

## THE HALLELUJAH HEALTH TIP

### ISSUE #633: THE HALLELUJAH DIET - AMERICA'S BEST WEIGHT LOSS PROGRAM

January 5, 2010

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

### THE HALLELUJAH DIET - AMERICA'S BEST WEIGHT LOSS PROGRAM



Rev. George Malkmus

On January 7, 2010, Hallelujah Acres will launch a 60 Days to a Hallelujah Waistline, a program to help all who wish to participate obtain a slimmer, healthier waistline. The program will include weekly webinars, daily e-mail tips to inspire and keep you informed, along with many other perks. To learn more about this incredible weight loss program as well as how to register to participate in the program, visit [60 Days to a Hallelujah Waistline](#).

With over 60% of America's population overweight and obesity rapidly becoming an epidemic among not only adults, but also our youth, I believe it is high time Americans learned about a weight loss program that achieves better results, faster, and at less cost than any other available today. The name of this weight loss program is ***The Hallelujah Acres Diet and Lifestyle! And this Diet originated with God!***

#### HOW SERIOUS IS THIS EXPANDED WAIST LINE PROBLEM

With over 60% of the American population overweight, that means that over 180 million Americans are carrying at least 10 pounds more than they should be carrying for their height and bone structure. An estimated 54 million are defined as "clinically obese", which means that they weigh 20% or more than their recommended ideal weight. A smaller, yet rapidly growing number are considered "morbidly obese" which means that their excess weight is putting such a strain on their body they could die at any moment.

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## HOW EFFECTIVE IS THE HALLELUJAH DIET IN LOSING WEIGHT

Though we have hundreds of testimonies of folks losing 50 pounds or more after adopting The Hallelujah Diet and Lifestyle, I will share just a few of those testimonies below, and then if you desire, you can go to [Weight Loss Testimonials](#) and read many more.

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## CLENT LOSES 206 POUNDS IN TEN MONTHS ON THE HALLELUJAH DIET

As for the kinds of weight loss results others have obtained after adopting The Hallelujah Diet, you might like to learn about Clent M. After adopting The Hallelujah Diet in January 2008, by October 2008, ten months later, Clent had lost 206 pounds. You can read all about Clent's remarkable weight loss in his own words, as well as see some pictures of him, in our featured testimony of [Health Tip #53](#).

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## THIRTY-TWO ADULTS LOSE OVER 700 POUNDS IN JUST SIX MONTHS

Several years ago I taught, at my pastor's request, a 12-lesson course titled *Biblical Nutrition 101* over a six-month period in the church I was attending at the time. Thirty-two adults completed the course, and on the final night of the class, those who had completed the course reported a combined weight loss of over 700 pounds during the preceding six months. The course I taught is available as a [FREE download](#).

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## THE CAUSE OF EXCESS WEIGHT AND OBESITY

Before we proceed any further, I want to bring to our attention a verse from the Bible that bears heavily on this issue of excess weight and obesity. The verse is found in Proverbs 12:2, and reads as follows: ***"The curse CAUSELESS shall not come."***

As we take a closer look at the subject of excess weight, obesity, and expanded waistlines, we need to realize that the **"curse"** (excess weight, obesity, and expanding waistlines) will not occur without a **"cause."** And in most instances, the **"cause"** of excess weight and obesity is not in the genes or glandular, but rather in the food choices of the individual who is carrying that excess weight.

Following are the major factors contributing to excess weight:

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## THE REFINED SUGAR FACTOR

**Refined sugar is an addictive drug and the primary cause of weight gain.** The average man, woman, and child in America consumes some 172 pounds of refined sugar each and every year. This amount of sugar breaks down to approximately 50 teaspoons of refined sugar being consumed each and every day of the year by every person in America. And this doesn't even factor in the sugar derived from the refined carbohydrates, which rapidly turns into sugar.

If a person were to consume just one 12 oz. can of soft drink a day for one year, they could increase their weight by 15 pounds. Yet, there are overweight people who consume liter bottles of these soft drinks daily. Refined sugar is extremely high in caloric value. Consider also that sugar is invariably baked or cooked into some high-fat, high salt, irresistibly tempting goodies like ice cream, cakes, cookies, cinnamon buns, etc., ingredients that cause the

body to gain even more weight. Because refined sugar is an addictive drug, the person who wants to lose weight, will usually continue to consume it.

