



Let's Start the New Year Right!

Set a Goal for Ultimate Health

By Rev. George Malkmus

With the New Year rapidly approaching, have you considered making a New Year's resolution to improve your diet? If you haven't considered it, let me encourage you to do so. Why?

Because the Bible tells us in Galatians 6:7, "Be not deceived; God is not mocked: FOR WHATSOEVER A MAN SOWETH, THAT SHALL HE ALSO REAP." If we want to enjoy the ultimate health God designed for each of us, WE MUST EAT A HEALTHY DIET!

Tens of thousands of people who have tried The Hallelujah Diet® have written to tell us that, after following The Hallelujah Diet® for a period of time, their physical problems were eliminated!

Why does The Hallelujah Diet® give such spectacular results? The answer to that question is a very simple one. When God designed the fabulous physical bodies we each possess, He designed them to run on, and be nourished with, a certain kind of fuel or food. When we put the proper fuel – living foods – into our bodies, our bodies run the way God designed them to run, but when we put the wrong fuel – dead foods – into our bodies, they do not run properly. It is that basic and simple! "WHATSOEVER A MAN SOWETH, THAT SHALL HE ALSO REAP"

When we experience physical breakdown, whether it is a weight issue, high blood pressure, diabetes, pimples, asthma, arthritis, stomach pains, cancer, colds, osteoporosis, heart attacks, strokes, headaches, or some other malady or illness, that breakdown is

symptomatic of the body responding to the wrong fuel – almost 100% of the time! As we stop putting the wrong fuel of dead foods into our bodies and start putting the right fuel of living foods in, the body will almost always automatically correct the physical problem(s) we are experiencing, and start functioning the way God designed.

Some years ago, a man wrote to tell me that, after being on The Hallelujah Diet® for only six months, he had lost sixty pounds in weight, and twenty-eight different physical problems had disappeared from his body. Our experience has shown that, within six months or less of a person adopting The Hallelujah Diet®, more than ninety percent of all physical, and even emotional problems, are gone. What is The Hallelujah Diet®? Well, really it is not a diet at all, but rather a LIFESTYLE!

Typically, a diet is something a person does for a period of time to obtain a desired effect and, when achieved, that person reverts to their old ways of eating. This is when their old problems usually return. On the

other hand, a LIFESTYLE CHANGE is something we do for the rest of our lives, and that is really what The Hallelujah Diet® is all about.

The Hallelujah Diet® is a culmination of almost 30 years of personal research, personal experiences, and listening to the testimonies of thousands of others sharing what worked and what did not work for them. During this time, I studied almost every modality out there: I spent two years studying Natural Hygiene; studied under Dr. Ann Wigmore in Boston; sat at the feet of Dr. Carey Reams; studied the writings of Dr. Norman Walker, Paul Bragg, Dr. Max Gerson, Dr. Joel Robbins, Dr. John McDougall, Dr. Dean Ornish, Dr. Neil Bernard, Dr. Joel Fuhrman, Dr. Russell Blaylock, along with scores of others. Through the years, I have had but one guiding light that kept me on the straight and narrow, and against which I weighed every modality I learned about, and that was the diet God originally gave to mankind in the Bible, in



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Genesis 1:29. And what is this God-given diet? It is simply raw fruits and vegetables, seeds and nuts! This original diet contains no animal products, no hydrogenated oils, no refined foods, no cooked foods, and no chemical additives. So Genesis 1:29 became the foundational stone upon which I compared everything I was learning. If it fit the teachings of Genesis 1:29, I pursued it further; if it didn't, I cast it aside as not worthy of consideration.

In the beginning, I practiced and taught an ALL RAW FOOD DIET, but later learned that this diet change was too traumatic for many people. I found that most people are so addicted to cooked food that totally giving it up was more than they could emotionally handle; this produced a lot of cheating, and ultimately many people threw in the towel.

To overcome this, some cooked food was added to The Hallelujah Diet®, at the end of the evening meal, and this cooked food became a reward for being good (eating all raw) the rest of the day. Surprisingly, we found that with this small amount of cooked food (15%), people were able to get the same or even better results than with the 100% raw food diet, making it doable as well as effective for the masses.

There are other things built into The Hallelujah Diet® that are extremely important. Every component has its reason for being there, and leaving out any one thing will usually reduce the effectiveness of the program. For instance, it is almost impossible to get enough nutrients to the cellular level of the body by exclusively eating raw fruits and vegetables because the nutrient levels of our fruits and vegetables are not what they used to be, and we lose over 65% of the nutrients in raw foods during the digestive process. So on The Hallelujah Diet®, we concentrate the nutrients in the raw vegetable juices and BarleyMax®. By removing the fiber BEFORE putting the food into the body, we eliminate most of the digestive process. Thus, these concentrated nutrients can go almost intravenously into the blood system without any meaningful nutritional loss or energy

drain. We also found that the diet was low in essential fatty acids and vitamin B¹², so we added a tablespoon of flax oil, a couple of tablespoons of ground flax seed, or Udo's oil daily, plus a vegetarian source of B¹². And of course, vigorous physical exercise on a daily basis is absolutely essential.

How to Begin The Hallelujah Diet®

There are two ways to begin: going 'cold turkey' or making slow changes over a period of time. 'Cold turkey' has proven to be the easiest and most effective way for the majority of the people who have gone on The Hallelujah Diet®.

When a person goes on The Hallelujah Diet® 'cold turkey', there is anywhere from a few days to a few weeks of potential detoxification – maybe experiencing a mild headache, some nausea, fatigue, pimple outbreak, diarrhea, etc. However, the majority of people do not even realize they are going through this detoxification because the effects are so minimal! Thus, usually quite quickly, the person is on the other side, experiencing increased energy and physical improvement. These rapid improvements become the motivation to stay with the program.

Making slow changes is more doable for some people, although the desired results will also take longer to achieve. Each time we consume an addictive food - sugar, animal product, table salt, white flour product, or caffeine - the body craves more of that addictive substance, thus causing a yo-yo effect that will take more time to overcome. However, small changes are better than no changes at all, and the more changes you make sooner, so too will you achieve your health results sooner!

So, as we start the New Year 2005, I trust that many of you will join Rhonda and me on The Hallelujah Diet®. Then I would appreciate your sharing with me your personal experiences on the diet by emailing me at george@hacres.com so that we can not only rejoice with you, but also share your testimony with others in our weekly Hallelujah Health TipSM to help motivate and encourage others. ■