

THE HALLELUJAH HEALTH TIP

ISSUE #741: HALLELUJAH ACRES (1997-2001) - THE GROWING YEARS

January 31, 2012

In this issue of the Hallelujah Health Tip:

- Feature Article: Hallelujah Acres History — 1997-2001
- GARDENING GUIDE #37: Pruning Blueberry Bushes
- HA News: How Accurate Is pH Testing?
- HA Featured Event: Come Celebrate Our 20th Anniversary
- Calendar
- RECIPE: Winter Salad
- Mailbag: The Nurse Who's Seen It All

Weekly digest of articles found at healthtip.hacres.com.

FEATURE ARTICLE: HALLELUJAH ACRES HISTORY — 1997-2001



Rev. George Malkmus

In [previous Health Tips](#), I shared how God used a colon cancer diagnosis in 1976 to birth a health ministry called Hallelujah Acres, and how we struggled during its early years.

In this week's Health Tip I want to pick up where we left off, sharing **how Hallelujah Acres grew from 1997 to 2001**.

To God Be The Glory

As I reflect on what has transpired, the words of that great Christian hymn come to mind: **"To God be the glory, Great things He has done"** I want to say right up front that **without God's leading and help, Hallelujah Acres would not have become a reality**.

Man can only do so much, but when God is in it, **all things are possible!**

1997 – Hallelujah Acres Moves To North Carolina

The location of our ministry on a mountaintop in Tennessee was **running out of room**; we started a search for a new location. A business man from Shelby, North Carolina attended one of my seminars there in Tennessee and shared that he owned a building that would be perfect for our ministry.

The location was ideal – **45 minutes from the international airport in Charlotte**, North Carolina and within an hour's drive to four interstate highways. Shelby had a small enough population (20,000), to have the small town appeal, but large enough to provide all basic needs and less than an hour's drive to Charlotte, the largest city in North Carolina.

The owner of this Shelby property knew that we didn't have much financially to purchase the building so **he allowed us to move into the building while he held the mortgage** and allowed us to pay off the mortgage as finances allowed. We moved into our new facility on November 1, 1997.

1997 – Paul Malkmus Joins Hallelujah Acres

Early in 1997 Rhonda and I knew **we needed someone to help us manage a ministry that was growing too big** for ma and pa to keep track of and oversee. My thoughts turned to my son Paul who was a career man in the U.S. Air Force. **Paul was just three years from achieving the 20 years needed for retirement** when I contacted him.

I told him I needed help but **he wasn't interested as he was intent on securing his retirement** and preparing for a business career thereafter. But **he had enough curiosity to come and see what was going on** at dad's Hallelujah Acres.

He came for **Health Minister training in 1997** and was **blown away by the testimonies of healing** and by the ministry potential of Hallelujah Acres.

He went back to where he was stationed in Florida and asked his general to release him early. The general told him "No way, you are committed for three more years." No amount of petitioning appeared to change the general's mind, but **we were all praying the general would let him go.**

Just a week before Hallelujah Acres was to move to North Carolina, the general called Paul into his office. He said, **"I don't know why I am doing this, but I am going to let you go."**

Paul asked the general why he had decided to let him go early and the reply was "I really don't know, **it just seemed the right thing to do.**" The general may not have known, but we who were praying knew! **God does hear and answer prayer!**

Paul completed the paperwork and prepared to move to Shelby.

Many people do not know realize **the sacrifice Paul made** to come to Hallelujah Acres. By leaving the military early, **he forfeited his retirement income** that took 17 years to build. Until he left the Air Force he had been involved in intelligence and communications with higher security clearances than some of the generals at the pentagon he had briefed.

Paul arrived at Hallelujah Acres on November 1, 1997, **the very day we moved into our new facility in Shelby, North Carolina.** With Paul taking over the business end of things, I was able to concentrate on the ministry aspect of Hallelujah Acres.

