

A LETTER FROM REV. MALKMUS, AUTHOR OF THIS SERIES OF LESSONS

Dear Friend,

You are about to embark on a series of lessons that could change your life! What you will be studying could help you eliminate existing physical problems, prevent future physical problems, or possibly even save your life.

As you work your way through the various lessons in this course, you will be challenged to make some changes. The choices you make, based on what you have learned, could affect the rest of your life. These choices may very well determine whether you live a healthy, happy, physically active life, free of doctors, drugs, and hospital bills, OR a life that is unhealthy, un happy, physically inactive, full of sickness, pain, and medical expenses. The choice will be yours to make. My prayer is that you will make the **healthy** choice.

The 12-lessons that comprise this BIBLICAL NUTRITION 101 course have been designed to be used individually or in a group or class setting. Each lesson builds on the lesson before it; thus, it is suggested that you not jump over a lesson or lessons, or you will lose the continuity.

The only exception is Lesson 10, which is titled “A Day On The Hallelujah Diet.” If at any time after you start the course you desire to implement The Hallelujah Diet, you can jump ahead to that lesson in order to get started on the diet, and then go back to the lesson you were in prior to jumping ahead.

Each lesson, through Lesson 11, concludes with 10 questions for you to answer. The purpose of these questions is to drive you back into the text of the lesson, which will help to reinforce some of the most important points. Lesson 12 has only 5 questions, which is followed by an opportunity for you to write down any changes you have made in diet and lifestyle as a result of what you have learned from the course.

The final question at the end of Lesson 12 asks: “If you have already adopted The Hallelujah Diet, what physical improvements have you experienced in your health?” It is my prayer that by the time you reach the end of the course, you will already have implemented The Hallelujah Diet and that you will already have experienced physical improvements in your body.

This series of 12-Lessons was originally written by the author to be taught in his home church, the Solid Rock Baptist Church in Granite Falls, NC. It was taught in the Sunday evening Training Service from 5:00 to 6:00 P.M., just prior to the Sunday Evening Service.

The church runs close to 200 in Sunday school, and yet the number taking this Biblical Nutrition Course averaged between 50 and 60 for most of the 12-lessons. Thirty-two of those who took the course, not only completed the course, but also answered and turned in their answers to all 117 questions asked at the conclusion of each lesson.

Following the final class, those 32 who had completed the course and answered all the questions gave testimony of what the course meant to them and, if on the diet, what changes they had experienced in their bodies as a result of adopting The Hallelujah Diet.

In that final class, those 32 finishers reported a collective weight loss of over 700 pounds. In addition, one lady reported being able to go off 12 different medications while another had lost a total of 85-pounds, along with the elimination of gout and the need for high blood pressure medication.

The husband of another couple reported a 40-pound weight loss, the wife a 39-pound weight loss, and their six-year old daughter, who had been on expensive and dangerous allergy medication almost since birth, was able to go completely off medication within 3 weeks after they had put her on The Hallelujah Diet.

Another gentleman in the church, who suffered with Type I diabetes, lost 40-pounds and was able to reduce his insulin injections from 120 units a day to 30 units a day.

These are just a few of the tens-of-thousands of testimonies we have received through the years, reporting the elimination of over 170 different physical problems as a result of making the diet change encouraged in this series of lessons. One man, after only six months on the diet, reported a 60 pound weight loss and the elimination of 28 different physical problems.

In closing, let me say that Hallelujah Acres has numerous resources to help and encourage you on your journey to Ultimate Health. If you have access to the Internet, go to www.hacres.com . You will find several hundred hours of nutritional information from a Biblical perspective, as well as instructions for signing up for the weekly Hallelujah Health Tip and our bi-monthly paper publication, *Back to the Garden*. Both are FREE!

Sincerely for a Healthy Christian Community,

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BIBLICAL NUTRITION 101

By Rev. George Malkmus

Lesson One

WHAT IS YOUR LIFE?

