

Endorsements

Reverend George Malkmus has done it again. He motivates, teaches, and advocates people to regain their health from the consumption of God's miraculous symphony of healing nutrients found in nature's garden. Natural plant foods unleash the big artillery to fight the war on cancer—and win.

Joel Fuhrman, M.D.

Author of *Eat To Live and Disease-Proof Your Child*

This book is another incredible resource from Dr. George Malkmus and Hallelujah Acres. I was diagnosed with advanced stage melanoma cancer during the winter of 1999. The tools you will learn as you read this book are the very truths I used to overcome a very scary diagnosis. You, too, can discover your God-given, self-healing body. Diets are temporary and so are the results. This is a lifestyle change, one that saved my life and one that I will never regret! Be encouraged as you devour this resource and the vast expanse of wonderful foods that are available to you.

Jerrold Sessler, NASCAR Driver
Sessler Motorsports

Following the teachings of Rev. George Malkmus in *The Hallelujah Diet*, has not only dramatically improved my health, it has made an *amazing* health difference for a good number of people in our community, through the classes we teach in our church. Rev. Malkmus has done a great service not only for the Church, but also for America and the world, by writing *The Hallelujah*

Diet. The book is well researched and written in such a way that anyone can follow this simple path to health by applying the principles found in these pages. We highly recommend *The Hallelujah Diet*!

Pastor N. Richard Lewis
Living Savior Baptist Church
North Myrtle Beach, South Carolina

Dr. Malkmus is a true champion of nutritional healing. He has chosen the difficult path of motivating people to overcome convenience and comfort in favor of health and longevity. As a cancer specialist of 22 years, I can tell you that more than 50 percent of all cancers can be prevented or reversed just by applying the principles outlined by Dr. Malkmus. Make an investment in your family's health—read this book.

Francisco Contreras, M.D.
Chairman, President, and Chief Oncologist
Oasis of Hope Hospital

The Hallelujah Diet is awesome! Dr. Malkmus does an excellent job of telling us what is wrong with our unhealthy lifestyle and how to change it. Thank you, Dr. Malkmus, for your hard work, research, and courage in teaching biblical truth so that we don't have to stay sick.

Pastor Alvin Tallant
Maryville, Tennessee

As a pastor, it is my belief that the Lord has provided an answer in His Word for everything that mankind faces, whether it be spiritual, physical, or anything else. Because of its biblical foundation, it is with great privilege and honor that I endorse this book.

My wife and I have been following the principles of the Word of God in our lives for many years, and they have always worked. Almost a year ago we were introduced to the principles of *The Hallelujah Diet*, and we have been living this lifestyle ever since and are both experiencing better health and well-being. When anyone takes the principles of God's Word and applies them to their life, they will see *great results*. All who read this book and apply its principles will find that not only will they be

renewed physically, but spiritually as well. Rev. Malkmus has taken his many years of research and the results he, his wife Rhonda, and others around the world have experienced while living this lifestyle, to let everyone know that *you don't have to be sick*.

I wholeheartedly endorse this book and its author. It is my prayer that you read and follow the principles given in this book so that you can experience the life that God intended for you to have. The Bible is a book of principles, that when followed, we experience an abundant, blessed life. So also, I believe you have before you a book based on principles from the Bible that when followed, you can experience a full, vibrant, healthy life in order to better serve our Lord Jesus Christ.

Pastor Jerry Stines
Solid Rock Baptist Church
Granite Falls, North Carolina

Anyone who has an interest in regaining or maintaining better health will benefit from buying and, even more importantly, reading *The Hallelujah Diet*. It is a comprehensive study guide to better health made simple. Rev. George Malkmus presents *The Hallelujah Diet* in an easy-to-understand and practical fashion. I believe anyone who applies the information and scriptural principles in this book will enjoy a more productive, enjoyable, and healthy lifestyle. I recommend a yellow highlighter in hand and a pad of paper at your side for the “notes to self” you will want to capture. Those notes will be the first draft of your health-building plan. This is not a book to be skimmed; it is one to read very carefully as you think about your plan of action into your new lifestyle of better health.