Before moving from Tennessee to Shelby, **Hallelujah Acres had 11 employees** and only a few were able to make the move with us. Paul immediately had his work cut out for him! He hired new staff, learned the business part of the ministry, and refined its operations.

Today, **Hallelujah Acres has a staff of almost 60 people**, has a **huge web presence**, produces its own **products**, and ships products across North America and to 139 other countries.

Paul and his wife Ann are a tremendous duo! They are totally dedicated to helping to take God's health message to the world.

I am thrilled that **my son will be here when I graduate to heaven** to carry on the ministry Rhonda and I began in that little store front in Rogersville, Tennessee 20 years ago.

1998 – Dr. Donaldson Joins Hallelujah Acres

In 1997 I received a letter from [Michael Donaldson](#), a fine Christian young man, who was to soon **graduate from Cornell University with a PhD in Chemical Engineering**. He expressed interest in joining Hallelujah Acres as our research scientist since his wife was able to correct some serious pregnancy problems after adopting The Hallelujah Diet.

Most of those graduating from Cornell in Michael's class were going into the drug industry but Michael wasn't interested in going in that direction. So we asked him to come to Hallelujah Acres for an interview. Michael shared how he would like to **scientifically validate the Hallelujah Diet and make sure it had no weaknesses**.

We were so impressed that we invited Michael to join us and be a part of the Hallelujah Acres team. Michael has done an outstanding job these past 14 years constantly making sure that the Hallelujah Acres diet was the best it could be. Michael is still with us and has **12 children**. All of his children were born at home.

1998 – Hallelujah Acres Canada Opens



Shangri-La Health Resort

Around 1978 while I was a lecturer at the Shangri-La Health Resort in Bonita Springs, Florida (which was closed for 18 years and is [now open again](#)), a Canadian couple was in one of my lectures. The reason they were there was because **Bev Shouldice, a business man from Canada** had been diagnosed with terminal cancer and the doctors had given him no hope of surviving. Bev and his wife were searching for an alternative way of dealing with the cancer — a way that would offer some hope.

Years later, I received a letter in which they told how, after hearing my lecture, **Bev had adopted the diet I was advocating in my lectures at the Shangri-La**, and Bev's cancer had gone away as a result of the diet change. When they wrote me that letter they had just learned about Hallelujah Acres and were trained as Health Ministers.

It wasn't long after that training that Bev contacted me. He wanted a **Hallelujah Acres in Canada** to bring God's health message to Canadians. Bev offered their home in rural Shallow Lake to be the Headquarters of Hallelujah Acres. **Bev and his wife Dot ran Hallelujah Acres until Bev's death at age 91**; some 30 years after Canadian doctors had pronounced his cancer death sentence.

Upon Bev's passing, **we moved [Hallelujah Acres Canada](#) to the city of Toronto** where it continues to grow and help multitudes. **Judy Fleming** (who worked with Bev and Dot) now manages our Canadian operation and we now have hundreds of Hallelujah Acres trained Health Ministers scattered across the Canadian provinces.

Through the years I **traveled extensively throughout Canada** holding seminars in most of the Canadian provinces. I also conducted Health Minister training at the Hallelujah Acres Canadian headquarters in Shallow Lake for many years.

1998 – Rhonda's [Recipes For Life](#) Recipe Book Is Published

When Rhonda adopted The Hallelujah Diet due to her debilitating arthritic condition in 1990 (of which she completely healed within a year) **there were very few recipe books available** that supported the primarily, raw plant-based diet Hallelujah Acres advocates.

So, Rhonda set out to write a recipe book. Rhonda, like me, had never written a book before, no less a recipe book. **It took her two years to write the book and it turned out to be a tremendous success.** The book has 358 pages, over 400 recipes that fit The Hallelujah Diet, and it has a spiral binding for ease of use.

