

## THE HALLELUJAH HEALTH TIP

### ISSUE #629: WHAT IF EVERY AMERICAN ADOPTED THE HALLELUJAH DIET?

December 8, 2009

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

- What Would America's Health Be Like if Everyone Adopted the Hallelujah Diet?
- Swine Flu Vaccine Causing Numerous Miscarriages
- Six City Florida Speaking Tour
- Recipes for Life: Sweet Potato Casserole
- Schedule of Upcoming Seminars and Events
- Mailbag: Multiple Myeloma Cancer Recovery

Weekly digest of articles found at [healthtip.hacres.com](http://healthtip.hacres.com).

### WHAT WOULD AMERICA'S HEALTH BE LIKE IF EVERYONE ADOPTED THE HALLELUJAH DIET?



Health Care Reform

**In January 1976 I was told I had colon cancer. Not many years prior to my being told I had colon cancer; I had watched my own mother fight a losing battle with colon cancer. Mother was a registered nurse and after diagnosis was told by her doctors that her only hope of surviving the cancer was to yield her body to the medical modalities of chemotherapy, cobalt (radiation), and surgery.**

Having great faith in her profession, mother willingly yielded her body to these medical modalities. When mother was first diagnosed there was no outward indication she was even sick, but once she began the cancer treatments, I saw mother's health deteriorate quite rapidly until she died. At mother's death I was convinced it wasn't the cancer that ultimately caused her death, but rather it was the treatments she had allowed her body to be subjected to.

So in 1976 after being told I had the same type of cancer mother had died following medical treatments for, I refused any medical treatments, and went seeking an alternative to the medical route mother had chosen for her cancer.

If you have been reading my writings for very long, you know I sought the help of Evangelist Lester Roloff as to how I should deal with my cancer. Brother Roloff discouraged me from going the medical route and rather encouraged me to do something as simple as change what I ate, from the Standard American Diet (SAD) I had been eating previously, to the diet God gave Adam and Even in Genesis 1:29. He also encouraged me to drink lots of freshly extracted vegetable juices.

I took Brother Roloff's advice and overnight did something as simple as change what I ate, and almost immediately began to get well. In fact, my rectal bleeding ceased almost immediately, and in less than a year the baseball size

tumor underneath my left rib cage had simply disappeared, and all without medical interference. But not only did my cancer go away, so did all the other physical problems I was experiencing at the time.

God used that personal experience in 1976 to burden my heart to birth a ministry in 1992 called Hallelujah Acres. The purpose of the ministry was to bring to the Christian Community (and to anyone else who would listen) knowledge that when applied could “**set the captives free**”.

In 1992 I began sharing with all who would listen books and messages with such titles as “[Why Christians Get Sick](#)”, “How to Eliminate Sickness”, “[God’s Way to Ultimate Health](#).” In the beginning, most Christians shunned the message, but gradually some listened, applied the information, and **got well**.

These who got well couldn’t keep from sharing with others how greatly their health had improved after adopting The Hallelujah Diet. Soon, people from around the world were writing to tell me of the wonderful improvements in their health they were experiencing after making the simple diet and lifestyle change I was proclaiming.

Today, 18 years later, millions from around the world have adopted the Hallelujah Diet, a 100% plant-based diet based on Genesis 1:19. As a result tens of thousands of the people who have adopted the diet have written to tell me that as a result of making a simple diet and lifestyle change, they have recovered from over 170 different physical problems, **including terminal cancers**.

These testimonies of recovered health following a simple diet and lifestyle change, and without the use of any drugs or other help from the medical community, caused me to ponder this question:

---

#### WHAT WOULD AMERICA’S HEALTH BE LIKE IF EVERYONE ADOPTED THE HALLELUJAH DIET?

As I began to think about that question, especially when considering all the conflict and turmoil currently going on in both the House and Senate, as well as across this nation these days with regards to Nation Health Care, I began writing down some of the effects the Hallelujah Diet & Lifestyle could have on the health of the American people if all were to adopt it:

---

#### SICKNESS WOULD CEASE

One of the great tragedies of the current health care debate is the complete absence of consideration of the **causes** of the sickness and diseases people are experiencing. Sadly, all the rhetoric of the day concerns the treatment of disease after the person has become ill and how to pay for these treatments, rather than how to prevent these physical problems from occurring in the first place.

