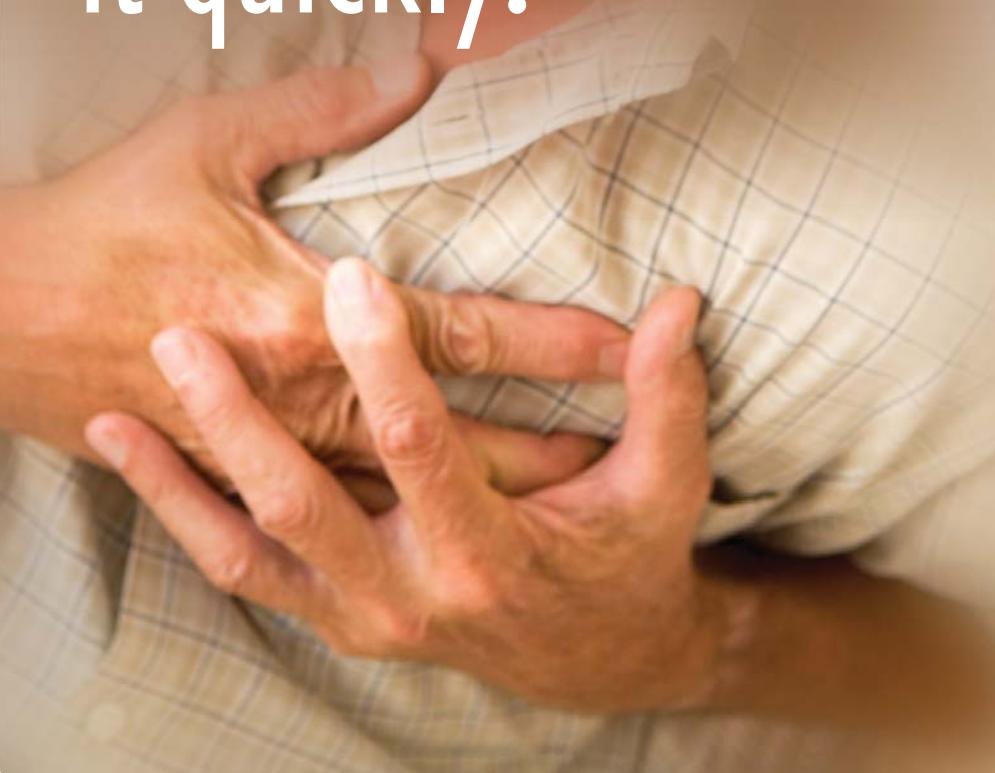
Ronnie's wife is thrilled with his renewed health. She says she finally felt that she "could look forward to a future" with the man that she loved the most in the world.

Ronnie now lives life to the fullest and inspires others to do the same. He has won over family members and members of his community, who are now taking responsibility for their health and healing their own heart disease. Ronnie's has some practical advice for others who are struggling to change their habits and heal from heart disease.

"Our journey to optimal health is always in front of our eyes, and we sit at that intersection every new day," he says. "Go forward to freedom! Forget past failures and always keep your eyes on the prize of great health and vitality through excellent nutrition. I highly recommend joining the Member Center of DrFuhrman.com. I couldn't have done it without the lifesaving and valuable support from Dr. Fuhrman. He personally answered every question that I had along the way, and his continual guidance and oversight was always reassuring. Dr. Fuhrman is really there and cares about the health of not only those fortunate enough to be his patients, but the thousands of us who are his readers and web members. To have a doctor of his caliber at my fingertips via "Ask the Doctor" was by far my most valuable asset in my battle against heart disease."

Everyone in America needs to know this information. Even if you already have heart disease, letting go of disease-causing food and embracing a vegetable-based, nutrient dense diet can reverse heart disease, and protect against the other devastating chronic diseases that plague Americans as they age. Such a diet provides you with disease protection by

“Ronnie, I’m so, so sorry, but you’re going to have to have bypass surgery, and you’re going to have it quickly.”



Ronnie’s Renewed Health

	July 2008	July 2009
Weight	300 lbs.	160 lbs.
Blood pressure	161/110 (on meds)	115/70 (NO meds)
Waist	58"	34"
BMI	41.5 (morbidly obese)	21.7 (healthy)
Cholesterol	228 (on meds)	132 (NO meds)
Triglycerides	312	63
LDL	148	75
HDL	n/a	44

“Now I can do heavy-weight strength training four times a week, I do interval cardio training, play tennis, ride a bike – these are all activities I couldn’t dream of doing two years ago! I’m fit, healthy, and well!”

