

## THE HALLELUJAH HEALTH TIP

### ISSUE #619: SWINE FLU VACCINE MORE DANGEROUS THAN H1N1 VIRUS?

September 29, 2009

#### In this issue of the Hallelujah Health Tip:

- Is the Swine Flu Vaccine More Dangerous than H1N1 Virus?
- Health Freedom – Does It Exist? (Part 2)
- Rev. Malkmus And Rhonda Return Home After 3,388-Mile Speaking Tour
- Recipes For Life: Raw Curried Carrot Soup \*\*\*\*\*
- Schedule Of Upcoming Seminars And Events
- Mailbag: Joan puts away cane and walker, loses 35 pounds in 3 months!

### IS THE SWINE FLU VACCINE MORE DANGEROUS THAN THE H1N1 VIRUS?



Rev. George Malkmus

During my speaking tour in the northeast these past two weeks, people constantly expressed concern regarding the swine flu vaccine. A registered nurse in Albany, NY shared that New York State has mandated the Swine Flu (a.k.a. H1N1 Influenza Virus) vaccine for all health care providers, and that if she refuses the vaccine she will be fired from her job. She then went on to say that if the state follows through with that mandate, she would have to refuse the vaccine, because she can't allow poison to knowingly enter her body.

In my East Aurora, NY seminar, two nurses asked me what they could do to avoid receiving the Swine Flu vaccine because they had been told that if they refused the vaccine they would lose their jobs.

**What a predicament these health care providers are in!** They realize the potential dangers to their own health if they receive the vaccination, yet if they refused it, they will lose their job.

Well, this past Saturday, September 26, 2009, Dr. Mercola, in an article entitled "Flu Vaccine Exposed," shared some fresh insights into the flu vaccine debate. Following are some highlights:

**Death caused directly by the flu virus is very rare.** The vast majority of so-called 'flu deaths' are due to bacterial pneumonia – a potential complication of the flu if your immune system is too weak. Conventional treatment for bacterial pneumonia is an antibiotic, not a viral flu drug, so taking a flu vaccine to prevent death from pneumonia doesn't make sense.

**Flu vaccines do not work** and in many cases do more harm than good. In 2003, just after children aged five and under started getting vaccinated, the number of flu deaths **skyrocketed**. The death toll was enormous compared to the previous year - when the flu vaccine was not administered en masse to that age group. How anyone can consider a strategy that yields a **higher death toll** to be a success is a mystery to me.

**What's in the seasonal flu vaccine?** In addition to mercury, flu vaccines contain other toxic or hazardous ingredients like: Aluminum (a neurotoxin that has been linked to Alzheimer's disease); Triton X-100 (a detergent); Phenol (carbolic acid); Ethylene Glycol (antifreeze); Betapropiolactone (a disinfectant); Notoxynol (used to kill or stop growth of STDs); Octoxinol 9 (a vaginal spermicide); Sodium Phosphate.

**How safe is the flu vaccine?** Serious reactions to the flu vaccine include, but are not limited to: Life-threatening allergies to various ingredients; Guillain-Barre Syndrome (a severe paralytic disease that is fatal in about 1 in 20 cases); Encephalitis (brain inflammation); neurological disorders; Thrombocytopenia (a serious blood disorder).

**How effective is the flu vaccine?** A study published in the October 2008 issue of the *Archives of Pediatric & Adolescent Medicine* found that vaccinating young children against the flu had **no impact on flu-related hospitalizations or doctor visits during two recent flu seasons**; A 2008 study published in the *Lancet* found that the influenza vaccination was **not associated with a reduced risk of pneumonia**. A large-scale review of 51 studies, published in the *Cochrane Database of Systematic Reviews* in 2006, found no evidence that the flu vaccine is any more effective than a placebo in children. The studies involved 260,000 children, ages 5 to 23 months."

**Concerned about the potential dangers inherent in Swine Flu vaccines? You should be.** The following 20-year old and banned "60 Minutes" documentary is a must see: [http://www.dailymotion.com/video/x9mh9f\\_swine-flu-1976-propaganda\\_webcam](http://www.dailymotion.com/video/x9mh9f_swine-flu-1976-propaganda_webcam).

