Jerrod Sessler is a man with many passions. He’s madly in love with the Lord, his beautiful wife Nikki, his two children, and fast cars.

He’s living one of his dreams today, driving a late model Ford on the professional NASCAR northwest region circuit. It’s hard to believe that less than four years ago, he was facing a very different, grim reality.

In 1998, Seattle, WA-based Jerrod and Nikki Sessler began a journey based on trusting the Lord’s will for them. They both quit lucrative corporate jobs to start Hope4Youth (www.hope4youth.org), a nonprofit organization dedicated to sharing the gospel and encouraging young people. Jerrod also began NASCAR racing, a sport he’d loved since age four. Life was good. Sometime during that year, Jerrod noticed a mole on his back; it was itchy at times and irregularly shaped. He consulted a doctor who told him not to worry about it.

In late 1999, Jerrod’s mom, a nurse, grew tired of watching her son back up to walls and scratch the mole. She scheduled an appointment with a dermatologist—one look and the mole was removed. Tissue samples sent for analysis revealed cancer, and Jerrod quickly found himself at a cancer care clinic at the University of Washington.

“At the clinic, they did a sentinel node biopsy, a test they do to determine where the cancer may have spread if it had metastasized,”

continued on page 7
Free “How to Eliminate Sickness” Seminars
Join Rev. Malkmus at the Hallelujah Acres headquarters in Shelby, NC for a lively seminar the first Saturday of every month. (See our list of dates in the column to the left). Each “How to Eliminate Sickness” Seminar Rev. Malkmus will cover the basics for living a healthy Hallelujah Acres lifestyle. These free seminars begin at 10 a.m. and last about two hours and are followed by an hour-long question and answer session. Attendance currently ranges between 200-300 each month, with people usually coming from at least a dozen different states.

November Health Minister Training
Rev. George Malkmus and the team at Hallelujah Acres will teach you how to effectively share the good news that “You Don’t Have to be Sick!” with people in your church and community. This training will help you start your own life changing health ministry. The next 2 Health Minister training programs take place in Shelby, NC at the Hallelujah Acres headquarters on Nov. 12-15, 2003 and March 17-20, 2004. Call (704) 481-1700 to reserve your place.

Our Health Ministry training program began in August 1994, when 25 received certificates of completion. Today, more than 4,000 are certified; they are located in all 50 States and 31 foreign countries. For more information on this exciting ministry, see page 12.

April 2004 Health Minister’s Reunion
Health Ministers from across the world will converge at the Shelby, NC Hallelujah Acres headquarters next April 22-24 to share their stories, receive additional training, get information about new programs and products, and enjoy wonderful fellowship. Don’t miss this great opportunity to join other Health Ministers and get re-energized. Call (704) 481-1700 for more information.

New Local Radio Programming
Starting October 22, 2003 Hallelujah Acres will begin broadcasting a weekly 1-hour radio show. The show will be recorded live, here at Hallelujah Acres every Wednesday during the noon lunch hour, Noon to 1 p.m. EST.

Health Minister and Pastor Barry Mello will host the show along with sidekick, Linda Vaughan, who heads up marketing at Hallelujah Acres. Barry will be interviewing Rev. Malkmus for the October 22nd broadcast.

Here’s how you can participate:
1. Go to www.hacres.com/radio.asp and there will be further instruction as to how you can listen “possibly live” to our radio show.
2. Call In – During the program call toll-free (866) 348-7633, share your testimony or ask a question from the host or guest.
3. Live Audience – If you are in the area, stop by Hallelujah Acres to participate in person and be treated to a fabulous salad bar immediately following the airing of the show.
4. Tune in locally on Saturday afternoons 2-3 p.m. on WZRH 960 AM starting November 1, 2003.

Our broadcast will be fun, lively, and most certainly provocative—so you won’t want to miss a single one!

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Subscriptions are free!
Just send us your name & address.

The nutritional and health information in this newsletter is based on the teachings of God’s Holy Word—the Bible—as well as personal experience and research. We do not offer medical advice or prescribe the use of diet as a form of treatment for sickness without the approval of a health professional. Because there is always some risk involved when changing diet and lifestyles, we are not responsible for any adverse effects or consequences that might result. Please do not apply the information in this publication if you are not willing to assume the risk.

If you do use the information contained in this newsletter without the approval of a health professional, you are prescribing for yourself, which is your constitutional right, but the editor and publisher assume no responsibility.
Hallelujah Acres
YOUR GOOD HEALTH RESOURCE

When Hallelujah Acres started on February 12, 1992, Rhonda and George Malkmus dreamed of telling the whole world that “You Don’t Have to be Sick!” Little did they know that 11 years later there would be as many as two million people worldwide following our program.

Today, Hallelujah Acres is revolutionizing the lives and health of people around the world. Tens of thousands have written to tell us how this simple diet change has eliminated all their physical problems.

When Hallelujah Acres began its ministry, no one wanted the Bible based health message we were proclaiming! But gradually a few people listened, applied what we were teaching, and got well. Their testimonies inspired others to try The Hallelujah Diet. Today, the testimonies pour in every day from all around the world. We encourage you to read all the testimonies in this issue. If you are not on The Hallelujah Diet, we hope these testimonies will inspire you to give it a try.

Our ministry is diverse and broad, and includes the following:

Free Back to the Garden Newsletter
With a current circulation of 300,000, our Back to the Garden newsletter is mailed at no cost to anyone requesting it in the United States and Canada. Those who purchase the products we sell help support this free publication. Many order Back to the Garden in large quantities to share with others. If you live in the U.S.A., call (704) 481-1700 for more information, or to have a free copy sent to a friend or loved one. If you live in Canada, call (519) 935-9999.

Free Weekly Health Tip
Each week Rev. Malkmus sends an email Health Tip to more than 55,000 subscribers around the world. Each email includes a healthy recipe, testimonies, a Hallelujah Acres update, and an itinerary of Rev. Malkmus’ speaking locations. Also featured is a timely health topic discussion. To receive the free weekly electronic publication, visit our web site at www.hacres.com, click on health tips.

Free Hallelujah Acres Online
We continue to take our health message to the world via Hallelujah Acres Online. At www.hacres.com, there are more than 100 hours of nutritional information from a Biblical perspective. Take advantage of the wealth of information and share our free web site with others.

Get Healthy! Stay Balanced
This nine-lesson program, administered exclusively by our trained Health Ministers, is offered in churches and communities across America and around the world. Visit www.gethealthystaybalanced.com for information on this exciting program.

Hallelujah Acres Foundation
In 1998, we established the non-profit Hallelujah Acres Foundation, headed by research scientist Michael Donaldson, Ph.D., to scientifically document the benefits of a vegan diet. See the summarization of this research at www.hacres.com. Dr. Donaldson is also helping Hallelujah Acres formulate excellent new products. For more information, or to make a tax-exempt donation, call (704) 481-1700.

Mail Order
We support our ministry through mail order. Today, we have more than 30 employees, hundreds of thousands of free pieces of literature that are printed and mailed, and a 46,500-square-foot building space to pay for and maintain. All this takes money: money provided by profits from the sale of our products. Each time you make a purchase from Hallelujah Acres, you help support this ministry.

We are grateful to those who purchase products and make donations, because this important health message could not go forth without adequate financing. Please continue to remember us in your prayers. With the ministry growing so rapidly, we need wisdom from someone greater than ourselves in our daily decision making.

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Hallelujah is a biblical word used to express praise, joy, and thanksgiving.

Rev. George Malkmus chose this word to thank God after he was healed of colon cancer following his change to a natural diet and lifestyle in 1976. In 1986, he purchased a 50-acre mountain farm in Eidson, Tennessee, and added the word Acres. In 1992, Rev. Malkmus married Rhonda Jean, and today they operate Hallelujah Acres.

From his background of 20 years as a pastor, Rev. Malkmus felt a compelling need to share that the typical American diet and lifestyle create sickness, and that changing from a nutritionally poor diet would help the body heal. Scientific studies confirmed the advantages of a raw fruits and vegetables diet. For decades, strong evidence has shown that meat, dairy, eggs, sugar, table salt, white flour, processed foods, and chemical additives are creating many diseases. By following a diet eliminating these harmful substances we nourish our bodies with foods that can reverse disease.

Sadly, Christians and other people were not getting this information. So Rev. Malkmus helped show that the body of modern medical science supporting this wisdom has been there for decades. In early years, walking into Christian churches encouraging people to switch to a vegetarian diet of mainly raw foods was not popular. But those who listened, changed their diet, and healed themselves and soon after offered powerful testimonials.

Their wellness became contagious. Sick people who sincerely applied the dietary program taught by Hallelujah Acres usually regained their health, and others saw their results.

Rev. Malkmus wrote his first book, Why Christians Get Sick, in 1989, to share his knowledge and healing experience He has held seminars all over the United States, in South Africa, Australia, and in Canada.

Rev. Malkmus opened Hallelujah Acres restaurant and health food store in Rogersville, TN in 1992—first in a small storefront, with a seating capacity of 16. People flocked to the ministry to obtain better food and to hear his health message. The restaurant and health food store was relocated in 1993 to a 56-seat space. However, the restaurant was taking the majority of his time, so he closed it in 1994 to better reach thousands of people with his message of hope.