Over a **quarter million copies of this book are now in print** and in 2011 it was **the [best selling book](#) of all books Hallelujah Acres carries!**

1999 – First Women's Retreat

For years Rhonda had tried to get me to hold a Women's Retreat at Hallelujah Acres. I told her that women wouldn't travel across America by themselves to attend a seminar. Boy was I wrong! In 1999 when I finally said "ok" and that first Women's Retreat, it was **the biggest event we had ever held**, and has continued to be **the biggest event each year.**

2000 – Rev. Malkmus Takes The Health Message To Australia

In the year 2000 I took the Hallelujah Acres health message to Australia's six largest cities – Cairns, Brisbane, Sydney, Melbourne, Perth, and Adelaide. **The trip was a tremendous success** with an average of 500 in each meeting. During that trip I personally trained some 50 Australia health ministers.

2001 – Rev. Malkmus Takes The Health Message To South Africa

In South Africa I delivered **seven seminars in six days to an average crowd of 600.** In Cape Town I had 600 in attendance at a Saturday morning seminar, and upon completion of that seminar there were 600 more waiting to hear God's health message. **I did back to back seminars that day.** I was 68 years of age at the time.

I was in the air over 53 hours that week and not long after returning home, while lecturing, **suffered a hemorrhagic stroke.** I was rushed to the Shelby hospital where the doctors wanted to immediately airlift me to Charlotte for cauterization of the bleed and start me on intravenous drugs.

All medical treatments were refused, doctors ordered me out of the hospital and **I was sent home by ambulance to die.** Rhonda immediately started me on The Hallelujah Recovery Diet and within a week a neurologist could find no lingering physical or mental limitations. Doctors believe **the stroke was caused by the stress experienced on that South Africa trip.**

On **February 4, 2012,** at my First Saturday of the month, "God's Way to Ultimate Health" seminar at Hallelujah Acres International Headquarters in Shelby, North Carolina, Hallelujah Acres will celebrate its 20th Anniversary. In

addition to the seminar, **many special things are planned for that day** including a **healthy birthday cake** to be enjoyed by all who attend the seminar, plus each person will get a **20th Anniversary lapel pin**. Y'all come!

Next Week, the good Lord willing and if the creeks don't rise too high, we will pick up where we have left off here in 2001 and share how Hallelujah Acres has continued to grow to where it is today! I trust you will join us as we continue to share the rest of the story.

GARDENING GUIDE: #37: PRUNING BLUEBERRY BUSHES



Less is more when it comes to blueberry bushes! Willi Murray demonstrates how much to cut so you can expect a bumper crop in summer!

[Sign up for the Health Tip](#) to receive notification of new Gardening Guide videos every week!

HA NEWS: HOW ACCURATE IS PH TESTING?



“My husband and I recently adopted the mostly raw Hallelujah Diet due to my husband’s recent diagnosis of **prostate cancer**. We adopted the diet rather than submitting to the surgery and radiation therapy route the doctor prescribed. After being on the diet a short time **we both did a litmus test to check on whether our bodies were too acidic or not**. My test showed I was fairly normal but **my husband’s revealed that he was highly alkaline**. Is this bad?”

SHIRLEY L.

Editor Responds

Random testing of urine or saliva really **tells us very little**; these tests are **not a very good guide as to the acidity or alkalinity of the body fluids**.

The body will **automatically maintain a stable blood pH of 7.35 to 7.40** as this is critical to sustaining life. Other body fluids have different pH levels.

Ideally, the first morning urine pH will be 5.8 to 6.2; that is **if the liver is detoxifying the toxins** throughout the night. The **pH testing values will vary** if one has to get up during the night to urinate.

Saliva pH also varies but is often slightly acidic (under a pH of 7.0). Wwhen checked about 15 to 30 minutes after eating or drinking, it should move into the alkaline range.

Because there are so many variables, **we discourage people putting too much stock in pH testing** of their saliva and urine.

I never check my pH. The Hallelujah Diet, after one has been on it for a period of time, should automatically keep the pH levels of the blood, urine, and saliva just right.