Long time readers of this Health Tip know that this editor has been warning readers of the dangers inherent in vaccines for many years, but are you aware that there is considerable evidence to implicate vaccines as the **cause of Autism and ADD among our children, Alzheimer's in adults, and even death?** So why would there be those in political power who would want the populace to have injected into their blood stream, toxic substances that can not only cause serious harm to the body, but also potentially destroy human life, especially when the Bible tells us that "The life of the flesh is in the blood." (Leviticus 17:11 & 14)

**Some believe that through the use of vaccines and the high cost of treating vaccine created problems demand for National Health Care is increased,** thus increasing the likelihood of Health Care legislation passage. Then once National Health Care becomes law, these power hungry politicians will use Health Care to control the populace. For instance, fail to accept a vaccine, and you could lose your Social Security benefits, lose your driver's license or even lose access to Health Care.

**Others believe vaccines are a means of population control** by weeding out those citizens who have weak immune systems, who if allowed to live would drain the coffers of a National Health Care program. Could vaccines be a purposeful effort by some in government to reduce the size of the population, thus reducing Social Security benefit costs, while also reducing Health Care costs?

Whatever, the most important lesson is something Dr. Mercola shared in a previous article in which he stated: "**There are much safer ways to protect oneself from the flu virus . . . good diet.**" That is what The Hallelujah Diet has done for this editor, who for 34-years without receiving a single flu vaccination has not experienced the flu or a cold even one time!

**Friends, the Hallelujah Diet has the potential of doing the same for YOU!**

---

## REFERENCES & SOURCE

Please note that while these sources are referenced in our article, there may be differing opinions expressed on the author's website. Hallelujah Acres neither endorses nor disputes the validity of this content.

### Flu Vaccine Exposed: Mercola.com

<http://articles.mercola.com/sites/articles/archive/2009/09/26/Flu-Vaccine-Exposed.aspx>

### Influenza Vaccine Effectiveness Among Children 6 to 59 Months of Age During 2 Influenza Seasons

Archives of Pediatrics & Adolescent Medicine, October 2008

<http://archpedi.ama-assn.org/cgi/content/full/162/10/943>

### Influenza Vaccination and Risk of Community-Acquired Pneumonia

The Lancet, December 2008

<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2808%2961921-2/fulltext>

### Vaccines for Preventing Influenza in Healthy Children

Cochrane Database of Systematic Reviews, January 25, 2006

<http://www.cochrane.org/reviews/en/ab004879.html>

### Swine Flu 1976 & Propaganda

60 Minutes, 1979

[http://www.dailymotion.com/video/x9mh9f\\_swine-flu-1976-propaganda\\_webcam](http://www.dailymotion.com/video/x9mh9f_swine-flu-1976-propaganda_webcam)

---

## EXPERIENCE HEALTHY LIVING!

If you are not already on The Hallelujah Diet, I encourage you to give it a try!

Hallelujah Acres is a Christian Ministry that teaches health from a Biblical perspective! We try to help the Christian community (as well as anyone else who will listen) realize that God's **original** diet, as given in the Bible in Genesis 1:29, was His perfect plan for the proper nourishment of His human creation. Multitudes have made the diet change we teach here at Hallelujah Acres and have experienced normalization of weight, as well as the elimination of almost all their physical problems.

For more information, visit our website at [www.hacres.com](http://www.hacres.com) or call (704) 481-1700.

## HEALTH FREEDOM – DOES IT EXIST? (PART 2)



Mary Jaqua

[Editors Note] It has been two weeks since Rev. Malkmus held a "God's Way to Ultimate Health" seminar in Bangor, Maine. That Bangor Seminar was sponsored by two Hallelujah Acres trained Health Ministers – Bill Irwin (who we featured in Health Tips #616 & #617) and Mary Jaqua ([www.livway.org](http://www.livway.org)).

Mary lives in Winslow, Maine and publishes a monthly email newsletter titled "**Living Letter**". Last week, we featured Part One of her article on Health Freedom from the August issue of Living Letter. Part Two is from the September issue of the same newsletter.

