

THE HALLELUJAH HEALTH TIP

ISSUE #625: DOES EVERYONE WHO ADOPTS THE HALLELUJAH DIET GET WELL?

November 10, 2009

In this issue of the Hallelujah Health Tip:

- Does Everyone Who Adopts The Hallelujah Diet Get Well?
- Spend 2 Days with Rev. Malkmus Learning How to Eliminate Sickness
- Ribbon Cutting Officially Opens Villages of Hallelujah Acres
- Recipes for Life: Knock-Your-Socks-Off Holiday Juice *****
- Schedule of Upcoming Seminars and Events
- Mailbag: Recovery from Stage 4 Cancer after Making Simple Diet Change

DOES EVERYONE WHO ADOPTS THE HALLELUJAH DIET GET WELL?



Rev. George Malkmus

One of the questions I am often asked is: “Does everyone who adopts the Hallelujah Diet see all of their physical problems go away?” My answer to that question is: “ABSOLUTELY NOT.” But let me hasten to add that probably over 90% of all physical and even emotional problems being experienced by a person who adopts the Hallelujah Diet do go away.

In fact, seldom do I receive word from someone who did not see improvement of a physical or emotional or depression problem after making the diet change we teach! And even with those who do not see all problems go away, they will often name three or four problems that did go away and then question why there was one that did not go away.

Now compare these results with the results people receive who go to a medical doctor with their physical problem or problems and are given a drug or drugs in an effort to take away their physical problem? In fact, let’s go a bit further, “Do you know of anyone who ever saw any physical or emotional problem go away as a result of taking a prescription drug? Allow me to give a reason for this question:

Does a person with high blood pressure ever recover from their high blood pressure problem by taking drugs, or do they have to remain on those drugs for the rest of their life in order to control their high blood pressure. I go a little further with this thought: Does the Type 2 diabetic ever get to the point where they no longer need insulin to control their blood sugar problem?

Does the arthritic sufferer ever see their arthritic condition improve to the place where they no longer require pain medicine? Does the migraine headache sufferer ever get to the point where they no longer have to take pain medication? I could go on and on with this line of thought. But do you know anyone who ever saw their physical and/or emotional or depression problem go away as a result of taking a drug or drugs?

Friends, if traditional medicine could obtain the results people obtain after adopting the Hallelujah Acres Diet and Lifestyle, it would be front page headlines in tomorrow’s newspapers and the lead story on evening television

news programs. Now with people experiencing these incredible results after making a simple change in diet and lifestyle, let's address the question:

DOES EVERYONE WHO ADOPTS THE HALLELUJAH DIET GET WELL?

In answering that question, the very first thing I must say is that the Hallelujah Diet and Lifestyle is not capable of healing anyone of anything! But I must hasten to reiterate what I said previously, which is that there is not a drug that has ever healed anyone of anything either!

There is a reason why I say the Hallelujah Acres Diet and Lifestyle has never healed anyone of anything and it is this: all healing is self-healing. If anyone is ever going to get well – that is recover from their physical or emotional problem or problems – conditions conducive to healing must first be brought about within the body, so that the body can do what it was designed by Almighty God to do, which is **heal itself**.

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

ALL PEOPLE HAVE SELF-HEALING BUILT INTO THEIR BODY

We have all at one time or another in our lifetime experienced that self-healing when we cut ourselves. When right before our eyes we saw the blood flow to cleanse the wound - we saw the scab form to protect that break in the skin from the elements - while the body feverishly worked to knit the skin back together. Then when the skin had been knit back together we saw the scab fall off, and below that scab we see the skin has been knit back together and the problem is gone.

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

Years ago I read a little book titled "Acres of Diamonds." The book told about an individual who searched the world over for wealth, only to come home empty-handed. However, after returning home, he found the wealth he had been searching for, an acre of diamonds, in his own backyard. In other words, he had been searching for years for the wealth he already possessed – not realizing for all those years that he already possessed that wealth right in his own back-yard.