Ronnie in 2009.

supplying your body with valuable micronutrients and phytochemicals. When we consume sufficient amounts of foods rich in these substances, they have the remarkable ability to actually reverse the cellular damage that ages us and causes chronic diseases like heart disease and cancer.

The key to both longevity and maintaining a healthy weight is to eat predominantly those foods that have a high proportion of nutrients (micronutrients) compared to calories (macronutrients). The micronutrient to calorie ratio of your diet predicts your future health. I describe this concept in my health equation, $H = N / C$ (Health = Nutrients / Calories). Hundreds of my patients, readers of my books, and members of my website have dropped their cholesterol levels into the favorable range and reversed their existing heart disease — without drugs — by using high nutrient to calorie ratios to guide their food choices. This style of eating puts vegetables (not meat or grains) at the base of our food pyramid. In short, a nutrient dense diet is made up mostly of unrefined plant foods: vegetables, fruits, beans, and raw nuts and seeds.

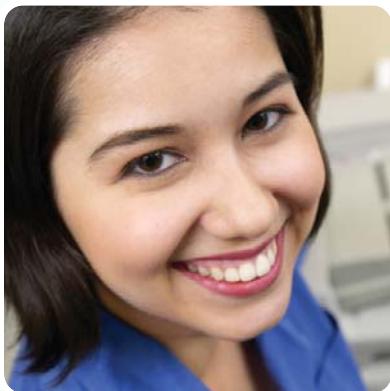
“Our journey to optimal health is always in front of our eyes, and we sit at that intersection every new day,”

Vegetables form the foundation of a plant-based diet, and green vegetables, onions, mushrooms, and berries are eaten abundantly. Concentrated calories and refined foods like sugar, salt, white flour, oils, and animal products are to be minimized or completely avoided.

People who eat this way not only enjoy protection against heart disease, but also reversal of obesity, high blood pressure, and diabetes, as well as protection against cancer. It’s a story that should be on the front page of every newspaper in America!

This article was contributed by Joel Fuhrman, MD who gives people (like Ronnie) personal nutritional and medical guidance all over the world via www.DrFuhrman.com

Hallelujah Acres Success Stories



If you would like to submit a testimony, please email it to 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

■ "My wife and I have been living The Hallelujah Acres Lifestyle since October 2004 and have enjoyed great health from that time until now."

Bill, Tampa, Florida

■ "Our entire family has been 100% vegan for the past 8 years. We have five children, and I am currently pregnant with our sixth. Our four biological children, ages 10, 8, 6, and 4, have always been vegan and have never consumed any meat or dairy after being breast fed for 2 years. They have always been healthy, and we have never had a health issue with a single one of them. They are all very tall, slender, and strong. They participate in many sports and are very active. Our fifth child, a girl, is now 3½ years old, and was adopted a little over a year ago from China. She was 2½ at the time we adopted her. She had been diagnosed in China with an inherited blood disorder called Alpha Thalassemia, which can be fairly common in Asia. We were told that she'd need a lot of medical care to survive. Thalassemia patients are known to be very tiny and weak, have bone disorders, and often need blood transfusions to stay alive. When we adopted her, we had faith that our diet would bring her peace and good health. When we first brought her home, they tested her and found her to be low in iron and high in lead. It all sounded awful to us, but after being with us for only a few short weeks, she seemed healthy enough and appeared to be thriving on her new diet. The doctors kept a close eye on her as we pumped her with veggies and juices. We have now had her for a little over a year, and she is 100% healthy, has not been sick even one time since joining our family, or had a single blood transfusion or drug of any kind enter her body. Our daughter has grown a lot this past year, tops the chart in height, and is average for weight. Her hair is thick and shiny, and she is growing big and strong. After being on our diet for a year, the doctors are baffled. How can a child with Thalassemia disease be so healthy, not need transfusions, never be sick, and be growing like a weed? Our hematologist told us at our last appointment that we do not need to come see him for another year, just our regular yearly check up, since he says she needs no medical interventions and is thriving on 'whatever we are feeding her.' The doctors may be confused, but

we know why she is thriving. We have read *The China Study* by Dr. T Colin Campbell along with many other books, as we follow all the Hallelujah Acres information. We feel very knowledgeable about the whole vegan diet and know it is the best diet ever. God meant us to live and eat this way, and our children are our testimony that God's way is the right way!"

