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[ RECLAIMING SATURATED FAT ]

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Dr. Michael Donaldson
Research Director, Hallelujah Acres Foundation

Rev. George Malkmus, Lit. D.
Hallelujah Acres founder and author of The Hallelujah Diet
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Hallelujah Acres Incorporated
Accredited Since 1999

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

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Popular wisdom says it takes 21 days to form a new habit or to break an old one. Starting The Hallelujah Diet is much more than a habit. It’s a way of life with boundless opportunities to reclaim health, healing, and vitality — and that requires a little more coaching and guidance.

We are so excited to introduce Hallelujah Acres’ brand new “60 Day” program, 60 Days to Reclaim Your Health, starting May 17. We feel so strongly about this program that we’re leading it ourselves.

Why did we create 60 Days to Reclaim Your Health? Over the last several months we traveled to many different places and met many wonderful people. Some had been on The Hallelujah Diet for years and others had never heard of it. But we found a common thread: People everywhere are struggling to find and “reclaim” the health they once had. They want to be healthy and change their life habits, but it’s not always easy to do. The 60 Days to Reclaim Your Health program was designed to be the bridge that helps a person cross from their current state of health to the optimum health they’re yearning for.

This program is a culmination of many programs at Hallelujah Acres. We’re taking the best of our seminars, classes, and publications to create a powerhouse of information with more detail and personal instruction than any program we have ever offered.

We’ll walk you through all 60 days and give you everything you need along the way to be successful. If you’ve ever been to our Where Do I Go From Here? class following Rev. Malkmus’ Saturday seminar, you might consider that class the first day of this broader, more comprehensive program.

One of the most crucial aspects of successfully implementing The Hallelujah Diet at home is having the right tools. When you moved out of your parents’ home, you needed certain tools to make it on your own. Ensuring a successful journey on The Hallelujah Diet is the same process. We’ll take a progressive approach that provides you with beginner tools on the first day and advanced tools on the last day so you’ll have what you need to be successful.

Just like your regular diet, we’ll help you develop a grocery list for The Hallelujah Diet so that you have everything you’ll need for the week. When you tune in to our daily video segments online, we’ll have a recipe for you and instructions on how to prepare that recipe. We’ll also show you how to plan ahead (that’s the key to changing your diet with relative ease).

A new diet has to be practical. If it doesn’t fit into your schedule, chances are it simply won’t make its way into your daily routine. That’s why we’re going to take our video crew with us to the grocery store to show you what to look for on product labels, how to select...
the best veggies, what to look for in more exotic produce, and how to make sure they keep in your refrigerator for as long as possible. When you need a break from the kitchen, we’ll have that covered too. After all, there’s no sense doing The Hallelujah Diet if you can’t go out to a restaurant with your friends and family to enjoy yourself. We’ll share personal tips we’ve developed and some hints from others so you can accept any dinner invitation without hesitation.

When we first shared all of these exciting ideas with staff at Hallelujah Acres, some asked why we were doing this so soon. Our first “60 Day” program (which was weight-loss focused) ended in March and we wanted to start another one in mid-May. Those who had participated in that first program answered these questions through their own experiences. Some were still struggling with water retention while others had health issues that were taking longer to resolve than anticipated. A more detailed, follow-up program was needed.

This is where customizing The Hallelujah Diet comes in. For example, people with arthritis need to remain on distilled water while everyone else is encouraged to re-mineralize their drinking water in the long-term. Considerations like this enable you to carve out a personalized niche to make The Hallelujah Diet all your own. We’ll share the many things we have learned from others and even share some of the techniques we use in our house.

The best part about 60 Days to Reclaim Your Health is that Hallelujah Acres will do the research for you. We’ll do more than just tell you what’s healthy and what’s not. We’ll fill in the blanks with answers as to why and how your body responds to diet and lifestyle, along with research and expert testimony to back it up. And when you have questions, we’ll do our best to answer them in our video segments, like which oils are best for salads, which ones are good for cooking, and which ones should be avoided altogether. We want you to be educated about these things so that you can make informed decisions after the 60 days are over. We also want you to be wise to the marketing ploys and urban myths of various “health” products, from whole foods and supplements to appliances. We’ll show you how to separate the wheat from the chaff.

In the end, it’s more than diet. The 60 Days to Reclaim Your Health program is about whole body health. You will be nourished on multiple levels so you can make healthy decisions in every aspect of your life. Reclaiming health means reclaiming right relationships with people and with God, plus reclaiming physical wellness, mental sharpness, and spiritual peace. If you have not signed up already, see the ad below and do so today. It’s never too late!
DESIGNED BY GOD TO
BE IN HEALTH

“Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth.” (3 John 2)

By Rev. George Malkmus, Lit D

As I study the Gospel accounts of Jesus’ earthly ministry, I find it interesting that before Jesus dealt with the spiritual needs of people, he first dealt with their physical needs. Scripture clearly indicates that Jesus’ primary purpose for coming to earth was to “Seek and to save that which was lost,” (Luke 19:10), and to “. . . give himself a ransom for all” (1 Timothy 2:6). It is also clear that Jesus was not solely concerned with people’s spiritual needs. He was concerned with their physical needs as well.

As a minister of the Gospel of Jesus Christ, I personally ministered solely to the spiritual needs of the people during my early ministry as a pastor. In recent years however, I have had the privilege of ministering to the complete man [spirit, soul, and body] which has been most rewarding. In fact, I feel my latter years of ministry have more mirrored the ministry of Jesus than my former years. Hallelujah Acres is a Christian ministry that ministers to the “whole” man!

Although the Christian community ministers to the spiritual part of man, which of course is of greatest importance because it determines where one will spend eternity, sadly, most are in great ignorance and darkness when it comes to the physical needs of man.

This was brought vividly to my attention after a dear Christian brother had been diagnosed with colon cancer a few years ago. The doctors told him his cancer was terminal and that he was going to die. When first diagnosed, both his pastor and I encouraged him to change his diet. When he suggested a diet change to his doctor, the doctor laughed at the idea, and so he made no diet change. The doctor went further, not only telling him a diet change couldn’t help, but that his only hope for extending his life was to yield his body to surgery and chemotherapy.

This dear brother listened to his doctors, had the surgery to remove a large section of his colon (leaving him with a bag to collect his feces), and accepted several rounds of chemotherapy. After much suffering he died. Thankfully, he knew the Lord, and was prepared spiritually for death, but physically he was only 60 years old. He should have had many years left to live, enjoy life, and serve the Lord. Alas he could do neither.

Do you realize that the average Christian can sit in the average church for a lifetime and never hear a message from the pulpit regarding how to take care of the physical part of man? You know it’s true! It’s no wonder 90% of the prayer requests in our churches are for physical problems.

It is a tragedy that God’s people have never been taught that if they neglect the physical part, it will break down and fail them. These physical breakdowns can cause physical problems that can affect their ability to serve the Lord, fulfill their spiritual ministry, and live a long and healthy life in God’s service!

MY PERSONAL EXPERIENCE WITH THE “PHYSICAL PART”

In 1976, at the age of 42, after totally saturating my life with the spiritual for the previous 20 years, I was suddenly brought to the realization that there was another part of me — a physical part — when I was told I had colon cancer.

For some reason, I guess I believed that if I took care of the spiritual part, the physical part would take care of itself. Subconsciously I believed that if I put God first and dedicated my life to helping others spiritually, God would protect me from physical harm. HOW WRONG I WAS!

God used that cancer to awaken me to the necessity of taking care of the physical part if I wanted to live and continue the spiritual ministry to which He had called me. Sadly, I was not alone. I have learned that most in the Christian community, including most preachers, are also in great ignorance, darkness, and neglect when it comes to the physical.
LISTEN TO WHAT GOD HAS TO SAY ABOUT THE PHYSICAL PART:

“In beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world . . .” (Romans 12:1-2a)

In this scripture, believers are being admonished to take proper care of their physical “bodies” and that cannot be done if we are “conformed to this world.” There are other verses dealing with the physical:

“What? know ye not that your body is the temple of the holy ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price [the shed blood of Jesus]: therefore glorify God in your body, and in your spirit, which are God’s.” (I Corinthians 6:19-20)

“Know ye not that ye are the temple of God, and that the spirit of God dwelleth in you? If any man defile [bring harm to] the temple [physical body] of God, him shall God destroy; for the temple of God is holy, which temple ye are.” (I Corinthians 3:16-17)

Because of Christ’s sacrifice on the cross, and through our acceptance of that sacrifice, our bodies literally become “the temple of God.” Thus: “we are bought with a price,” and because we have been purchased by God with Jesus’ shed blood, we should “glorify God in [our] body.” And if we fail to “glorify God in [our] body,” and if we “defile” [bring harm to] His “temple” [our physical body], God will “destroy” it!

GOD DID NOT DESIGN HIS HUMAN CREATION TO BE SICK

In Genesis 1:31, after the six days of creation had been completed, we read: “And God saw everything that he had made, and, behold it was very good...”

Friends, God made no mistakes in creation!

In the New Testament, in 3 John 2 we read: “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

From the above verses it is clearly evident that sickness was not (and is not) a part of God’s plan for His human creation. So, why do we humans get sick? The answer is found in Galatians 6:7: “Be not deceived, God is not mocked: for whatsoever a man soweth, that shall he also reap.”

Sowing and reaping is an irrefutable natural law established by God! Sowing and reaping can have many applications, but in keeping with the subject, we get sick because we are not taking proper care of our physical bodies. We get sick because we are putting things into this physical body that cause it harm. Even if we do so in ignorance, we create physical problems within our physical temples! Thus: “My people are destroyed for lack of knowledge . . .” (Hosea 4:6)

CHRISTIANS ARE JUST AS SICK AS NON-CHRISTIANS

Statistically, we find that Christians are just as sick as non-Christians, suffering the same physical breakdowns in same percentages despite an abundance of spiritual prayers for healing.

HOW CHRISTIANS DEAL WITH PHYSICAL PROBLEMS

Except for spiritual prayer, the Christian community deals with physical problems the same way as the non-Christian community does. They go to the same doctors, take the same toxic drugs, submit to the same radiation, and undergo the same surgeries in an effort to remove physical problems. This drugging, radiation, and surgery is what I call the WORLD’S SYSTEM OF HEALTH CARE. Is there a better way? Absolutely!

GOD BUILT SELF-HEALING INTO EACH OF OUR BODIES

Although God did not design us to get sick, God, in His infinite wisdom and foreknowledge, knew that we would get sick because we would not take proper care of our physical bodies. This is why He built self-healing into each of us. We clearly see this self-healing manifested when we cut ourselves. Bleeding cleanses the wound, the scab protects the wound, and beneath the scab the body knits the skin back together. Finally we see the result of this self-healing when the scab falls off.