The USDA recommends that the average adult, consuming a 2,000-calorie diet, should consume no more than 40 grams of sugar per day from all sources. It might startle the average person to learn that just one teaspoon of refined sugar contains 4 grams of sugar and 16 calories. Thus one 12 oz. soft drink, contains 11 teaspoons of sugar, and the person who consumes that single soft drink places into their body 44 grams of sugar and about 176 calories. In other words, that single soft drink contains more sugar than the USDA recommends for the entire day. If the average person consumes 50 teaspoons of sugar daily from all sources, that person placed into their body 200 grams (5 times USDA recommended limit) of sugar and over 800 calories.

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#### AREN'T ARTIFICIAL SWEETENERS AND DIET SODAS A BETTER CHOICE?

Regarding artificial sweeteners – Many believe that artificial sweeteners and diet sodas are a better choice, but not according to Dr. Neal Nedley, who writes in his book *Proof Positive* (on page 187) the following: “Do the low calorie soft drinks really work? ... One study of over 75,000 women ages 50-69 found that users of artificial sweeteners were significantly more likely than non-users to gain weight over time. ... We found that hunger increases after drinking aspartame sweetened soda.”

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#### THE REFINED CARBOHYDRATE FACTOR

Refined carbohydrates (such as white flour products and white rice) contribute to making a person fat, just as refined sugars do. Unrefined carbs, such as whole grains, beans, legumes, fruits and vegetables, help keep a person lean. The difference between a refined carb and an unrefined carb is FIBER. In fact, unrefined carbs pack a powerful punch when it comes to fighting fat.

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#### WHY FIBER IS SO IMPORTANT

Scientists at the University Hospital of London, Ontario compared the FIBER intake of different individuals. They found that those individuals who had a healthy weight ate 30% more FIBER than the overweight individuals. **The only source of FIBER is plant foods, and because The Hallelujah Diet is extremely high in the use of plant foods, the diet is exceptionally high in FIBER content.**

High FIBER foods help people lose weight for several reasons: First, because the food contains FIBER, it requires more chewing time, and thus slows down food intake. Second, FIBER has more bulk, and thus fills the person up with fewer calories. Third, FIBER stabilizes blood sugar levels and stimulates less insulin secretion, which translates into weight loss. And since we can't digest FIBER, we can't absorb calories from it.

In his book *Carbohydrates from Hell, Carbohydrates from Heaven*, author James Krystosik has this to say about FIBER: “Anyone trying to improve their health and lose weight should take advantage of FIBER, one of nature's best appetite suppressants. Remember FIBER is a non-digestible form of carbohydrate, which passes through the digestive system without ever adding one single calorie. FIBER absorbs water, swells inside the stomach, and creates a sense of fullness. Now your brain gets the message that your hunger has been satisfied. High FIBER foods also satisfy the sensation of hunger longer than refined food, which means you end up eating fewer calories and thus lose weight.”

And let's not forget that refined grains, in addition to helping make one fat, upsets normal blood sugar levels, causing mental and physical imbalances. When refined starches are eaten, a high percentage of the starch is quickly broken down into simple sugars, hitting the bloodstream and causing alarm to an exhausted pancreas and/or adrenals. In short, this amounts to the same objectionable diabetic/hypoglycemic reactions initiated by refined sugars.

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## THE ANIMAL FAT FACTOR

The average American consumes a high-fat diet. For instance, the average consumer of animal source foods in America consumes some 100 pounds of animal fat yearly. This becomes important when we recognize that weight gain is often related to getting too many calories from fat rather than getting them from complex carbohydrates as God intended. In the research lab, animals on high fat diets gain more weight than their peers on a low-fat regimen—even when both groups eat the same number of calories.

Animal source foods are the primary source of fat in the average diet. Each of the following foods provides the body with 10 grams of saturated fat: 2 cups of whole milk; 1 double hamburger; 2/3 serving of macaroni & cheese; 1 cup of ice cream; 2 cups of plain yogurt; 2 slices of American processed cheese. (Source: *Proof Positive*, page 24)

Cheese has the honor of being one of the most fat-laden foods being consumed today! Often, people will consume a salad (which is a healthy food), but then load it up with cheese—a very unhealthy and fattening food! Cheese is one of the most destructive foods one can place into their body!

Fat contains 9 calories per gram. Therefore, each pound of fat (454 grams) contributes 4,086 calories. If the average person consumes 100 pounds of animal fat per year that means that person consumes 408,600 calories per year, or 1,119 calories from animal fat each and every day of the year, which amounts to approximately half of their daily caloric intake.