Relocating to the 50-acre farm in Eidson, TN, Rev. Malkmus and Rhonda concentrated on reaching a wider audience using media tools and public appearances. People came from across the country to learn and shared their knowledge in their own communities.

Rev. Malkmus published his second book, God’s Way to Ultimate Health, in 1995. More than 200,000 copies of this best seller are in print!

In November 1997, Hallelujah Acres moved to 17 beautiful acres in Shelby, North Carolina. The Hallelujah Acres Foundation was founded to document the healing power of The Hallelujah Diet.

In 1998, Dr. Michael Donaldson, a chemical engineering graduate from Cornell University, became head of research for the Foundation. A new book, Recipes for Life from God’s Garden, by Rhonda Malkmus, was released. The first annual Health Minister’s Reunion took place, and Hallelujah Acres Canada opened in Shallow Lake, Ontario. A new School of Natural Health began, and the first Women’s Retreat was held. The ministry has since introduced the Get Healthy! Stay Balanced Program.

The future holds great promise for the Hallelujah Acres ministry as we continue to teach the whole world that

“You Don’t Have to be Sick!”

KIM OLSON, OREGON
“Hallelujah Acres is a biblical word used to express praise, joy, and thanksgiving. A new School of Natural Health began, and the first Women’s Retreat was held. The ministry has since introduced the Get Healthy! Stay Balanced Program.”

DENNIS & DENISE MUNTELWIT, AUSTRALIA
“Thank you forever for your Health Tips. I appreciate you, God only knows how much! My beloved Dennis and I are praying and believing we will visit with you and be trained as Health Ministers, so we can teach God’s way of eating and living here in Mackay, Queensland, Australia. Thank you once again for your labor of love to the world.”

PAMELA CARR, DELAWARE
“It has been seven years since I changed my and my family’s diet. I remember when I first heard about The Hallelujah Diet. I got so upset that I went straight to Taco Bell, declaring that ‘no one was going to tell me what to eat!’ But after eating that S.A.D. meal with a big soda, I wasn’t happy! So I asked the Lord that if The Hallelujah Diet were truly His will for me, that He would give me a desire for carrot juice. HE DID! I...
love the stuff! But the wonderful thing is that my main reason for making the diet change was to help my AUTISTIC son, and to help both my sons with their constant trips to the doctor. One year after changing to The Hallelujah Diet, my autistic son received the most improved student award. He continues to progress at a faster rate than his peers do to this very day. Also, both my sons have STOPPED THEIR VISITS TO THE DOCTOR, BECAUSE THEY DON’T GET SICK ANYMORE! We now only go to the doctor for the required check-ups, and the doctor says ‘Wow, it’s been a long time since I have seen you all.’ Thank you for bringing the message of health to me and mine!”

DONNA, FLORIDA

“I first heard about and went on The Hallelujah Diet in late May 2002, just after turning 44. I was very strict for two months. In that time period, I LOST 15 POUNDS, had MORE ENERGY, SLEPT BETTER, NO MORE BODY ODOR, saw IMPROVEMENTS IN MY SKIN, in my MENSTRUAL CYCLE, in my TEETH, and in other areas. Gradually, I started to slide backwards, returning to the SAD diet a little bit at a time – a piece of pizza here, a hamburger there, coffee and soda occasionally. I have read your weekly Health Tips since last year and always found them to be enlightening and encouraging, but still kept sliding and my above mentioned maladies, which had disappeared on the diet, started coming back. Your ‘How to Stop Cheating’ Health Tips have been encouraging, and I am happy to say that on Easter Sunday I went back on The Hallelujah Diet 100%. I am already feeling better, and I plan to utilize your Health Tips to keep myself on track. God bless you, and I hope to see you in the not too distant future at Health Minister’s training.”

BURT HARM, ARIZONA

“My wife Carolyn and I have been on The Hallelujah Diet for two years. She went to the doctor for a check-up today, and there was a traveling team doing laser antioxidant tests. We volunteered for the test. A low score was 10,000, and a good score was 25,000 to 30,000. My wife tested 65,134! It blew them away, and they wanted to know what her diet was, which she shared. I am also on The Hallelujah Diet, but not as strict as Carolyn, though I do drink the carrot juice and take the BarleyMax. I tested 48,815. The purpose of the test was to try and sell their brand of vitamins, but after seeing the test results, they didn’t even try to make a sale!”

ANONYMOUS

“Three years ago, at 44 years young, I was labeled totally/permanently disabled! My diagnosis included severe/clinical DEPRESSION; AGORAPHOBIA; HEART DISEASE; HEART ATTACK; T.I.A.; STROKE; BRONCHIAL ASTHMA; FIBROMYALGIA; CHRONIC FATIGUE; HYPERTENSION; OBESITY; SEVERE SLEEP APNEA; OSTEOARTHRITIS; near-GLAUCOMA; SLIPPED DISC; ECZEMA, and a CYST the doctors wanted to remove. Since my pastor and his wife completed your Health Ministry training program at Hallelujah Acres, many of our church members have gone on The Hallelujah Diet. Since I went on The Hallelujah Diet two years ago, Dr Jesus has healed me of ALL MY PHYSICAL PROBLEMS, including a 17 year cigarette smoking habit, a caffeine addiction, and I have been able to stop taking dozens of prescription medications. Since making the diet change, I have LOST 25 POUNDS. I thank God for Rev. Malkmus’ series on ‘How to Stop Cheating on The Hallelujah Diet.’ I had gotten away from the diet and these messages by Dr. Malkmus motivated me to get back on the diet 100%. I have resumed juicing, returned to the gym, and have disciplined myself to read one chapter of ‘Why Christians Get Sick’ each day. God has work for me to do, and I am too young to die. I will prevail, as God continues to strengthen me! The Lord has been dealing with me to also become a Health Minister when He makes a way. Meanwhile, thanks for your ministry! I’ll see you at Hallelujah Acres, one day!”

JOAN, MARYLAND

“I have been receiving your weekly Health Tips for two years, and as a result stopped eating meats two years ago. However, I had a challenge with chocolate. On Palm Sunday weekend, I purchased a juicer and ordered The Hallelujah Acres ‘Starter Kit.’ At first, I thought I wouldn’t like the carrot juice or BarleyMax – but I love them! By my second week of doing The Hallelujah Diet 100%, I noticed myself GETTING SMALLER, FEELING BETTER and more ENERGIZED! I really enjoy juicing, it’s much easier than I thought, and I always look forward to it. To me, there is more variety going the ‘Hallelujah Way,’ than the ‘World’s Way.’ Your web site is so organized and detailed that it answered all my questions. Thank you for your wonderful work. Through searching, I found that there are other Websites, but they don’t bring God into the picture, nor do they give Him the glory for the lifestyle that He created. I have applied and been accepted to participate in your Health Minister’s training.”

MARY GRAHAM, FLORIDA

“Thank you again for another wonderful Health Tip. God is surely blessing your ministry. I am currently enjoying Rhonda’s Recipes For Life book. Isn’t it amazing how the Lord teaches us new things as we seek His will in applying the truths He has already given us? I realize that I am failing short in some areas of the diet, but am really trying to stay much closer than ever before, and I AM FEELING SO MUCH BETTER! I am now taking the BarleyMax also. May God continue to bless you and the ministry that He has called you all too.”

NORMA GALINHOE, LOUISIANA

“I have never been diagnosed with CVID, but that sounds like what I have had. When I got a cold, it would put me in bed. I am a 45-year-old school teacher and have been on antibiotics for SINUS infections since the beginning of this school year. The last medication I was on about a month ago was very strong, and three weeks ago I started another infection that put me in bed. I decided to try The Hallelujah Diet. In just three days, my INFECTION WAS GONE! In five days, I was feeling pretty good. My sinuses run just a little bit now, but I am so excited not to be sick at all. I also had CONSTIPATION which has been alleviated.”

MRS. WHEAT

“We enjoy those weekly Health Tips so much. I have been on The Hallelujah Diet for about two years. Have LOST 30 POUNDS and FEEL GREAT! My husband has had medical problems and has just gone cold turkey on The Hallelujah Diet. Already, his blood sugar levels have dropped, and we are anxious to see how much his Triglycerides are going to come down. His Triglycerides were 498 at the time of his last blood work. I will let you know how he is progressing. Thanks for all your information and we love the recipes.”
As a child I remember my mom mixing a spoonful of yogurt in a bowl of milk every night.

The next day the milk had miraculously solidified into fresh yogurt, or “curd” as my mom called it. I did not particularly fancy that fermented concoction, but she made me eat some every day claiming “it was good for my tummy.” Later in life when I studied microbiology in college, I learned the live bacterial cultures both transformed the milk into yogurt and gave it beneficial properties. These good bacteria, or probiotics, are defined as a live microbial food supplement that is beneficial to health.

Although I still don’t particularly care for yogurt, I do see the need for a daily dose of probiotics. The yogurt in grocery stores today is so processed that it is not a good source of probiotics. Fortunately, probiotics can be consumed in the form of a capsule containing millions of friendly bacteria. I wish my mom had known about this means of consuming “curd.”