When God created those first two humans, Adam and Eve, He placed the ability to self-heal within their genetic coding. This same self-healing has passed down from generation to generation and, ultimately, to you and me! Built right into each one of us is the ability to heal almost every physical problem that comes our way during our lifetime — without doctors, drugs, radiation, or surgeries!

As we learn more about this incredible physical body temple that God has provided each of us, how can we fail to exclaim words similar to those of the psalmist in Psalm 139:14: “I will praise thee; for I am fearfully and wonderfully made...”

NOTHING CAN HEAL THE BODY EXCEPT THE BODY ITSELF

My dear friend, there is not a doctor in the entire world capable of healing anyone of anything, nor is there a drug, radiation, or surgery that can heal anyone of anything. And to go a step further, there is not a vitamin, mineral supplement, herbal compound, or homeopathic concoction that can heal anyone of anything. There is not even a food or glass of fresh vegetable juice capable of healing anyone of anything. There is nothing that can be done to the outside of the body or placed into the body that can heal.

Man has been searching for centuries (and spending untold amounts of money) seeking a cure for physical ills. In spite of all these efforts and expenditures, mankind is growing sicker while medical costs continue to rise. Sadly, man will never find the solution to these physical ills until he realizes that the only healing that can ever take place in the body is the self-healing that God built within each one of us. That self-healing can only manifest when we bring conditions about within the body that will allow the body to do what God designed it to do.

Scab protects the wound, and beneath the scab...
GOD GAVE ADAM AND EVE A DIET THAT PRODUCED HEALTH

In Genesis 1:29, God gave Adam and Eve the same diet that is capable of nourishing your marvelous physical body today. This diet provides the body with the nutrients God designed it to be nourished with. As the body receives these plant nutrients, physical problems usually begin to disappear, and we don't get sick anymore.

In 1976, having experienced numerous physical problems for the previous 42 years, (culminating in colon cancer), I stopped putting into my body substances found outside God's Genesis 1:29 garden diet. I started nourishing my body exclusively with the living nutrients found in garden foods, and within one year, not only was my cancer gone — and without any help from the doctors might I add — but also gone were all the other physical problems I was suffering at the time.

The physical problems I had previously experienced were the result of eating what I call the “world’s diet” or the “Standard American Diet (SAD).” Today, 34 years after abandoning the “world’s diet” and adopting God’s Genesis 1:29 diet, I am 76 years old and continue to enjoy excellent health doing anything physically I could do as a teenager.

Because of those personal experiences 34 years ago, my wife Rhonda and I established Hallelujah Acres in 1992, a Christian ministry that teaches health from a biblical perspective. Since establishing Hallelujah Acres, millions have adopted what we call The Hallelujah Diet (based on God’s Genesis 1:29 diet). Tens of thousands have written to tell me that after they stopped eating the world’s SAD diet and started eating The Hallelujah Diet, they recovered from (or experienced dramatic improvement in) more than 170 different physical problems and rarely get sick anymore.

In Mark 5:25-26, we find clear evidence of the medical community’s inability to bring healing to the physical body: “And a certain woman, who had an issue of blood for 12 years, and had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse.” Today, some 2,000 years later, we find that the world’s system of disease care has not improved (“suffered many things of many physicians”), nor has its cost (“spent all that she had”) or outcome (“was nothing bettered, but rather grew worse”).

How many more Christians will have to suffer, be sidelined, and die needlessly and prematurely before we realize that God has not only made provision for the spiritual part of man, but also the physical part? How much longer is it going to take the Christian community to realize that there is a better way than the world’s way of dealing with physical problems and that, my dear friend, it is GOD’S WAY!

This writer, along with Rhonda and our entire staff here at Hallelujah Acres are here to help you restore your body to the physical health God designed for you. We are here to help you with your spiritual needs as well, so that you can be a complete person in “spirit, soul, and body.” This is my prayer for you:

“I pray your whole spirit, and soul, and body be preserved blameless unto the coming of our Lord Jesus Christ.” (1 Thessalonians 5:23)
I am in remission with acute myeloid leukemia (AML). I have already spent 50 days hospitalized, half a million dollars billed to insurance, and have been pumped with chemotherapy and antibiotics after being diagnosed in October 2008 at the age of 52. I realized that my hope lay in holistic healing and God's grace, so I gently stepped away from conventional medicine (while still checking in, mind you) and started researching alternative protocols for whole health rebuilding. I knew that a “cleanse” would be a pivotal part of my wellness. I chose the Hallelujah Acres Lifestyle Center in Branson after researching other fine centers for cleansing and detox.

I had intended this to be a 5-day experience to clean out and purify my immune system. While a “health nut” most of my adult life, I had never seriously considered a plant-based diet other than occasional visits to out-of-the-way vegan restaurants. I loved my organic, fair-trade coffee and ate a balanced diet including organic (not feed lot) meat, chicken, eggs, cheese, and pork yet indulged in sweets and starches. I ate fish on occasion. I took the best supplements, jogged, avoided alcohol and felt great (considering the little sidetrack with leukemia).

After 5 days at the Lifestyle Center (and even after the first 24 hours) the palpable goodness I felt through my entire being shocked me. I frankly thought I’d be curled up in caffeine withdrawal while plodding through this chosen “medicine.” I needed my protein (e.g. meat)! There was NO way I’d skip my Starbucks on the way out from my visit! No chocolate? Are you kidding?

I was summarily stunned by how good I felt while eating delicious, organic, mostly raw cuisine, drinking fresh juices, taking brisk walks, and watching educational DVDs. My facial lines, which had been exacerbated by the chemo, began to disappear as I properly fed and hydrated myself. A lingering cough (chemo leaves one with fungal issues) eased by 80%. I had energy and more balanced moods. No fair!

I just wanted a quick fix and now I was being shown how to have a vibrant and healthy life!

Allopathic medicine can offer me no guarantees. My particular form of leukemia has a wretchedly frightening prognosis, with or without agreeing to a bone marrow transplant.

I have a feeling, though, that as I commit to this new way of nourishing myself one day at a time, I will write again in 5 to 10 years with an even more glowing testimony.

Surprise! There is wellness and goodness in this and in these good people who share it with us. God surprised me… and I am very grateful. ♥
In 2000, my husband and I were working with Mercy Ships as missionaries when we were invited to attend a Hallelujah Acres health seminar. I had been on disability for 13 years at this time due to arthritis, advanced osteoporosis, cancerous tumors in both breasts, among other things. I had also been on anti-depressants for 30 years, and had cysts in various places on my body.

After attending the seminar out of curiosity, I decided to give it a try (since nothing else the medical profession offered was working). The Hallelujah Diet worked for a while until we were invited to train with Youth With A Mission (YWAM) in Colorado, where we had to live in a dorm room on the second floor. Due to the pain in my joints, I had to crawl up the stairs. Not to mention, there was no way for us to prepare our vegan fare in that room, so we had to eat in the cafeteria — and that food could kill just about anybody! My problems got worse instead of better. The situation just wasn’t working, so we moved into an apartment of our own and bought a juicer in order to do The Hallelujah Diet properly.

After we moved, things began improving. A vast majority of my pain was gone within a few weeks of changing my diet. Within 3 months of being on The Hallelujah Diet, we had to drive back to Florida from Colorado. I was dreading the trip because I knew how much pain long drives had caused me in the past. To my surprise, I needed very little pain medication on that trip, even though it was 2,000 miles!

By the time I had been on The Hallelujah Diet for a year and a half, all of my physical problems were gone, including the extreme amount of pain I had been experiencing. Even the cysts disappeared. I have had a fused spine for the last 30 years, so obviously that still remains, but the discomfort associated with it is dramatically reduced despite a couple of collapsed discs and advanced scoliosis.

There is a significant history of cancer in my family. All but one of my siblings and both of my parents have died of cancer, but I have no sign of it anywhere in my body. Even at work I see people every day who are going home sick because of the flu and other seasonal ailments, but I don’t. When they ask me what the difference is, I tell them about The Hallelujah Diet. They tell me, “I couldn’t do that.” I can because I’ve seen my family go down and I’m not going there.

I’m going to be 71 in July and I’m still doing missionary work. My husband and I are getting ready to do our second mission in Africa, and I’m happy to report that I don’t have any of the ailments that I used to have. Being on this diet for the last 10 years has allowed me to do what I do. I am in charge of a missions board, I work every day, and my grandchildren and great-grandchildren are happy to have an able-bodied, energetic grandma.

I have taught many classes about The Hallelujah Diet over the years and there’s one thing that I find very sad about it all. That is, some people are not willing to stick to it, even though it helps them dramatically. They say they don’t like vegetable juice or they can’t give up their cravings. I don’t understand because it’s done wonders for me.

I suppose it’s just like preaching the gospel. People notice there’s something different about you. They admire it but some are just not willing to discipline themselves to see the benefits. I will admit that some of my cravings, like the aroma of a good steak house, have never left me. However, all I have to do is remember the pain my old diet caused me and the desire for that kind of food quickly subsides.

As for my future, I intend to keep doing missionary work for as long as I’m standing! I have a heart for Africa, I want to go back as many times as I can, and I don’t intend on slowing down for at least another 15 years. I’m proud to be a walking example. The Hallelujah Diet has definitely enabled me to reclaim my health! 💚
The Wonders of Coconut Oil

Coconut oil is comprised of medium-chain fatty acids. These fatty acids are smaller than long-chain fatty acids, so they are more easily digested, and they are converted to energy instead of being stored as fat. A study in 2009 found that dietetic fatty acids are comprised of long-chain fatty acids. Long-chain fatty acids are the ones to consider more carefully. They are indeed “fattening” because they are difficult for the body to break down (putting more strain on the pancreas and liver), they are predominantly stored in the body as fat, and they can be deposited as cholesterol in your arteries. Animal fat, butter, and most refined vegetable oils are comprised of long chain fatty acids.

Coconut oil is comprised of medium-chain fatty acids. These fatty acids are smaller than long-chain fatty acids, so they are more easily digested, and they are converted to energy instead of being stored as fat. A study in 2009 found that dietetic supplementation with coconut oil can even help reduce abdominal fat. This type of antiviral, antimicrobial fat (42% to 57% lauric acid) is also found in human breast milk and can boost metabolism and weight loss. In a coconut oil research paper written for the Hallelujah Acres Foundation, Research Director Dr. Michael Donaldson notes, “There are only a very few good sources of lauric acid in nature — coconut oil (44-49%), palm kernel oil (47%), and breast milk (4-10%, depending on diet). The lauric acid in breast milk, and the monolaurin formed in the baby’s stomach, helps protect the baby from disease. This protection can be increased if the mother consumes coconut oil.”

The truth is that the saturated fat in coconut oil does not cause clogged arteries; in fact, it actually promotes blood platelet function. In contrast, some polyunsaturnates (omega 6) are the fats that studies have repeatedly shown to have a strong correlation with cancer and heart disease.