When we add the 800 calories from refined sugar being consumed by the average person each day, to the average of over 1,000 calories from animal fat being consumed by each person each day, we learn that most of the calories being consumed each day originate in the two most fattening foods one can consume. Is it any wonder the average person in America is overweight?

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## THE TABLE SALT FACTOR

Table salt, besides being a poison and totally devoid of FIBER, causes the body to retain fluid. In reality, it is not the table salt that retains the water, but rather the body retains the water so that the toxic sodium/chloride concentration is reduced, thus causing less irritation and less caustic concentrations. In other words, the body recognizes the table salt as a poison and acts to protect itself, by diluting the highly irritating crystals.

This retained water adds water weight to the body. When a person stops placing table salt into their body, the body starts releasing the retained water to keep all that toxic sodium/chloride from doing damage. This is why it is not unusual for a person to lose 6, 8, 10, 12 or even more pounds within just a matter of days after adopting The Hallelujah Diet, a diet that eliminates table salt.

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## EXCESS WEIGHT AND AN EXPANDING WAISTLINE IS A MATTER OF CHOICE

One of the reasons The Hallelujah Diet is the very best weight loss program available in America (actually the world) today, is because it eliminates all four of the above fat-producing, waistline-expanding items found in the Standard American Diet (SAD). Yes, The Hallelujah Diet eliminates the very items responsible for most of the excess weight and obesity plaguing over 60% of our nation's people.

In place of all these fat-producing items, The Hallelujah Diet provides highly nutritious, complex carbohydrate, healthy, predominantly raw foods that nourish the body. Yes, God knew what He was doing when He gave Adam and Eve that original Genesis 1:29 diet—and it also provides the very best source of nourishment available today.

This editor, soon to be 76-years of age, after 34 years on The Hallelujah Diet, has a flat, rock hard, muscular stomach, a 32" waistline, and weighs in at 142 pounds at 5'9" in height. My wife Rhonda lost 85-pounds her first year after adopting The Hallelujah Diet. Won't you consider giving The Hallelujah Diet a try by joining thousands of other who will be giving the diet a try for 60 days? To learn more go to [60 Days to a Hallelujah Waistline](#).

*(To be continued...)*

## TRUTH & KNOWLEDGE - KEYS TO A HEALTHY BODY AND MIND

The prophet Hosea had the following to say regarding KNOWLEDGE approximately 2,800 years ago:

*"My people are destroyed for lack of KNOWLEDGE: because thou hast rejected KNOWLEDGE . . ."*  
*(Hosea 4:6)*

Then some 800 years later Jesus had the following to say regarding KNOWLEDGE:

*"And ye shall KNOW the truth and the truth shall make you free." (John 8:32)*

In John 1:14, the Apostle John reveals the source of all TRUTH and KNOWLEDGE?

*"And the Word (Jesus Christ) was made flesh, and dwelt among us, and we beheld his glory, the glory as of the only begotten of the Father, full of grace and TRUTH."*

And in John 14:6, Jesus proclaimed Himself to be the source of all TRUTH when He said to His disciples:

*"I am the way, the TRUTH, and the life . . ."* *(John 14:6)*

And where do we find all this TRUTH and KNOWLEDGE the Bible speaks of? Why, it's in the very Scriptures found in God's book the Bible:

*"All scripture is given by inspiration of God, (Jesus was God manifested in the flesh – See John 1:1-14) and is profitable for doctrine, for reproof, for correction, for instruction in righteousness that the man of God may be perfect, thoroughly furnished unto all good works." (II Timothy 3:16–17)*

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## TRUTH & KNOWLEDGE – KEYS TO A HEALTHY BODY AND MIND

So if the Scriptures are “*profitable for doctrine, for reproof, for correction, for instruction in righteousness that the man of God may be perfect, thoroughly furnished unto all good works*”, would it not be wise to turn to these Scriptures to not only find the SOURCE OF TRUTH & KNOWLEDGE which contains the KEYS TO A HEALTHY BODY AND MIND?

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## THE BOOK OF GENESIS CONTAINS THE KEYS TO A HEALTHY BODY AND MIND

The keys to a HEALTHY BODY AND MIND are found in the beginning chapters of the book of Genesis which begins with these words: “***In the beginning God created the heaven and the earth***” (Genesis 1:1) and is followed by an accounting of the first five days of creation in Genesis 1:2-25.