This "Acres of Diamonds" story is very much like our searching for a cure for our physical and emotional/depression problems, because when it comes to physical health and mental stability, humans have been searching in vain for millennia for healing of these problems.

In an effort to obtain healing, they willingly accept prescription and over the counter drugs, which are poisons and toxic to the body, along with burning radiation and mutilating surgeries. Sadly, while these modalities cost huge sums of money, they never bring the cure they are seeking; and in fact, often exacerbate the problem. This search for a cure has been going on for at least 2,000 years as we read in Mark 5:23-24:

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

WHY DOES MAN CONTINUE SEARCHING FOR SOMETHING HE ALREADY POSESSES?

Why do we continue to look to the world for the solution to these physical and emotional problems when God has already told us over 2,000 years ago that the world’s solutions to these problems are “foolishness with God”? **“For the wisdom of this world is foolishness with God.”** (1 Corinthians 3:19)

Just this past week, the Congress of the United States passed a bill that would force all Americans to carry Health Insurance, thus forcing all citizens into a system God calls “foolishness,” and that will bring no better health to the American people than that this woman experienced in Mark 5:23-24, while adding 1.2 additional TRILLION dollars to the countries deficit.

My dear friends, how long will it take and how much more money are we going waste, before we realize that right within each of our bodies is a self-healing mechanism designed by God! And when we bring conditions to bear within our body that are conducive to healing, the body will ALMOST ALWAYS heal itself of whatever ails it.

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

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

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

WHAT KINDS OF HEALTH PROBLEMS HAVE PEOPLE REPORTED RECOVERING FROM AFTER PROPERLY NOURISHING THEIR SELF-HEALING BODIES?

Following is a list of those health problems which includes only the first 45 in alphabetical order of a total of over 170.

- Acid Reflux
- Acne
- ADD (Attention deficit disorder)
- Addictions
- ADHD (Attention deficit hyperactivity disorder)
- Age spots
- Alcoholism
- Allergies
- Anemia
- Angina
- Anxiety
- Arthritis
- Asthma
- Autism
- Back pain
- Bad breath

- Bad circulation
- Bleeding gums
- Blood pressure irregularities
- Blood sugar highs
- Body odor
- Bone spurs
- Bronchitis
- Cancers (dozens of different locations)
- Candida
- Cataracts
- Cerebral palsy
- Cholesterol (high readings)
- Colds
- Colitis
- Complexion problems
- Constipation
- Cravings
- Cystic fibrosis
- Dandruff
- Depression
- Diabetes (Type 2)
- Diarrhea
- Digestion problems
- Diverticulitis
- Diverticulosis
- Dizziness
- Down's Syndrome
- Dry Skin
- Duodenal ulcers

I regret I am out of room, but will try to continue this listing in next week's Health Tip if the Lord wills. But just from the above listing of 45 problems people have written to tell me they recovered from after adopting the Hallelujah Diet and lifestyle, it should be quite obvious that God placed in each of us a MARVELOUS SELF-HEALING BODY.

However, it must be reiterated that these wonderful recoveries did not come as a result of taking a drug to relieve the symptom, but rather came automatically when that person brought about within their body, conditions conducive to healing.

When we do that, without medical intervention, the body will in most instances, simply, and usually quite quickly, heal itself!

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 or call (704) 481-1700.

SPEND 2 DAYS WITH REV. MALKMUS LEARNING HOW TO ELIMINATE SICKNESS



Training & Seminars

November 16-17 (only a week away) is your opportunity to spend two days with the Founder of Hallelujah Acres – the man God has used to bring health and healing to multitudes of people around the world. During this two-day workshop, using Rev. Malkmus' most recent books, "The Hallelujah Diet, and the Workbook, you will learn how the Bible supports a pure, plant-based diet and the consequences of consuming the Standard

American Diet (SAD). He will also reveal why the SAD cannot help but produce physical breakdown and mental decline.