The human gastrointestinal tract is colonized by billions of microorganisms made up of more than 400 different strains of friendly bacteria. As a group or colony, these bacteria are called microflora. The microflora forms a diverse and complex ecosystem that contributes to the body’s general well being and health by manufacturing most of the B-vitamins, including B-12. Microflora also fights and kills many unfriendly bacteria and yeast, helping with nutrient assimilation and toxin elimination. The stomach and the small intestine are also host to many beneficial bacteria.

In a mother’s womb, an infant’s gut is sterile—it contains no microflora. A baby’s first exposure to friendly bacteria occurs as it passes through the birth canal during birth. This starts the habitation process of the human gut with microflora. The next, main, and richest source of probiotics for a nursing baby is breast milk. In fact, infants fed on breast milk show healthier gut flora than infants fed on formula.

Today there is a dramatic rise in allergies, asthma, infections and gastrointestinal ailments among children. One contributing factor to these childhood health problems could be that the immune system is unprepared to fight off these infections because it is overprotected, or not given enough exposure to friendly bacteria.

There was a case of an infant suffering from numerous gastrointestinal problems such as diarrhea, stomach flu, and gas. When many visits to the doctor’s office and several medications did not help, one doctor finally recommended that the mother take the baby out into the yard and let the child eat some dirt (dirt contains beneficial bacteria). Out of desperation, the young mother reluctantly followed the doctor’s orders. She was pleasantly surprised to find that this unorthodox “treatment” resolved her infant’s digestive problems. This method of treatment may seem extreme, but the underlying message is that through overprotecting our children, we are actually contributing to their health problems. How do we overprotect the children, depriving them of beneficial microflora to help build their immune system? There are at least two considerations:

**Formula Feeding**

Whether for convenience or lack of knowledge of the benefits of breast feeding, there is a growing move away from nursing by substituting formula. This deprives the infant of the wonderful supply of microflora from mother’s milk, and formula does not contain any microflora!

**Antibiotics**

Antibiotics do not discriminate between good and bad bacteria—they kill both. Consequently, the microflora is eliminated. An article published in the *Journal of Family Practice* (April 2003, Vol. 52, No. 4), showed that taking probiotics containing Lactobacillus or Saccharomyces species decreased the incidence of antibiotic-induced diarrhea. This study reinforces the theory that it is important to repopulate the gut with healthy bacteria after a course of antibiotics.
More and more studies are linking the health of infants to probiotics. A recent Finnish study provided evidence that giving probiotics to both the expectant mother and their newborn reduces a baby’s risk of developing allergic conditions early in life. In this study, these newborns were predisposed to conditions like eczema, hay fever and asthma, but showed fewer incidences of these conditions when compared to the control group.

Another study published in the Journal of Pediatrics involved 100 children who received probiotics while on antibiotic therapy for various infections. A second group of 100 children, also on antibiotics, were administered a placebo instead of probiotics. In the placebo group, 25 children contracted antibiotic-associated diarrhea, compared to only seven children in the group taking probiotics.

An article published in the June 2nd, 2002 issue of British Medical Journal suggested that giving children milk laced with friendly bacteria may help prevent stomach and respiratory symptoms, reducing the need for frequent antibiotics. A similar Finnish study used probiotic-laced milk given to children one-six years of age. This study of 282 children focused on upper and lower respiratory tract infections. The children who drank milk with probiotics had 17% fewer upper respiratory tract infections and needed antibiotics 19% less often than those children who received milk without the friendly bacteria.

Although these numbers may not seem spectacular, potentially they mean 18% fewer days a parent need take off work to deal with a sick child, 18% less days of caring for an ill and hurting child, and 18% fewer medications (antibiotics) that a child needs to take. All this contributes to increased immunity and infection resistance.

My mother knew the value of yogurt, but she didn’t appreciate the tremendous benefits of the friendly bacteria it contained—facts we are now learning through scientific study. Just like when she said, “eat your vegetables” once again, Mom was right.

JERROD SESSLER
LIVING CANCER-FREE
continued from front page

explained Jerrod. “It had spread and at age 29 I was diagnosed with stage four metastasized melanoma. The doctors gave me a 5% chance of living past my 30s with no treatment, and a 20% chance of doing so with medical treatment—not one of those options held a lot of promise.”

Discussions with oncologists centered on treatment options including taking the drug Interferon, well known for its toxic side effects. Other options included participating in a blind two-year cancer study, not knowing if he was receiving a sugar pill or new experimental medication. A third option was whole body chemotherapy, to achieve what one doctor called “a clean sweep of your system.” Doctors also advised Jerrod and Nikki that they would probably never have children, and that Jerrod’s racing career would be short lived.

Jerrod and Nikki didn’t like the diagnosis or the prognosis, and they decided to do something different. They remembered hearing about The Hallelujah Diet from their Aunt and Uncle a few years earlier. On Christmas Day 1999, they sat down with family and friends and watched the Hallelujah Acres video “How to Eliminate Sickness.” They sampled a barley juice drink. They prayed. And they made a critical decision—to live the Hallelujah lifestyle.

The Sesslers also decided to continue monitoring Jerrod’s cancer. They kept appointments with a dermatologist, oncologist and received a CAT scan at regular intervals for two years. Within a year of implementing The Hallelujah Diet, doctors were asking Jerrod what he was doing, telling him it was amazing, and that things looked great. After two years, Jerrod decided to discontinue the CAT scans due to their possible toxic side effects. He is cancer free today.

“From when we started, it took us about three months to clear out the food we had, and we struggled with what to do with many things. I started drinking 32 ounces of carrot juice each day, and taking three tablespoons of a barley juice powder each day,” explained Jerrod. “We immediately stopped eating meat and ate a lot of salads. In the first three months I lost 40 pounds, and in the five years we’ve been doing this I’m down 50 pounds. I feel better than I’ve ever felt in my life.”
CANDIDA & The Hallelujah Diet™

What is Candida?

James Balch, M.D., in his book Prescription for Nutritional Healing, tells us that candida albicans is a type of parasitic yeast like fungus that inhabits the intestines, genital tract, mouth, esophagus, and throat. Normally this fungus lives in healthy balance with the other bacteria and yeasts in the body; however, certain conditions can cause it to multiply, weakening the immune system and causing an infection known as candidiasis. The fungus can travel through the bloodstream to many parts of the body.

Candida affects many parts of the body, but most commonly affects the mouth, ears, nose, gastrointestinal tract, and vagina. Symptoms can include bad breath, clogged sinuses, severe itching, PMS, vaginitis, constipation, and diarrhea. Other symptoms include colitis, poor absorption, abdominal pain, headaches, rectal itching, impotence, memory loss, mood swings, prostatitis, canker sores, and persistent heartburn. Some people experience muscle and joint pain, sore throat, congestion, nagging cough, numbness in face and/or extremities, tingling sensations, acne, night sweats, burning tongue, white spots on tongue and in the mouth, extreme fatigue, kidney and bladder infections, arthritis, depression, hyperactivity, hypothyroidism, adrenal problems, and diabetes.

What are the primary causes?

Candida thrives on a weakened immune system. According to Natasha Treven’s book, Probiotic: Nature’s Internal Healers, one major cause can include long-term use of antibiotics that contribute to an imbalance of intestinal flora, or friendly bacteria. Other contributing factors include use of steroids and hormonal therapy. Another major cause is improper diet, a diet high in animal products and sugar.

Candida Control

One of the best ways to help the body maintain a healthy balance of intestinal flora, which helps keep the harmful bacteria under control, is to consume a diet with an abundance of fiber; one that...
is low in simple carbohydrates, refined grains, and sugar. Avoiding animal products and drugs such as antibiotics and hormone therapy is also helpful.

Candida and The Hallelujah Diet SM

The Hallelujah Diet™ is an 85% raw plant based, 15% cooked food program. Many people with chronic candidiasis that are maintaining the Hallelujah lifestyle have seen benefits from avoiding carrot juice and fruits until the candida is under control. The natural sugars in the carrot juice as well as the fruits can feed the bacteria and make the symptoms worse. Focus instead on green juices and raw vegetables.

As noted earlier, the candidiasis bacteria is a normal inhabitant of the gastrointestinal tract. A healthy balance of friendly flora is our body’s natural defense in keeping potentially pathogenic bacteria under control. Hallelujah Acres recently released their Intestinal Balance formulation which contains a proprietary blend of botanicals, probiotics and enzymes to provide support for the intestinal tract, thus discouraging the colonization of Candida, while naturally strengthening the immune system.

Hallelujah Acres’ Intestinal Balance formula contains enzymes that attack the cell walls of bacteria so that they are vulnerable to the body’s natural defense mechanisms. Several botanicals included in this product have shown anti-fungal and antimicrobial properties that help protect from fungal organisms that include yeasts such as candida. Probiotics help rebuild friendly flora, and the inclusion of Inulin helps support friendly flora colonization.

The aggressive use of the Hallelujah Acres Probiotic in addition to the Intestinal Balance is one of the quickest ways to help the body bring the intestinal flora back into balance.