Betsy and Ken, Cleveland, Ohio

■ "Six years ago, I was diagnosed with non-Hodgkin's lymphoma, which had obstructed both urethras of my kidneys and caused much damage; the right one was barely functioning. Stents were inserted for 3 months. After a course of chemotherapy, I had expected to be somewhat improved but was not. A few months later as I was crying out to God for a 'way of escape', three people mentioned The Hallelujah Diet to me. I read some material and I admit I was extremely skeptical. However I could not shake the idea that this was indeed God's way of escape for me. I began the diet in November 2001. Today I am well and strong, back into fulltime work, and so enjoying my life. Was it easy? NO! I wanted to quit many times, but as the months passed, I certainly reaped the benefits of excellent eating and will continue to do so. Glory to God!"

Chris T., Melbourne, Victoria, Australia

■ "Mentally, I know what you are saying is right to do for my health, but I must pray for an obedient, steadfast spirit. We are so much like our fore parents Adam and Eve. God told them what they were to eat in Genesis 1:29, but they allowed Satan to give them opposing information, which they accepted. I want to do The Hallelujah Diet. It's simple, and I don't have to leave home to do it. But most of all, you share your knowledge and that knowledge doesn't cost a thing. Everyone else wants to charge large sums of money for their program. In the beginning, God gave us instructions, and then He allowed us to choose to follow or not follow those instructions. Please pray that I get it right this time, as I have thyroid and other health challenges."

Carolyn, Forest Park, Illinois

■ "I am so thankful for The Hallelujah Diet way of nurturing my physical body. It has not always been easy, but the benefits have been very rewarding! Since adopting The Hallelujah Diet, I am now off all of the 11 different

medicines I was taking, and I no longer suffer with arthritis, obesity, esophageal reflux, irritable bowel syndrome, high blood cholesterol, or high blood pressure. Thank God, I am cured of all these medical problems!"

Kathy, Sharpsville, Indiana

■ "My story began years ago with a sick colon and severe constipation. Nothing would work to make me go to the bathroom. After seeing a surgeon, he suggested that we take 90% of my colon out with an extended stay in the hospital, plus months of recovery at home. My husband did not believe this was the means that God wanted to use to heal me. I heard you speak in Knoxville in 2005 and we decided to immediately attend the Hallelujah Acres Lifestyle Center in Lake Lure for 2 weeks. The second week of my stay, my colon began to heal and now I can rejoice that I no longer suffer from constipation. On The Hallelujah Diet, my energy is phenomenal and my mind is now clear and quick. My husband Max and I have lost 55 pounds between us. Each year, we return to the Hallelujah Lifestyle Center in May to stay motivated and encouraged, learn new things, and encourage first timers with our testimony. Most importantly, we feel we are enjoying the abundant life Jesus promised us in the Bible and we have the strength to do the things He calls us to do. Thank you for your obedience in starting this ministry!"

Paula, Sevierville, Tennessee

■ "Dear Brother George, I heard you here in Cleveland, Tennessee many years ago. You spoke with holy boldness and stirred my heart to change my way of eating. I thank God for the health message. God is trying to lead His people back to the Garden of Eden. Keep on blowing the trumpet, Jesus is coming. Thank you! Thank you!"

Heidi

■ "Since adopting The Hallelujah Diet, I have been healed, thank the Lord, from obesity (have lost 70 pounds); high cholesterol; boils; anxiety; gluttony; dandruff; weakness; no longer have difficulty making decisions; have stopped smoking and am breathing better. My wife and I want to take Health Minister training together so that we can have a solid Biblical foundation so we can do health and diet counseling. We grieve for all the sick people we see, and we want to be able to help them."

Hans, Lima, New York

■ "I have a BS in Home Economics and began my journey into vegetarianism in the early 1970s. As I gradually moved away from the SAD diet, I began to heal and ultimately was healed of hypoglycemia, acne, painful menstrual cycles, constipation, sugar addiction, emotional extremes, depression, and low energy. Since those early healing experiences, I have had an interest in learning and teaching what the Bible has to say about diet and health. Going to a basically raw vegan diet in the early 1990s has helped me age with energy, immunity, and no medications. Hallelujah! After visiting with George and Rhonda in Tennessee in the early 1990s, we were satisfied that it was God's will we pursue this diet change."

Rose, Lima, New York

**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!

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

For pricing and information for
your area call **800.915.9355** or visit
www.hacres.com
For Toronto area call **866.478.2224**

Hallelujah Acres Success Stories

■ “My wife and I are still doing great health wise after being on The Hallelujah Diet since 2005 when I was diagnosed with ‘aggressive’ prostate cancer and my wife was diagnosed with lupus. My wife was free of lupus shortly after going on The Hallelujah Diet, and I no longer even take PSA tests. Why should I take PSA tests when I would never go the surgery, chemo, and radiation route? Keep up the great work at Hallelujah Acres! You will never be able to convince all the people that diet is essential to good health just as Christ was/is not able to convince all the people that salvation is essential for a heavenly reward. My wife and I have witnessed great similarities between informing Christians about diet and non-Christians about spiritual salvation.”