Using scientific documentation, Biblical teachings and personal experiences, he will also show how you, too, can experience the degree of health he is personally experiencing as he approaches his 76th birthday. You won't soon forget seeing his energy and physical abilities as he not only teaches the importance of physical exercise, but demonstrates it before your very eyes. Friends, if there is a human example of "The energizer bunny," Rev. Malkmus is it.

Call 1-800-915-9355 for go to www.hacres.com/diet/hdl.asp for more information or to register. Cost is \$125 per person and includes books.

LAST HEALTH MINISTER TRAINING FOR 2009 ONLY ONE WEEK AWAY

Following Rev. Malkmus' 2-Day Workshop, on Wednesday through Friday, November 18-20, Hallelujah Acres will conduct its 66th Health Minister training.

During this training, those attending will learn how they too can help Rev. and Rhonda Malkmus take God's Health Message to the world. Since that first training in 1994 attended by 25 individuals, over 9,000 folks have taken this training, and these trained Health Ministers are now located in every state in the United States as well as in 44 foreign countries. It's not too late to register by calling 1-800-915-9355.

GREAT FIRST-SATURDAY-OF-THE-MONTH SEMINAR THIS PAST SATURDAY

This past Saturday, we had to set up extra chairs to seat the overflow crowd who attended this past Saturday's God's Way to Ultimate Health Seminar. And as happens in each seminar, the testimonies of recovered health by those in attendance set the stage for the information that followed.

Next First Saturday-of-the-month, God's Way to Ultimate Health Seminar is scheduled for Saturday, December 5. Why don't you start making plans right now to attend and to bring a friend? The information shared in these seminars is not only bringing health and healing to multitudes around the world, but even saving lives.

RIBBON CUTTING OFFICIALLY OPENS VILLAGES OF HALLELUJAH ACRES



Villages Ribbon Cutting

On Tuesday, October 27th, at 11:00 a.m., friends, vendors, dignitaries, city officials (including the Mayor), and the Shelby Chamber of Commerce president, gathered at Hallelujah Acres for the official opening of the villages of Hallelujah Acres.

SHELBY STAR ARTICLE (LOCAL NEWSPAPER)

SHELBY --- George Malkmus testifies that changing his diet changed his life, in fact, probably saved it way back in 1976. Diagnosed with colon cancer, he shunned meat, embraced carrot juice and immersed himself in studying what the Bible has to say about health.

He kept on studying. Years later, to share more widely what he'd learned, he opened a little 11-foot wide with enough seats for 16 customers, vegetarian café in Tennessee in 1992. In 1997 the former pastor moved his ministry to Cleveland County, opened Hallelujah Acres on South Post Road to a skeptical community.

Now his organization trains health ministers around the globe, 9,000 so far, and is preparing for the November 12 grand opening of Hallelujah Acres Canada.

This week, his focus is closer to home, celebrating the opening of Phase 1 of the Villages of Hallelujah Acres, a 150-acre community based on principles of the healthy lifestyle he touts worldwide.

"We do not believe there is a similar community in the world today," Malkmus told well-wishers at Tuesday's ribbon cutting. "It's unique and has everything to encourage healthy living and Hallelujah Acres teachings of the principles of how to live healthy."

The plan includes estate and garden sites, condominiums, a fitness center and Olympic-sized swimming pool, walking trails, bike paths and a community organic garden.

After that, developers are looking toward a 1,000-seat amphitheater, a conference center and hotel, restaurant and shopping. Paul Malkmus, the founder's son, said, "These things start with just ideas and conversations, hand-written, chicken-scratched notes, but completing the dream takes much work and dedication." He publicly thanked collaborators and vendors who have been involved in the project so far.

"This economy is not the most favorable to development and builders," but the contributors and the venture's financial backers showed no hesitation, he said.

"People have faith in this," he said. "I actually know two people who have already sold their homes and moved to Shelby just waiting for us to build the condos."