The bible tells us in Proverbs 26:2 that without a **cause**, sickness will not occur: “**So the curse causeless shall not come.**” Thus, if every American was to adopt the Hallelujah Diet, most sicknesses would cease! Why? Because when a person adopts the Hallelujah Diet they stop putting into their mouth the food and drink that has **caused** the physical or mental problems they were experiencing.

What most folks fail to realize is that every physical and mental problem being experienced today has a cause. And what is that cause? Almost every physical and mental problem being experienced today is caused by improper diet and/or lifestyle, and when we correct our diet and lifestyle, those problems almost always simply and usually quite quickly go away, and we don’t get sick anymore.

Sadly, we live in a society where we are taught that the physical problems we experience are not our fault; that our physical problems are caused by bad genes or bad germs, or bad viruses or bad bacteria, or some other outside and uncontrollable force, rather than being told that we can take control of our health by simply being careful not to place into our body the food and drink that cause physical problems.

Most doctors, because they have practically no training in nutrition in medical school, when asked by their patient if diet might have something to do with their physical problem, are told that what they eat has absolutely nothing to do with the physical problems they are experiencing. Sadly, it is like the blind leading the blind, and both fall into the same realm of sickness.

Doctors are just as sick as the patients they treat, experiencing the same physical problems their patients come to them to be treated for. This is understandable when you realize that the average doctor has less than two hours of training in nutrition during their eight years of preparation to be a medical doctor. God says in Hosea 4:6, **“My people are destroyed for lack of knowledge.”**

Next, let’s take a look at the meals being served sick people in our hospitals. When you do, you will find that the food and drink being served are the very things that caused the physical problems they are in the hospital trying to recover from. Unknowingly, the hospitals are providing the food and drink that not only caused the illness but will likely cause it to reoccur.

Because the person experiencing the physical problem has been told by their doctor that what they eat has nothing whatsoever to do with the physical problems they are being treated for, they will continue to consume the very same food and drink that caused their physical problem in the first place.

Another facet of a hospital stay includes the taking of prescribed drugs. So, do these drugs take away the problem; or rather does that person usually have to remain on those drugs for the rest of their life in order to keep the symptom from returning, while often having to take another drug to subdue the adverse effects of the previously prescribed drug? Sadly, no one ever gets healed of the physical problems they go to doctors and take drugs for.

As I have traveled to most states in America as well as to a number of foreign countries these past 18 years sharing God’s Health Message, I often make the following statement during the seminar: “You tell me what your physical problem is, and I can usually tell you what you ate or drank to caused it.”

Then I proceed to name what I call the **“Five Killer Foods”** the very foods that have contributed to or been the cause of the physical problem they are suffering with. After I discuss these five killer foods and share what physical problems these killer foods are causing, I encourage people to eliminate these foods from their diet.

Finally I encourage them to adopt an 85% raw plant based diet, including the abundant use of freshly extracted vegetable juices. These raw foods and their juices are what rebuild the immune system and essential organs. As the immune system and essential organs rebuild cell by cell, the body’s own self healing mechanism kicks in, seeks out the problems, and almost always the body simply heals itself of whatever the physical problem was.

**If all the people of the America would make the simple diet and lifestyle changes we proclaim here at Hallelujah Acres, sickness could be practically eliminated, and Health Care costs drastically reduced.**

In [Health Tip #625](#), dated November 10, 2009, I began listing the physical problems people have reported recovering from after adopting the Hallelujah Diet. In that Health Tip I listed 45 different physical problems.

In [Health Tip #626](#), dated November 17, 2009 I listed 45 additional physical problems that had gone away after adopting the Hallelujah Diet.