Candida is a complex issue. But candida can be overcome. Some people living the Hallelujah lifestyle who have candida symptoms may become discouraged, thinking The Hallelujah Diet is not working for them or is not right for them. It is important to realize the underlying cause may be candida. We encourage you to take a closer look, manage the candida issue if needed, and continue The Hallelujah Diet™ with the modifications we described. We also recommend you consult a nutritional minded health care professional as part of your treatment.

Once symptoms disappear, most people can continue with The Hallelujah Diet, complete with fruits and other freshly extracted juices to realize the additional benefits of the diet.

A Health Minister’s Personal Experience

Kim Wilson is a Hallelujah Acres Health Minister who has personal experience with candida. She and her husband John had followed The Hallelujah Diet, yet John continued to have fungal problems and Kim was experiencing extreme fatigue. At Health Minister training, they listened as Ginny Rawls described her candida symptoms and how she had healed herself with the diet.

“When we heard Ginny talk that day, we realized we might have this condition, so I started reading and testing,” said Kim.

The Wilsons quickly realized candida’s complexity and applied a multi-phased approach. “After a lot of research, we learned that the first step is to starve the yeast overgrowth with a modified Hallelujah Acres diet. We stopped eating foods that fed the yeast, eliminating starches for awhile. We also eliminated most fruits, and stopped drinking vegetable juices except for green leafy juices. What we needed was an alkaline-based diet,” she explained.

Kim cautions that during this period, they experienced substantial physical and emotional detoxification. She advises people to drink lots of water and consume fiber to eliminate the dead yeast quickly. She also recommends planning ahead with menus, getting a lot of rest, and avoiding stress.

After a few weeks on this modified program, their symptoms disappeared and they transitioned to a healing phase. They re-introduced juices, fruit, and starches from The Hallelujah Diet, watching for recurring symptoms and being gentle with themselves.

Today they are both healthy and energetic. Kim teaches classes on candida, and has written the Candida Companion Guide booklet to help others.
THE HALLELUJAH LIFESTYLE CENTER

You will realize so much more; the blessings are endless... 

If you are serious about learning or experiencing the benefits of The Hallelujah Diet™ and Lifestyle you may want to consider the Hallelujah Lifestyle Center (HLC).

Nestled at the base of Western North Carolina Blue Ridge Mountains, the HLC sits in the perfect setting to enjoy this “hands-on” program of education and renewal.

- Reconnect with God’s Original Diet
- Fellowship with Like-Minded People
- Let Go of Life’s Stresses and Re-Group
- Learn How to Cleanse the Body
- Begin to Rebuild a Healthy Body, Soul and Mind
- Draw Closer to God in Nature

Winter Schedule:

Nov. 30-Dec. 5 • Dec. 7-12 • Dec. 14-19 • Jan. 4 - 9 • Jan 11 - 16 • Jan 18 - 23 • Feb. 1 - 6 • Feb. 8 - 13
Feb. 15 - 20 • Feb. 29 - Mar. 5 • Mar. 7 - 12 • Mar. 21 - 26 • Mar. 28 - Apr. 2

Bev & Chet Cook provide their guests with healthy food, stimulating lectures, daily exercise and wonderful fellowship while God provides the natural beauty in the area during the 5 or 10 day health programs.

(877) 743-2589 • www.hlc4health.com

THE HALLELUJAH ACRES SCHOOL OF NATURAL HEALTH

The Hallelujah Acres School of Natural Health offers two Certificates to those who are interested in studying health and natural living from a biblical perspective. Here is your chance to learn about these fascinating and useful topics at your own pace, in your own home, and at a reasonable cost.

Certificate in Natural Health • Course Price: $275
Complete this course of study and you will have a whole new appreciation and perspective of the consequences of going the world’s way...and why all of us should instead choose God’s way. It is the goal of Hallelujah Acres to try to bring people back to the simple lifestyle and natural diet God originally planned for mankind...a peaceful, happy life, free from stress and sickness.
Course topics: Health and Healing, Living Chemistry, Juicing/Cleansing Therapy, Food Therapy, and Enzyme Nutrition

Certificate in Natural Living • Course Price: $275
The Certificate in Natural Living promotes natural health by following biblical principles and Christian philosophy, helping you to attain health, happiness, and prosperity in your life. Learn about your body, your health, and your food. This Certificate is the perfect companion Certificate with no prerequisite requirements for either. If you wish to attain better health or to educate others in natural health you will enjoy these studies.
Course topics: Natural Health, Natural Nutrition, The Human Body, Exercise for Life, and Organic Gardening

Contact Information
Call (704) 481-1700 or send an email to school@hacres.com, or view our web site at: www.hacres.com/school.asp
Have you ever considered how fortunate you are to know the truth about Jesus and salvation, AND about nutrition and how to look after your body?

This is a double blessing. It is great favor from God. Think of the people, even family, friends, and associates who know neither of these truths, and worse, don’t want to know. You are in a privileged position.

Favor is a word not greatly used in the Bible. When the angel appeared to young Mary he said, “Fear not Mary, for you have found favor with God.” (Luke 1: 30.) The concordance shows that favor and grace are different translations of exactly the same words in the Hebrew and Greek manuscripts. The most common definition of grace is “the unmerited (unearned, undeserved) favor of God.” Favor is “goodwill towards,” and “friendly disposition.” So God in his favor gives us eternal life and physical health.

Believing and understanding that God’s favor towards us is continuous is a transforming concept. Many of us live in a state of a feeling of unworthiness, insecurity, guilt and failure. Yet God chooses to have favor towards us because of who He is, not because of who we are. We accept this favor by faith alone. When we realize this and declare that it is so on a daily, hourly, and moment by moment basis the resources of God are released to us and through us.

Look at Romans 5: 1-2. “Therefore, being justified by faith we have peace with God through our Lord Jesus Christ: by whom we also have access by faith into this grace (favor) wherein we stand...” I stand in the goodwill and friendly disposition of God all the time because of Jesus. This grace/favor flows over me like a river. You can’t stop it. God is for me all the time. I have access to this river of God’s favor anytime by faith. Believe it and choose to stand in this river. Choose your depth too. Let the river of favor come to your ankles, knees, hips, waist, neck, or let it overflow you. No wonder the hymn writer wrote, “Amazing Grace.”

But there’s more. God gives you favor with people also as he did for Abraham, Jacob, Joseph, Daniel, Esther, and David. Of Jesus we read, “The grace of God was upon him, [and] Jesus increased in favor with God and man.” (Luke 2: 40,52.) You may say, “But that was Jesus!” True, but Romans 5: 2 says that we have access by faith into that same grace/favor from the same God. Believe it, stand in it and declare it.

Every morning, as part of my spiritual devotions, I see myself under the waterfall of God’s favor and friendly goodwill. Worthy? No! But it flows freely like a river. I could not qualify myself if I tried. So I just stand in it by faith, my associates and I sense the anointing of God and declare favor with my family, my friends, and all I meet. It works. It’s God’s word. I invite you to do it too. People who were previously closed will be open, and you can bless them with truth about salvation and about how to care for our beautiful God given bodies.
Back to the Garden Health Ministries provides a vehicle to help you share our health message in your church or community. We provide training and educational resources to help you be effective as you share the health message. Health Ministers use the “Get Healthy! Stay Balanced” training program throughout their ministry. We also support you through conference calls, a quarterly Health Ministers Newsletter, and special training opportunities.

Today there are more than 4,000 certified Health Ministers in all 50 states, 8 providences in Canada and in 31 other countries. Many come to our training from various professional health fields. This is not surprising when you realize that 75% of the medical schools in America do not require a single course in nutrition for graduation from medical school. Our Health Ministers include 43 medical doctors, 9 dentists, 5 optometrists, 75 chiropractors, well over 200 registered nurses, and a number of dieticians and nutritionists.

We also have more than 700 pastors, missionaries, and evangelists who are Health Ministers, as well as homemakers, construction workers, business leaders, retirees—all wanting to help us share the good news that “You Don’t Have to be Sick!” We receive daily inquiries from those who want to start their own Health Ministry. Read on as two Health Ministers share their experiences.

People become Health Ministers for many different reasons, but one primary reason is that they experience the life-changing results of The Hallelujah Diet themselves and want to share the good news with others. Such is the case for Donna Vice, a Health Minister for seven years, and Tina Conway, who is just now establishing her ministry.

Donna Vice is a full time Health Minister from Agency, Iowa. In 1993, she was suffering from serious stomach and back problems and high blood pressure. She was taking six different medications, and the side effects were unpleasant. In and out of five different hospitals, it seemed no one could help her. She grew more troubled and depressed. During this time, a friend convinced her to read God’s Way to Ultimate Health, and Why Christians Get Sick, books written by Rev. Malkmus, founder of Hallelujah Acres.

“These books helped change my life. After reading them I started my road back to good health by changing my diet and juicing,” she said.

Today Donna is pain free, she looks and feels totally different, and has lost 30 pounds. Her experience led her to Health Ministry training and the lifestyle she lives today.