Eat right, exercise right, and **pH will be right almost 100% of the time!**

HA FEATURED EVENT: COME CELEBRATE OUR 20TH ANNIVERSARY

This weekend will be a BIG one at Hallelujah Acres in Shelby, NC — it's **Hallelujah Acres' 20th anniversary** and you're invited to the party!



Rhonda Malkmus

Friday Evening, February 3: An Evening With Rhonda Malkmus

Rhonda's Culinary Class begins at 6:30 pm. Her theme for this class will be **"A Valentine Banquet"**, and will feature a vegetable juice she has named "Heart Throb". Then she will prepare a **full course meal** for you to learn how to prepare and taste when it's done! Cost is \$30 per person and [registration is required](#).



Rev. George Malkmus

Saturday Morning, February 4: God's Way To Ultimate Health

Rev. Malkmus' three-hour [God's Way to Ultimate Health](#) seminar begins at 10:00 a.m. sharp, during which we will celebrate **Hallelujah Acres 20th Anniversary**. Those in attendance will receive a **free copy of Hallelujah Acres Health News magazine**, a **20th anniversary souvenir pin**, and a slice of **anniversary cake!**

The seminar is without charge, but come early to get a good seat. At our regular first Saturday of the month seminar, folks usually start arriving before 9:00 a.m., and **we expect to fill the auditorium for this special day!** Our health food store will be open at 9:00 a.m. with sample snacks available, and a special video begins at 9:30 in the auditorium.



Upcoming Events

Saturday Afternoon, February 4: Where Do I Go From Here?

At 1:30, it's our three-hour ["Where Do I Go from Here?"](#) class with **Paul and Ann Malkmus**, which takes you through **a day on The Hallelujah Diet**. You will see **how simple preparation of Hallelujah foods can be** and **sample these foods** as well. They will also give you some **helpful shopping tips**.

Cost is \$45 per person, \$10 for spouse or child aged 13+ (children 12 and under admitted free with parent). You can sign up once you arrive, but [pre-registration is appreciated](#).



PLUS... In February, Rev. Malkmus has two more "**God's Way To Ultimate Health**" seminars in Florida: one in [Jacksonville](#) and the other in [Tampa](#). Both seminars begin at 10:00. If you live in these areas please plan to attend and bring someone with you.

We look forward to meeting you, and if you can't attend and you know someone who lives in the areas where these seminars will be held, please let them know about the opportunity. For more information regarding these seminars

RECIPES FOR LIFE: WINTER SALAD



Salad in winter? You bet! Here's a yummy combination that blends all the best tastes of the season.

Available online at
<http://www.hacres.com/recipes/cards/winter-salad/>

Organic ingredients are always recommended.

INGREDIENTS

- 3 cups romaine lettuce (torn into bite-size pieces)
- 3 cups baby spinach
- 1 cup pecans or walnuts (chopped coarsely)
- ¼ cup organic raisins
- 1 sweet apple (peeled, cored, and diced)
- 1 pear (peeled, cored, and diced)

DIRECTIONS

Prepare all ingredients, place in serving bowl, add dressing, toss, and ENJOY

More Vegetarian Recipes (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](http://www.hacres.com/contact/ideas) to submit it. (www.hacres.com/contact/ideas)

SCHEDULE OF UPCOMING SEMINARS & EVENTS

February 2: [God's Way Seminar- Forest City, NC](#)
February 3: [An Evening with Rhonda](#)
February 4: [God's Way To Ultimate Health Seminar](#)
February 4: [Where Do I Go From Here Seminar](#)
February 11: [God's Way Seminar- Tampa, FL](#)
February 18: [God's Way Seminar- Jacksonville, FL](#)

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

MAILBAG: THE NURSE WHO'S SEEN IT ALL



Many responded to [last week's Health Tip](#) in which I shared some of the difficulties I faced in taking God's health message to the world. Below I share a few of those responses along with several wonderful testimonies including one from **a nurse who has seen the dark side of cancer both in her work life and personal life:**

"I adopted The Hallelujah Diet six months ago after being diagnosed with **breast cancer**. I adopted the diet because I did not want to follow traditional treatments.