In the Bible, in the book of James, Chapter 4 and verse 14, we find a very interesting question being asked, and the question is this: ***"What is your LIFE?"*** Immediately, the Bible answers that question with these words: ***"It is even a vapour, that appeareth for a little time, and then vanisheth away."***

Of course, this verse is calling our attention to the brevity of LIFE! However, for a few minutes, I would like to call our attention to a particular word found in this verse, and it is that word, ***"LIFE!"*** It is amazing how many times the word LIFE is found in the Scriptures – some 300 times. The very first time we find the word LIFE being used in the Bible is in Genesis 2:7, where we read, ***"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."***

Then in Deuteronomy 30:19 we find that word LIFE being used once again. Here God says: ***"I call heaven and earth to record this day against you, that I have set before you LIFE and death, blessing and cursing: therefore choose LIFE, that both thou and thy seed may LIVE."*** And then in John 10:10, Jesus tells us ***"I am come that they might have LIFE, and that they might have it more abundantly."***

As we examine the subject of LIFE, we are going to learn some very interesting and exciting things! And we will even deal with some very controversial beliefs, held by some, pertaining to LIFE. First, let's consider the origin of LIFE. But immediately, we run into a problem, because we find that there are two distinctly different teachings available to us today as to how and when LIFE began, and those teachings are as different as night and day.

EVOLUTION

One segment of today's society wants us to believe that LIFE just happened by accident, or chance, millions and millions of years ago, when some dead mineral matter, which they cannot explain the origin of, was spinning around in the atmosphere, and collided, producing a "big bang." As a result of that "big bang," millions of years later, a single cell creature containing LIFE, squiggled up onto the shore, stretched itself, and proclaimed, "Someday, I am going to be a man." Millions of years later, this single cell finally evolved into a monkey, lost its tail,

and thus the first man came into being, ACCORDING TO THE TEACHINGS OF EVOLUTION.

This is called the "THEORY of Evolution." Actually it is a wild guess by those who do not want to acknowledge that there is a God, to explain how they got here. And though it is simply a wild guess, and scientifically impossible, this is what our children are being taught in school, not as a THEORY, but rather as a FACT, to explain where they came from and how they got here.

If there is someone reading this that still believes in the theory of evolution, I would like to challenge you with this question: "If man evolved from that single cell, and over a period of millions of years that single cell ultimately became a monkey and then a MAN, I would appreciate your explaining to me where the WOMAN came from?" Because, friend, it takes a male and a female of a species to reproduce! For evolution to be a true and accurate explanation of the origin of man, there had to be an identical evolutionary process of a second cell coming on the scene at the identical time and place in history as that first cell that became a man, that also evolved, ultimately losing its tail, only to become a WOMAN.

And by the way, there is not just the problem of where did the WOMAN come from, so that man could reproduce, but every one of the different species of animals on planet earth also needed a FEMALE of that species to evolve, at an identical place and time in history, for that animal to be able to reproduce. Evolutionists often mock those of us who believe the Bible, and tell us that it takes FAITH to believe in Creation. Well, how much MORE FAITH does it take to believe in evolution? Are you trying to tell me the theory that LIFE originated from DEAD mineral matter spinning around in the universe millions and millions of years ago is an intellectual explanation of how humans were created and how we ended up here on planet earth? YOU HAVE GOT TO BE KIDDING!

CREATION

I find it so refreshing to turn from man's feeble attempts to explain the origin of LIFE, without God, through a process called evolution, to the Bible, where we learn the TRUE origin of LIFE! In Genesis 1:1, the very first verse in the Bible, we read, ***"In the beginning God created . . ."*** And in Genesis 1:26, ***"And God said, Let us make man in our own image, after our likeness. . ."*** And in verses 27-28 ***"So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them and God said unto them, be fruitful, and multiply . . ."***

Why, the Bible even tells us how God created that first human in Genesis 2:7: ***"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 it

is a scientific fact, that man is comprised 100% of the elements found in the air and earth -- "***breath of LIFE***" and "***dust of the ground.***"

What I want to do now is bring this whole subject of LIFE down to this very moment in time, and to a very personal level, as we consider our very own LIVES, and specifically, where we each originated. Of course, those of us who believe the Bible, trace our LIFE back to God! And as a result of the offspring of those two God created human beings, Adam and Eve, human LIFE has been handed down generation after generation, for the past six thousand years, until ultimately you and I were born.

WHERE DID OUR OWN LIVES ORIGINATE

So let's go back to the very beginning of your individual LIFE. To do that, we must each go back to a specific time in history when a sperm cell from your father and an egg cell from your mother came together in union at conception, and these two cells started to multiply very rapidly in your mother's womb. Those first two cells divided and became four, then eight, then sixteen, thirty-two, sixty-four, one-hundred twenty-eight, two-hundred fifty-six, and so on. This incredibly rapid proliferation of cells continued for approximately the next nine months.

