

THE HALLELUJAH HEALTH TIP

ISSUE #626: WHY DOESN'T HALLELUJAH ACRES PUBLISH NEGATIVE TESTIMONIES?

November 17, 2009

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WHY DOESN'T HALLELUJAH ACRES PUBLISH NEGATIVE TESTIMONIES?



Rev. George Malkmus

Hallelujah Acres is a Christian ministry that teaches health from a Biblical perspective!

The reason this ministry was established in 1992 was because God had allowed me to have colon cancer in 1976. As the result of a simple diet and lifestyle change, and without any medical intervention whatsoever, that cancer was gone in less than a year.

HOW WAS I ABLE TO RID MYSELF OF CANCER WITHOUT MEDICAL HELP?

God had led me to an evangelist in Texas by the name of Lester Roloff who encouraged me to not go the medical route for my cancer, but rather had encouraged me to do something as simple as change what I ate. That's right; he encouraged me to stop eating the world's SAD diet and to start eating the very diet God had given Adam and Eve in the Garden of Eden, in Genesis 1:29, some 6,000 years prior.

You see, I didn't want to go the medical route for my cancer, because of the horrible experience my own mother had going the medical route with her colon cancer before me. In fact, I had felt at mother's death that it wasn't the cancer that ultimately caused her death, but rather it was the treatments given her by the medical community that had killed her.

So I went searching for an alternative to the extremely dangerous medical modalities of chemotherapy (a poison), radiation (burning), and surgery (removal of body parts) - the very modalities I felt had been the cause of my mom's death.

Previous to my being told I had colon cancer I had observed that the Christian community was just as sick as the non-Christian community for years as a pastor. This was after listening to all the prayers for healing that had gone unanswered in the various churches I pastored. Now God was laying upon my heart to begin a ministry dedicated to reaching the Christian community (along with anyone else who would listen) with the message "You Don't Have to be Sick!"

Hallelujah Acres is a ministry that teaches health from a Biblical perspective. Our primary purpose for existing is to reach the Christian Community (along with anyone else who will listen) with the message that God did not design us to be sick. When we base our diet on the Genesis 1:29 diet, the very diet God told that first human couple in the garden to consume, the body will almost always restore itself to a state of health without any medical intervention.

We estimate there are millions of people around the world who have applied our teachings, while tens-of-thousands have written to tell us that after adopting the Hallelujah Diet, which is based on God's Genesis 1:29 diet, along with the elimination of the toxic food and drink they had previously been consuming, they saw almost all of their physical and even emotional problems simply disappear.

DOES EVERYONE WHO ADOPTS THE HALLELUJAH DIET GET WELL?

Last week, I dealt with this question. My answer was "ABSOLUTELY NOT!" But then I went on to say that though not everyone who adopts the Hallelujah Diet gets well from all their physical and emotional problems, we estimate that the percentage of those who do get well is in excess of 90%.

With all of this incredible success, some people have written me through the years, asking why we do not publish the negative letters, the letters from those who did not get well after making the diet change. This is a fair question that deserves a response:

SO WHY DOES HALLELUJAH ACRES NOT PUBLISH NEGATIVE TESTIMONIES?

There are a number of reasons:

Since well over 90% of all those who go on the Hallelujah Diet find their health restored, what would be the purpose of sharing the few unsuccessful testimonies? Would those types of testimonies be an encouragement or discouragement to the person who was experiencing the same physical problem to try making a diet change?

Making a diet change is not an easy thing to do. So would a person with a similar problem be encouraged to make a diet change that could help them if someone else with a similar problem had reported that the diet change hadn't helped them? Just suppose that the diet change would have improved their problem (which it most likely would have), but they continued to suffer because it was easier to believe the negative testimony than change what they ate.

Another reason negative testimonies are not published is because **there is no way of knowing how close the person was to the diet.** In my seminars I occasionally have a person come up to me to tell me that they had tried the diet, and it didn't work for them. The first thing I ask such a person is: "**Have you stopped consuming ALL animal products, including cheese?**" Their answer is usually "**Well no. . . .**" Or they tell me they haven't juiced. If a person isn't committed to improving their diet, their lack of success is almost surely because of the toxins that are either still in their bodies, or they are still including in their diet, rather than it being the diet had failed them.