Questions: 866-295-0230 | On the Web: www.villagesofhacres.com

MORE INFORMATION ABOUT THE VILLAGES OF HALLELUJAH ACRES

The First Phase of the Villages of Hallelujah Acres consists of 11 single-family, one-half acre estate lots in a private, gated section of the Villages, while 28 single family, quarter acre Garden Home lots were platted in the Villages of Hallelujah Acres. Property features proposed included a clubhouse with fitness center, healthy swimming pool, tennis courts, basketball court, sand volleyball court, walking trails, common green space and organic community gardens. Backyards will open to common green spaces and walking trails.

"We are thankful for our local government and development contractors that have assisted us to get our first single family home lots ready for sale complete with city water, sewer, electric, natural gas, and Time Warner digital cable, digital phone and high speed internet service. We have already pre-sold lots, have lots under contract, and have two homes built so you will need to hurry to select the remaining 5 garden homes lots available at the base price of \$45,000 and 2 estate home lots at the base price of \$90,000," states Paul Malkmus.

Supporting the Villages development concept of healthy living, the Hallelujah Acres Food Store has re-opened after a fire in the spring (grand opening celebration was held October 13, 2009), and on December 3rd 2009 the Grand

Re-opening of the Café will take place. Future plans include the new Hallelujah Acres International Headquarters facility, which will feature a 1,000-seat amphitheater, conference center and 72-room hotel, restaurants, Village shops and a total of 638 new residential dwellings.

The Villages of Hallelujah Acres is located in Shelby, NC just 45 minutes west of Charlotte. We have a fan page on Facebook, and complete details about home plans and amenities are available on the Villages website at www.villagesofhacres.com.

REV. MALKMUS & RHONDA MOVED INTO THEIR NEW HOME IN THE VILLAGES OF HALLELUJAH ACRES ON WEDNESDAY, NOVEMBER 4, 2009

Following Rev. Malkmus' hemorrhagic stroke in 2001, he and Rhonda moved to a gated-community in Granite Falls, North Carolina (a community located 50-miles north of Hallelujah Acres), with plans for retirement. However, because of his almost miraculous recovery from that stroke, retirement plans quickly dissipated, and for the past six-years, Rev. Malkmus and Rhonda have been driving over an hour each way from Granite Falls to the location of their ministry in Shelby.

After the Lord provided 150-acres of land adjacent to the current headquarters of Hallelujah Acres a few years ago, and plans for a village began, Rev. Malkmus wanted to get back to dedicating his life full-time to the expansion of the ministry, as his burden for sharing God's Health Message with a needlessly sick Christian Community has never waned. And where could he best get back closer to the ministry than in The Villages of Hallelujah Acres.

Rev. Malkmus and Rhonda now have a lovely home that is just a short walk to Hallelujah Acres, and they are looking forward to many others joining them as neighbors in the world's first, one of a kind Village, dedicated to Healthy Living. Rev. Malkmus, Lord willing, will celebrate his 76th birthday on February 12, 2010.

RECIPES FOR LIFE: KNOCK-YOUR-SOCKS-OFF HOLIDAY JUICE *****

With the Thanksgiving and Christmas just around the corner, we're sharing Holiday recipes until the end of the year. Most of the recipes are from Rhonda's beautiful 269-page, spiral bound, [Hallelujah Holiday Recipes – From God's Garden](#) book. A number of pictures of both Rhonda and George, taken when they were children, are used as chapter dividers throughout the book. Many have bought the book as much for these photographs as for the recipes. The book is available by calling 1.800.915.9355 or on the internet at <https://shopping.hacres.com>.



This recipe is found on page 27 of Rhonda's book.

Ingredients

- 7 Ounces Of Carrot Juice
- ½ Sweet Red Pepper (Juice From)
- ¼ Inch Piece Of Gingerroot (or to Taste)
- 3 Sprigs Of Parsley

Instructions

Cut apple in wedges and feed through juicer along with carrots, ginger, and parsley. Recipe is for one serving. Multiply ingredients for each additional person. ENJOY!

*Organic ingredients are always recommended.