Does this mean that saturated fat is good? Yes and no. If speaking solely of coconut oil, then yes — the medium-chain, saturated fat in coconut oil is truly in a class by itself. It is stable, doesn’t go rancid, and works well for cooking. Animal-source saturated fats on the other hand are long-chain fatty acids, making them less desirable for optimal health.

Perhaps the most noteworthy characteristics of coconut oil are its antimicrobial, antifungal, and antitumor effects, which have been shown to strengthen the immune system. This is due to its lauric acid content (mentioned above) which disrupts the lipid membranes of offending organisms, giving the immune system the upper hand. A study completed in 2008 by the American College of Chest Physicians showed that children with pneumonia who were given coconut oil in addition to ampicillin (an antibiotic) were able to normalize their respiratory rate sooner than those who relied solely on the antibiotic. So powerful is coconut oil’s immune boosting ability that

AIDS patients have used it to successfully control their disease in combination with Naltrexone (a drug used primarily in the management of alcohol dependence), ginger root, and garlic. Using this concoction, one patient reduced his viral load of 50,000 to non-detectable levels in just 5 weeks. You may have to read this article several times to reverse your thinking about the saturated fat in coconuts, but the truth is that saturated fat does not cause health deterioration. So, ignore the fat-free hype and take the next 60 days to reclaim your health using fats that are extracted naturally, using as little processing and/or heat as possible (cold pressed, unrefined), especially coconut oil — the medium-chain saturated fat superstar.

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Processing methods aside, what makes coconut oil any better than other vegetable oils? Understanding the answer requires an understanding about fats.

Not all fat is “fattening.” The molecules in fats and oils are called fatty acids; you have probably heard of short-chain fatty acids, medium-chain fatty acids, and long-chain fatty acids. Long-chain fatty acids are the ones to consider more carefully. They are indeed “fattening” because they are difficult for the body to break down (putting more strain on the pancreas and liver), they are predominantly stored in the body as fat, and they can be deposited as cholesterol in your arteries.

Attention coffee lovers… you won’t believe your taste buds! #FDGLP0111

Mocha Coconut
Attention coffee lovers… you won’t believe your taste buds! #FDGLP0111

1 bar $1.95
Box of 20 bars $33.60
Case of 80 bars $120.00

Spring;(No 16):13-5.

Reclaiming Saturated Fat

The Wonders of Coconut Oil

Poor Gilligan. All he had to eat on that island was coconuts; think of all that saturated fat! Surely Skipper would have had a heart attack from eating so much of it — but he didn’t. In fact, if they knew how good coconut oil was for their health, they would have given up trying to get rescued.
Vitamin D is now recognized as one of the most fundamental and neglected needs of the body. While it is called a vitamin, it is technically a hormone that is produced by the body from exposure of the skin to sunlight. Its metabolic product, calcitriol, is actually a secosteroid hormone that targets more than 2000 genes (about 10% of the human genome in the human body).

Research on vitamin D continues to demonstrate its profound role in many metabolic and disease processes. Low blood levels of vitamin D are evident in various disease processes from cancer and heart disease to autoimmune diseases such as MS and Crohn’s.

An untold number of deaths each year are related to an underlying vitamin D deficiency. Much of the blame for the current epidemic of deficiency or less than optimal levels of vitamin D can be attributed to the medical establishment and the sunscreen industry. They have made the average person so afraid of exposure to sunshine, that most avoid it as much as possible to their own detriment.

In the early 1970s, Americans were warned of the “dangers” of exposure to the sun and were urged to cover as much of their body as possible and/or to use sunscreen to avoid the risk of skin cancer. In 1972, sunscreen sales were about $18 million annually. By 2005, the total USA market for sunscreen had climbed to $640 million a year. Accounting for inflation, that is an 18-fold increase in sales for an item that blocks up to 99.9% of vitamin D production by the skin in response to sunlight. Is it any wonder the vast majority of our population is suffering from conditions related to less than optimal levels of vitamin D?

Some study results over the last couple years have shown the following:

- Archives of Internal Medicine (June 2008) showed men with low vitamin D levels suffered 2.42 times more heart attacks. In his article Millions of Needless Deaths, William Faloon (director and co-founder of the Life Extension Foundation) states, “Each year, about 157,000 Americans die from coronary artery disease-related heart attacks. Based on this most recent study, if every American optimized their vitamin D status, the number of deaths prevented from this kind of heart attack would be 92,500.”

- Women who are vitamin D deficient have a 253% greater risk of colon cancer than those with optimal vitamin D levels. In the same article noted above, William Faloon stated, “Colon cancer strikes 145,000 Americans each year and 53,580 die from it. Based on these studies, if everyone obtained enough vitamin D, 38,578 lives could be saved and medical cost would be reduced by $3.89 billion.”
Falcon’s study also provides us with additional statistics: Women with the lowest levels of vitamin D had a 222% greater risk of developing breast cancer (higher levels of vitamin D can reduce breast cancer incidence by 30 to 50%). Approximately 30,000 men die annually from prostate cancer while men with higher levels of vitamin D reduce their risk of prostate cancer by 52%

In the article Understanding Vitamin D Cholecalciferol, John Cannell has this to say: “Current research has implicated vitamin D deficiency as a major factor in the pathology of at least 17 varieties of cancer as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, periodontal disease, and more.”

If we are to “Reclaim Our Health” it is important for us to understand the vital role of optimal levels (50 ng/ml +) of vitamin D. According to the research of Consumer Lab, vitamin D supplementation was used by 47.9% of their survey respondents in 2009 compared to 36.9% in 2008, an increase of 30%. People are becoming aware of the benefits and taking measures to supplement with vitamin D.

If vitamin D is as crucial as research indicates, how do we achieve optimal blood levels? Does the benefit of exposure to sunshine outweigh the risk of skin cancer? Answers to these two questions are vital!

I believe recommendations from the “status quo” organizations such as the Skin Cancer Foundation though well meaning, are at best misleading, and may be an underlying contributor to the chronic vitamin D deficiency we see in the USA. The following comments are found on their website: “Vitamin D is essential for strong bones and a healthy immune system. While a limited amount of vitamin D can be obtained from exposure to the sun’s ultraviolet (UV) radiation, the health risks of UV exposure — including skin cancer — are great. Instead, The Skin Cancer Foundation suggests you get our recommended daily 1,000 IU (international units) of vitamin D a day from food sources like oily fish, fortified dairy products and cereals, and supplements.”

Research today demonstrates that 1,000 IU daily is not enough to help most people achieve optimal blood levels of vitamin D. Many people need as much as 5,000 IU daily or more to achieve optimal blood levels. The recommendation of getting the daily amount of vitamin D from fish (3.5 oz of salmon provides 360 IU), fortified dairy (8 oz of fortified milk provides 100 IU) and cereals is inadequate and does not take into account the concern for heavy metal contamination of fish and the long-term health issues that are related to dairy products and processed cereals. Recommendations like these will not help us “recover” or “maintain” our health.

When God created mankind, He placed him in a “garden” setting (Genesis 2:7-8) where he would find the raw foods to nourish his body, exposure to the sunshine for optimal production of vitamin D, and an environment conducive to physical activity to keep the body healthy.

Today, some 6,000 years after Adam and Eve’s sin placed them and their progeny under the penalty of death and eternal separation from God (apart from Salvation through the sacrificial death of Christ on the cross), we can still nourish our bodies in such a way that reasonable exposure to the sunshine is not harmful but beneficial.

Our diet plays a crucial role in our body’s ability to tolerate healthy exposure to the sun, yielding tremendous benefit in terms of vitamin D production.

In his book, Vitamin D and Solar Power for Optimal Health, Marc Sorensen reveals the following from his research: “Animal fats and processed polyunsaturated fats (PUFA) easily combine with oxygen to create free radicals in a process called lipid peroxidation. When these fats are eaten, some end up in the skin. If subjected to sunlight, they may create the damage that causes some skin cancer.”

These types of fat are prevalent in the Standard American Diet (SAD) while the raw foods and omega 3 fats that are protective are deficient. This may account for the fact that many people on The Hallelujah Diet can enjoy healthy exposure to the sun without burning. When we maintain an optimal plant-based diet based upon the principles of Genesis 1:29, our body functions as God designed and we can enjoy the wonderful benefits of the sun’s rays.

Exposing the skin to peak summer sunlight can promote the production of as much as 20,000 IU of vitamin D in as little as 10 to 15 minutes. Sunlight exposure also destroys vitamin D when it nears excessive levels thus the production of vitamin D from the sun is self-limiting. There is no danger of overproduction of vitamin D from sunshine. This is the most optimal way to achieve healthy levels of vitamin D. (Sorensen)

Optimal vitamin D production takes place when the skin is exposed to the UVB rays of the sun until it becomes slightly pink but is not allowed to burn.

Unfortunately, the UVB rays of the sunshine in the winter months and in the northern hemisphere (most of the year) are often insufficient to allow for optimal production of vitamin D. Also, darker skinned complexions may require as much as six times the exposure to the UVB rays as lighter skinned individuals to produce the same amount of vitamin D. The elderly also have an impaired ability to produce vitamin D from sunshine. It may take the elderly as much as 10 times longer exposure to the sun to make the same amount of vitamin D as the young. Thus, there are many situations when we must rely on supplementation to achieve the protective benefits of optimal blood levels of vitamin D.

When supplementation is desired, we should use vitamin D3. This is the active form that the body produces from the cholesterol in the skin and the sun’s rays. Since vitamin D is an oil soluble nutrient, it can accumulate in the body, so excessive supplementation over a long period of time can be dangerous. The best way to determine vitamin D status is with a blood test for 25(OH)D. Knowing one’s vitamin D status will help an individual determine how aggressively they want to supplement with vitamin D3. Hallelujah Acres offers an opportunity to get your vitamin D levels tested for a very nominal charge at a lab near you. For details, contact our customer service center at 800.915.9355.

In summary, optimal vitamin D levels are crucial for achieving optimal health. Vitamin D deficiency and low levels of D are associated with most chronic diseases. If a person is following a primarily raw, plant-based diet, their body is afforded optimal protection from the sunshine which allows for optimal sun exposure and maximum vitamin D production without being overly concerned with skin cancer. Darker skin complexions and the elderly require from 50 to 10 times more exposure to the sun to maximize vitamin D production. In the winter months and in the northern hemispheres it is almost impossible to get adequate UVB rays for vitamin D production, thus many folks need to consider wise supplementation to achieve optimal blood levels of 50 ng/ml or higher.
The recipe for Hallelujah Acres’ Galician Garbanzo Soup is courtesy of the brilliant culinary team at Hallelujah Acres Café. The Café’s affordable, gourmet menu of living food entrees is spectacular — and some of the best tasting in North America! Come see us soon!