As I said last week, the body is almost ALWAYS self-healing when we bring conditions conducive to healing within it. Following are a few testimonies, and you tell me which ones would provide the greatest motivation and incentive for a person to make a diet change:

“You may not choose to print this testimony and I will understand why if that is the case. My sister died from breast cancer after trying the Hallelujah Diet. She had battled three occurrences of the disease valiantly [before going on the Hallelujah Diet]. With the third occurrence she refused chemotherapy [and chose rather to adopt the Hallelujah Diet]. She was physically beautiful when she died. Her hospice nurse asked her family what she had been eating because she had much less demand for pain medication than other breast cancer patients. I believe she just found out too late about the Hallelujah Diet.”

The above testimony shows that the person did not recover on the Hallelujah Diet, probably, as I said in last week’s Health Tip, because sometimes the person is too far gone for the body to respond to good nutrition. But notice that even though she did not recover, she did have a much better quality of life, with less pain, till the end.

Now listen to a few positive testimonies:

“My initial hopeless diagnosis (3 years ago) was stage 4 gastric cancer with a three-month life expectancy. After being on the Hallelujah Diet for 3 months, no cancer could be found anywhere in my body.”

“Because of your faithfulness to carry forward the health message I came out of my sick bed in May of 1999 after hearing your seminar at Hallelujah Acres. I was suffering with bone cancer and was seeking God’s direction for my healing. Thank the Lord, He answered our prayers and led us to Hallelujah Acres.”

Which of the above testimonies would provide the greatest incentive for a person to give the Hallelujah Diet a try? Enough said!

WHAT KINDS OF PROBLEMS HAVE PEOPLE REPORTED IMPROVEMENT IN OR RECOVERY FROM AFTER ADOPTING THE HALLELUJAH DIET?

Last week, I began listing various problems people have given testimony of improving or recovering from after adopting the Hallelujah Diet. In last week’s Health Tip I listed 45 of the over 170 that have been sent to me. I will now share an additional 45.

- Ear infections
- Eczema
- Endometriosis
- Energy increased
- Epilepsy
- Esophageal reflux
- Exhaustion
- Eyesight improved
- Fatigue
- Fatty tumors
- Fevers
- Fibromyalgia
- Fingernail fungus
- Foggy brain
- Fungus, toenail
- Glaucoma
- Gout
- Graves Disease
- Gulf War Syndrome
- Hay fever
- Headaches
- Hearing loss
- Heart Palpitations
- Heartburn
- Heal spurs
- Hemorrhoids
- Hepatitis A, B, & C
- Herniated disc
- Hiatal hernia
- Hives
- Hormonal imbalance
- Hot flashes
- Hunger
- Hyperactivity
- Hypoglycemia
- Hypothyroidism

- Incontinence
- Indigestion
- Infertility
- Insomnia
- Internal bleeding
- Interstitial cystitis
- Irregular heartbeat
- Irritable bowel syndrome
- Itching

I am out of room, but will Lord willing, continue this listing in next week's Health Tip article. But from the 90 problems listed thus far, it should be quite obvious that God gave us a marvelous self-healing body, and that when we bring conditions conducive to healing within it, the body will almost always do what God designed it to do, which is heal itself.

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

“And a certain woman, which had an 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.” - Mark 5:25-66

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.

DO YEARLY FLU SHOTS INCREASE MORTALITY RISK FROM SWINE FLU?



By Byron Richards, CCN

Tuesday, November 10, 2009 -- A rather startling article published in the prestigious *Lancet* calls into question the wisdom of a yearly flu vaccine and points out that it could very easily cause more severe H1N1 swine flu. It is one thing when the critics of Western medicine point out all the flaws in vaccine theory. It is another matter entirely when the *Lancet* does so.