Obviously, these LIVING cells needed nourishment to grow on! So what was God's plan for the nourishment of these rapidly proliferating cells? Well, your mother ate the food, digested the food, the nutrients entered her blood system, and then flowed to her own hundred trillion LIVING cells as fuel and nourishment. But now there is a little baby, also comprised of LIVING cells, growing in mother's tummy that needs fuel and nourishment as well. So how does this little one developing in mother's womb receive the nourishment it needs to grow? Mother eats the food, digests the food, and not only does the fuel and nourishment from that food flow to mother's hundred trillion cells through her blood system, but an umbilical cord is attached to mother's blood system on one end, and to the little baby growing in mother's tummy on the other, and through the umbilical cord nourishment flows to that wee, little one as well.

And so the little baby grows, and grows, and grows very rapidly, until approximately nine months after conception, it is fully developed and ready to enter this world. As the child slips into this world, we find that something is still attached to the mother - it is called the umbilical cord. This umbilical cord has been the LIFE support system for this infant for the previous nine months! Yet one of the first things done after a child is born is to sever the umbilical cord. What have we just done? Why, we have just cut off this little baby's LIFE support system.

So what is God's plan for the nourishment of this little child now that it has entered this world? Instinctively, and I believe this instinct was put there by God, the mother takes the child and places the child upon her breast, and instinctively,

that child starts suckling the milk coming from mother's breast. But what is that white milk coming from mother's breast? Where did it come from?

Mother ate the food, digested the food, and passed the LIVING nutrients into her blood system, which not only circulated through her entire body to nourish and feed mother's LIVING CELLS, but also as the blood passed through the mammary glands in the breast, extract from the blood, along with antibodies, vitamins, minerals, and other precious nutrients, were joined by special proteins, sugars, and fats, collectively providing the perfect nourishment for her infant. It really is amazing when you think about it. But wait, it gets even better!

This white milk coming from mother's breast is in a LIVING form (it contains enzymes), and was designed by God to be the sole nourishment of that little one for the next twelve to eighteen months. That milk coming from mother's breast during those first few days has many antibodies that help to develop that little one's immune system, to protect its LIFE from foreign invaders. Day by day, just as God planned it, that milk changes composition, according to the needs of the child.

MAN THINKS HE CAN IMPROVE ON GOD

But man thinks he knows more than God, the Creator, and often, rather than placing the child on mother's breast, turns to a substitute that man has concocted to take the place of mother's breast milk. We call it formula. Now this formula is devoid of all LIFE form, and contains substances that are not only devoid of LIFE, but also very toxic to that little one. Or maybe the child is given soy milk or pasteurized cow milk - both are devoid of LIFE, because anything that comes in a container of any kind has had its contents heated to temperatures high enough to kill any LIFE form, so that the content will have a long shelf life and not spoil.

What that mother is now trying to do, is nourish the child with a fuel that is devoid of LIFE, not realizing that her little one's body is comprised of LIVING cells, which were designed by God to be nourished with LIVING food! Thus, the mother has introduced into this little one's body something the child was never designed by God to receive into its body. What happens next is very, very sad, because the child starts to react to this low-octane, devoid of LIFE, dead, toxic fuel. And just like an automobile will react to a low-octane fuel by ping and knocking, the little child starts ping and knocking. Only the ping and knocking in the child reveals itself in the form of physical breakdowns, such as colic, ear infections, throat infections, swollen glands, allergies, asthma, diaper rash, colds, fevers, etc.

Not understanding what is happening in the little one's body, and the reason for the physical problems being manifested, the mother often takes the child to a medical doctor, who has usually had no real training in nutrition in preparation to become a doctor. So the doctor does what he/she has been trained to do - write

a prescription for a drug. All drugs are not only devoid of LIFE, but also contain very toxic substances. Actually, all drugs are poisons. And so, now we have not only introduced substances into that little one that are devoid of LIFE and containing toxins, as in the formula, but now we place more poisons into the child in an attempt to deal with the child's reactions to the first violations. This starts the child down a very slippery slope that will lead to ever-increasing physical break down within his or her physical body, a body comprised of LIVING cells, which were designed by God to be nourished with LIVING food!

