



Why Christians Get Sick

A book that looks at the cause of most diseases

After a bout with colon cancer, Rev. George Malkmus discovered the same "secret" that many others have found: the way to enjoy good health and prevent or cure cancer, heart disease and other ailments is with proper exercise and a diet of natural foods -- specifically raw fruits and vegetables.

But that's hardly new news. Rev. Malkmus was not the first -- and he is working diligently to ensure that he will not be the last -- person to get excited over the discovery that people can change their health and the way they feel, simply by changing their diet and lifestyle. Nor is it new for some -- including Rev. Malkmus, who was diagnosed with colon cancer 17 years ago -- that this discovery can actually mean the difference between life and death.

But what is unique about the message of Rev. George Malkmus is that he has taken the very latest scientific knowledge of health, nutrition and diet, verified these theories through his own personal experience... and then shown that this modern-day knowledge is the same as God's original plan for man as taught in the Bible.

In his book, *Why Christians Get Sick*, Rev. Malkmus helps the reader to get a grasp on this latest scientific knowledge about health, which begins on the cellular level. Our body's 125 trillion cells must constantly be cleansed and replaced with its DNA and RNA. Malkmus notes that cells cannot properly cleanse themselves or renew when the body is full of junk, poison and inadequate nutrients. He says the only food that can be used to rebuild a healthy living cell is live food -- specifically raw fruits and vegetables. His book supports this position with the opinions of nutrition and medical experts, people who have tried the diet, and a bibliography of 70 books.

And Rev. Malkmus cites more than 150 Bible verses in *Why Christians Get Sick* to support these conclusions. In fact, he writes, "Yea, all that men needed to know in order to live a healthy, happy, successful, spiritual life is found in the pages of the Bible!"

For example, he notes that only in relatively recent times has science learned what the Bible has been telling us for millennia: that the human body is made from "the dust of the ground." It is easy to see that a body made up of living, natural elements from the Earth would need living, natural food from the Earth to renew its cells.

As to the need for exercise, Genesis 3:19 commands: "In the sweat of thy face shalt thou eat bread . . ." After man sinned, "The Lord God sent him from the Garden of Eden to till the ground..." (Genesis 3:23).

Citing this verse, Rev. Malkmus writes: "Here is what I am getting at... the further man removes himself from the way God intended man to live, the more likelihood there is that man will experience problems!" We are "not only eating processed, packaged foods almost totally devoid of nutritional value, loaded with chemicals, but no physical exercise was required to obtain them."

Rev. Malkmus reminds us that the Bible warns of the consequences of defiling our body, citing I Corinthians 3:16 -18: "Know ye not that ye are the temple of God and that the spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy: For the temple of God is holy, which temple ye are." But he notes, "The average person uses more care in selecting the grade of gasoline to put into their automobiles than they do the food they put in their mouth."

He notes that since World War II, our food has been increasingly contaminated with chemical pesticides and preservatives that weaken our immune systems and cause an array of physical problems. "There is no such thing as a safe chemical," he emphasizes. "Most Americans just take it for granted that if it is a product sold for food, that it is safe to eat. NOT SO! It's also amazing, but true, that the average person never associates his physical problems with what he eats or drinks." And then, when people get sick, instead of changing their diet or lifestyle that caused the problem, they turn to drugs offered by the medical profession.

Rev. Malkmus laments, "Christians are just as drug-oriented as non-Christians." He warns: "Health cannot be restored by taking drugs! Drugs cannot rebuild the cells of the body! The body is self-healing, when healthful practices are followed! Just as you are able to witness the healing of a cut... on the exterior as the body heals itself... just so it heals on the inside when conditions are made favorable for it to do so!"

He quotes Sir William A. Lane, a world authority on medical matters and regarded as England's foremost abdominal surgeon, addressing the John Hopkins Hospital and Medical College: "Gentlemen, I will never die of cancer. I am taking measures to prevent it... It is caused by poisons created in our bodies by the food we eat... What we should do, then, if we would avoid cancer, is to eat... raw fruits and vegetables; first, that we may be better nourished; secondly, that we may more easily eliminate waste products... We have been studying germs when we should have been studying diet and drainage . . The world has been on the wrong track. The answer has been within ourselves all the time... Drain the body of its poisons, feed it properly, and the miracle is done. Nobody need have cancer who will take the trouble to avoid it."

But Malkmus shows the American Medical Association has played a major role in fighting against the recognition that what we eat is related to our health.

After reading *Why Christians Get Sick*, it is clear there are two basic approaches to health care. One is to prevent disease by a more natural diet and lifestyle, and the second is to consume all the chemical food additives, processed foods, meat, sugar, salt, white flour and dairy that society has to offer, and then accept whatever drugs and surgical operations are prescribed as a cure.

Statistics in the book reveal that one million Americans die from heart disease every year, while a half-million die from cancer. Cancer is killing more children between the ages of 3 and 14 than anything else. One out of every three Americans will develop cancer during their lifetime, and more than \$5 billion a year is being spent on cancer treatment.

For Rev. Malkmus, these represent more than just numbers and statistics. His father died from a heart attack. His mother died from colon cancer. He was seeing dedicated Christian evangelists struck down at the height of their careers with disease. And in 1976, Rev. Malkmus was diagnosed with colon cancer at age 42. He was baffled as to why good Christians were sick and dying despite the passionate prayers of fellow Christians.

As he began an endeavor to heal his own body, Rev. Malkmus also began an intense search that would ultimately lead to an answer to his deeply heart-felt question: *Why Christians Get Sick*. He concludes that Christians get sick because they have violated the natural Laws of God and accepted modern society's diet and lifestyle. To solve problems caused by this, they seek man-made solutions in the form of prescribed drugs, rather than changing back to the diet and lifestyle that God originally intended.

In *Why Christians Get Sick*, Malkmus attempts to educate readers about the consequences of such a choice, but his emphasis is on the positive. He warns, "Many people in the world have shunned Christianity because they think it is only a religion of don'ts, and many of the Christians they come in contact with are anything but positive and happy. The world needs to see a consistent, positive Christianity! Christians need to accentuate the positive for their own mental and physical well-being as well as to show a negative old world something different! Something better! Christians ought to be the healthiest and happiest people on the face of this earth!"

Malkmus concludes his book with suggestions on how this can become a reality. It's enough to make you turn off your soap operas, give up your frozen TV dinners and walk outside in the fresh air to enjoy the full beauty of God's creation... and maybe even plant a row of carrots while you're out there.