It is important to understand the context of this issue. The latest wobbly pillar of Western medicine is its antiquated vaccine theory. Public health officials will swear to its ultimate truth no matter what the evidence says,

as failure to get the herd to move in unison spells doom for the monopoly of the sickness industry (and their demise as the ruling elite of healthcare can't come soon enough.

A new article in the *Lancet* points out that immunization campaigns in high-risk groups may prevent them from getting a milder influenza A flu in any given season. However, actually getting the flu also provides a type of generalized natural protection against all influenza A viruses, a type of immune training called heterosubtypic immunity. While such protection is not 100%, it is clear that it reduces the severity of other flu types such as the H1N1 swine flu or any other pandemic strain.

The authors argue this type of immune training “can limit virus replication and reduce morbidity and mortality of the host. This type of immunity might be relevant to human beings when a new subtype of influenza A virus is introduced into the population, such as the new influenza A H1N1 virus responsible for the present influenza pandemic and the highly pathogenic avian influenza H5N1 viruses that are causing an ever increasing number of human infections with high mortality rates. Preventing infection with seasonal influenza viruses by vaccination might prevent the induction of heterosubtypic immunity to pandemic strains, which might be a disadvantage to immunologically naïve people - eg, infants.”

It appears that vitamin C and vitamin D adequacy would be a far more relevant public health policy than flu shots.

GEORGE'S THOUGHTS

Those who have been following this editor's writings know that for many years I have been discouraging the acceptance of an annual flu shot because of the mercury and other toxic substances contained in the vaccine. Dr. Blaylock has warned that if a senior citizen receives an annual flu shot for five consecutive years, the mercury in the vaccine increases their risk for Alzheimer's by 1,000%.

Now the prestigious journal *Lancet* tells us of another danger from taking a flu shot, the **potential of a more serious reaction to the H1N1 virus** because previous flu shots had prevented the body from building up a natural immunity.

Why does the medical community have to constantly try to improve on the natural immunity our immune system provides when left alone. The Bible says in Leviticus 17:11 that: **“The life of the flesh is in the blood”** and I believe that toxic substances like mercury, formaldehyde, detergents, and similar toxins that enter the blood system with every vaccination, place the body at far greater risk than experiencing the flu.

The Bible says also that: **“The wisdom of this world is foolishness with God.”** (I Corinthians 3:19) Why does man continue in his feeble attempt to improve on God?

REV. MALKMUS & RHONDA MOVE INTO THEIR NEW HOME IN THE VILLAGES



Villages Ribbon Cutting

This past Monday, November 9, we moved into our new home in the Villages of Hallelujah Acres. HALLELUJAH! By evening we had the beds up and kitchen functional. Next came the adjustment of furniture placement and the unpacking of many boxes, which is still ongoing.

Now instead of having to drive over 100 miles roundtrip to Hallelujah Acres International Headquarters in Shelby, North Carolina from where we previously lived, we can walk across the street. This move not only saves us driving some 30,000 miles annually, but saves me some 500 hours of travel time that I can put to far better use. I just realized that number of hours meant I have been spending three weeks of 24-hour days out of each year just traveling back and forth to Hallelujah Acres.

The Villages of Hallelujah Acres location is not only an absolutely beautiful place to live, but because of its close proximity to Hallelujah Acres, our store which now offers organic produce along with all the other natural foods, and soon to reopen café, are also within walking distance.

Many gorgeous lots are still available here in the Villages, and Rhonda and I are looking for neighbors. If you are interested in learning more about the Villages of Hallelujah Acres, visit us on the web at www.villagesofhacres.com.

RECIPES FOR LIFE: RAW HOLIDAY CRANBERRY SAUCE



With the Thanksgiving a week away 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](http://ecommerce.hacres.com/Hallelujah-Holiday-Recipes) 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 <http://ecommerce.hacres.com/Hallelujah-Holiday-Recipes>.