LESSON ONE IN REVIEW

At the conclusion of each lesson, we will review some of the most important things we have learned.

1. What are the two choices available to us today explaining the origin of life?

2. Which of these two are being taught to our children in public school?

3. Which of these two does the Bible teach? _____

4. Which of the two do you believe, and why? _____

5. In the womb, how does a baby receive nourishment? _____

6. After a child is born, on what kind of milk did God design that baby to be nourished? _____

7. When formula is given to a baby, what often happens? WHY? _____

8. How much knowledge do doctors have regarding nutrition? _____

9. How do doctors usually deal with a child's physical problem? _____

10. Is the child sick because of a lack of drugs, or a lack of good nutrition?

Lesson Two

FEARFULLY AND WONDERFULLY MADE

In Lesson One we looked into the ORIGIN OF LIFE, as taught by the evolutionists, and contrasted it with the teachings of the Bible. Then we got really personal as we looked into where each of our physical bodies originated. As we concluded Lesson One, we saw the tremendous difference it made in a child's health, when the little baby was nourished with DEAD formula coming from a can, contrasted with when the child was nourished with the LIVING milk coming from mother's breast.

Let's begin Lesson Two by spending a few minutes looking at the different ways physical bodies respond, depending on what foods are provided to that body for fuel and nourishment. As you read, be sure to take notice of how the body reacts to DEAD, cooked food, and contrast it with the difference it makes when the body is nourished with LIVING plant foods.

A LIFE AND DEATH ILLUSTRATION

To vividly show the difference between a food that is DEAD and one that is ALIVE, try this little experiment. Go to the market and purchase 5 RAW carrots and bring them home. At home, cut a half-inch piece off of the stem end of that first RAW carrot, place it in a shallow basin of water, and watch it grow. And it will grow, because it is still in its LIVING form.

Now take the remaining 4 RAW carrots, and cook them. Cook one of them in boiling water. Cook the second carrot in a steamer. Cook the third carrot in a slow 250-degree oven, and the fourth in a microwave. Now take each of those COOKED carrots out of their heat source, cut off the ends as with the first RAW carrot, place them in a shallow basin of water, and watch them grow.

Will these cooked carrots grow? Of course not! Why? Because the heat of cooking killed the life force (enzymes) within those carrots! When we cook our food, we destroy all enzymatic activity, that is, the LIFE within that carrot has been destroyed, along with a high percentage of its nutrients. With that illustration of the difference between LIVING food and DEAD food still vivid in our minds, let's see how all of this affects physical LIFE.

As we concluded in Lesson One, when we continue to violate the natural laws God established that governed a little child's beautiful, physical body, the pinging and knocking (physical breakdowns) progressively become louder and louder as that child grows older.

CAUSE AND SOLUTION TO BEING OVERWEIGHT

Excess weight often becomes a problem, and now afflicts between 60 and 70 percent of our population, and an ever-increasing number of children are being classified as "obese." Why? DEAD fuel and wrong LIFEstyle! Some years ago, Rhonda and I lived on a 58-acre mountain farm. Many deer lived on that property, and almost daily we saw those deer - anywhere from one or two, to thirty-two which we saw one evening grazing in the pasture. Interestingly, not one time in the 7-years we lived on that mountain farm, did we ever see a FAT deer! Why? Because those deer ate the LIVING plant foods God had designed for them to be nourished with!

When we humans stop trying to nourish our LIVING cells with DEAD food, and start nourishing our bodies with the LIVING plant source foods God designed for us to be nourished with, being overweight will become a thing of the past. It is all due to that irreversible law of "cause and effect - sowing and reaping!" **The Bible puts it this way, "Be not deceived, God is not mocked: for whatsoever a man (or woman) soweth, that shall he (or she) also reap."** (Galatians 6:7)

WHY DO PEOPLE HAVE TO WEAR EYEGLASSES

How many reading this were BORN with eyeglasses? I didn't think so! So why does over half of our population have to wear eyeglasses? For the next few minutes I am going to share something that I find very, very interesting. Actually, it is revolutionary! It is something that could change your life, and possibly even save your life from serious physical breakdown and possibly even an early death! Something that, when you understand it, will totally change the way you look at LIFE, and the beautiful LIVING organism you possess -- your incredible, God created, physical body.