If you missed reading or want to review last week's 'Health Freedom- Does It Exist?' visit <http://www.hacres.com/healthtipArticles2009/618.asp>.

Last month I began to address the issue of **Health Freedom**, a subject that is fast becoming a hot topic. Indeed, there is a veritable war being waged between personal and corporate interests over matters of health, raising questions concerning the definition of the word 'health' itself. Thus, the great debate over what is healthy and what is not is being played out. As corporations flex their muscles to subdue, if not destroy, natural wholesome living, the average American is lost in a sea of growing controversy, if not a fight for life.

Which way to go, what to do, to whom to listen, become challenges of the day. Nevertheless, one fact is certain: the toxic American lifestyle is being challenged like never before. For all intents and purposes, this harmful way of life is in its final death heaves. Toxic diet, toxic food production, toxic food merchants and their promoters, toxic medical practices, toxic drugs, toxic politicians, and toxic governments are being exposed and falling down fast.

Why are they toppling, you ask? The answer is simple, **because they are unhealthy!** They have failed to give us a quality of life that is both prosperous and long. However, the giants who give us the Standard American lifestyle do not give up easily! As they die, they fight to the bitter end. Hence, we find ourselves in the battle of a lifetime between those who want to live a natural, wholesome life that is free of sickness and pain and those who want to keep us bound in physical, emotional, and mental distress.

Continuing our discussion of health freedom, it appears that America is presently at a crossroads which portends to be a dangerous intersection where national and international boundaries merge. This convergence is called 'globalism', the much-talked-about new world order. This order has been slowly creeping across our country in violation of the US Constitution, infringing upon the unalienable rights of all Americans.

Globalism is taking place at brake neck speed as politicians both domestic and foreign reshape the world according to their own dictates. Research proves that the United States of America officially ceased to exist in September 2001 at which point our constitution was sacrificed for UN rule. This shift of power has translated into sweeping changes for all Americans. The substance of these changes includes a host of new policies and/or regulations that threaten our personal liberties.

One policy authorized by the UN and the WTO (World Trade Organization) is **Codex Alimentarius**. This legal code is a set of food regulations/controls whose origin dates back to the time of Napoleon who himself was a globalist with an eye fixed on ruling the world. The aim of Codex Alimentarius is to:

1. Control how and what type of foods people can grow, sell, and eat, and what types of supplements and health choices they can make.
2. Control every aspect of food production, packaging, preparation, preservation and presentation "from farm to fork".
3. Attempt to control nutritional supplements (vitamins, minerals, amino acids). It is designed to eventually expand its dominion over people's food and health choices by controlling use of herbs, possibly homeopathic remedies, and eventually all other orally ingested substances (excluding pharmaceutical drugs).
4. Wipe out freedom of choice in supplementation, natural remedies, and clean (organic) food.
5. Destroy supplement manufacturers and health food stores.
6. Make virtually all natural health choices illegal by classifying nutrients as toxins, and by calling in the WTO to punish any countries that break the CODEX rules.
7. Regulate, and thus control, everything that is put into one's mouth.

If enacted by our government, Codex would affect every aspect of life in the United States, rendering a natural, wholesome lifestyle nigh impossible, if not criminal. Reviews of this 16,000 page code read like a horror story, wherein activities such as backyard gardening and offering vegetable juice to your neighbor are outlawed. According to Codex, natural supplements would be available by prescription only, if at all. Health food stores would be shut down as would natural health care modalities (including chiropractic). In short, the pursuit of a wholesome, live food lifestyle would become a crime, punishable by fines and/or imprisonment.

Though the alarm about Codex Alimentarius has been sounding for a number of years, many have scoffed at the thought that such regulations could happen in America. Nevertheless, these measures **are** happening here. Codex Alimentarius is already in place in Europe, and it is slowly making its way into American life as a major threat to health freedom.