**Sunrise Smoothie**

- 1 cup cold non-dairy milk
- 4 chilled oranges, peeled and sectioned
- 3 frozen bananas
- 1 tsp raw honey
  *(do not give raw honey to children under the age of two)*
- 1/2 tsp Frontier vanilla
- 1 Tbsp freshly-ground flaxseed or a scoop of Nutritional Essentials dietary supplement.

Put all in a blender and run on high until smooth.

*The Sunrise Smoothie recipe can be found in our new recipe book: Hallelujah Simple Weekly Meal Plans, Volume 2 - COMING SOON!*

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**HALLELUJAH SIMPLE WEEKLY MEAL PLANS (VOLUME 1)**

The Spinach-Strawberry Salad and Honey Mustard Dressing recipe can be found in Hallelujah Simple Weekly Meal Plans, Volume 1. It’s 28 days worth of quick, delicious, full course meal recipes customized for busy families on The Hallelujah Diet.

#BKHPL0214 $8.95

To order, call toll free 800.915.9355 or order online at www.hacres.com
Galician Garbanzo Soup

2 cans (15 oz each) organic garbanzo beans
(1 can pureed in packing liquid, one can left whole in liquid)
1/2 red onion, diced small
1/2 green bell pepper, diced small
2 Tbsp organic tomato paste
1 clove fresh garlic, crushed
2 Tbsp green olives, sliced or crushed
1 fresh bay leaf
1/2 tsp dried oregano
extra virgin olive oil (for cooking)
Celtic sea salt (to taste)
ground black pepper (to taste)
distilled water

1. In a stockpot, pour enough olive oil to easily coat the bottom and bring to high heat.
2. Add in the onions and bell peppers and cook while stirring until onions become translucent, then add the garlic.
3. Add the bay leaf and the olives and continue to cook while stirring frequently.
4. When the pan begins to brown on the bottom, add the tomato paste and stir well. Cook until the paste begins to brown, then add about a cup of water. Stir well with a wire whisk.
5. Add the oregano and a generous splash of olive oil and the can of pureed garbanzos. Mix well, and season (salt and pepper).
6. Add the can of whole garbanzos and add water until the consistency is that of a thin stew.
7. Cook for two hours at a low simmer, adding additional water as necessary.
8. After two hours check seasoning. Should taste savory with a hint of sweetness.

Spinach-Berry Salad

1 pound baby spinach
2 cups sliced organic strawberries (or raspberries)
1/2 cup slivered almonds
2 Tbsp thinly-sliced green onions
2 Tbsp sesame seeds

Honey Mustard Dressing:
1/4 cup Westbrae Natural Dijon mustard
2 Tbsp flaxseed oil or Udo's Oil
1/3 cup raw honey

Mix dressing well and pour on salad just before serving.
When I was told I had colon cancer in 1976, I listened to evangelist Lester Roloff who advised me to change what I ate and to drink lots of carrot juice. Less than a year after changing my diet and beginning to drink one to two quarts of carrot juice daily, my cancer was gone — without any help from a doctor or drugs.

Today, some 34 years later, Rhonda and I still juice at least a 25-pound bag of organic California carrots plus other veggies weekly. After many years of juicing, I have developed a fascination for juicers. Whenever a new juicer came on the market, I had to have one so that I could compare it with the others I had tested. Some were immediately rejected as inferior. Others gained my interest, some my respect, but only a few earned my recommendation.

In 1978, while lecturing at the Shangri-La Health Resort in Bonita Springs, Florida, I was comparing the different juicers on the market and sharing why I didn’t like a particular centrifugal juicer. I didn’t realize that the owner of the juicer company was in the room. Obviously, he didn’t appreciate what I had to say about his machine, but what I had shared was the truth.

Through the years many different juicers have earned a place on my kitchen countertop. I have had a manual wheat grass juicer, an Acme juicer, a Juiceman II juicer, a Jack LaLanne juicer, an Omega juicer, a Green Power juicer, a Green Star juicer, a Champion juicer, and a Norwalk press, to name a few. When it comes to juicers, I have experience!

But I have never been as excited about a juicer as I was the first time I saw and tested the Hurom. After giving away most of the juicers that have come our way, Rhonda and I still have a Norwalk press, a Green Star juicer, a Champion juicer, and now a Hurom juicer.

Allow me take share a little about juicing, what I have learned about various juicers, and why I recommend only a few of the many juicers on the market today.

THE PURPOSE OF JUICING

According to Dr. Kirschner, M.D. in his book Live Food Juices (out of print), we learn that when we eat a whole raw carrot and send it through the digestive system, we use a lot of energy separating out the pulp and fiber from the juice. The digestive process itself causes the loss of over 65% of the nutrients. The body gains no nutrient value from the fiber part of food, only from the juice contained within those fibers.

However, if we run a carrot through a juicing machine before consuming it, the machine does most of the work of the digestive system by separating the pulp from the fiber. When we drink this juice, because it contains no fiber, it has no need to go through the digestive process and can go directly to cellular level almost intravenously.

The percentage of nutrients that reach cellular level when we drink the juice minus the fiber is approximately 92%, compared to less than 35% when we leave the fiber in the juice or eat the whole raw food.

THE PROBLEM WITH CENTRIFUGAL JUICERS

Living food juices are very susceptible to oxidation, which destroys nutrients. When an apple is sliced and exposed to the air, the flesh quickly turns brown. This is oxidation in action. A centrifugal juicer spins a basket at thousands of rounds per minute (RPM) and flings the juice through the air, bombarding it with oxygen, thus causing oxidation. Centrifugal juicers are the least desirable type of juicer. If dealing with a serious physical problem, I instead recommend one of the following juicers.

CHAMPION AND GREEN STAR JUICERS

For many years, Hallelujah Acres has been promoting the Champion and Green Star juicers. They are both superior machines.

The Champion juicer is a workhorse. People have shared with me that they have been using their Champion juicer every day for more than 20 years. The Champion juicer’s rotating blades juice hard vegetables like carrots and beets very efficiently, but they do not do a very good job juicing leafy greens or grasses.

The twin-gear Green Star juicer is a wonderful machine. It doesn’t introduce any oxygen (oxidation) into the juice, rather pressing the juice out of the veggies between its twin stainless steel gears without ripping open the cells of the food with blades, as the Champion does. The Green Star does an excellent job juicing leafy greens, which cannot be said of most other juicers.

Because there is no oxygen involved in the juicing process, juice from the Green Star has excellent keeping power. If placed immediately into 8-ounce, tightly sealed jelly jars and refrigerated, the juice will keep up to 3 days.

The Champion and Green Star juicers are much more versatile than other juicers. Not only do they make excellent juice, they can also make baby foods, nut
butters and soft frozen fruit desserts. Hallelujah Acres considers the Champion and Green Star juicers two of the finest juicers on the market today.

However, after personal use and evaluation, the Hurom has impressed me more than any other juicer in many years. For this reason, we have added it to our line of recommended juicers at Hallelujah Acres.

A FEW REASONS WHY I RECOMMEND THE “HUROM” JUICER:

1. More kitchen counter space — it has the smallest footprint of all non-centrifugal juicers.
2. A carrying handle makes it easier to move, and it is lighter than many other juicers.
3. It does not spin a basket or shred vegetables with knife blades as most juicers do.
4. It leaves a very dry pulp.
5. It does not introduce oxygen into the juice, practically eliminating oxidation.
6. The juice has a superior taste.
7. It’s simple to use, makes juice relatively quickly, and makes juicing easy and FUN!
8. It has fewer parts and is easier to clean than most juicers.
9. It is the quietest juicer I have ever used.
10. It is built to last and carries a 10-year warranty.
11. But the feature I like the best of all, and the one I believe will be appreciated especially by those who do not have a lot of strength, is that you do not have to physically push most foods into the machine — even kids can do it! Food is simply dropped into a large auger that uses gravity to pull the food down into the machine, pressing the juice and separating the fiber.

The Hurom is the easiest-to-use juicer I have ever had the privilege of using. It is also the easiest to clean and is the first juicer I look forward to using.

EDITOR’S NOTE: Unlike most other juicers, the Hurom does not come with a screen to filter out pulp from the juice once it is extracted. For smooth, pulp-free juice, place a fine sieve between the juice chute and your container.
Spend two memorable days with Rev. Malkmus, including presentations on dead food/living food, Biblical foundations of The Hallelujah Diet, the importance of exercise, and much more!

This course is a prerequisite option for Health Minister Training.

$125 per person

2-day Workshop
Hallelujah Acres Diet & Lifestyle

JULY 5-6 • NOVEMBER 8-9

Training takes place at the Hallelujah Acres International Headquarters in Shelby, NC. For more information, call 800.915.9355 or visit www.hacres.com

Become a Health Minister and Share your Passion

HEALTH MINISTER TRAINING
JULY 7-9 • NOVEMBER 10-12

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

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

Applicants are required to complete one of the following prerequisites:

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

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

$50 for re-attending Health Ministers (Resource Kit not included)

Training takes place at the Hallelujah Acres International Headquarters in Shelby, NC. For more information, call 800.915.9355 or visit www.hacres.com
Yes! You Can Start Today!

You’ve Discovered God’s Way to Ultimate Health!
As you begin your journey to healthy living, we encourage you to use this four-page pull out section as a reference guide to the basics of The Hallelujah Diet.

Experience Healthy Living from a Biblical Perspective!

In this section
✓ THE HALLELUJAH DIET EXPLAINED
✓ A DAY ON THE Hallelujah Diet
✓ FOODS TO AVOID
Why are the majority of prayers in our churches for healing? Why aren’t people receiving their healing? Could it be that there are natural laws in God’s Word that govern our health?

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

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

The 85% Raw Portion
This portion of The Hallelujah Diet is composed exclusively of the garden foods God told us to eat in the Bible, in 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 no longer need to struggle with uncontrollable hunger.

Beverages: Freshly extracted vegetable juices, BarleyMax, CarrotJuiceMax, BeetMax, and remineralized distilled water
Dairy Alternatives: Fresh almond milk, creamy banana milk, frozen banana, strawberry, or blueberry “fruit creams”
Fruit: All fresh, as well as unsulphured organic dried fruit (limit fruit to no more than 15% of daily fruit 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).
Breakfast

Upon rising take one serving of BarleyMax, either in capsule or powder form (powder form is best if consumed dry). You may take the powder dry, allowing it to dissolve in the mouth or by mixing it with a few ounces of purified water or fresh vegetable juice. It is best not to consume food containing fiber first thing in the morning, as fiber hinders the body’s cleansing and eliminating efforts 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) cereal would be a good choice. Children need a diet consisting of about 50% raw foods and 50% cooked foods to ensure adequate caloric intake. Children are growing rapidly. They need more good fats and proteins than adults and they may need more frequent meals.

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.