Dr. Gary R. Price
Church of the Trinity
Concord, North Carolina

George Malkmus has done it again—this time in print. He has put forth the message of nutrition and health in a practical, easy-to-understand and motivating way. Most people want to take better care of themselves, exercise, eat right, stay fit and healthy, and have the motivation to do so, but they lack the knowledge of how to make it happen. This marvelous work takes

down the barriers of ignorance that hinder so many from achieving their goal of health.

The ways of nutrition, healthy lifestyle, and health are laid out in simple, logical terms; and easy-to-grasp action steps are given for the taker. The most important part of this health manual is that it is scripturally based. God created our bodies; therefore, it would only make sense that He would know the ideal diet for us. Dr. Malkmus clearly expounds on these truths removing any doubt as to what God wants us to put into our bodies for health. In fact, God not only tells us how to feed our bodies, He even mandates, as is pointed out in Dr. Malkmus' work.

And why would God mandate that we take care of our temples? It is not just a matter of having health so we can be free of disease and feel good; the reason is because we are here on earth as Christians to further the Kingdom—working for eternal value. If we don't have health, we are of no value to the work of the ministry. Our temples are the vehicles that get us around and the vessels through which we minister. If our temple is broken down, our ability to be a conduit of God's love and hope is hampered.

Dr. Malkmus has a tremendous passion for the Kingdom, for people's hearts and lives. This work was born out of that passion, and God will mightily use the knowledge and wisdom it contains.

Dr. Joel R. Robbins
Health and Wellness Clinic
Tulsa, Oklahoma

I am alive and well because of *The Hallelujah Diet*. Dr. Malkmus provides philosophy and the "How To" to change your health. Reading it and doing it can prolong and dramatically improve the quality of your life. This book should be required reading for everyone—*now!*

Rev. Graeme Coad
Former 700 Club Chaplain

I have pastored three churches for more than 25 years, and at the present time, I have never seen so much sickness in the lives of God's people and its affects on every aspect of our ministry.

After meeting brother George Malkmus a few years ago, I came face-to-face with the truth. I realized that the number-one prayer request in our church was not for missions or souls, but for sickness. We are killing ourselves on the Standard American

Diet of fast food, and starving our bodies of what it needs to care for itself. We must learn to better care for the temple in which the Holy Spirit lives (see 1 Cor. 6:19).

Please read this book and prayerfully educate yourself on the problems with medical treatments, and then the solutions and blessings of following God's plan. It just makes sense.

Thank you, Brother George and Hallelujah Acres, for allowing God to use you.

Pastor Billy W. Boone
Calvary's Cross Baptist Church
Polkville, North Carolina

Without hesitation, I am most glad to endorse and recommend the contents of this book. In my mind, this is a masterful accomplishment, which could only be possible because of extensive research, work, and experience through which God has led Dr. Malkmus. This could not have been his first book, but is the result of many years of practical experience. It contains just about everything that is needed to be said concerning *The Hallelujah Diet* and good health. Real facts and truths, not hearsay, are beautifully presented in a well-planned and organized fashion. Many questions are answered with ample explanation and information. I appreciate the fact that he does not shy away from difficult areas where people differ, but endeavors to be open, clear, and honest in these crucial areas. Throughout the book, we are shown our own personal responsibility; and rather than presenting man's meager remedies, the author gives God the glory for His miraculous creation and provision. This book properly outlines the options that we all have after knowing the facts; absolutely no one has any excuse or a reason for not understanding *The Hallelujah Lifestyle* and enjoying good health. My conclusion is that this is a marvelous and clear layout, which makes the whole field of health easy to understand. I could not have imagined that a book could be so well written as to fully cover and explain the need and importance of good nutrition and this healthy lifestyle. This book needs to be read, digested, and experienced by everyone desiring good health.

Rev. Paul A. Travis
(On staff with) Freedom in Christ Ministries
Hendersonville, North Carolina