An added threat to health freedom in America is the much-discussed **Health Care Reform Bill** that is the brain child of the present administration. While it is no secret that the American health care system needs reform, this bill is not the answer. This massive volume of political verbiage proposes sweeping changes that would not only destroy America's present health care system but also those who depend upon it. Some of these proposed Health Care Reform Bill provisions are:

- Page 22: Mandates audits of all employers that self-insure!
- Page 29: Admission: your health care will be rationed!
- Page 30: A government committee will decide what treatments and benefits you get and, unlike an insurer, there will be no appeals process.
- Page 42: The "Health Choices Commissioner" will decide health benefits for you. You will have no choice. None!
- Page 50: All non-US citizens, illegal or not, will be provided with free healthcare services.
- Page 58: Every person will be issued a National ID Health card.
- Page 59: The federal government will have direct, real-time access to all individual bank accounts for electronic funds transfer.
- Page 65: Taxpayers will subsidize all union retiree and community organizer health plans (example: SEIU, UAW and ACORN).
- Pages 72 & 84: All private healthcare plans must participate in the Healthcare Exchange (i.e., total government control of private plans)
- Page 91: Government mandates linguistic infrastructure for services; translation: illegal aliens.
- Page 95: The Government will pay ACORN and Americorps to sign up individuals for Government-run Health Care plan.
- Page 102: Those eligible for Medicaid will be automatically enrolled: you have no choice in the matter.
- Page 124: No company can sue the government for price-fixing. No "judicial review" is permitted against the government monopoly. Put simply, private insurers will be crushed.
- Page 127: The AMA sold doctors out: the government will set wages.
- Page 145: An employer **MUST** auto-enroll employees into the government-run public plan. No alternatives.
- Page 126: Employers **MUST** pay healthcare bills for part-time employees **AND** their families.
- Page 149: Any employer with a payroll of \$400K or more, who does not offer the public option, pays an 8% tax on payroll

Though lengthy, the provisions stated above are by no means exhaustive. What I haven't mentioned is the proposed provision for government-funded abortions that would turn public schools into glorified abortion clinics. Suffice to say, this and other provisions as outlined present a formidable definition of what the new administration calls, 'change.' This is not healthy change, considering that the unborn, children, and elderly are discriminated against in what might be aptly described as acts of genocide.

It appears that the true nature of the Health Care Reform bill is to selectively eliminate (kill) segments of the populace for purely political purposes. This practice is called 'ethnic cleansing' or 'genocide.' It is an age old, sinister practice that has been implemented throughout history as a means to subdue and/or conquer populations. Will history repeat itself on American soil? Time will tell. In the meantime, watch out for the Health Care Reform Bill. It is no friend of health freedom.

There is yet another threat to health freedom in America that is worth serious consideration. It is called the **H1N1 flu** and it has an air of genocide about it, too. This virulent strain of flu is reported to be a mix of viruses both natural and manmade.

If this new flu is as life-threatening as purported, what protection, if any, is being offered Americans? The government's solution is more toxic medicine in the form of vaccination. Mass vaccinations are being planned across the country as a defense against the deadly H1N1 virus. However, it appears of no consequence that **the H1N1 vaccine is itself deadly**, a poisonous brew of mercury, animal parts and secretions that swim in a sea of **live viruses**.

Who ever thought that injecting a live virus in the body constitutes protection from that virus? I never understood such rationale when I was a child nor do I now! In my opinion, such an idea originated in hell. As discussed last month, **all vaccinations are harmful to the body**. Past and present history proves that vaccinations can **cause** serious illness and even death. It is no surprise then that many doctors refuse vaccinations (and flu shots) for themselves and their families.

Dr. Jonas Salk, father of the infamous SV40 polio vaccine, was one of the more prominent abstainers. Nevertheless, we hear increasing media reports that the H1N1 vaccine is safe and effective. Supporting evidence is lacking, however, since the vaccine has never been tested on animals or humans. This fact does not stop the federal government from implementing a policy of mandatory mass vaccination **without exception**.