“We attended the Health Minister training in 1996 because we had a true desire to help others, and I can’t believe the Lord has brought me so far. At the training I met Rev. Malkmus, and I became a naturopath as a result of those meetings,” Donna explained.

Donna and her husband Pete recently purchased a 3,300-square-foot building that provides a home for her family, her naturopath business, and her Hallelujah Acres ministry. This facility is the realization of a big dream.

For Donna, the Health Minister program is a great encouragement for anyone who wants to learn more about his or her body. It helps her continue her healthy lifestyle, and puts her in contact with others who want to embrace good health habits. She acknowledged that her five children and 14 grandchildren—all living close by—watch her, at times asking for advice, and knows the importance of living her ministry.

“People see the change in my life and want to know more,” she commented. “I’m happy to teach them this healthier lifestyle, listen to them, and encourage them.”

“The Hallelujah Diet means a lot to me. I wouldn’t be where I am today without all the books, products, and encouragement from Hallelujah Acres. They recognize God as their main source and I really appreciate that,” she said.

HOW TO BECOME A HEALTH MINISTER

For more information on how to set up your own Health Ministry in your community or church, please call Hallelujah Acres at (704) 481-1700.

On our web site, you can go to www.hacres.com/healthministrytraining.asp. Follow our links to download our Health Ministry application.
Tina Conway is a new Health Minister who recently moved from Florida to Richmond, KY. For most of her life, she worshiped the Lord with her mind and spirit, and ministered in many different ways. But her experience with The Hallelujah Diet led her to an even deeper connection with God. “I now know He wants me to worship Him with my body, the temple of God. He’s calling me to worship with all my heart, mind, and flesh,” she said.

In 2000, Tina was diagnosed with stage 4 uterine cancer. Two volleyball-size tumors had invaded her uterus and abdomen. She chose medical treatment, surgery, chemo and radiation. After these treatments, research led her to a food program based on raw foods, but slowly she went back to her old eating habits, including meat and dairy. In May 2002, another tumor was discovered. Unwilling but afraid, she chose more radiation and chemotherapy, but felt she was dying. In September 2002, she stopped all treatments.

Searching for an alternative, she visited a friend, an Old Testament scholar, who introduced her to The Hallelujah Diet. She knew immediately that was what the Lord wanted her to do.

“The diet has healed me. My most recent CAT scan shows me cancer free,” she explained. “I have lost 70 pounds in the past nine months, and I’ve been released from my food addiction. I know the Lord wants me to be the best I can be, and I’m doing that by putting only the best of what He created in my body.”

Tina completed Health Ministry training last summer, and has wonderful plans for her ministry. “I wanted to learn how to improve, strengthen, and heal my body after cancer, to give me the knowledge and real truth to teach others how to heal,” she said.

She plans to teach the Hallelujah lifestyle to anyone who wants it, but especially to those recovering from chemotherapy and radiation treatments. She is now establishing a ministry called Eternal Hope to do just that.
The Hallelujah Diet™
by Rev. George Malkmus

**Breakfast:** Upon rising, one teaspoon of BarleyMax powder, either dry, letting it dissolve in the mouth, or in distilled water at room temperature (2-6 ounces depending on your preference). No cooked food, or food containing fiber at this meal, as these hinder the cleansing process as the body eliminates accumulated toxins.

**Mid-Morning:** An eight-ounce glass of carrot juice. If juice is not available, a piece of juicy fruit is second best.

**Lunch:** Before lunch, another teaspoon of BarleyMax powder as at breakfast. Thirty minutes later, either a raw vegetable salad or raw fruit. This also is an all-raw meal, as cooked food is limited to the evening meal. Fruit should be limited to no more than 15% of total daily food intake.

**Mid-Afternoon:** An eight-ounce glass of carrot juice. If juice is not available, some carrot or celery sticks are second best.

**Supper:** Before dinner, another teaspoon of BarleyMax powder, as at breakfast and lunch. Thirty minutes later, a LARGE green salad comprised of leaf lettuce (never head lettuce as it has very little nutritional value) along with a variety of vegetables. After the salad, comes the only cooked food of the day—the 15% cooked food portion allowed on The Hallelujah Diet. This could be a baked potato, brown rice, steamed veggies, whole grain pasta, or a veggie sandwich on whole grain bread, baked sweet potato or squash. *(If desired, Lunch and Supper can be switched, but only one meal should contain cooked food on any given day.)*

**Evening:** If desired, a piece of juicy fruit or a glass of freshly extracted apple or pear juice may be consumed.

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**In addition, the following is also a part of The Hallelujah Diet:**

**Fiber Cleanse:** Serving recommended on container according to weight, either before leaving for work, or late morning. *(Not recommended for pregnant or lactating mothers, or for long-term use.)* An alternative would be 2 to 3 tablespoons of organic flax seed, freshly ground in a coffee mill, mixed into 8 ounces of distilled water or juice.

**Flax seed oil or Udo’s Choice Perfected Oil Blend:** One to two tablespoons. Can be taken straight or used on salad. Not recommended for cooking.

**Vitamin B-12:** To insure adequate B-12 intake, 1/2 tablet of a vegetarian, sublingual, methylcobalamin tablet three times a week. Vitally important for pregnant women.

**Sunshine:** Each day the sun is shining, some (15 minutes) sunshine on as much of the skin as possible, as sun is so important in the production of vitamin D.

**Exercise:** Physically exercising every day for a minimum of 30 minutes is extremely important. Half the time should be in aerobic activity and the remainder in resistance exercises. A stretching and fast walking program is a good place to begin.

**Carrot Juice:** Freshly extracted carrot juice made from large California juicing carrots is extremely important in meeting daily nutritional needs. The carrot juice, along with BarleyMax makes a dynamic duo in providing the body with high-octane fuel. As a maintenance program, consume at least two 8oz glasses of carrot juice along with two to three teaspoons of BarleyMax daily. When I had my colon cancer in 1976, I consumed 32 to 64 ounces of carrot juice mixed with freshly juiced vegetable greens daily. If a juicer is unavailable using a convenient carrot juice powder like CarrotMax, which is produced at a low temperature to preserve heat sensitive nutrients, will be a great substitute.

**BarleyMax™:** The reason I supplement my diet with BarleyMax is that, for the most part, food produced today is grown in soil that often lacks the nutrients my body needs for building new, strong, healthy, vital, and vibrant cells. BarleyMax is grown organically and contains the widest spectrum of nutrients from a single source (that I am aware of). I always consume at least three teaspoons daily. When starting, one teaspoon per day may be a good starting point, and then building up to two to three teaspoons to prevent too rapid a cleansing reaction.

BarleyMax powder did not exist back in 1976. If I had a serious physical problem today, I would increase my carrot juice to six to eight 8oz glasses along with four or more teaspoons of BarleyMax powder daily.
The Hallelujah Diet Explained

The Hallelujah Diet, once understood, is very simple to prepare and apply. We try to follow a ratio of 85% raw and 15% cooked food each day, with the cooked food usually coming only at the end of the evening meal.

The 85% Portion
This is the Hallelujah portion of The Hallelujah Diet! An abundance of God's natural foods, uncooked (raw), and unprocessed. The dense living nutrients found in raw foods and their juices are what meets and satisfies the cells nutritional needs, so that a person no longer needs to struggle with uncontrollable hunger. Live foods are also what produce abundant energy and vibrant health. Following are items from each category that fit into the 85% portion of each day's food intake:

**Beverages:** Freshly extracted vegetable juices, BarleyMax, and distilled water.

**Dairy Alternatives:** Fresh almond milk, creamy banana milk, as well as frozen banana, strawberry or blueberry "fruit creams."

**Fruit:** All fresh, as well as unsulfured organic dried fruit. Limited to no more than 15% of daily food intake. (Fruit juice is included in this 15%, while fruit juice is never recommended in large quantities.)

**Grains:** Soaked oats, millet, raw muesli, dehydrated granola, dehydrated crackers, and raw ground flax seed.

**Nuts and Seeds:** Raw almonds, sunflower seeds, macadamia nuts, walnuts, and raw almond butter or tahini. Consume sparingly.

**Oils And Fats:** Extra virgin olive oil, Udo’s Choice Perfected Oil Blend, Flax seed oil (the oil of choice for people with cancer), and avocados.

**Seasonings:** Fresh or dehydrated herbs, garlic, sweet onions, parsley and salt free seasonings.

**Soups:** Raw soups.

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

**Vegetables:** All raw vegetables.

The 15% Portion
The following foods make up the 15% portion of The Hallelujah Diet. These are the cooked foods that follow the raw salad at the evening meal. This cooked food portion can be very delicious, and actually proves beneficial for those trying to maintain body weight.

**Beverages:** Caffeine free herb teas and cereal coffees, along with bottled organic juices.

**Dairy:** Non-dairy cheese, rice milk, and organic butter, all sparingly.

**Fruit:** Stewed and unsweetened frozen fruits.

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

**Oils:** Mayonnaise made from cold-pressed oils.

**Seasonings:** Light Gray Celtic Sea Salt (Use sparingly)

**Soups:** Soups made from scratch without fat, dairy, or table salt.

**Sweets:** Raw, unfiltered honey, rice syrup, unsulfured molasses, stevia, pure maple syrup, date sugar. (Use very sparingly)

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

Foods To Be Avoided
These foods create most of the physical problems we experience, and are not a part of The Hallelujah Diet. They should be eliminated from the diet as quickly as possible.