Larry J., Unionville, Missouri

■ “Dr. Malkmus, you are only the second person I’ve ever known in the public eye to bring out these truths. I appreciate that! We all need to change our diets! As for me, I have already adopted The Hallelujah Diet and am already seeing improvement in energy level and clarity of mind. People need to be enlightened. Keep up the good work! I currently work in the medical field and see its downhill decline on a daily basis. I have not only changed my diet and lifestyle, but I am also changing my career.”

Zoe

■ “Rev. Malkmus, I was so excited when I found your book *God’s Way to Ultimate Health*. Everyone should read this book; it has changed my life. I have learned so much! As a result of adopting The Hallelujah Diet, I no longer have fibromyalgia, I have gone from a size 9 to a size 4, and my health is now great!”

Betty, Michigan

■ “My family and I have been living out The Hallelujah Diet for the past 8 years. I am a mother of four children and we had all previously lived on the SAD diet. Because of what we have experienced on The Hallelujah Diet, I could go on for pages telling of all the improvements. About 8 years ago my husband was diagnosed with celiac disease. At the same time, my son was a severe asthmatic and on breathing treatments several times a day in addition to inhalers. My daughter’s feet would break out in blisters. Two of my children were on heavy medications. I am so thrilled to report that our entire family has improved and we are now all well and free of all medications. Because of what I have learned and experienced I cannot sit back and allow this knowledge to stop with us. There are so many people out there that are dying needlessly because they do not know how to take care of their bodies as God designed — and we want to help them.”

Carol P., Franklin, Tennessee



Reclaim Your Health at a Lifestyle Center

Want to live The Hallelujah Diet
but you’re not sure how?
Hallelujah Acres Lifestyle Centers are for you.

Choose from a 2-day, 5-day, or 10-day stay and discover how The Hallelujah Diet can give you more freedom than you ever dreamed! Learn the best and easiest food prep methods, how to streamline your lifestyle, and how to help your friends and family live in optimum health.

RECLAIM YOUR HEALTH NOW!
Visit www.halifestylecenters.com
for more information.

For reservations or a FREE brochure call:

Branson, MO 888.651.5132

Lake Lure, NC 877.743.2589

Plant City, FL 866.757.1771



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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 ORIGINAL

#SPTRC0441	8.5 oz. powder (120 servings)	\$39.95
#SPTRC0440	4.2 oz. powder (60 servings)	\$25.95
#SPTRC0442	240 ct. vegetarian capsules (60 servings)	\$33.95
#SPTRC0453	(alfalfa-free) 8.5 oz powder (120 servings)	\$39.95

BARLEYMAX MINT & BARLEYMAX BERRY

If you consider regular BarleyMax an "acquired taste", you'll love the pleasant, sweet taste of 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

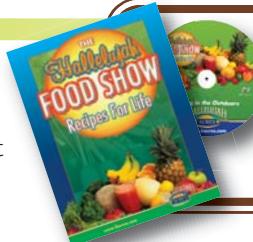
To download a research brochure on how BarleyMax protects DNA visit <http://www.hacres.com/magazine>



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



FREE DVD OFFER!

Receive the Hallelujah Acres Food Show DVD "Eating Outdoors" FREE when you purchase \$150 or more!

Mention promo code HN62 when ordering. Retail customers only. Offer expires September 15, 2010.

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

All Quick Start Kits \$99.95

* Refer to item # when ordering.



Berry/Apple Supplements Kit

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

Mint/Lemon Supplements Kit

The Hallelujah Diet book
 Fiber Cleanse Lemon powder
 BarleyMax Mint powder
 Digestive Enzymes capsules
 #KTHLH0887*

Regular Supplements Kit

The Hallelujah Diet book
 Fiber Cleanse Original powder
 BarleyMax Original powder
 Digestive Enzymes capsules
 #KTHLH0880*

NEW! Capsule Supplements Kit

The Hallelujah Diet book
 Fiber Cleanse capsules
 BarleyMax capsules
 Digestive Enzymes capsules
 #KTHLH0886*

TO ORDER: Call toll free **800.915.9355** or order online at 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, distilled water can strip the body of vital minerals such as calcium, potassium, and magnesium, among others. WaterMax alkalinizes 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



CARROT JUICE MAX 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



CARROT JUICE MAX 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.

#SPTRC0530 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

BeetMax is now available in capsules. This juice powder is the same as the original, and the 100% vegan capsules are the same ones we use for our other supplements.