Furthermore, those who refuse the H1N1 vaccine will be fined \$1000 per day, face possible prosecution, quarantine, and/or internment. This is political suicide at its best, a modern form of genocide that is being foisted upon Americans in the guise of 'protecting public welfare.' Suffice to say, this is not protection but a blatant breach of personal health freedom. Learn more about these aggressive measures here:  
<http://www.youtube.com/watch?v=qXBV2jGrBg8>

Orchestrating these health freedom violations is a federal government that is working in concert with the UN to achieve a political mix (mess) known as the New World Order. Any student of history, especially Bible history, will be quick to discern that the New World Order is not new. The idea of an amalgamation of nations dates back to ancient times as evidenced by societies that are now defunct, having self-destructed because of lawlessness.

The tower of Babel is an infamous example of a failed world order. The evolution of peoples and cultures brings us to our present dilemma wherein dark forces seek to subjugate, if not extinguish, those who desire to live morally,

if not righteously, according to YHVH's [God's] laws. It would seem that once again the children of light are being targeted by the children of darkness. This scenario is recorded throughout history, manifesting itself in ways that are alarmingly brutal.

Accounts of mass murder, genocide, and bloody massacres are recorded in secular chronicles and scripture as pharaohs decreed the slaughter of young Hebrew males and King Herod ordered all male children under the age of two killed in an effort to annihilate the promised Messiah King who posed a potential threat to his throne. Suffice to say, the slaughter of innocents has been an ongoing process with casualties totaling millions, if not billions.

This wholesale slaughter continues to this day both inside and outside the womb as abortion runs rampant, and countries like India and China kill female babies for reasons political. No matter where one looks, health freedom, albeit freedom itself, has become almost non-existent on this earth.

Scripture says, **'...where the Spirit of YHVH is, there is liberty'**- (2 Corinthians 3:17), but Isaiah tells us, **'Who will believe this report, and to whom is the arm ( i.e. understanding - Ed) of YHVH revealed?'**- (Isaiah 53:1). America was founded upon the righteous laws of YHVH, but its present condition clearly shows that we have fallen into a pitiful state, a police state, if you will, wherein we have forfeited our YAH-given rights/blessings for that of shameful servitude.

We have accepted a lifestyle for ourselves that is nothing more than glorified slavery. In many ways, we have served the devil himself. We bought his Standard American Diet, his medical profession (complete with a slithering caduceus), his prescription sorceries (pharmaceuticals), his health care system (scam), and last but not least, we have supported his lawless politicians. Is it any wonder then that we are a sick nation?

Yes, reform is desperately needed in America. But what kind of reform will bring us health and healing?

## REV. MALKMUS & RHONDA RETURN HOME AFTER 3,388-MILE SPEAKING TOUR



George & Rhonda

During the past two weeks, Rhonda and I drove 3,388 miles and delivered six "God's Way to Ultimate Health" seminars to an average attendance of about 175. Our first seminar was in Bangor, Maine. Then we dropped down to Quincy, Massachusetts; on to Albany, New York; up to Hudson Falls, New York; over to Syracuse and finally finished the speaking tour in East Aurora, New York.

It was a great trip! We were able to share the Hallelujah Health Message with nearly a thousand new folks while having opportunity to see some friends I had not seen in over 50 years. While in each seminar, the improvements in health shared by those who had adopted The Hallelujah Diet was so rewarding. I share some of these testimonies in the Mailbag Section.

Thursday, September 24, we left East Aurora, NY (Buffalo area) at 7:00 a.m. and drove straight through to home in North Carolina, a distance of nearly 700 miles. We arrived home at 8:00 p.m. and, believe it or not, experienced no fatigue during the entire 3,388 mile trip. Not bad for senior citizens. I'll be 76 in just a few months. But then we must remember that Rhonda and I are both on The Hallelujah Diet and Lifestyle.

## RECIPES FOR LIFE: RAW CURRIED CARROT SOUP \*\*\*\*\*



**A gourmet treat for the distinguished palate!** This soup combines the best of India's distinct flavors to create a rich, smooth soup with a hint of sweetness and a mellow rush of spice (and a healthy helping of enzymes and nutrients). Serving this soup will set the stage for your dinner party of the year!

### Ingredients

- 2 cups fresh carrot juice
- 1 clove garlic
- ¼ inch peeled ginger
- 1 tablespoon coconut oil
- ½ teaspoon Celtic or Himalayan salt
- 2 teaspoons curry powder (or to taste)
- 1 teaspoon raw agave nectar

### Instructions

Blend all ingredients until thoroughly combined. ENJOY!