As a result of making this lifestyle change, **my tumor is getting smaller**, and as a side benefit have **lost 45 pounds**, a couple of other health issues have been completely resolved and **I have been able to stop ALL medications**. I feel GREAT! The Hallelujah Diet is the real deal!

I should know because **I have been a nurse for 36 years** and for the past 10 years worked with cancer patients medically, so **I know all about cancer treatments and I know what works and what does not work**.

If you have health issues, or just want to get healthy, **please check out Rev. Malkmus' seminars** being held in Tampa and Jacksonville Florida during the month of February."

LISA M.

"Dear Rev. George, I want to thank you for your very inspiring Health Tips. I have read two of your books – '[The Hallelujah Diet](#)' and '[God's Way to Ultimate Health](#)'. I was diagnosed with **chronic myeloid leukemia** in 2010, and adopted The Hallelujah Diet. **I feel great and healthy** but the doctors say I am not yet in complete remission.

I live in Africa and have access here to most of the Hallelujah Acres products for which I am thankful."

TESSY A., AFRICA

"Just got home from the doctors. Everything is awesome as always – **all my blood work is PERFECT**. On The Hallelujah Diet my **blood pressure is excellent; weight improving dramatically; bone density that of a 22-year-old**. Follow up in six months.

Now heading to the kitchen for a nice glass of carrot juice and starting supper. I'm having vegan split pea soup this evening – yummy!"

CARLA B.

“Dear George, Thank you so much for sharing your early years story. I have tried to share The Hallelujah Diet with others and became discouraged because **no one wanted to share the journey**. Feeling so alone I returned to lots of cooked foods for a few months and lost almost all the improvements I had attained when on The Hallelujah Diet.

Because of your Health Tip **I am returning to The Hallelujah Diet** because of your perseverance and the fact that God brought your seed to fruition, as He will do mine, in His time.”

GINNY L.

“Thank you so much for sharing your story. I had no idea you went through such difficult times. Yet through it all you **kept your focus on what God had led you to do** and it was well worth the wait. Being so open with your own struggles gives others hope while going through their challenges. Thank you for being such a blessing.”

SANDIE C.

“Rev. Malkmus, **I’m so glad you stayed with your health message and didn’t grow weary**. God has truly blessed you after such a long, hard journey. I started The Hallelujah Diet over four years ago and have seen some good results.

Three years ago [I became a Health Minister](#) and have been working with a cancer support group sharing alternative means of dealing with cancer. **We share The Hallelujah Diet** and a number are following it. Keep up the good work. I am just a year younger than you. God bless you and all at Hallelujah Acres.”

GRACE L.

“Dear Brother Malkmus, I purchased two of Rhonda’s recipe books at the North Carolina Fair two years ago. **I told one of my nieces about Hallelujah Acres and she attended one of your seminars.**

Following the seminar she adopted The Hallelujah Diet and within a couple of months was well and able to go back to work after being out of work for over a year on disability. **The Hallelujah Diet saved her life!**

I just read your Health Tip and wanted to share that as a child I met Lester Roloff. He came to my parent’s home in the Caribbean with Brother Bob Mayer who had led my parents to the Lord. I just wanted to share the memory as **Brother Roloff had left an impact on me and my family with his vegan way of eating.**

Hope that I can someday attend one of your seminars. May God keep blessing you and your ministry!”

MARIA V.

[Share Your Story](#)

Has the Hallelujah Diet made a difference in your life? We'd love to hear about it. Please consider sharing your testimony with us and allowing it to be an encouragement to others. [Click here to start.](#)
(www.hacres.com/library/testimonies/submit-yours)

Want to Know More?

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

UNTIL NEXT TIME...



I look forward to these opportunities to share a healthy lifestyle each week through this electronic Health Tip. 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

(If you would like Rhonda and this editor to include you in our prayers as we kneel by our bedside each evening, [send us an email here.](#))

DISCLAIMER

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