Each one of us is blessed with a body that is comprised of approximately 100 trillion LIVING cells. Every physical aspect of our body is made of LIVING cells! Our hair and nails are made of LIVING cells - they keep growing don't they? Our skin, muscle, immune system, and even bone structure are comprised of LIVING cells, as is our entire physical body.

These LIVING cells that comprise our physical body are constantly in the process of dying and replacing themselves at the rate of approximately 300 million cells every minute of every day throughout an entire lifetime. In other words, every minute of our day, 24/7, 300 million cells die and are replaced with 300 million new cells. As these cells die and are replaced, the new cell which is replacing the old cell, is totally dependent on the building materials available within the body at the time of replacement. The quality of this building material determines the quality of the new cell.

If the building materials available are of a poor quality, the new cell will be WEAKER than the cell it is replacing! This is what happens when we eat the Standard American Diet (SAD). Why? Because the SAD is comprised almost totally of DEAD food! DEAD (cooked) food cannot provide the proper building materials with which to build a new, healthy, vital, vibrant, LIVING cell!

When we look to nature, every animal in the wild, whether vegetarian or carnivorous, eats its food in its natural, RAW, LIVING form and has ever since the creation of that species of animal by God some 6,000 years ago! Only man takes the LIVING plant foods as found growing in nature, and, before putting them into his mouth, puts them on a fire and cooks that food, thus changing it from its LIVING form, to a DEAD form.

If we will simply replace the DEAD plant foods with LIVING plant foods, foods which are still in their natural RAW, LIVING forms, then, because the cells have GOOD building material, the new cell will be EQUAL to the cell it is replacing. That was God's plan from the very beginning, as clearly revealed in Genesis 1:29. That Genesis 1:29 diet of RAW, LIVING, fruits and vegetables, seeds and nuts, is what gave God's human creation the ability to live that next 1,700 years after creation, to an average age of 912 years, without a single recorded incidence of sickness. But then, after the flood, man began to eat meat and cook his food, and the slow degeneration of the cells that comprised the physical bodies of mankind began in earnest.

Today, most of the physical bodies possessed by the people of this world, especially in our western civilization, have degenerated to a very serious degree. Why? Because, in ignorance, we have been trying to build new cells with DEAD, toxic building materials. But there is HOPE, even if the deterioration of body cells is quite advanced!

SUPERIOR BUILDING MATERIAL

Here at Hallelujah Acres, we have found a source for SUPERIOR building materials - RAW VEGETABLE JUICES! When we provide our body with this superior building material on a DAILY basis, as the old cells die and are replaced with new cells, because the dying cells have SUPERIOR building material with which to build new cells, those new cells will be of a SUPERIOR nature! Thus the new cells will be stronger and healthier than the cells they are replacing.

This is one of the most exciting things I have learned and personally experienced during the 30-plus years I have been studying nutrition and the effect the foods we eat have on the physical bodies we each possess. The most incredible and powerful building materials we can provide for our LIVING bodies, is not the LIVING, RAW fruits and vegetables, but the LIVING, RAW JUICES made from the LIVING vegetables! This is the highest-octane fuel available with which to nourish our physical bodies, available to us on planet earth today!

HOW I IMPROVED MY EYESIGHT

Let me share a personal experience I had that powerfully reveals the truths of what I have just shared. At the age of 28, my eyes started to fail me. I could not focus properly, nor see things clearly. So I went to the eye doctor, who gave me an eye examination, and, as a result of the eye examination, gave me a prescription for corrective lenses. I had the prescription filled, and when I put on those glasses with those corrective lenses, I could see sharply and clearly once again.

Now watch this - for 28-years I had been attempting to nourish my body with the Standard American Diet (SAD). The SAD is basically a DEAD (cooked) food diet. Thus, for 28- years I had been trying to nourish the LIVING cells that made up my physical body, of which my eyes were a part, with DEAD food. Thus, as the old eye cells died and were replaced with new cells, the new cells did not have quality- building materials with which to build strong new cells. Thus for 28-years, as my eye cells died and were replaced with new cells, because they did not have quality building materials, my eyes slowly deteriorated until I could not focus properly and had to obtain corrective lenses in order to see clearly.