Then on the sixth day of creation God said:

“Let us make man in our image, after our likeness . . . . So God created man in his own image, in the image of God created he him; male and female created he them.” (Genesis 1:26-27)

“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life: and man became a living soul. And the Lord God planted a garden eastward of Eden; and there he put the man whom he had formed. And out of the ground made the Lord God to grow every tree that is pleasant to the sight, AND GOOD FOR FOOD . . . “(Genesis 2:7-9)

“And a river went out of Eden to water the garden . . . . And the Lord God took the man, and put him into the Garden of Eden to dress it and to keep it. And the Lord God commanded the man, saying, of every tree of the garden thou mayest FREELY EAT.” (Genesis 2:10-16)

And in Genesis 1:29 God gave instructions for what we have been seeking, how to obtain a HEALTHY BODY AND MIND. And here is what God wrote:

“AND GOD SAID, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; TO YOU IT SHALL BE FOR MEAT (FOOD).”

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## MILLIONS, BY ADOPTING THE DIET GOD TOLD ADAM TO CONSUME IN GENESIS 1:29 HAVE OBTAINED A HEALTHY BODY & MIND

Yes, God had it right in the very beginning, when He told Adam that all the nourishment Adam needed to support the physical body God had given Him, was to be found in the foods contained in that Garden in which God had placed him.

And here at Hallelujah Acres, we have found that the Hallelujah Acres version of God’s original Garden Diet, when consumed, has produced for most who adopt it, a Healthy Body & Mind.

## FIRST SEMINAR OF THE NEW YEAR A TREMENDOUS SUCCESS



Training & Seminars

This past weekend was the New Year's long weekend. We debated whether we should go ahead with Rhonda's Culinary class on New Year's Day, and our first Saturday-of-the-month, God's Way to Ultimate Health seminar, on Saturday, January 2<sup>nd</sup>. Because it was a long holiday weekend, would anyone show up? But we decided to stay true to our commitment to a first-Saturday-of-the-month seminar and went ahead.

Then to make things even more difficult, the weekend was an extremely cold one for Shelby, North Carolina, with snowfall in the Appalachian Mountains and surrounding states. Friday and Saturday were also bitterly cold with strong northwest winds, not conducive to folks going out of doors and traveling to a seminar.

Well in spite of all the negative circumstances, Rhonda had 22 in her Friday Evening Culinary class and nearly 200 showed up for the Saturday Seminar and 33 stayed after the seminar for the Where Do I Go From Here class? For the seminar we had folks who had traveled from a dozen different states to attend. They were here from Michigan, Connecticut, Massachusetts, Ohio, West Virginia, Virginia, Kentucky, Alabama, Georgia, South Carolina, Tennessee, and of course from across North Carolina.

And the testimonies shared by those in attendance before Rev. Malkmus delivered his God's Way to Ultimate Health message were, as always, outstanding. Our next God's Way To Ultimate Health seminar here at Hallelujah Acres will be held on the first Saturday of February, which will be February 6<sup>th</sup>. Why don't you mark your calendar right now and start making plans to attend? The information shared in these seminars are changing and even saving lives.

## FLORIDA SPEAKING TOUR – JANUARY 14 - 28



On the Road

**Our Florida Speaking Tour** is coming up this month, 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 five of these cities to present the "[Where Do I Go From Here?](#)" class.

Get more information and register online for the "Where Do I Go From Here?" classes at <http://www.hacres.com/florida> or call **704.481.1700**.

## RECIPES FOR LIFE: HEARTY LENTIL SOUP

Since the month of January in most areas of the United States is the coldest month of the year, let's feature for the rest of this month, some nice hearty and warming soups. And yes, these soups will be cooked, but let's also remember that The Hallelujah Diet includes 15% cooked foods.

For this first week of January, I will share the recipe for a [Hearty Lentil Soup](#), but I trust that our readers will send me their favorite soup recipes to share in the remaining weeks of the month. Leave a comment with your favorite soup recipe, or submit it to us through our [Suggestion Box](#), and don't be surprised if you find your soup recipe in one of the following weeks' Health Tips. The recipes can be raw or cooked, but they **must be vegan** (contain no animal products), and contain no refined sugar, refined grains, or table salt. Don't forget to check out more recipes at [www.hacres.com/recipes](http://www.hacres.com/recipes).

There is just something warming and comforting about a homemade bowl of a vegetarian soup on a cold winter's evening. This lentil soup should fill the bill, and by the way, lentils are very inexpensive, thus making a very economical meal.