For more information on The Hallelujah Diet call 800.915.9355

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

Yes! You Can Experience a Day On The Hallelujah Diet

Reclaiming health is more than eating the right foods. It means reclaiming right relationships with people and God, plus reclaiming physical wellness, mental sharpness, and spiritual peace.

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

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

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

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

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

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

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

Meats: Beef, pork, fish, chicken, turkey, hamburgers, hot dogs, bacon, sausage, bologna, etc. (All animal-source foods are harmful to the body and are the cause of up to 90% of all physical problems.

Eliminating animal source foods can practically eliminate any fear of ever experiencing a heart attack, stroke, cardiovascular problems, cancer, diabetes, osteoporosis, heartburn, gout, acid stomach, and more.)

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

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

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

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

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

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

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

Do not discontinue doctor prescribed drugs without doctor’s permission.

The Hallelujah Recovery Diet

Aggressively Supporting the Body’s Innate Self-healing

Since most of us make little preparation for our health until facing a chronic condition, we may be in need of a much more aggressive approach to quickly equip the body so that it can perform radical healing in a crisis. For this situation, we recommend The Hallelujah Recovery Diet, which is identical to The Hallelujah Diet but increases the number of servings of an optimally processed barley juice powder (fiber-free 100% juice powder processed at low temperatures to retain heat sensitive nutrients and live enzymes) and the number of servings of vegetable juice (2/3 carrot and 1/3 greens).

For example:

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

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

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

• Using a good probiotic supplement aggressively for 3 to 4 weeks by taking up to 24 billion CFUs three to four times daily to help in rebuilding a healthy balance of intestinal flora. Afterwards, many choose to continue a maintenance serving of 1 to 2 capsules daily.

• Using a good digestive enzyme with each juice and 2 to 4 with each meal for the first 3 to 4 weeks to maximize the absorption of nutrients from foods so that the body receives the most nutrition available from these foods.

• The use of curcumin, the biologically active extract of the turmeric spice, can help supply the body with an abundance of free radical fighting nutrients.

• Iodine supplementation to support the thyroid and the immune system.

• When following a plant-based diet, it is important to insure that a good source of essential fats is available. Taking 1 to 2 tablespoons of flax seed oil or 3 to 4 tablespoons of ground flax seed daily (if dealing with prostate issues, research indicates the use of flax seed rather than the oil may be more advantageous) will help meet the essential fat needs of the body.

• It is also important to avoid a B12 deficiency by taking a sublingual 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.
What made me interested in The Hallelujah Diet was that I wanted to fulfill my purpose as a Godly person and serve the Lord as long as I possibly could. I’m 88 years young now and I plan to be at least 100. I figured that if I followed God’s way of eating, it would extend my life; if I didn’t, I would get big and fat, get sick, and die before my time. That’s what motivated me. I want to feel good and look good.

I became a Health Minister shortly after discovering The Hallelujah Diet about 5 years ago. I still have BarleyMax every morning, and I also put it on top of my soup. The rest of my diet consists of mostly vegetables and fruit. I like to keep things fun and interesting, so I’ll have a red apple one day and a green on the next. I use my rebounder most every day, too. I call it “jumping for joy” because I think it’s the best exercise out there.

The best thing God has done for me since being on The Hallelujah Diet is something that has improved not only my health but my soul. When I moved into my current home, an active seniors complex, I moved into apartment #314. Right next door to me was a lovely young widow of 77 years named Joanne. She’s a born-again Christian like me, and since we are both “active seniors” we have hit it off nicely and are now deeply in love. We spend lots of time together taking walks near the local college where they have a children’s playground. One day we brought along a camera and took photos of ourselves going down the slide and enjoying the swing set. When we show people those photos, we joke that if you get on The Hallelujah Diet in your golden years you become a real “swinger!”

Joanne and I also work together to present the message of The Hallelujah Diet. She is the technological brain and I am the art director. I used to be an officer for the American Bible Society in New York where I was involved in marketing. Later I started a company doing the same thing, so I know a bit about art direction. So now Joanne and I are utilizing our skills together and I couldn’t be happier about it! We have made a wonderful PowerPoint presentation that we use to help people understand the importance of good health and nutrition.

Our program is called “Laugh It Up, Laugh It Off – The Healing Power of Laughter.” When I do my presentation, I come running down the aisle with the rebounder in hand, drop it on the floor and start jumping. I tell everyone that jumping for joy is the best exercise and that The Hallelujah Diet is the way to go. I think people can appreciate that if someone my age can change their diet and stay healthy, they can too. I also tell people all about the dangers of sugar, what to avoid, and about the importance of raw foods. I also make sure to tell people to read the ingredients on anything packaged.

I agree with Rev. Malkmus when he says that our bodies are like car engines. If you put diesel in a gas engine, you’re going to have problems. It’s the same thing with the body. If you put lousy food in, you’re going to get bad results.

It’s a wonderful life if you can get the whole package working for you. If you eat right, get lots of exercise, and use laughter to your advantage, they all support each other. That’s what being on The Hallelujah Diet is all about for me. I think that Paul and Ann Malkmus said it best in Health News issue #60 when they called The Hallelujah Diet a “concept.” That’s really what it’s all about. It’s about whole body health. It’s a lot more than diet.
We as a country do not understand and practice a healthy diet and lifestyle when it comes to our bones. Older women are especially susceptible to the disease of brittle, porous bones called osteoporosis. The National Osteoporosis Foundation tells us that one of every two women will have a bone fracture in her lifetime due to osteoporosis, about one fracture every 20 seconds. About 50 percent of non-Hispanic white and Asian women over the age of 50 have low bone density. This problem causes enormous disability that is painful and costly.

Is there a special diet for preventing osteoporosis? Do we just need more calcium, calcium-rich foods, and more vitamin D, and a bit of exercise to be OK… or medications if that doesn't work? Isn't there something more that can be done?

Four years ago the Hallelujah Acres Foundation embarked on a study to examine these questions. We wanted to know if The Hallelujah Diet supported strong bones and if women, especially petite women, had strong bones while following The Hallelujah Diet. We especially wanted to know what factors made a difference between maintaining or losing bone strength.

We had significant knowledge of bone health before beginning the study. Excess animal protein is linked to poor bone health. In a prospective study of 1,035 postmenopausal women aged older than 65 years with a mean follow-up of 7 years, it was found that women with the highest ratios of animal to vegetable protein lost bone faster (0.78% per year vs. 0.21% per year), and they had a 3.7-fold higher risk of hip fracture.1 This study reinforced the previous findings that countries with high animal protein intake had higher rates of hip fractures compared to countries with low animal protein and high vegetable protein intake.2

We also understood the need for adequate dietary calcium, but that calcium itself wasn't the key to bone health. A meta-analysis of observational studies concluded that there was no link between dietary calcium, and risk of hip fracture.3 Read that again: “no link.” That means the two are not connected at all. Dietary supplements of calcium have sometimes helped slow the loss of bone density, especially if more absorbable forms of calcium are used. However, this has not translated into fewer hip fractures in controlled studies.4

We also knew that vitamin D was important for absorption of calcium and that adequate sunshine was very important. We (falsely) assumed that getting more sunshine exposure would be sufficient for most women to have adequate levels of vitamin D.

We knew that leafy green plants provided vitamin K1. This nutrient activates the protein osteocalcin in the bone so that it can be cross-linked to make the bone more resilient and less likely to fracture on impact.

Finally, we knew that weight-bearing exercise was important to bones, so we encouraged the women in the study to do resistance exercise or weight-bearing exercise in addition to following The Hallelujah Diet.

These are the instructions we gave to women with low bone density in our bone health study:

1. Consume B-Flax-D daily, and spend more time in the sunshine in the summer (for higher levels of vitamin D).
2. Eat at least one more serving of dark leafy vegetables per day than previously eaten.
4. Eat legumes at least three times a week.
5. Drink Willard Water (and later WaterMax) re-mineralized water instead of distilled water.

For 3 years we monitored bone strength of the women participating in the study at each Health Minister Reunion from 2006 to 2009. Overall, 68 women joined the study and we had at least 3 measurements (of a possible 4 measurements) on 29 women. This smaller group of 29 women made it possible to analyze trends of bone strength and dietary and lifestyle changes.

The first thing we noticed is that following The Hallelujah Diet alone did not automatically ensure that a woman would have strong bones.

Among all attendees in 2006, there were 11 women with normal T-scores, 26 women with osteopenic T-scores, and 20 women with osteoporotic T-scores. A T-score is a measurement of bone density expressed in standard deviation units compared to a population of young women.

This snapshot of scores did not indicate whether each woman was decreasing, maintaining, or increasing bone strength. Among the 29 women with multiple measurements, 12 women decreased relative bone strength, 10 remained the same, and 7 women increased relative bone strength. This indicated that building bone strength over time was not a guarantee when following The Hallelujah Diet.

Many women assumed they had adequate levels of vitamin D because they received adequate exposure to the sun. When we analyzed vitamin D levels in...
2008 and again in 2009 we found that none of the women had optimal levels of vitamin D without supplementing with more than 4,000 IU of vitamin D3 per day. Despite taking 4,000 to 5,000 IU/day of vitamin D3, a few women still did not get above 35 ng/ml. This result points to the importance of individual testing to ensure that biological levels are optimized.

After the Reunion in 2009 there were still no obvious clues indicating why some women lost bone strength while others were able to maintain or even improve their bone strength. When analyzing the diet and lifestyle questionnaires, no single factor correlations were found between the change in bone strength and change in body mass index, vitamin D level for 2008 or 2009, blood pressure, pulse rate, product of frequency and duration of exercise, nor in a measure of how much vegetable juice. BarleyMax, salads, fruits, nuts, seeds, fiber, and flax oil the women consumed. The changes in bone strength were not correlated with any changes in dietary patterns, either. Any reported changes in frequency of consuming vegetable juice, BarleyMax, salads, fruits, nuts, seeds, or legumes were not related to changes in bone strength measures.

So what was the factor that helped some women and not others? Only the type of exercise that the women engaged in made a difference.

Only 5 of 21 women who reported engaging in resistance training at any time during the study lost bone, while 6 of 8 women who reported only aerobic type exercise lost bone strength. The relative risk of bone loss (RR = 0.32, P=0.028, two-tailed Fisher exact test) for the resistance exercise group was statistically different from the aerobic group. Of the 13 women who reported resistance training more than a year, only 2 of them lost bone strength, while 9 of 16 women who did mostly aerobic exercise lost bone strength (RR = 0.27, P=0.052, two-tailed Fisher exact test).

All the questions of whether The Hallelujah Diet has enough calcium, protein, greens, or another nutrient are secondary in terms of bone health. What your bones need is exercise. “Use it or lose it,” applies to muscular, mental, and skeletal strength.

### Table 1. Resistance or Aerobic Exercise for Bone Strength? All women who reported ever doing resistance training reported here.