More Vegetarian Recipes (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 and on the subject line write "Favorite Recipe."

SCHEDULE OF UPCOMING SEMINARS & EVENTS

GEORGE IN THE MEDIA



WOKV Radio Interview

Jacksonville, FL

Saturday, November 14 at 2:30pm

Rev. George Malkmus will appear as a guest speaker for host, Forrest Wilson, on Jacksonville's radio station WOKV. Turn in on Nov 14 at 2:30pm, either locally or through WOKV's streaming radio available at <http://www.WOKV.com>. You can also call into the

station at 904.340.0690 to join in on the discussion.

TRAINING & WORKSHOPS

The Hallelujah Diet & Lifestyle 2-Day Workshop

Shelby, North Carolina

Monday & Tuesday, November 16-17

The Hallelujah Diet & Lifestyle 2-Day Workshop featuring Rev. George Malkmus as the host, at Hallelujah Acres International Headquarters, 900 South Post Road. Participants will spend 2 days with Rev. Malkmus, using his two most recent books, *The Hallelujah Diet* as well and *The Hallelujah Diet Workbook* as their textbooks.

Call 1-800-915-9355 or go online to www.hacres.com/diet/hdl.asp for more information.

Cost is \$125 per person and includes books.

Health Minister Training

Shelby, North Carolina

Wednesday through Friday, November 18-20

Health Minister Training #66 at Hallelujah Acres International Headquarters, 900 South Post Road. Must be pre-registered to attend.

Call 1-800-915-9355 or go online to www.hacres.com/hmtraining for more information.

Cost is \$300 per person or \$450 per couple and includes training materials.

Raw Food Revival

Shelby, North Carolina

Saturday, November 21, 10 AM to 6 PM

Renew your excitement for raw food with the secrets of culinary art. Learn how Jackie and Gideon Graff turn God's bounty into delicious dishes with new and exciting information!

Call 1-800-915-9355 or go online to <http://www.hacres.com/culinary/foodprep.asp#graffs> for more information.

Cost is \$200 per person.

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

MAILBAG: HALLELUJAH DIET TESTIMONIES

DOCTOR OFFERS WORD OF THANKS



Thank you for continuing to tell the truth. There are so many, many pressures against simple good health principles and the truth of God's word. It is very refreshing to read your articles. Thanks again! Yours in Christ,

David F., D.C., D.A.B.C.I

RECOVERY FROM STAGE 4 CANCER AFTER MAKING SIMPLE DIET CHANGE

My testimony is regarding a diagnosis of clear-cell renal carcinoma in August of 2006. It was stage 4. I had a 10 cm tumor removed because it was life-threatening. I also had multiple tumors in my lungs. I declined clinical trial drug treatments and went on Dr. Lorraine Day's regimen, which is very similar to the Hallelujah Diet. As a result of making simple diet and lifestyle changes, 13 months later, without any additional medical attention, images showed organs, bones, and tissue clear with no visible tumors. That's what puts the 'Hallelujah' in the Hallelujah Acres Diet and Lifestyle. Glory to God!

David T., Rocky Ford, Colorado

THRILLED TO DISCOVER HALLELUJAH ACRES

I have just finished reading your landmark book, *Why Christians Get Sick*. I had previously signed up for two rather expensive 'natural health' doctors' newsletters. They each depended on many supplements as the answer to our physical problems. I often receive mailings from so-called natural doctors, with teasings about how various foods can make you sick, while others can make you well (I don't subscribe to these). I discovered your book while shopping at my local Family Christian Book Store. Your book contains radical information! I am writing to thank you for embarking on the wonderful journey towards total health. I am so thankful you have a website, and I have signed up for your weekly electronic Health Tips, and have just sent an email out with your link to everyone in my address book! Thank you in Christ.

Ann K., Iowa

Want to Know More?

Read over 1,000 additional testimonies in over 100 categories. www.HAcres.com/testimonies/testimonies.asp

Share Your Story

Send your testimony to 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

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.