### Ingredients\*

- 1 teaspoon extra virgin olive oil
- 1 medium onion (diced)
- 1 carrot (sliced)
- 4 cups vegetarian soup broth (homemade or purchased)
- 1 cup dry lentils
- ¼ teaspoon black pepper
- ¼ teaspoon dried thyme
- 2 bay leaves
- ½ teaspoon Celtic sea salt or Himalayan salt (to taste)
- 1 tablespoon lemon juice (freshly squeezed)

### Instructions

In a large pot, sauté the onions and carrots in the oil until onions turn clear. Add vegetable stock, lentils, and seasonings. Reduce heat, cover, and simmer until lentils are soft (about one hour). Remove bay leaves and stir in lemon juice. Serve with a nice garden salad and some hearty whole grain bread.

\*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

### UPCOMING EVENTS

- Jan. 7: [60 Days to a Hallelujah Waistline Kickoff](#)
- Jan. 14: [God's Way to Ultimate Health – Tallahassee, FL](#)
- Jan. 16: [God's Way to Ultimate Health – Tampa, FL](#)
- Jan. 16: [Where Do I Go From Here – Tampa, FL](#)
- Jan. 17: [God's Way to Ultimate Health – Naples, FL](#)
- Jan. 18: [Where Do I Go From Here – Naples, FL](#)

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



### SICKNESS AS A RESULT OF IGNORANCE

[William](#) is a 59 years old Evangelist who lives in Conyers, Georgia, and has been on The Hallelujah Diet for four years. At our recent Health Minister Training this past November, he shared how after adopting the Hallelujah Diet and Lifestyle he experienced the following improvements in his health.

“Since adopting the Hallelujah Acres Diet and Lifestyle in 2005, I have recovered from diabetes, hypertension and asthma. This recovery began after being diagnosed with both diabetes and hypertension in 2005, when I started searching for a natural solution to these health problems by reading Dr. Malkmus’ book *Why Christians Get Sick* and his paper publication, *Back to the Garden*.

“After reading the book and then the testimonies of others, who had improved their health by simply adopting the Hallelujah Diet and Lifestyle, I made the diet and lifestyle changes for myself, jumping in with both feet. That was when my healing began. As a result of making these changes, it wasn’t long before not only my diabetes and hypertension were gone, but also my asthma. Now I am maintaining my health by staying on The Hallelujah Acres Diet and Lifestyle while thanking God for healing me.

“After seeing my family members – my dad, mother, brothers, and sisters suffer with severe illnesses such as diabetes, hypertension, cancer, liver diseases, and seeing two brothers having to have their feet amputated and three of them on dialysis, and after experiencing healing from many of these same problems by simply making a diet and lifestyle change, I realized that sickness was not God’s will, but simply a result of our ignorance in how to take care of the physical body God has given us.

“I desire to attend Health Minister training because Hallelujah Acres not only teaches that God has provided a way and given us instructions in His word as to how we can live and be healthy, but has proven in the testimonies given by those that have applied this information that we know is truth, because it works. God has also given me a mandate to bring this healing and freedom message to His people and I will be incorporating this Health Message into my evangelistic meetings.”

William's wife [Julia](#) is a mammographer who adopted The Hallelujah Acres Diet and Lifestyle only a year and a half ago. Julia shared the following:

"In 2007 I was being doctored for a lung infection, and during my regular visit to my regular doctor found him away and was seen by a different doctor who was not familiar with my condition. This new doctor ordered me to take an over the counter cough medicine which I had never taken before. Almost immediately following the taking of this cough medicine, my blood pressure went way up and my thyroid levels elevated.

"At my husband's recommendation, I adopted The Hallelujah Acres Diet and Lifestyle and my physical problems simply and quite quickly went away. My lung condition was no more and my thyroid nodules decreased in size, my "T" numbers returned to normal, and my overall health improved dramatically. I will continue to follow the Hallelujah Acres Diet and Lifestyle because I now know that is not only the way for my husband to obtain and maintain his health, but for me to obtain and maintain my own health.

"I desire to become a Hallelujah Acres Health Minister because I find myself surrounded by people who eat like I used to eat and as a result are sick like I used to be. These people often question my new diet and lifestyle and I want to be able to help them by being more informed about the intricacies of the Hallelujah Diet."

#### **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](http://www.hacres.com/contact/ideas) ([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

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## 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.