So, I got new glasses, which allowed me to see clearly once again. But what did I do after receiving those new glasses? I continued to consume the same SAD, DEAD food diet that had caused my eyes to deteriorate in the first place. Thus, once again, as new weaker eye cells replaced the old eye cells, because they didn't have quality-building materials available, my eyes continued to deteriorate. When I went to the eye doctor a year after receiving those first corrective lenses, I had to have a strengthening of my eyeglasses. Between the ages of 28 when I first started wearing eyeglasses, and 42 when I adopted The Hallelujah Diet, I had to have my eyeglass prescription strengthened at least 3 times, as my eyes continued to deteriorate on the SAD, mostly DEAD, cooked food diet.

A GREAT BIG HALLELUJAH

At age 42 I changed my diet from the SAD, DEAD FOOD diet of this world, to the basically LIVING FOOD (Genesis 1:29), Hallelujah Diet! The Hallelujah Diet® is comprised primarily of LIVING plant foods and supplemented with raw vegetable juices. These juices are also in a LIVING form and provide THE MOST POWERFUL CELL BUILDING MATERIAL I am aware of on planet earth. Now, with these superior building materials, the body has what it needs to build new, stronger, healthier, more vibrant cells, than the ones being replaced.

Now, watch what happened! At the age of 43, after just one year of consuming a LIVING foods, plant based, Hallelujah Diet, with lots of raw vegetable juices, when I went back to the eye doctor, he had to weaken my eyeglass prescription, because my eyesight had improved. Between the ages of 42 and 65, I had to

have my eyeglass prescription REDUCED at least three times, and today, as I write this, I am in my mid-70's, and have not had need of eyeglasses since about the age of 65, for distance or for reading. HALLELUJAH!

My friend, do you realize the ramifications of what's being shared here? By simply switching from the dead food (SAD) diet of this world, to the LIVING foods (HALLELUJAH) diet, I was able to rebuild my eyes sufficiently to no longer require eyeglasses to see clearly. But this experience has not been unique to this editor! My wife, Rhonda, has been on The Hallelujah Diet for 15 years at this writing, and though she still needs to wear glasses, she has had to have her eyeglass prescription weakened four times. Hundreds of others who have adopted The Hallelujah Diet have reported similar improvement in their eyesight, and many have also been able to throw their eyeglasses away.

FEARFULLY AND WONDERFULLY MADE

But what is so exciting here, is that when we change our diet from the DEAD foods of this world, to the LIVING foods God designed our physical bodies to be nourished with, what happened to my eyes, happens to the entire cell structure of the body! Because the body now has superior building materials with which to rebuild itself, cell-by-cell, the body replaces old cells with new, stronger cells. How true are the words of the Bible where it tells us that we are **"fearfully and wonderfully made"** (Psalm 139:14), and it is very obvious that **"whatsoever a man soweth, that shall he also reap"** (Galatians 6:7), and that God's people, as well as those who even deny God, are being **"destroyed for lack of knowledge!"** (Hosea 4:6).

Sadly, most people are on a diet comprised almost totally of the wrong building materials. We call it The Standard American Diet, a DEAD food diet that is loaded with toxins. Thus, physical breakdown (pinging and knocking) progressively gets louder as they go through LIFE! Maybe it's a little high blood pressure or high triglycerides here. Maybe it's high cholesterol there. Maybe it's a little arthritis or bursitis. Maybe it's hypoglycemia, or acne, or dandruff, or, or, or...! My friend, these physical breakdowns are almost always the result of placing the wrong fuel into our bodies, a predominantly DEAD food diet, loaded with toxins.

If we stay on that low octane fuel long enough, the pinging and knocking becomes progressively louder as we continue through LIFE. It may be arthritis, deteriorating to the point where we end up in a wheelchair, or diabetes that deteriorates to the place where a limb needs to be cut off or eyesight is lost. Or it may be a full-blown heart attack, or stroke, or cancer. My dear friend, almost every physical problem we experience during our entire lifetime, other than accidents of course, is caused by our attempting to nourish our beautiful, God made physical bodies with the wrong fuel.