\*Organic ingredients are always recommended.

**More Vegetarian Recipes** ([www.hacres.com/recipes/recipes.asp](http://www.hacres.com/recipes/recipes.asp))

Hundreds of raw and cooked vegan recipes are available on our website.

### Send Us Your Recipes

If you have a favorite recipe that you think would be enjoyed by other Hallelujah Health Tip readers, send it to me! We will share the best of them in future Health Tips. They can be raw or cooked, but they must be Vegan (contain no animal products), and contain no refined sugar, refined grains, or table salt. If you have a favorite recipe, please send it to [george@hacres.com](mailto:george@hacres.com) and on the subject line write "Favorite Recipe."

## SCHEDULE OF UPCOMING SEMINARS & EVENTS

### HALLELUJAH ACRES CULINARY ACADEMY

#### **Shelby, North Carolina**

Friday Evening, October 2<sup>nd</sup>, 6-9 PM

Hallelujah Acres International Headquarters, 900 South Post Road

Cost: \$30 per Attendee

Spend a fun 3 hours every month learning a variety of food preparation techniques and recipes!

Details and Registration Form: [www.hacres.com/culinary/rhonda.asp](http://www.hacres.com/culinary/rhonda.asp)

### GOD'S WAY TO ULTIMATE HEALTH (FREE SEMINARS)

**This coming Saturday, October 3<sup>rd</sup>** is our next **God's Way to Ultimate Health Seminar** here at Hallelujah Acres in Shelby, NC. These seminars draw between 200 and 400 people each month. Following the seminar we will hold our **"Where Do I Go from Here"** presentation. Come if you can and bring a friend.

#### **Shelby, North Carolina**

Saturday, October 3

10:00 AM – God's Way to Ultimate Health

1:30 PM – Where Do I Go from Here?

Hallelujah Acres International Headquarters, 900 South Post Road.

Information: 704.481.1700

Web: [www.hacres.com/seminar](http://www.hacres.com/seminar)



#### **Chattanooga, Tennessee**

Sunday, October 18 at 3:00 PM

Chattanooga First Seventh Day Adventist Church, 7450 Standifer Gap Road

Information: Contact Orville Shupe 423.665.1170 or church at 423.893.5105.

Web: [www.hacres.com/programs/gwtuhotr.asp](http://www.hacres.com/programs/gwtuhotr.asp)

### ON THE ROAD: HEALTH MINISTER TRAINING

#### **Tokoma Park, Maryland (Washington, DC Area)**

September 30 – October 2

Takoma Park Seventh Day Adventist Church

6951 Carroll Avenue

\$395 per person / \$545 per couple

Seminar Information: [www.hacres.com/hmtraining/ontheroadhmtwashdc.asp](http://www.hacres.com/hmtraining/ontheroadhmtwashdc.asp)

See <http://www.hacres.com/programs/calendar.asp> for a complete listing of events conducted by Hallelujah Acres.

## MAILBAG: HALLELUJAH DIET TESTIMONIES



During the past two weeks, Rhonda and I drove 3,388 miles, and I delivered six *God's Way to Ultimate Seminars*. In each of the six seminars, before I started sharing God's Health Message, I asked for a show of hands by those who are already on The Hallelujah Acres Diet & Lifestyle. Usually it's about 10% of the crowd.

Then I asked of those who are on the Hallelujah Diet & Lifestyle how many have experienced improvement in their health since making the diet change. In every seminar there are usually a dozen or more who share the incredible improvements they have experienced since making the diet and lifestyle change. Following are a few of the responses from those who attended my seminars the past two weeks.

---

### BANGOR, MAINE SEMINAR

Judith Livingstone, a lady who recovered from Multiple Sclerosis was in attendance. Judith shared how for 17 years she was barely able to function, but after adopting the Hallelujah Diet was free of MS symptoms and climbed the highest mountain in Maine. (Her testimony and picture was shared recently in [Health Tip #616](#).)