<table>
<thead>
<tr>
<th></th>
<th>Lost Bone</th>
<th>Maintain / Gain Bone</th>
</tr>
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<tbody>
<tr>
<td>Resistance</td>
<td>5</td>
<td>16</td>
</tr>
<tr>
<td>Aerobic</td>
<td>6</td>
<td>2</td>
</tr>
<tr>
<td>RR = 0.32</td>
<td>P = 0.028</td>
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</table>

### Table 2. Resistance or Aerobic Exercise for Bone Strength? Only women with more than one year of resistance exercise reported.

<table>
<thead>
<tr>
<th></th>
<th>Lost Bone</th>
<th>Maintain / Gain Bone</th>
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</thead>
<tbody>
<tr>
<td>Resistance</td>
<td>2</td>
<td>11</td>
</tr>
<tr>
<td>Aerobic</td>
<td>9</td>
<td>7</td>
</tr>
<tr>
<td>RR = 0.27</td>
<td>P = 0.052</td>
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There is no special diet for osteoporosis. The same diet that protects you from other diseases and energizes your body with living nutrition is sufficient for supplying your bones with all of the nutrients they need.

Many other studies have shown that exercise (in particular weight bearing exercise or resistance training) builds bone structure. Jogging, weight training, rowing, and aerobic exercises all were found to improve bone mass density. In a 21-year study of 3,200 men aged 44 or older researchers found that those who engaged in vigorous physical activity had a 62% reduced risk of hip fracture. A meta-analysis of eight randomized clinical trials of post-menopausal women assigned to walking as exercise found evidence for benefit for the hip at the femoral neck, but no benefit for the lumbar spine. They concluded, in agreement with our study, that “other forms of exercise that provide greater targeted skeletal loading may be required to preserve bone mineral density in this population.”

A review in 1999 concluded that resistance exercise rather than aerobic exercise has been shown to help bone density more consistently. Resistance and strength exercises are still the recommended type of exercise for maximizing bone strength.

Physiology experts recommend weight bearing, strengthening exercises along with exercise that increases balance. Maintaining balance helps prevent disastrous falls. If you are in good shape you can do high impact weight bearing exercises like jogging, running, jump rope, and high impact aerobics, as well as high intensity sports (or whatever intensity you can enjoy). Bicycling, swimming, and walking help cardio vascular fitness, but they don’t help your bones very much. More intense exercise is needed to put stress on the bones to send a signal to build a stronger structure.

A great low-impact resistance exercise is the Fit10 program which some of the women in this study used. The Fit10 program is excellent because it gives you a full workout in just 10 minutes, leaving you with no excuse for not getting in shape. Not convinced? Check out Rev. Malkmus’ demonstration of the Fit10 program at www.hacres.com/magazine to see how you can get a very intense workout in just 10 minutes.

Resistance exercise is the key to healthy bones. If you need encouragement and accountability, consider participating in the 60 Days to Reclaim Your Health. Knowledge is power only if you act on it. ☎️

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**References**


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**Watch Rev. Malkmus demonstrate the Fit10 at [www.hacres.com/magazine](http://www.hacres.com/magazine)**

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**FIT 10 TEN MINUTE EXERCISE PROGRAM**

 Lose weight, tone or build muscle, increase strength, get a cardio workout, stretch and feel great! Plus, it’s safe to use with back problems, sets up in seconds, and at 2.5 pounds it goes anywhere! Lifetime guarantee.

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(reg. $117) **SALE! $99.97**

To order, call toll free 800.915.9355 or order online at [www.hacres.com](http://www.hacres.com)
In January 1976, at the age of 42, while pastoring a church in upstate New York, a very successful ministry was interrupted with the chilling words, “It’s colon cancer.” Rather than going the traditional medical route (because of my mother’s fatal results after going the medical route for her colon cancer), I took the advice of a fellow preacher who encouraged me to adopt God’s original Genesis 1:29 diet and drink a lot of vegetable juice.

I took this advice and within a year my cancer disappeared without any medical intervention. God used this experience to burden me to start a new ministry in 1992 known as Hallelujah Acres. Today, millions around the world have adopted what is now known as The Hallelujah Diet and have experienced phenomenal improvements in their health.

People sometimes ask how well The Hallelujah Diet has served me since first adopting it in 1976 and how I am doing today. There have been several experiences in these intervening years I believe are worthy of sharing.

In 2001 I was 67 years of age and had been on The Hallelujah Diet for 25 years. I had just returned from a very stressful speaking tour in South Africa where I had delivered seven seminars in six days to an average crowd of 600 people. Arriving home after 53 hours in the air, I suffered a hemorrhagic stroke. My doctor believed it was caused by stress and was not diet related.

I was rushed to the Shelby hospital where doctors said that without medical intervention I would be dead in 24 hours. On my behalf, Rhonda refused all medical treatments, so they sent me home by ambulance “to die.” At home, Rhonda immediately placed me on The Hallelujah Acres Recovery Diet, which included 12 vegetable juices daily. My mind quite quickly began to respond. After just one week, a neurologist examined me and stated that my recovery was a miracle. He said that half of all those who experience this type of stroke die and the other half are almost always left with lingering physical or mental limitations. Within one week of the incident I had no such effects.

Then in 2007, at age 73, while standing on the top of a six-foot ladder that was leaning against the wall of our cabin near Asheville, North Carolina, the ladder slipped out from under me. I fell down headfirst and landed on a landscaping railroad tie. I did not experience any pain, nor did I go to a doctor, as I knew there was nothing a doctor could do to help me if there were internal injuries. Rather, I went to church that Wednesday evening with a left eye totally swollen shut. Again, Rhonda placed me on The Hallelujah Acres Recovery Diet (and a lot of Serrapeptase). By the following Sunday when I went to church, people couldn’t believe the incredible recovery, since there was very little indication that I had even experienced a fall.

In 2009, after having a restriction on my driver’s license for corrective lenses for the preceding 47 years, I passed my North Carolina driver’s license eye test at the age of 75 without glasses — the restriction was removed. I have learned that the body can do some incredible healing when we provide it with the nutrients it needs to repair areas that are broken down or malfunctioning. Today I do not need glasses for night driving, reading small print or anything else.

That same year I had blood work done that provided more than 60 different results: all were in normal or within a few points of normal range. And by the way, I haven’t experienced a cold or the flu since making the diet change in 1976.

On February 12, 2010 I celebrated my 76th birthday, still with a sound body and mind. I am still able to do anything physically I could do as a teenager — and with a sharper mind. I still travel by car to do my seminars and still write a weekly Health Tip blog. I have seminars scheduled in 2010 in Canada, Iowa, Missouri, and Kentucky and have already delivered seven seminars in Florida this year. I am told that I deliver my 3-hour seminars with more energy and enthusiasm than ever before. God and His Genesis 1:29 diet have served me very well.
RECLAIMED HEALTH
Severe Arthritis

RHONDA MALKMUS, CO-FOUNDER OF HALELUJAH ACRES

Long before Hallelujah Acres existed, co-founder Rhonda Malkmus was struck by a freight train at the age of 36. There were two impacts, one when the train hit her car and one when the car landed upside down alongside the railroad tracks.

She was rushed by ambulance to the hospital where, by some miracle, the doctors could find no broken bones. That was in 1981. Ten years later the accident finally took its toll. Debilitating arthritis had settled into every joint in her body. Nothing the doctors offered helped her condition. Four to six ibuprofens an hour sometimes eased the pain, but it took soaking in hot water every morning just to be able to move. She couldn’t walk a block without pain, and immobility from the arthritis had caused significant weight gain.

Because doctors had been unable to help her arthritic condition she decided to give The Hallelujah Diet a try and attended Rev. George Malkmus’ seminar in 1991. She found the diet easy enough, but the difficult part for her was daily exercise. Rhonda couldn’t walk a block without pain due to her arthritic condition; within a year, she was making remarkable progress. Each day she would walk a little faster and a little further until she was power walking four miles in less than an hour, pain free. Her 85-pound weight loss was a bonus. Rhonda and George were married soon after he helped “rebuild her body” (as he likes to joke in his seminars), and together they founded Hallelujah Acres on February 12, 1992.

Rhonda also has an amazing testimony regarding her eyes. Before adopting The Hallelujah Diet, she wore very thick tri-focal eyeglasses. Since adopting The Hallelujah Diet, she has been able to reduce the strength of her glasses four times. Today she has very thin glasses with no prescription at all in the lower part of her bifocals. In fact, she usually takes them off while reading.

Today, at age 65, Rhonda travels with Rev. Malkmus on speaking tours that take them thousands of miles in just a few weeks. Rhonda and Rev. Malkmus enjoy an active lifestyle, power walking most evenings at least two miles with their Exerstrider walking poles. On colder evenings, you can find them bowling on their Wii video game — yes, The Hallelujah Diet can definitely be a fountain of youth! ♥
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** - Apr 30 • Jun 4 • Jul 2 • Aug 6
  *An Evening of Food Prep with Rhonda Malkmus*
  6 p.m. to 8 p.m. • $30 per person

- **Saturdays** - May 1 • Jun 5 • Jul 3 • Aug 7
  *God’s Way to Ultimate Health Seminar — FREE*
  10 a.m. to 1 p.m.

- **Saturdays** - May 1 • Jun 5 • Jul 3 • Aug 7
  *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 22-24
  *2010 Hallelujah Acres Women’s Retreat*
  Register by Oct. 1: $99 • Register after Oct. 1: $149

FREE
Whether you’re battling a life-threatening disease, or you simply want to attain optimal health, this FREE 2-hour seminar presented by Rev. George Malkmus will enlighten you and inspire you to take that first step to self healing!

Bring family and friends! For more information call 800.915.9355
Events at Hallelujah Acres in Canada

Hallelujah Acres Canada is a one-stop Canadian connection for Hallelujah Acres products and services.

Serving as the product distribution centre for all of Canada, we also offer education, support and resources so you don’t have to cross the border.

We have the knowledge and the experience of being on The Hallelujah Diet to answer any of your questions and to offer sound information. We have classes suitable for everyone, whether you’re just curious or a seasoned health pro; and our product selection includes everything you need to maintain optimal health.

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

In the Kitchen with Judy
Gourmet Vegetarian Food Prep Classes

During 2010 we will be “traveling around the world” looking at the foods from eight different regions. Judy will have some interesting facts about the area as well as a wonderful assortment of 6 course dinners you can enjoy with us then take the recipes home.

May 15 — Oriental Bazaar
June 26 — Middle Eastern Market
July 10 — Pacific Island Paradise
Aug. 14 — Indian Curry Festival
Sept. 11 — European Buffet
Oct. 16 — African Safari

Classes are held one Saturday a month from 11:00 am until 3:00 pm.
Cost is $45.00 per person
(discount for second person in the same family).