When we change the fuel from the basically DEAD, Standard American Diet of this world, to the LIVING plant food based diet with which God designed our physical bodies to be nourished, the body will almost always correct that physical problem! The pinging and knocking will cease, as the body literally rebuilds itself and heals itself, just as God designed. After our body has rebuilt its LIVING CELLS with LIVING FOOD (this takes about a year) and as we continue to consume a basically LIVING FOODS diet, with the abundant use of raw vegetable juices, the body will continue to maintain its health, and we won't get sick any more! HALLELUJAH! I haven't had a cold, the flu, a headache, sore throat, or upset stomach since adopting the basically LIVING foods Hallelujah Diet over 30 years ago!

Friends, what I have shared here is the heart and soul of The Hallelujah Diet, and the reason why almost everyone who adopts The Hallelujah Diet, gets well from almost every physical problem they have been experiencing, and then stays well. God didn't design us to be sick: ***"Beloved, I wish above all things that thou mayest prosper and be in HEALTH, even as thy soul prospereth."*** (3 John 1:2) We get sick because we violate the natural laws God designed this beautiful physical body to be nourished with! The body will almost always heal itself when given the proper building materials! How true are those words spoken in Hosea 4:6: ***"FEARFULLY AND WONDERFULLY MADE!"***

LESSON TWO IN REVIEW

At the conclusion of each lesson, we will review some of the most important things we have learned.

1. Our physical body is a LIVING organism, comprised of LIVING cells, and designed by God to be nourished with LIVING food! True or False? _____
2. Was the diet God gave us in Genesis 1:29 a LIVING foods or dead foods diet?

3. Does the average Christian today consume a LIVING foods diet? _____
4. Why do you eat what you do today? _____

5. What causes people to gain excess weight? _____

6. Why do people have to wear eyeglasses? _____

7. What were the foods the author used to restore his eyesight? _____

8. Do you believe “whatsoever a man soweth, that shall he also reap” applies to the foods we eat today? _____
9. Has the information learned in the first two lessons of “Biblical Nutrition 101” caused you to reconsider what you have been eating? _____
10. According to III John 1:2, what is “God’s will” for His people concerning their health? _____
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LESSON THREE

DESIGNED TO BE FORAGERS

In Lesson One, we looked into the ORIGIN OF LIFE as taught by the evolutionists and contrasted it with the teachings of the Bible. In that same Lesson, we also saw the tremendous difference it made in a child's health, when the little baby was nourished with dead formula coming from a can, contrasted with when the child was nourished with the LIVING milk coming from mother's breast.

In Lesson Two, we got really personal as we took a look into where each of our physical bodies came from, and then showed how the wrong fuel continued to manifest in further physical breakdown as a child continued to grow and be nourished with the wrong fuel.

Let's begin this Lesson by spending a few minutes looking at how God designed us to be nourished, and the different ways our physical bodies respond, depending on what foods are provided to our bodies for fuel and nourishment.

DESIGNED TO BE FORAGERS

Immediately after God created man, He placed His human creation in a garden called Eden, and told Adam that his food was to be the raw fruits and vegetables growing in the garden. Following is what God told Adam he was to eat: ***"AND GOD SAID, Behold, I have given you every herb (VEGETABLE) 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)."*** (Genesis 1:29)

Clearly, God intended man to forage for his food, just like all of the rest of God's animal creations. All that was necessary for man to do to obtain the nutrients necessary to sustain his physical body was to go into that garden and harvest the foods God had already created and placed there on the third day of creation: ***"And the earth brought forth grass, and herb (VEGETABLES) yielding seed after his kind; and the tree yielding FRUIT, whose seed was in itself, after his kind: and God saw that it was GOOD."*** (Genesis 1:12)

Thus, we see that God had created and placed these foods in the garden that were to nourish Adam, three days before He created man on day six, in preparation for the arrival of His human creation. In fact, if you take a closer look at what God created on each of the first five days of creation, you will see that all of these previous creations were necessary if God's human creation was going to be able to sustain life after God had brought him into this world – dry land on which to grow his food, air to breathe, water to drink, living plants to nourish, and the sun to keep him warm and grow the foods he was to eat!

As we enter the garden, we see all manner of colorful FRUITS and VEGETABLES. What a gorgeous site that must have been! Can't you just envision the brilliant blue sky, with the puffy white clouds, and the crystal clear atmosphere, along with all those brilliantly colored foods just waiting and ready to be plucked, for the nourishment of that just created physical body? And can't you just feel the sun's rays warming and energizing the body? Wow! This pristine Garden had been prepared by God to be man's beautiful home, as well as his source of nourishment.