Bill Irwin, the blind Hallelujah Acres Health Minister who walked the 2,168 Appalachian Trail with his guide dog, a Hallelujah Acres Health Minister, was also in attendance at that seminar with his wife Debra, who is also a Health Minister.

---

### "I WAS DETERMINED NOT TO READ THAT BOOK!"

**Albany, New York Seminar:** Pastor Glen Hamilton of the Open Door Bible Baptist Church in Rensselaer, NY was in attendance with about a half dozen of his church members. One of the parishioners was Joan who had seen significant improvement in her health after adopting The Hallelujah Diet.

Dear Pastor Malkmus,

I want to thank you for changing my life and for no longer having to use a walker or cane to get around with any more.

About six months ago my friend told me about the Hallelujah Diet and said she thought it could help me, so I ordered your book *The Hallelujah Diet*, to appease my friend. But I had no intention of reading the book, because I LOVED my sweets, ice cream, cake, cookies, and candy. So without reading it I put it away in my closet.

**I was determined not to read that book**, that is, until one Sunday I was in the worst pain I had ever experienced. So in desperation I took your book out of the closet and started reading it.

On Monday morning, the next day, I went 100% on The Hallelujah Diet and within just five days I no longer had need of my cane or walker, nor have I had need of them for the past three months.

**In that same three month period I have lost 35 pounds.**

I still have a slight pain in my right leg, but nothing like it was before the diet change.

I will be at your seminar in Albany and I can't wait to see the one who changed my life. Thank you for your ministry! You have changed thousands of lives for the better and I am so thankful that I was one of them.

Thank you!

-Joan

---

#### SYRACUSE & EAST AURORA, NEW YORK SEMINARS

At the Syracuse seminar, a lady shared how after adopting The Hallelujah Diet and Lifestyle, her lupus completely went away. At the East Aurora seminar a lady shared how after adopting The Hallelujah Diet her doctor, with extensive testing, could find no sign of her cervical cancer.

It would be wonderful if each of our Health Tip subscribers could one day attend one of my seminars and hear the testimonies shared by those who attend. Almost always there are testimonies of lost weight - sometimes over 100 pounds. And then there are the wonderful testimonies of lowered blood pressure, lowered cholesterol, freedom from medications, folks who are no longer diabetic, disappearing cancers, and etc.

#### **Want to Know More?**

Read over 1,000 additional testimonies in over 100 categories. [www.HAcres.com/testimonies/testimonies.asp](http://www.HAcres.com/testimonies/testimonies.asp)

#### **Share Your Story**

Send your testimony to [george@hacres.com](mailto:george@hacres.com) and write "Hallelujah Diet Testimony" on the subject line. Your testimonies not only encourage me, but also provide inspiration to others, encouraging them to try or remain on the diet.

## UNTIL NEXT TIME...



I look forward to these opportunities to share a healthy lifestyle each week through this electronic Health Tip. These Health Tips come to you at no charge. This is a labor of love. Rhonda and I have dedicated our lives to eradicating physical problems from the world, and especially from the Christian community. We want to be a help, and blessing, to you and yours. Till next issue, Rhonda and I send our love and best wishes for a healthy and happy week!

Rev. George H. Malkmus, Lit.D.  
Editor, Hallelujah Health Tip  
[george@hacres.com](mailto:george@hacres.com)

---

## DISCLAIMER

\*\*\*The nutritional and health information in this weekly health tip is based on the teachings of God's Holy Word, the Bible, as well as research and personal experience by the author and others. The purpose of this weekly health tip is to provide information and education about health. The author and publisher do not directly or indirectly dispense medical advice or prescribe the use of fasting or diet as a form of treatment for sickness without medical approval. Nutritionists and other experts in the field of health and nutrition hold widely varying views. The author and publisher do not intend to diagnose or prescribe. The author and publisher intend to offer health information to help you cooperate with your doctor or other health practitioners in your mutual quest for health. In the event you use this information without your doctor's or health practitioner's approval, you prescribe for yourself. This remains your constitutional right. The author and publisher assume no responsibility.

The capitalization and emphases seen throughout this Health Tip have been made by the Editor.