**Beverages:** Alcohol, coffee, tea, cocoa, carbonated beverages and soft drinks, all artificial fruit drinks, including sports drinks, and all commercial juices containing preservatives, salt, and sweeteners.

**Dairy:** All milk, cheese, eggs, ice cream, whipped toppings, and non-dairy creamers.

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

**Grains:** Refined, bleached flour products, cold breakfast cereals, and white rice.

**Meats:** Beef, pork, fish, chicken, turkey, hamburgers, hot dogs, bacon, sausage etc. All meats are harmful to the body and the cause of up to 90% of all physical problems.

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

**Oils:** All lard, margarine, and shortenings. Anything containing hydrogenated oils.

**Seasonings:** Table salt, black pepper, and any seasonings containing them.

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

**Sweets:** All refined white or brown sugar, sugar syrups, chocolate, candy, gum, cookies, donuts, cakes, pies, or other products containing refined sugars or artificial sweeteners.

**Vegetable:** All canned vegetables, or vegetables fried in oil.
RAW FUDGE by Rhonda Malkmus

1 cup rolled oats
3/4 cup carob powder
1/4 cup sesame seeds (ground, optional)
1/4 cup sunflower seeds (ground)
1/2 cup almond nut butter

1/2 cup raw unfiltered honey
(or 1/4 cup maple syrup and 1/4 cup honey) more or less to taste
1/2-1 cup walnuts or pecans (chopped)

Place all ingredients in a bowl and mix well. Press into 8” square pan lined with lecithin or lightly oiled. Chill, cut and serve. Keep covered in refrigerator.

RAW PUMPKIN PIE by Rhonda Malkmus

1 1/2-2 cups raw pumpkin
1 cup almonds, soaked overnight and drained
2-4 T fresh lemon or orange juice
2 T raw unfiltered honey
1 tsp. cinnamon

1/2 cup unsweetened coconut
1/2 cup organic raisins, soaked overnight and drained
1/2 tsp. ginger
1/4 tsp. nutmeg

In a blender, food processor or Turbo Blender, combine the pumpkin, almonds, juice and honey and process until creamy. If too thin, add more almonds and process until creamy (the consistency should be that of pancake batter). Pour into mixing bowl and fold in coconut, raisins and spices. Pour into prepared pie crust, cover and chill overnight. Will firm in refrigerator. (We suggest the Almond Date Pie Crust from Rhonda’s book Recipes for Life).

If you enjoy these recipes as much as we do, you need Rhonda’s Recipes for Life…from God’s Garden in your kitchen.

See page next page for ordering information
Recipe Books Add Spice to The Hallelujah Diet

Tired of eating the same, plain raw foods over and over again? Try one of these new cookbooks for creative, healthy recipes sure to please you and your family.

Thank God for RAW: Recipes for Health
by Julie Wandling

Health Minister and Personal Trainer Julie Wandling lost more than 125 pounds on The Hallelujah Diet using these wonderful recipes. Book includes testimonies, food planning, and tips for helping children transition to the diet. More than 100 recipes including drinks, snacks, dips and spreads, meals, dressings and sweets. 173 pages, soft bound
#211 $17.95

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

Health Minister Kim Wilson’s goal for this great cookbook is to help people create quick, easy, delicious, and inexpensive meals using raw foods. She covers the basics of raw food—ingredients, tools, sprouting made simple, and transitioning to raw food eating. The balance of the book includes reliable, successful recipes for juices, fruits, salads, dressings, sauces/condiments, dips and fillings, soups, entrees, snacks/dehydrates, deserts and treats. 260 pages
#374 $17.95

How We All Went Raw
by Charles Nungesser and Steve Malachi

A great source for raw food recipes organized by ethnic foods, this cookbook includes Mexican, Italian, Chinese, Mediterranean, and American raw food recipes. In this book, learn all about a raw foods lifestyle, and how to prepare great tasting, every day 100% raw dishes. Includes almost 80 recipes for ethnic foods, desserts, smoothies, and juices. A special section on sprouting includes tips and sprout recipes. 150 pages
#375 $17.95

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

A perfect companion piece to God’s Way to Ultimate Health because it begins where the theory and rationale for the diet leave off. More than 400 nutritious and delicious recipes; 8 1/2 by 11-inch spiral bound. Includes important chapters on how to feed children and young adults, menus, and a section on feeding babies. Detailed index lists recipes by chapter and alphabetically. Healthy food tastes wonderful, and this book proves it!
#203 (Spiral bound, $24.95)

Healthy for Him
by Julie Wandling

Julie continues providing readers with motivational information, pros and cons of all raw eating, tips and timesavers, and ways to implement the diet on a shoestring budget. Includes more than 100 new and different recipes for cooked and raw foods. 200 pages, soft bound
#212 $17.95
This holiday season give the gift of good health to your friends and loved ones. We’ve created these special gift baskets just for that purpose. All these gifts come in a handsome basket complete with clear wrap and ribbons—ready to give.

**Children’s Health Basket**

- Children’s Probiotics
- Five Maple Nut Royale Bars
- Food and Behavior book (paperback)
- Pregnancy, Children, and The Hallelujah Diet™ book
- Children and the Hallelujah Diet Audio
- Feeding Our Children Video

Our precious children have special nutritional needs. It’s up to us as adults to assure they receive proper nutrition and learn to live a healthy lifestyle at an early age. This gift basket, a gift of love to parents and their children, includes several different items that address children’s needs. The probiotic formula, especially important for children taking antibiotics, promotes a healthy gastrointestinal tract and a strong immune system, and the maple syrup and nut treats are sure to delight them.

#900 $64.95

**Healthy Home Basket**

- Vegetable Wash, 8 oz. concentrate
- Carpet Cleaner, 8 oz. concentrate
- Glass and Surface Cleaner, 8 oz. concentrate
- Laundry Solution, 16 oz. concentrate
- Kitchen and Bath, 16 oz. ready-to-use, super-concentrate
- Furniture Polish, 8 oz. concentrate
- All Purpose Cleaner, 8 oz. concentrate
- Soft Scrubbing Cleanser, 8 oz. ready-to-use, super-concentrate

You would be shocked to learn what dangerous chemicals are commonly included in household cleaning products. These eight eco-friendly, user-safe cleaning products will help protect you and your family from the toxic effects of common household cleaners they probably use today. You’ll receive four different cleaning concentrates that will make 24 16-ounce bottles. The kitchen and bath and soft scrub cleaner are two to six times stronger than conventional cleaners, so you’ll need less per application. The carpet cleaner will provide up to four applications, and the laundry solution washes 16 loads of clothes. The concentrated nature of these products will save you money! 

#902 $69.95

**Health & Beauty Basket**

- Loofa sponge
- Choice of One Creation Soap Sample Pack*
- Deodorant Stone
- Desert Essence Tea Tree Oil
- Desert Essence Tea Tree Oil Toothpaste, 7 oz.
- Sweet Orange Moisturizing Oil
- Lavender Massage Oil
- Lavender Garden Mist

These natural products are a thoughtful way to show you care, and will provide hours of relaxation for the recipient. The oils will smooth and energize the body, the loofa sponge helps exfoliate dead skin cells, and the deodorant stone is an effective, natural body deodorizer.

* Choose from one of three Creation Soap sample packs;
- Soothing sample includes Chamomile, Rose, and Lavender soaps.
- Refreshing sample includes Ylang Ylang, Rose, and Lavender.
- Invigorating sample includes Sweet Orange, Carolina Pine, and Coal Tar.

All these natural soaps refresh the body and sooth the soul with their wonderful scents.

#903 $57.95

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To Order by Phone
Please Call: 1 (800) 915-9355
**PRODUCT SECTION**

**Nutritional Supplements**

**Hallelujah Acres Probiotic** These good bacteria help prevent diarrhea and infections, aid in digestion, strengthen the immune system, and help prevent food allergies. Especially recommended for pregnant and nursing mothers, anyone on antibiotics, and those undergoing pelvic or abdominal radiation treatments.

#446 90 CT. Veg. Capsules ($24.95)

**Hallelujah Acres Digestive Enzymes** Helps breakdown all food groups, improving digestion and increasing nutrient absorption. Especially important when eating cooked foods devoid of natural enzymes.

#447 90 CT. Veg. Capsules ($24.95)

**Hallelujah Acres Children’s Probiotic** Recommended for children up to age 12 and especially beneficial for children taking antibiotics, this probiotic supplement promotes a healthy gastrointestinal tract and a strong immune system.

#448 90 CT. Veg. Capsules ($24.95)

**Hallelujah Acres Intestinal Balance** A proprietary blend of enzymes, botanicals, and probiotics that supports the intestinal tract and strengthens the immune system. Especially effective at discouraging the colonization of Candida, an over growth of yeast that causes health problems.