Get Healthy Stay Balanced
3-Day Retreat

May 27-28-29 • July 22-23-24
Immerse yourself in The Hallelujah Diet while you learn the steps to change your life and food choices. Attend one day or invest in all three days to turn your lifestyle around for better health!
One Day: $85
Three Days: $250
(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

Wed. April 28th, 7 pm — DEHYDRATING
Wed. May 12th, 7 pm — JUICING
Wed. June 2nd, 7 pm — SPROUTING

Registration required by Monday before the class – call 866.478.2224

Let’s Get Started!

May 15 • June 5 • July 17
Aug. 21 • Sept. 18
Oct. 23 • 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)
(7th class free!)

Classes are held one Saturday a month from 11:00 am – 2:00 pm

Meet Rev. George and Rhonda Malkmus

Sunday, June 20, 2010
Enjoy Rev. Malkmus’ world famous God’s Way to Ultimate Health seminar, plus a question and answer period, and more!
2:00 pm (Doors open at 1:30 pm)
King’s Garden Banquet Hall
15 Canmotor Avenue, Toronto ON M8Z 4E4
For more information call 866.478.2224

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

Schedule subject to change without notice. Please call for updates.
If you are acquainted with the ministry of Hallelujah Acres hopefully you have kicked the sugar habit already. And it's a good thing, too. Sugar is one of the 5 killer foods that Rev. Malkmus has preached against for many years. Getting rid of sugar is a great idea.

In addition to taking out negative foods, you have added in positive foods, like BarleyMax. It is a superfood product, not a refined, vitamin-mineral supplement. It is the juice of a whole food, not even an extract of the "active" ingredients. Foods have a plethora of active ingredients, not just one or two.

So, now you’ve seen the flavored, sweetened BarleyMax and you're wondering—is this safe? You might be saying, “I have diabetes. Will this BarleyMax make it harder to control my blood sugar?” Or, “I have issues with candida, I don’t want any added sugar.” Someone will say, “I have cancer. Is this BarleyMax as potent as the original formula?” And those of you who are trying to keep the weight off are concerned too. You've learned how to find the hidden sugar in food products and you go out of your way to avoid such products.

So what are the sweeteners and flavorings in BarleyMax? Are they safe?

The sweetness of the BarleyMax Berry and BarleyMax Mint come from two sweeteners—stevia and luo han guo. They are both natural, non-carbohydrate sweeteners that do not add to the calories of the product. In short, we didn’t add any sugar to BarleyMax. We went to great lengths just to get the flavoring powder in a base of acacia gum (a healthy product) instead of dextrose (a sugar). So, in producing flavored, sweetened BarleyMax we made sure we weren’t putting junk or unneeded filler into the formula.

Stevia

Stevia is a plant from South America, where the leaves of the plant have been used as a sweetener for centuries. The dried leaves are about 40 times as sweet as sugar and extracts can be 300 times as sweet as sugar. It is now cultivated around the world and has been used successfully without any negative health effects for many years as a sweetener in Japan and Korea.

A randomized, controlled study of type-1 and type-2 diabetics showed that 750 mg/day of stevia extract had no negative impact on blood sugar, blood pressure, or glycated hemoglobin.1 A packet of stevia or a serving of liquid extract usually has about 25 to 70 mg in it, depending on the brand, so this was a good test for high but reasonable intakes. Another study of a 100 people found stevia had no effect on blood pressure when 1,000 mg/day was consumed.2 In a 16-week study of type-2 diabetics, 1,000 mg/day of rebaudioside, one of the steviol compounds in stevia, had no effect on glycated hemoglobin, fasting glucose levels, insulin levels, C-peptide levels, or blood pressure.3 These studies, along with many animal studies and the historic safe use of stevia has prompted the FDA to grant stevia Generally Recognized As Safe (GRAS) status, meaning it can be used in foods.

Luo Han Guo

Along with stevia, we have included luo han guo as a sweetener in the new BarleyMax varieties. This natural sweetener is an extract from the fruit of the perennial seraitia grosvenorii vine grown in Southern China. The active sweetener molecules in luo han guo are the mogrosides, which are about 300 times as sweet as sugar. Luo han guo also has GRAS status from the FDA and has been used for centuries as a sweetener in China as well as for medicinal purposes in traditional Chinese medicine. The use of both of the sweeteners enhances their sweetness profile, compared to using only stevia.

Natural Flavors

BarleyMax Berry and BarleyMax Mint also have organic flavors added to them. These flavor extracts from berries and mint are in a base of acacia gum rather than dextrose. Acacia gum is a prebiotic fiber, like inulin, a fructooligosaccharide. Acacia gum actually promotes intestinal health and increased amounts of beneficial probiotic bacteria. So, inclusion of acacia is a benefit for you, not a negative point at all.

Potency

The sweeteners and flavoring in the new CarrotJuiceMax, BarleyMax and FiberCleanse varieties all take up a bit of space in the jar, so they aren’t as concentrated as the original formulas. The BarleyMax Berry and Mint both have 15% added ingredients along with the juice powders. CarrotJuiceMax Grapefruit-Ginger has about 8% added ingredients for sweetness and flavoring, and the flavored FiberCleanse varieties have 10% added ingredients. This may seem like a lot, but then again, it is hard to get any benefits from a product you won’t use because of taste.

So you can rest assured that the flavored BarleyMax varieties were indeed formulated with your health in mind. Not just for healthy people, but for those who are in poor health and are seeking the very best foods to feed their self-healing bodies.

In 2002, Sam was diagnosed with Chronic Obstructive Pulmonary Disease (COPD). To make matters worse, he suffered a heart attack in 2003 — and 2 weeks later had another one. Even though his wife Becky urged him to change the way he ate, he refused, joking that when God was ready for him, he would be ready to go. He was not, however, going to give up his favorite foods.

Later that same year, Sam was diagnosed with prostate cancer and underwent radiation and implant seeding. Although it worked for the time being, he still did not change what he ate. All the while, his lungs continued to deteriorate to the point that working or even walking became difficult. Eventually, even stressful and/or nervous situations caused him to cough uncontrollably.

In 2008, Sam’s prostate cancer returned with a vengeance. He was told he had few options since his prostate had been virtually destroyed by the radiation 5 years earlier and was given an 80% chance of living 2 years or less. With fewer treatment options, no guarantees, and reduced quality of life before him, it was time for a change.

Sam and Becky began to pray for guidance and to read books about health. One of the books they came across was *The Hallelujah Diet* by Rev. George Malkmus. After reading the book a few times over, the truth began to make sense: God did not design our bodies to be sick. Sam cancelled his appointments for prostate treatment and decided to give The Hallelujah Diet a try. He and Becky cleaned out their cabinets and refrigerator and restocked them with fresh fruits and vegetables. They began eating 85% raw food, juicing, drinking lots of water, and walking.

Today, with several PSA tests to prove it, Sam’s cancer is gone. His COPD is almost completely gone as well, and his blood sugar has dropped from 300 to 100. He no longer has arthritis pain and — as an added bonus — has lost nearly 100 pounds!

Becky has had success as well. After reading every nutrition-related book she could find, she was left confused and overwhelmed. At the same time, she was battling high cholesterol, high triglycerides, and hypothyroidism. Since adopting The Hallelujah Diet with Sam, she has quit taking all her medications and her test results are normal. Sam and Becky now coordinate a Hallelujah Acres support group in Springdale, AZ and have opportunities to counsel and help a number of people.
“Hi George, I learned about The Hallelujah Diet from a friend who is on your diet and using your BarleyMax product. I got some BarleyMax, started on your diet 3 weeks ago, and have already lost 8 kg (17.6 pounds). I am taking your Biblical Nutrition 101 course on the internet and it has been a great blessing to me. I am interested in becoming a Health Minister. I thank God for you and pray that God’s people will listen to what you are saying and change to God’s intended lifestyle.”

Mmureen O., Nairobi, Kenya

“Dr. Malkmus, my dad is 64 years old, a diabetic for the past 20 years, and has lumbar stenosis. He has also had rheumatoid arthritis for the past 40 years. Thanks to The Hallelujah Diet, in just 3 days after eliminating all animal source foods, his morning stiffness is gone and he is able to stand erect immediately upon getting out of bed, something he has not been able to do for as long I can remember. His blood sugar has also dropped from 155 to 145 in the same 3 days. He is greatly encouraged by these improvements. I praise God for your great ministry.”

Sandra, Goa, India

“My wife and I first heard about Hallelujah Acres from an ad on our local gospel radio station. We checked out www.hacres.com and immediately began making diet and lifestyle changes. One of our greatest experiences has been the remarkable healings our own family has received since adopting The Hallelujah Diet. Jay has completely recovered from lifelong allergies to almost everything under the sun, plus dermatitis, and chronic insomnia that he had experienced for 20 years. He has also lost 20 pounds. Angela has seen a cyst on her pancreas disappear, and she has recovered from osteoporosis, hormone imbalances, sinus infections, celiac disease, and infertility. Our first two children were the result of fertility treatments. That was before we learned about The Hallelujah Diet. Because of The Hallelujah Diet, we are now expecting our first Hallelujah baby. To God be the glory!

Our oldest son, now 5 years old, had experienced 10 ear infections before we knew of The Hallelujah Diet. Since the diet change, he has not had a single ear infection. Our second son, now 4 years old, was born with severe dysphagia, GERD, developmental delays, and sensory integration disorder. Just before putting him on The Hallelujah Diet, we were looking at surgery and a feeding tube for him. After we started him on carrot juice, BarleyMax, and making his baby food out of raw vegetables, we took him off his”

Dorothy, Searsport, Maine

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

“Thank you Brother George! You are truly an inspiration to me and to many others. Hardly a day goes by without mention of you and what The Hallelujah Diet has done in my life. This Hallelujah Diet is like the best kept secret, the hidden treasure, and the fountain of youth, health, and wellness! Knowledge is the key! The doing is the proof! The results are the testimonies themselves! I can’t stop talking about this diet and what it has done for me everywhere I go. I now understand why you travel and teach and do the Health Tip blog and magazine – it’s your PASSION! Mine has been electronics and repairing televisions, but it seems each year I am doing more and more sharing of The Hallelujah Diet. People just keep asking me what I have done to experience the tremendous improvements in health I have achieved. Thank you for being a friend, pastor, and teacher, and for not quitting and giving up long ago. God is awesome! Hallelujah!”

Danny, New Bern, North Carolina

“Thank you for your ministry, Rev. Malkmus! I wrote you about a month ago, requesting information to send to a friend who is a long time pastor. He has been watching me and seen the wonderful results I have experienced. Since I adopted The Hallelujah Diet, I have lost 33 pounds and my doctor is very happy. He said he has never seen such results in a patient. We have documented the results of my success on The Hallelujah Diet in print: lipid screenings, A1C, and my documented weight loss. I had a lap band installed in May 2004 and did not lose any weight. I had continued to follow the standard American diet and failed dismally. I still have the band and have achieved success, but not because of the band, but rather because of The Hallelujah Diet. I am so impressed and happy. Thank you to you and Rhonda for keeping on and for not quitting when your message was being rejected by most people.”