Many people include cranberry sauce as a part of their holiday meal, but usually it comes from a can. Well here is a cranberry sauce unlike any I have ever tasted, and it is not only raw, but absolutely delicious. Rhonda started making this one for me a few years ago and it's the **first cranberry sauce I go back for seconds for**. This recipe is found on page 38:

Ingredients

- 2 cups fresh cranberries (ground)
- 1 orange (grate off outer rind and then chop very fine)
- 2 ripe pears (peeled and chopped fine)
- 1 medium apple (peeled and chopped fine)
- ½ cup walnuts or pecans (chopped into small pieces)
- 4 celery ribs (chopped fine)
- ½ cup raisins or dates (if using dates, chop fine)

- 1 teaspoon cinnamon or pumpkin pie spice
- ¼ teaspoon ginger
- ¼ teaspoon allspice
- ½ cup raw unfiltered honey or agave nectar

Instructions

Grind berries; add fruits, nuts and spices. Then place all ingredients in a bowl and mix well. Cover and place in refrigerator until ready to serve. Serve on a bed of leaf lettuce. Keeps well covered and in the refrigerator for several days. ENJOY

Option: Leave berries whole and place in a saucepan with all remaining ingredients. Simmer until thickened, stirring occasionally.

*Organic ingredients are always recommended.

More Vegetarian Recipes (www.hacres.com)

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

TRAINING & WORKSHOPS

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.



Training & Seminars

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.

Florida Speaking Tour coming up in January 2010. Rev. Malkmus and Rhonda have six *God's Way to Ultimate Health* seminars scheduled in six different Florida cities in January. Paul and Ann Malkmus will follow-up with the *Where Do I Go from Here* class in four of these cities. Be watching for details!

See www.hacres.com for a complete listing of events conducted by Hallelujah Acres.

MAILBAG: HALLELUJAH DIET TESTIMONIES

RECOVERY IN 4 DAYS AFTER 5 YEARS OF DOCTOR PRESCRIPTIONS FOR PAIN



For the past 5 years I have been very sick. It started with anxiety attacks causing me not to want to be among people. Being a piano teacher this caused a great deal of difficulty for me, especially when it came to holding recitals for my students.

My doctor prescribed various kinds of medications for anxiety. They made it possible for me to function – but just barely. However, after taking these medications for some time my digestive system began to give me trouble. It started with pain in my abdomen. I checked into the hospital for tests, but they couldn't find anything. Nothing was suggested by the doctors except more prescriptions. The pain became more and more intense until it moved into my legs for which I was given another prescription, and ultimately it became so painful I had to quit my job and could only continue teaching piano by giving lessons in my home.

There were numerous trips to the emergency room (ER) because of the pain and all the doctors would do each time was give me another prescription and say 'try this and see if it helps.' Nothing did. Finally in January 2008 I was taken to the ER with severe pain in my abdomen and legs. The pain was so bad I thought I was dying. After more tests (and a bill of over \$10,000), the doctors said that they couldn't find anything wrong and gave me another prescription and told me to see my primary doctor and my gastroenterologist. I did. They each gave me another prescription and basically said they could do no more.

That's when we decided that something else needed to be done. My husband got on line and checked out several places where they put you on a different diet and lifestyle. However, most were very expensive and our insurance policy wouldn't pay for them. Interestingly, the insurance company had been willing to put out many thousands of dollars for drugs, tests, and doctor bills that didn't work previously, but they were not willing to pay for a diet and lifestyle change that had the potential of offering relief.

Finally my husband stumbled upon a website for a place called Hallelujah Acres. He was impressed with their friendliness and wiliness to help and their low cost. They also seemed very knowledgeable and we signed up for a week's stay at the Hallelujah Acres Lifestyle Center in Plant City, Florida.

When we arrived we were welcomed and immediately began a new way of eating. Their program is vegan/organic foods, lots of fresh vegetable juices, along with exercise, sunshine, fresh air and rest. After four days of this

program I was able to get rid of all the prescriptions I had been taking. I had no more anxiety, and best of all I had no more pain. I am now walking up to three miles a day and I have my life back. No more pain. No more anxiety. No more prescriptions. Praise God! And thank you Hallelujah Acres.

Faye L., Apopka, Florida

Want to Know More?

Hundreds of testimonies sent by readers just like you are located on our website. www.hacres.com

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!

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DISCLAIMER

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