Following is a listing of an additional 45 more physical problems people have reported improvement in or recovering from after adopting the Hallelujah Diet to add to the previous 90:

- Kidney stones
- Knees: arthritic pain
- Leg cramps
- Leukemia
- Light-headedness
- Liver problems
- Losing hair
- Lupus
- Lyme Disease
- Lymph node inflammation
- Malnutrition
- Manic Depression
- Memory loss
- Menstrual problems
- Mental capacity
- Mental clarity
- Metal toxicity
- Migraines
- Mineral imbalance
- Miraculous recovery from fatal accident
- Mitral stenosis
- Mitral valve prolapsed
- Mood swings
- Motion sickness
- Multiple sclerosis
- Muscle cramps
- Muscle spasms
- Nausea
- Neck pain
- Night sweats
- Numbness
- Obesity
- Osteo-arthritis
- Osteoporosis
- Ovarian cysts
- Overweight
- Pain in back, hips, joints, knees, etc.
- Panic attacks
- Peripheral arterial disease
- Pimples
- PMS
- Pneumonia
- Polio
- Polyps
- Positive attitude

I am out of room once again, but will try and continue the listing next week. From the 135 physical and mental problems listed thus far, it should be quite obvious to most that **God gave us a miraculous self-healing body**, and that when we bring conditions conducive to healing about within it, the body will almost always do what God designed it to do, which is heal itself of whatever the problem is.

---

#### 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.

## SWINE FLU VACCINE CAUSING NUMEROUS MISCARRIAGES



For months, this editor has, in spite of all the government produced information to the contrary, been warning people of the dangers inherent in the H1N1 swine flu vaccine, including potential danger to pregnant women.

Amazingly, U.S. health authorities have made pregnant women one of the highest priority groups to receive the H1N1 vaccine, completely ignoring and failing to warn pregnant women of the potential dangers associated with a vaccine that received practically no testing as to its safety before release.

This strong endorsement of the H1N1 swine flu vaccine for pregnant women by government authorities comes in spite of a package insert that comes with the vaccine saying **the safety of these vaccines for pregnant women has not been established.**

Because of the strong endorsement of the vaccine by government officials, and their dire warnings of the dangers pregnant women could face if they did not receive the H1N1 swine flu shot, many pregnant women have allowed the vaccine to be injected into their bodies.

Sadly, because government officials failed to warn pregnant women of the potentially devastating side effects of the vaccine, horror stories from pregnant women who received the H1N1 swine flu vaccine are beginning to pour in from across the nation.

The information contained in the link below I believe will shock and anger most readers, and I trust will cause those pregnant women who have not as yet received the vaccine, but were considering receiving the H1N1 swine flu vaccine, to seriously reconsider.

**[Organic Health November 11, 2009](http://organichealthadviser.com/archives/shocking-h1n1-swine-flu-vaccine-miscarriage-stories-from-pregnant-women-tell-your-doctors-that-vaccines-and-pregnancy-do-not-mix)**

**[\(<http://organichealthadviser.com/archives/shocking-h1n1-swine-flu-vaccine-miscarriage-stories-from-pregnant-women-tell-your-doctors-that-vaccines-and-pregnancy-do-not-mix>\)](http://organichealthadviser.com/archives/shocking-h1n1-swine-flu-vaccine-miscarriage-stories-from-pregnant-women-tell-your-doctors-that-vaccines-and-pregnancy-do-not-mix)**

\*If you have a friend or loved one who is pregnant, and has not as yet received the H1N1 vaccination, please be sure to forward this article on to them so that they can at least be aware of the potential risks of receiving the H1N1 swine flu vaccine before they accept it.

## SIX CITY FLORIDA SPEAKING TOUR



**Our Florida Speaking Tour** is coming up in January 2010. I will deliver the "[God's Way to Ultimate Health](#)" seminar in six different Florida cities. Paul and Ann will also be joining me in several of these cities to present the "[Where Do I Go From Here?](#)" class.

Get more information on any or all of the below seminars on the [Hallelujah Acres Event Calendar](#) or call **704.481.1700**.