#449 60 CT. Veg. Capsules ($24.95)

**Balanced Woman** A safe way for women to manage menopause, PMS, and osteoporotic conditions without the expense, dangerous side effects, and inefficentness of Estrogen Replacement Therapy. This all-natural progesterone cream derived from wild yams moisturizes the body with vitamin E, avocado oil, carrot oil, and aloe vera oil. For free information on this product, send us a self-addressed stamped envelope.

#443 2-oz. jar ($24.95)

**BarleyMax™** Blends two of nature’s most powerful foods, raw organic barley and raw organic alfalfa to provide one of the widest spectrum of naturally occurring nutrients available in a single source. Offers high level of enzymatic activity, mixes easily, tastes fresh and it’s a great value. For more information visit www.barleymax.com.

#440 One-month supply, 120 grams ($21.95)
#441 Two-month supply, 240 grams ($34.95)
#442 240 Veg. Capsules ($29.95)

**Fiber Cleanse** Helps the body cleanse the colon and restore normal bowel activity with selected herbs and fiber. Use the first 2-3 months on The Hallelujah Diet to ensure timely and efficient elimination of toxins. Contains 28 different herbs in a psyllium and flax seed base. Each herb is placed in the blend for a specific purpose (e.g., black walnut hulls kill eggs of parasites and expel parasites; slippery elm coats the digestive tract and aids in healing inflammation.)

#445 Comes in a 16-oz. container. ($29.95)

**Flax Seed** Flax Seed helps the body promote excellent colon health, and contributes to superb immune and cellular function and is an excellent source of Essential Fatty Acids, particularly the Omega Threes. Prior to use, grind (in a coffee grinder), the seed needed for daily use. Begin with 1 tablespoon daily and increase to 1/4 cup.

#433 (10 LB bag, $11.20)

**Flax Seed Grinder** Flax seed must be ground before using. This small grinder by Braun offers the needed power and speed to prepare all the needed flax seed for the day.

#582 ($18.45)

**Vitamin B-12, B-6 and Folic Acid** Produced by bacteria and other one-celled organisms in the small intestines B-12 is not readily found in a primarily raw vegan diet. Since adequate production and conversion of this vital nutrient is often impaired in many individuals, wise supplementation is prudent. Vitamin B-6 and Folic acid have been added to this supplement as research has indicated that this combination is effective at preventing elevated levels of homocysteine which lead to heart disease.

#450 60 CT. Veg. Tablets ($14.95)

**Udo’s Choice Perfected Oil Blend** A cold-pressed, organic blend of flax seed, sunflower seed, and sesame seed oils, and wheat germ, oat germ, and rye germ oils. We recommend this over flax seed oil alone for long-term use. One tablespoon a day provides essential Omega-3 and Omega-6 fatty acids.

#427 (17-oz bottle, $21.95)

**Maple Nut Royale** This wonderful living food snack by is dehydrated to preserve living enzymes. 100% pure maple syrup and 100% real nuts with no fillers. Great for all occasions!

#444 5 Bar (qty 5, $6.45)
#444 Box (qty 20, $25.00)

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Hallelujah Diet Essentials

**BarleyMax™** Blends two of nature’s most powerful foods, raw organic barley and raw organic alfalfa to provide one of the widest spectrum of naturally occurring nutrients available in a single source. Offers high level of enzymatic activity, mixes easily, tastes fresh and it’s a great value. For more information visit www.barleymax.com.

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#582 ($18.45)

**Vitamin B-12, B-6 and Folic Acid** Produced by bacteria and other one-celled organisms in the small intestines B-12 is not readily found in a primarily raw vegan diet. Since adequate production and conversion of this vital nutrient is often impaired in many individuals, wise supplementation is prudent. Vitamin B-6 and Folic acid have been added to this supplement as research has indicated that this combination is effective at preventing elevated levels of homocysteine which lead to heart disease.

#450 60 CT. Veg. Tablets ($14.95)

**Udo’s Choice Perfected Oil Blend** A cold-pressed, organic blend of flax seed, sunflower seed, and sesame seed oils, and wheat germ, oat germ, and rye germ oils. We recommend this over flax seed oil alone for long-term use. One tablespoon a day provides essential Omega-3 and Omega-6 fatty acids.

#427 (17-oz bottle, $21.95)

**Maple Nut Royale** This wonderful living food snack by is dehydrated to preserve living enzymes. 100% pure maple syrup and 100% real nuts with no fillers. Great for all occasions!

#444 5 Bar (qty 5, $6.45)
#444 Box (qty 20, $25.00)
User-Safe, Eco-Friendly
Hallelujah Acres Cleaning Products

Vegetable & Fruit Wash 8-oz. concentrate makes eight 16 oz. spray bottles. Great for washing fruits and veggies. Effective at removing most waxes, oils and chemicals.

#760 $16.95
(only $2.12 per ready-to-use bottle after you mix)

Carpet Cleaner & Stain Remover 8-oz. concentrate. Use in extraction-type carpet cleaning machines to clean rugs and carpets. Requires only 1 oz. of cleaner per gallon of water. Can also be mixed as a stain remover or a pre-spotter.

#761 $5.95
(only $.74 cents for a 2 gallon application)

Glass and Surface Cleaner 8-oz. concentrate makes four 16 oz. spray bottles. Does not streak or leave a film like other glass cleaners.

#762 $5.95
(only $1.49 per ready-to-use bottle after you mix)


#763 $7.95
(only $.50 cents per load)
32-oz. concentrate $11.95
(only $.38 cents per load)

Kitchen & Bath Cleaner 16-oz. Ready to use: Use only a little for huge cleaning action. For toilet bowl, sinks, counter tops, tubs, and showers.

#764 $6.95

Polish & Dust Remover 8-oz. concentrate makes four 16 oz. spray bottles. Great for dusting and polishing all hard surfaces in one easy application.

#765 $14.95
(only $3.74 per ready-to-use bottle after you mix)

All-Purpose Cleaner 8-oz. concentrate makes eight 16 oz. spray bottles of all purpose, or four 16-oz. heavy duty degreaser bottles. Quickly acts to emulsify grease, dirt, oils from soiled surfaces.

#766 $10.95
(only $1.39 to $2.74 depending on strength you mix it)

Soft Scrubbing Cleanser 16 oz. Ready to use. Soft scrub easily removes grime from all types of surfaces without leaving a messy residue.

#767 $12.95
Also available in an 8 oz. size $7.95

Exercise for Health!

REBOUNDER This high-quality, mini-trampoline offers a great indoor low-impact aerobic workout—a foul-weather alternative to walking or jogging. Includes a 40-inch diameter heavy-duty metal frame, six spring-loaded legs (removable for easy storage), and folds in half to fit into its own carrying bag. Mat is guaranteed for five years and the springs for ten years.

#601 ($217.00, including shipping)

REBOUNDING: OLYMPIC TRAINER This book by Harry and Sarah Sneider details many exercises involving a rebounder and soft weights. Helps you personalize your own conditioning workout.

#343 (145 over-sized pages, $14.95)

REBOUNDING GOODIES PACKET Includes the above “how to” book, along with an Air-O-Bics Video, one set of 2 lb. hand weights, one set of 4 lb. hand weights, one daily dozen exercise poster, one perfect ten exercise poster, and one Townsend newsletter.

#603 ($69.95, including shipping)

FIT 10 This exercise equipment helps you establish an exercise habit that is easy to fit into your everyday routine. With Fit 10, ten minutes a day is all you need. It is safe and effective regardless of age. Start with only ounces of resistance and work your way up. If you have a door, you have a gym. Now you can exercise anywhere.

#602 ($124.85)

CHINESE WAND EXERCISES

The oldest form of documented exercise, this stimulating form of exercise is the only program ever devised that is practiced in five elemental stages, making the entire sequence safe, effective, and fun. They display the wisdom of the ancient Chinese who believe in cardiovascular fitness, inner strength, flexibility, peace and order. The wand is a fabulous centering device, a true equalizing and balancing system that makes you stronger and encourages beautiful body balance.

#605 $99.95
Includes travel wand, video and handsome travel case, beautifully packaged.
GREEN STAR JUICE EXTRACTOR
This juicer offers several advantages over other juicers. Twin gear, low RPM motor produces less heat to minimize loss of nutrition. The slow moving triturating twin gears crush the fruits and vegetables, rather than cutting them. The Green Star also makes wheat grass juice, baby foods, nut butters, bean curd, and more. This machine expels a drier pulp, an indication that more juice and nutrients are being extracted. 30 lbs., 18” long, 8” wide, 12” high.

#549  Regularly $550.00, our price $515.00, including shipping

THE CHAMPION JUICER
This masticating juicer breaks up the cells and fibers of food, forcing its nutritional value into the juice. We do not recommend any juicer with a spinning basket because it only shreds the food, leaving much of the nutrients in the pulp. Well made, easy to clean, runs smoothly and quietly. One-year limited warranty on motor and five years on juicing parts. Also makes banana ice cream, baby food, nut butters, and more. 25 lbs., 17” long, 8” wide, 13” high.

#510  Regularly $289.00, our price $229.00, including shipping

WATERWISE DELUXE PURIFIER 8800
Our newest distiller. Makes 1 gallon of water every 4 hours or 6 gallons of water per day, has a built-in timer, and a dripless “stop and serve feature.”