#SPTRC0540 BeetMax 240 veg. caps. \$32.95

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

TO ORDER: Call toll free **800.915.9355** or order online at www.hacres.com

SPECIAL!

FIBER CLEANSE 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 \$26.97

#SPTRC0446 240 ct. veg. cap \$26.97





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.

#SPNTN0458 \$29.95

Professional Strength Probiotics
60 veg. caps. (provides 24 billion CFU)

#SPNTN0446 \$24.95

Regular Strength Probiotics
90 veg. caps. (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 veg. caps. \$29.95



SERRAPEPTASE

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

#SPBNG0454 60 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 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 and various minerals, plus botanicals, antioxidant nutrients and countless other phytonutrients.

#SPNTN0455 60 veg. caps. \$27.95



FREE DVD OFFER!

Receive the Hallelujah Acres Food Show DVD "Eating Outdoors" FREE when you purchase \$150 or more!

Mention promo code HN62 when ordering. Retail customers only. Offer expires September 15, 2010.



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 \$29.57

#SPTRC0521 16 oz green apple powder \$29.57

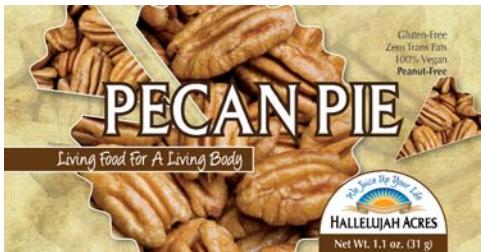
Call Now!

Offer ends September 15, 2010

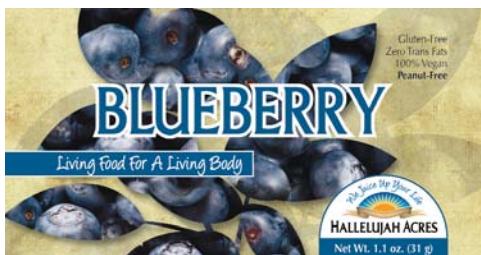
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SO GOOD YOU WON'T BELIEVE THEY'RE GOOD FOR YOU!

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*

ALL SNACKBARS

* Refer to item # when ordering.

I bar	\$1.95
Box of 20 bars	\$33.60
Case of 80 bars	\$120.00



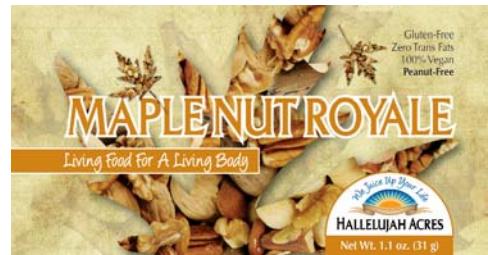
MOCHA COCONUT Attention gourmet coffee lovers... you won't believe your taste buds! Take a bite and enjoy a forbidden flavor — without breaking The Hallelujah Diet. #FDGLF0111*



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*



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

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

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#KTHLH0883	capsules (BarleyMax)	\$74.95
#KTHLH0892	Mint powder (BarleyMax)	\$74.95
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Method of Payment			Sub-Total	
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			Local State Sales Tax (NC residents only)	
			Shipping (10% of Subtotal)	
			Handling	+1.00
			TOTAL	
Card Number _____				
Security Code _____			Card Exp. Date _____	
Signature _____				

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 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.

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- 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, 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.

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Please check the appropriate box for each question.

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- Health Issues Children's Health Recipes
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Whether you're battling a life-threatening disease, or you simply want to attain optimal health, this FREE 2-hour seminar will enlighten you and inspire you to take that first step to self healing!

UPCOMING DATES

Friday, July 16 (6:30 p.m.) — **Algona, IA**

Trinity Lutheran Church

518 North Garfield Street, Algona, IA 50511

Tuesday, July 20 (7:00 p.m.) — **Independence, MO**

The Gathering Place Conference Center

820 M 291 Frontage Road, Independence, MO 64057

Thursday, July 22 (6:00 p.m.) — **Branson, MO**

The Keeter Center at the College of the Ozark

I Opportunity Ave. Point Lookout, Branson, MO 65726

Saturday, August 14 (10:00 a.m.) — **New Bern, NC**

Conerstone Assembly of God Church

2304 Highway 70 East, New Bern, NC 28560

Saturday, August 21 (10:30 a.m.) — **Roebuck, SC**

First Baptist Church of Roebuck

3825 South Church Street Ext., Roebuck, SC 29376

For more information call 800.915.9355

Make it a Hallelujah Weekend!

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 Paul and Ann Malkmus to learn how to implement The Hallelujah Diet at home! See page 28.