### **Tallahassee, FL**

**Thursday, January 14** at 6:30 PM  
Abundant Life Fellowship Church  
3881 North Monroe Street.

### **Tampa, FL**

God's Way Seminar:  
**Saturday, January 16** at 10:00 AM  
Where Do I Go From Here?  
**Saturday, January 16** at 3:00 PM  
Doubletree Hotel Tampa Westshore  
4500 West Cypress

### **Naples, FL**

God's Way Seminar:  
**Sunday, January 17** at 2:00 PM  
Where Do I Go From Here?  
**Monday, January 18** at 6:00 PM  
Doubletree Hotel Naples  
12200 Tamiami Trail

### **Plantation, FL**(west of Fort Lauderdale )

God's Way Seminar:  
**Thursday, January 21**, at 6:00 PM  
Where Do I Go From Here?  
**Thursday, January 28** at 6:00 PM  
Quality Inn Sawgrass Conference Center  
1711 N. University Drive

### **Kissimmee, FL** (just south of Orlando)

God's Way Seminar:  
**Saturday, January 23** at 10:00 AM  
Where Do I Go From Here?  
**Saturday, January 23** at 3:00 PM  
Clarion Resort Waterpark & Conference Center  
2261 East Irio Bronson Memorial Highway

### **Jacksonville, FL**

God's Way Seminar:  
**Sunday, January 24** at 2:00 PM  
Where Do I Go From Here:  
**Monday, January 25** at 6:00 PM  
Crowne Plaza Jacksonville Riverfront  
1201 Riverplace Boulevard

\*Please Note: There is a charge for the *Where Do I Go From Here* class. \$45 per person / \$10 for spouse (children 12 and under admitted free with parent).

Seminars and classes are not always on the same day in the same city.

The God's Way seminar is free of charge.

## RECIPES FOR LIFE: SWEET POTATO CASSEROLE



Christmas is just around the corner and we're sharing recipes from Rhonda's book [Hallelujah Holiday Recipes – From God's Garden](#). 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. It is available online or by calling 1-800-915-9355.

[Sweet Potato Casserole](#) (This recipe can be found on Page 128) While most of the recipes we share here are raw, we do on occasion share a cooked recipe. This recipe is a cooked one and very delicious. Rhonda serves it most years as a part of either our Thanksgiving or Christmas meal.

### Ingredients

#### Potatoes

- 3 OR 4 Sweet Potatoes (or enough to make 3 cups)
- 1 teaspoon Vanilla Extract
- 1/2 cup Rice Milk (or Almond Milk)
- Pure Maple Syrup to taste

#### Topping

- 1 cup Pure Maple Syrup
- 1/3 cup Whole-wheat pastry flour
- 1 cup Pecans (chopped)

### Instructions

Bake sweet potatoes, cool, peel, and mash. Mix in the remaining ingredients and place in a 1½-quart casserole dish, which has been spread with liquid lecithin, and add below topping.

To make the topping, combine topping ingredients and spread over sweet potatoes already in casserole dish. Bake 20 minutes at 300 degrees. ENJOY!

\*Organic ingredients are always recommended.

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

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 and on our website. 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 go to the [Hallelujah Acres Suggestion Box](#) to submit it. ([www.hacres.com/contact/ideas](http://www.hacres.com/contact/ideas))

## SCHEDULE OF UPCOMING SEMINARS & EVENTS



Training & Seminars

### Rev. Malkmus on Memphis Radio Station

Rev. George Malkmus will be featured on Dr. Moore's Wellness Show on KWAM 990 AM in Memphis, Tennessee on Saturday, December 12 at 3:05 PM. If you're in Memphis, be sure to tune in!

---

### UPCOMING EVENTS

- Dec. 10: [What's So Special About BarleyMax?](#) Free Webinar
- Dec. 25: **Merry Christmas!**
- Jan. 1-2: [Culinary Class](#), [God's Way Seminar](#) & [Where Do I Go From Here Class](#)
- Jan. 7: [60 Days to a Hallelujah Waistline Kickoff](#)

See [the event calendar](#) for a complete listing of events conducted by Hallelujah Acres. ([www.hacres.com/education/event-calendar](http://www.hacres.com/education/event-calendar))

## MAILBAG: HALLELUJAH DIET TESTIMONIES



Testimony

We continue reporting on the great success of our most recent Health Minister Training. Over 70 people from across America and from around the world joined the over 9,000 previously trained Health Ministers at this training.