#500US8  $250.00, including shipping

WATERWISE 4000 DISTILLER
The Waterwise 4000 produces 1 gallon of water in four hours. Features a stainless steel boiling chamber, a newly designed energy coil, and a high-quality condensing coil.

#5400  Retail $329, our price $229, including shipping

EXCALIBUR 2900 DEHYDRATOR
This family-size economy model features an adjustable thermostat with a temperature range of 85 to 145 degrees, with flexibility of preserving the nutrition of food. Standing 12.5” high, 17” wide, and 19” deep, its compact size fits easily in your kitchen. Comes with nine trays—a total of 15 square feet of drying area. One-year warranty, including parts and labor.

#580  $215.00, including shipping

SNACKMASTER PRO FOOD DEHYDRATOR
Designed for exceptional value and flexibility. The adjustable thermostat, with a range from 90 to 155 degrees, provides flexibility for optimal nutrition results. A patented fan forces heated air up through the exterior pressurized chamber (not through the trays), then directs the air horizontally across each individual tray, converging on the core for fast, even, and nutritious drying. No flavor mixing and no need to rotate trays! Delivered with 4 trays, expandable to 12.

#585  $89.95, including shipping

THE PERSONAL BLENDER
This versatile and portable blender delivers an impressive 200 watts of ice-crushing, smoothie-making, seed-grinding power. Compact and smartly designed with a clear and high-impact polycarbonate container for blending and serving. Tight-fitting lid means easy storage. In under a minute, enjoy hundreds of the nutritious and delicious recipes that healthy people on the go want today.

#584  $89.99, including shipping

VITA-MIX TURBO BLENDER 4500
A heavy-duty, commercial-quality blender that provides optimum performance and power compared to other blenders. Useful for everything from grinding grains to preparing delicious raw soups.

#4500  $349.95, including shipping
TESTIMONIAL VIDEO Filmed in 1997 at the Tulsa Bible Prophecy Conference, this moving video features five-minute testimonies of 13 men and women who healed themselves by using The Hallelujah Diet. Includes testimonies by a medical doctor, nurses, preachers, and people from many walks of life. If you know someone who resists the “You Don’t Have to be Sick” message, these testimonials will open hearts to the truth of the power of The Hallelujah Diet.
#280 ($14.95)

TESTIMONIAL VIDEO 2 Filmed in 1999 at the Tulsa Bible Prophecy Conference, this compelling one-hour videotape features 10 men and women who remarkably healed themselves of various illnesses by simply adopting The Hallelujah Diet. Includes testimonies by two medical doctors, a minister, and others from many walks of life, including a man who had lung cancer with a tumor the size of a grapefruit. Within 60 days the tumor had shrunk in size by 75 percent, and he shows the x-rays as proof. If you know people who are skeptical about the “You Don’t Have to be Sick” message, this tape will open their hearts and minds by showing them positive proof of the body’s self-healing power.
#281 ($14.95)

FOOD AND BEHAVIOR Can what people eat really affect the way they behave? The evidence says yes! Barbara Reed Stitt, a former Chief Probation Officer, clearly shows the link between food and behavior—a link that parents, the school system, counselors and most of the medical profession are overlooking. Ask any hyperactive child, depressed, angry teenager, violent adult or criminal what they eat and you’ll find they all basically eat the same thing. Learn what food abuses the mind, under nourishes the body and distorts behavior. 223 pages.
#368 ($9.95)

STOP THE MEDICINE! An extraordinary true story by Dr. Cynthia Foster, a medical doctor who abandoned the theories of modern medicine in order to heal herself and her patients. Dr. Foster has committed her life to teaching others about the body’s amazing ability to heal itself. Rev. Malkmus considers this 350-page book a must-read for those who want to have full understanding of the health care system.
#351 ($15.99 - SPECIAL SALE PRICE: $9.95)

Especially for Women

PREGNANCY, CHILDREN AND THE HALLELUJAH DIET Infants and young children have special dietary needs. Olin Idol, N.D., C.N.C. provides practical advice in this book to ensure those needs are met. A must read for pregnant women or those considering conception. 77 pages.
#209 (Special price, $4.97)

WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT MENOPAUSE A comprehensive book by Dr. John R. Lee on menopause and other female issues. Subtitled “The Breakthrough Book on Natural Progesterone”, this 372-page book includes information on PMS, menopause, pre-menopause, endometriosis, fibrocystic breasts and other issues that can be helped by natural progesterone. Dr. Lee is one of the world’s leading authorities on estrogen-progesterone balance.
#363 ($12.99)

NATURAL PROGESTERONE: A REMARKABLE HORMONE Two cassette audio presentation by Dr. John R. Lee, Presentation runs just over two hours.
#806 ($9.95)
Customer Order Form

Shipping Charges
Shipping Charges: $5.00 for all orders under $50.00. For orders over $50.00, add 10% for shipping and handling. Outside Continental U.S., call for foreign rates. North Carolina residents, please add 7% sales tax to entire order.

Express Service
Hallelujah Acres is pleased to offer UPS 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 pm EST will be shipped the same business day. Any request received after this time will be shipped the next business day.

Return Policy for Equipment Items (Juicer, Distillers, etc.)
Items in new condition with the original warranty, 10% restocking fee. Item in new condition without warranty, 15% restocking fee. In used condition with the original warranty, 20% restocking fee. Please call for prior approval. Customer pays for return shipping. Credit will be offered after the product is returned and inspected. Sorry, no refunds after thirty (30) days.

Return Policy
No returns accepted without prior approval. Call (704) 481-1700 from 8 a.m. to 5 p.m. EST, Monday through Friday, for details.

Name __________________________________________________________
Address (mailing) ________________________________________________
Address (physical) _______________________________________________
City __________________ State ______ Zip _____________________________
Phone (____) ________________________________
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If you are not on our mailing list, but would like a free subscription to Back to the Garden, please check this box.

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We appreciate your order. The life-blood of this ministry flows from your purchases of the health-related products and books we offer. Every purchase made helps us to reach more people with the message that “You do not have to be sick!” … if God’s laws of natural health are followed. Together, we are changing the way the world maintains health.

Thank you and may God bless.

Books, Tapes and Audios

PRESCRIPTION FOR NUTRITIONAL HEALING
The nation’s number one best selling guide to holistic health written by Dr. James Balch, M.D. and Phyllis Balch, C.N.C. For more than ten years, people interested in alternative healing and preventive therapies have relied on this invaluable reference guide. #353 ($23.95)

UNINFORMED CONSENT
Read about cases of toxic poisoning from depressed immune systems and inexplicable illnesses—all easily traceable to the toxins leaching into the bloodstream from heavy metals in dental materials. 278 pages #210 ($14.95)

VACCINATIONS, DECEPTIONS & TRAGEDY
Is your child about to receive a mandatory vaccination? Michael Dye spent countless hours uncovering facts about vaccinations that the government, media, and medical establishment would prefer you didn’t know. #207 ($8.95)

Books, Tapes and Audios

Help A Friend!

Would you like to send Back to the Garden to a friend? Fill this form out and return with your order and we will put your friend on our BTTG mailing list. Enter their email address and we will send them Rev. Malkmus’ weekly email Health Tip.

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### Books, Tapes and Audios

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FROM OUR MAILBAG

DR. DAVID PARSONS

“I am a 60-year-old male who attended your March 2003 first Saturday of the month seminar at Hallelujah Acres, and have been doing The Hallelujah Diet SM ever since. I had four bypasses in 1998, have Type II DIABETES, and HIGH CHOLESTEROL. I take medicine for all of these. Also, I have had PSORIASIS on my hands, elbows, and legs most of my life. Since going on The Hallelujah Diet SM, my PSORIASIS is clearing up, my BLOOD SUGAR IS IN NORMAL RANGE, and I have more ENERGY. I am very happy, to say the least!”

SUNNY HURST

“Sixteen months ago, I was scheduled to have surgery on my SINUSES, plus they wanted to go in and play with my HEART. After reading and learning what all might happen to me if I submitted to either of these surgeries, I thought I would just try The Hallelujah Diet SM and see if it would help. In the sixteen months since making the diet change, I have had NO SINUS PROBLEMS, and I no longer blow my nose for the first thirty minutes after getting up each morning as I used to do before adopting The Hallelujah Diet SM. I didn’t allow them to do the heart catheterization either, and now I can walk a couple of miles without being short of breath, and my wife says I don’t sound like a big train coming down the track each night.”

PAM GILL, IDAHO

“I had been trying to conceive for seven years before starting on The Hallelujah Diet SM 100%. Within two months of making the diet change, I was pregnant with my now one-year-old son. I had been to all the doctors, been on the drugs that were supposed to help me get pregnant, but nothing seemed to work. I gave up on the drugs, because I wanted God to get the glory if I were to conceive. When I finally conceived following my diet change, I went and saw my nurse mid-wife. She was amazed that I got pregnant after so long, just by following The Hallelujah Diet SM.”

“YOU DON’T HAVE TO BE SICK!”