Dorothy, Searsport, Maine
medications and refused any further medical attention. Today our son is completely well and no longer suffers from all those physical problems. The Word of God is true, and you really do not have to be sick!”

*Health Ministers Jay & Angela Tomes, Winston Salem, North Carolina*

“Rev. Malkmus, I re-attended your first-Saturday-of-the-month seminar on November 3, after hearing you for the first time a year ago. I was the one who stood up and gave testimony of losing 116 pounds as a result of being disciplined with The Hallelujah Diet. I have experienced many other improvements in my health since adopting The Hallelujah Diet a year and a half ago. Two years ago, just before making the diet change, I suffered a stroke, which caused me to lose my taste and the ability to write correctly. Since making the diet change, my lost taste and ability to write have returned, and my blood pressure problems are gone.”

*Sue B., Statesville, North Carolina*

“Rev. Malkmus, 2 days ago I received the ‘all clear’ of cancer — in my liver, lungs, and breast. I was diagnosed with cancer in November 2006. I had surgery to remove the lump, but refused chemo, radiotherapy, and the hormone medications Tamoxifex and Arimidex. I started on The Hallelujah Diet immediately after being diagnosed with cancer in 2006. On December 2, 2007, just a little over a year after being diagnosed, the doctors gave me the all clear, telling me that they can no longer find any cancer.”

*Rosalind M., Australia*

“I want to thank you for The Hallelujah Diet. Since adopting the diet, I have lost 15 pounds, lowered my cholesterol by 60 points, and the arthritis in my hands is almost gone. Now if only I could get my wife to do the diet with me.”

*Daryl, Sheridan, Wyoming*

“Dr. Malkmus, after picking up your book, *God’s Way to Ultimate Health,* in our local health food store in late September, my husband and I made the commitment to do a 90-day trial. As skeptical as I was, we made the diet change October 1. After only a month on the diet, between the two of us, here is what we have noticed: sleep like a baby (so sound and refreshing); more energy; loss of joint pain in thumb, knee, shoulders, hands no longer stiff or numb in the morning; skin softer; breast lumps had disappeared; eczema gone; some weight loss; more fun with food variety, taste, and learning new recipes. It has just all-around been an EXCITING experience! Looking forward to what additional improvements we will notice as we continue the diet.”

*Peter & Karen*

“Seven years ago I had my first acoustic neuroma [tumor] removed after going to three different doctors who told me I had sinus problems. It took a fourth doctor to tell me it was much more than a sinus problem. The surgery took over 12 hours and left me with total hearing loss on my right side. Four years later, I knew something wasn’t right; an MRI revealed the brain tumor had re-grown with a vengeance and was larger than the first one that had been removed. A group of doctors said there was too much scar tissue for the other surgery, and so they recommended full-blown halo radiation. Three months after the radiation, the doctor’s removed a Warthin’s tumor from the parotid gland on the same right side of my face. This caused serious facial paralysis, not allowing my right eye to close. They also put me on large doses of steroids because of a serious loss of balance. Then they diagnosed me with a hemorrhaging brain tumor. In June 2007 I had surgery for a ruptured disc in my back, which ruptured again, requiring a second back surgery in July. They continued my steroids, thinking this was the only thing that could be done, as the brain tumor had now tripled in size. During Thanksgiving I was in the emergency room for over 8 hours. After that emergency room experience (and after giving the doctors 7 years to fix my problems) I decided to take matters into my and God’s hands. I went ‘cold turkey’ on The Hallelujah Diet the day after Thanksgiving 2007. One month later I had another MRI. My doctor showed me the MRI taken at Thanksgiving and the new MRI taken a month after my diet and lifestyle change. He placed them side by side, and for the first time ever, my tumor and brain edema was shrinking. My doctor wanted to know what I was doing — but didn’t hear a word when I said I simply changed what I was eating. He wanted to believe that it was something he had done that had caused the change. He then told me that he thought I was going to survive and ordered another MRI in 6 months. When the nurse scheduled my MRI, she told me that recent blood work revealed that I was no longer diabetic. Since adopting The Hallelujah Diet, I have also lost 10 pounds and have more energy than I had 20 years ago. I feel like I can now have a life by following The Hallelujah Diet forever! The doctor will probably continue to think that he is responsible, and possibly publish it in some medical journal, but I know who really did it: me, with Rev. Malkmus’ guidance, and God.”

*Leah B.*

“I am a Health Minister that sent you a message in 2006 about my health challenges of breast cancer and diabetes. I did have surgery for the breast cancer, but because I was on The Hallelujah Diet it was easy and relatively painless based on what I had heard from others. I went to an alternative oncologist that believed in vitamin drips and low dosauge chemo and radiation, and the usage of a mostly raw diet, which in my case was The Hallelujah Diet. I believe I would be in horrible shape, possibly not even alive, if I had used conventional medicine and not the diet in my healing. I did not experience hair loss, nausea or debilitating fatigue. Latest tests show a little ‘suspicious’ activity may still exist, but I am handling that activity with diet and prayer only. I believe prayer and thanksgiving are first and foremost in healing, but I also believe that God sends us angels and Good Samaritans to impart knowledge that will help us. Thank you Rev. Malkmus and Hallelujah Acres for being those Good Samaritans and thus participating in my healing.”

*Deborah*
If you have just started The Hallelujah Diet, congratulations! Take it from me, you will never regret it! I am a “graduate” of the September 27, 2009 class at the Hallelujah Acres Lifestyle Center in Branson, and I would like to share my story with you.

I came to the Lifestyle Center at a turning point in my life. At the age of 50 I had attended four funerals of close friends all between the ages of 50-55 years, all due to cancer, all in one year. I was shocked at this and took stock of my health issues: high blood pressure (treated with meds), high cholesterol (treated with meds), osteopenia, psoriasis, and high hemoglobin (monitoring at cancer clinic). It was like a light bulb moment for me when I decided these problems were due to my diet.

I didn’t know where to start so I went to the experts. I couldn’t be in better hands than at the Lifestyle Center. The first night was difficult because my roommate snored, but Kevin and Jennifer (the Lifestyle Center owners) assured me that by the third night on the program, the snoring would stop. Sure enough, my first sign that The Hallelujah Diet works was an unbelievable one—the snoring stopped on the third night, and I was reminded of the possibilities of this lifestyle. As each day went by, the more I learned the better I felt. I also began a new appreciation for my food, knowing I was fueling my body with the best food.

My new healthy lifestyle and diet have shown me big time changes! I visited the doctor and he was amazed at my med-free blood pressure: 113/78! I am now off my cholesterol medications that I had used for 10 years! I have lost 7 pounds and I want to lose 8 more. I am still struggling some days with the challenges of change, but I know for sure that I feel amazing! The dragged out exhaustion, the heaviness, the aches and pains have all left and in their place is an energy, a peace, clear skin (psoriasis is gone, my nails are growing) and even a better posture. When people tell me, “I couldn’t do what you are doing,” I realize what I have accomplished.

So, to the person who has just discovered The Hallelujah Diet, I wish you much success and am in awe that you are doing it! Deciding to do it is truly the most difficult step, but once you feel the effects of good health, you’ll know it’s worth it. So stick with it. Hang in there. This will be more rewarding that you know – many blessings!
Where else can you get an exceptionally pure, one-of-a-kind super food for just 99¢ a day?* Superior nutrition doesn’t have to be expensive — in fact, BarleyMax is arguably the best value for the best quality, live enzyme juice powder on the market!

* Based on regular BarleyMax 8.5 oz price ($39.95 / 120 servings per container x 3 servings per day)
VITAMIN D: THE NEGLECTED NUTRIENT

Vitamin D is required for the absorption and utilization of calcium and phosphorus and offers a broad range of health benefits beyond its obvious role in bone health, as it may positively impact heart and arterial health, immune system function, maintenance of healthy glucose levels, and cognitive performance.

Studies have found that higher levels of vitamin D can reduce breast cancer incidence by 30-50%, and men with higher levels of vitamin D have a 52% reduced incidence of prostate cancer.

When adequate sunshine is not available or not an option, daily supplementation with 2,000 to 5,000 IU daily of a good source of D3 (cholecalciferol) should help maintain adequate vitamin D levels so that a deficiency does not develop.
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.

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, anti-rheumatic, anti-carcinogenic and hepatoprotective (liver protection).

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.

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.

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

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

VITAMIN D3, 5,000 IU  

Market Place

Professional Strength Probiotics 
60 veg. caps. (provides 24 billion CFU) 
#SPNTN0458 $29.95

Regular Strength Probiotics 
90 veg. caps. (provides 2.8 billion CFU) 
#SPBN0446 $24.95

#SPBNG0457 60 veg. caps. $29.95

#SPBNG0454 60 veg. caps. $24.95

#SPNTN0455 60 veg. caps. $27.95

#SPBMN0443 2 oz. pump $24.95

#SPVTM0982 120 capsules $19.95
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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*

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*

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

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30 Day Satisfaction Guaranteed Return Policy
Please contact Customer Service at 1-800-915.9355 for Full Return Policy or go to www.hacres.com and click on Return Policy.

- Retail customers can return supplement(s) for a full refund (less shipping and handling) within 30 days from invoice date.
- Only one (1) open container of any product is eligible for a full refund. All other returns of the same product must be factory sealed.
- Unused 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 charges for "Return(s)" resulting from a Hallelujah Acres error.
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- 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 RMA# number.
- Item(s) returned must include manufacturer’s manuals, warranty card, accessories, and Packing List copy.
- Please use original package for return when possible.
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- Allow three to four weeks for returns to be processed.

What is your primary health interest? (select one)

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

How did you initially hear about us?

☐ Health Minister ☐ Friend/Family ☐ Books/Video
☐ Conference/Event ☐ Magazine ad ☐ Resource Center
☐ TV Commercial ☐ Radio ☐ Internet (search engine)

Seminar - God’s Way to Ultimate Health
(at Hallelujah Acres location)
Seminar - God’s Way to Ultimate Health (NOT at Hallelujah Acres location)

What is your primary health interest? (select one)

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.

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Make it a
Hallelujah Weekend!

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

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

Friday evening before the Seminar
An Evening of Food Prep with Rhonda Malkmus
Learn a variety of food preparation techniques and recipes! See page 28.

Saturday after the Seminar
“Where Do I Go From Here?” Class
Spend a few hours with Paul and Ann Malkmus to learn how to implement The Hallelujah Diet at home! See page 28.

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

Apr. 30-May 1 / June 4-5 / July 2-3 / Aug. 6-7 / Sept. 3-4