Each in attendance filled out an application which was a prerequisite to attend training, and as a part of their application they shared their testimony as to physical improvements they noted after adopting the Hallelujah Diet, as well as why they desired to attend Health

Minister training.

---

## MULTIPLE MYELOMA CANCER RECOVERY

[Rose G., who lives in Gulf Shores, Alabama](#), told us about her husband who is now cancer-free. She went on the diet only to encourage him and testifies "I am off all medications and have lost 30 pounds!"

In January 2004 my husband Tim was diagnosed with multiple myeloma cancer and the oncologist wanted to immediately start him on mega doses of chemotherapy and then do a bone marrow transplant. Tim told the oncologist that he would have to think about it before giving permission to use those medical treatments.

I immediately started doing all kinds of research online for alternative treatments. Almost everywhere I searched led me to The Hallelujah Diet and Lifestyle. We both immediately started the Hallelujah Diet. In the meantime, Tim went to a Cancer Treatment Center of America and also to Mayo Clinic for second opinions.

Of course both told us that a diet change could have no effect on the healing of cancer. Then we went to Tijuana, Mexico and to the Oasis of Hope Hospital as well as the Gerson Clinic and the Hoxey Clinic. They all found that Tim was doing so well on The Hallelujah Diet that they told us to just keep doing what we were doing.

We kept reading and learning more and more about eating a healthy diet and living a healthy lifestyle, while Tim kept having his blood work checked on a regular basis. In January 2010, it will have been six years since Tim refused the doctor route for his cancer, and through a simple diet and lifestyle change, with no help from the medical community, he is cancer free. Praise the Lord!!!

When Tim made that diet and lifestyle change in January 2004, I made the diet change with him so that I could better encourage and support him. As a result of my adopting the Hallelujah diet and making some lifestyle change, I am off three different prescriptions for high blood pressure, as well as prescriptions for arthritis, high cholesterol and thyroid. As a result of making that diet change and without any further doctoring, I am off all medications and have lost 30 pounds.

By the way, prior to Tim's diagnosis of multiple myeloma, he had for 45 years owned and operated a meat processing plant in Battle Creek, Michigan. Needless to say, Tim is no longer in the meat processing business and realizes that the meats he was processing cause cancer.

We know the diet works. I have met many people besides Tim and myself who have seen marvelous improvements in their health after they began eating the way God intended. I have to admit, though, that it hasn't been an easy road for Tim and me. We have occasionally strayed from the diet but always return quickly to it because we know that this is the way God wants us to eat. And we feel so much better when we stay strictly with the Hallelujah Diet.

The Bible tells us that "to know to do right and to do it not is sin." And so it is not only because of the wonderful healings both Tim and I have experienced, we are convicted to stay completely on the diet. We now live in Gulf Shores, Alabama and there is such a need for someone to help spread the message that "You Don't have to be sick." I feel God speaking to me to become a Health Minister so that I can help the many people who question me about the diet. I already have a family that has started the diet and seen great improvements in their health, while they are working on getting their son off the drugs the doctor's have him on for hyper-activity.

So many people here in Gulf Shores have expressed interest in The Hallelujah Diet and I have loaned out many books and videos. There is no Health Minister in this area as far as I know and I would like to be the one to fill that need.

I would have to say that the greatest thing God has done for me, after salvation of course, is when He brought information to us concerning a diet change that God used to heal Tim of cancer. Also, I have an 18-month-old granddaughter and her mother is feeding her The Hallelujah diet. Hallelujah!!!

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

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

[www.hacres.com/library/testimonies](http://www.hacres.com/library/testimonies)

### Share Your Story

Share your testimony in the [Hallelujah Acres Suggestion Box \(www.hacres.com/contact/ideas\)](http://www.hacres.com/contact/ideas) and it may appear in a future Health Tip and on the Hallelujah Acres website. 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  
[healthtip.hacres.com](http://healthtip.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.