AS WE ENTER THE GARDEN

As we enter the garden, almost immediately, our eyes are drawn to an apple tree, covered with beautiful, brilliant red apples that are shimmering and glimmering in the sunlight. INSTINCTIVELY we know that there are nutrients in those apples, because our Creator God had programmed that INSTINCT into man at the time God created him. Now, if those apples contain nutrients to nourish the physical body, how was man to get those nutrients contained within that apple from the cellular level of the apple to the cellular level of the body, where they must eventually go if they are going to nourish the physical body?

INSTINCTIVELY, the man goes to the tree, INSTINCTIVELY plucks an apple from the tree, and INSTINCTIVELY takes a bite from that apple. But now I must ask a very important question? Are the nutrients in that apple immediately available at the cellular level of the body as fuel and nourishment as soon as that bite of apple was taken? Obviously the answer is "NO."

So what is the next step? What do we have to do with that bite of apple? INSTINCTIVELY, we start chewing that bite of apple with the teeth God had placed in the mouth at the time of man's creation, so that apple could be processed in preparation for swallowing and digesting. Once that apple has been chewed, mixed with the saliva, and swallowed, it begins its journey through the digestive tract, a system God designed to be the means of processing that apple and placing it into a form the physical body could utilize as fuel and nourishment.

I am sure that you have already noticed that I have used the word "INSTINCTIVELY" numerous times. Why? How else did man know the apple contained nourishment, how did he know to pick that apple, bite, chew, and swallow the apple once it had been picked? I believe God the Creator placed all the INSTINCTS required to pick and process that apple into man when He created him, so that man would know where to obtain the nutrients necessary to sustain his physical life!

RAW CARROT ILLUSTRATION

To show how we get nutrients from the cell level of the foods we place into the mouth to the cellular level of the body, its ultimate destination if that food is to provide nourishment for the body, let me use a raw carrot as an illustration. If I were holding a raw carrot in my hand, you would notice that it is orange in color and comprised of very firm fiber. How do I process that carrot into a form my body can utilize at cellular level?

INSTINCTIVELY I take a bite from the carrot. Are the nutrients immediately available at cellular level? No! So INSTINCTIVELY, I place that bite of firm fiber on the flat masticating molars in the back of my mouth and start chewing on it. The teeth reduce that bite of carrot from its hard fiber form to a pulp form. Only now, after it has been reduced to a pulp form and mixed with the saliva, do I INSTINCTIVELY swallow it. This is the first step in digestion!

Now that the carrot pulp has been swallowed, it is called a bolus as it slides down the esophagus to the upper chamber of the stomach where the enzymes contained in that raw carrot work on it for a time, further breaking it down in preparation for utilization by the body. After spending some time in the upper chamber of the stomach, little by little, the stomach transfers the food to the lower chamber of the stomach, adds gastric juices to it, and grinds it into a semi liquid mass called chyme.

The chyme now bypasses the openings from the common bile duct, which is dripping digestive juices from the pancreas and gallbladder to facilitate the digestive process, into the small intestines. As the chyme travels through the three segments of the almost ten-feet of the small intestines, the nutrients, along with most of the liquid, are absorbed into the blood stream while the remaining chyme (fiber) enters the colon for eventual elimination.

ONLY NOW are the nutrients in that carrot in a form the body can utilize as nourishment at cellular level. Most people do not realize is that there is no nourishment in the fiber part of the foods we eat. All the nutrients are in the liquid, and it is only the liquid that can enter the blood stream. If the fiber could enter the blood system, it would clog up the whole system.

In his book "Live Food Juices," H. E. Kirshner, M.D. tells us that when we eat the whole raw carrot and send the juice along with the fiber through the digestive tract, we use a tremendous amount of energy in the processing, and we lose over 65% of the nutrients. Dr. Kirshner goes on to say that if our digestive tract is not functioning properly, as little as 1% of the nutrients might reach cellular level.

INTRODUCING THE JUICER

Further, Dr. Kirshner tells us that if we will run that carrot through a juicing machine prior to placing it into our bodies, the juicing machine will do much of the work normally done by the digestive system. Thus, the machine separates out the pulp and fiber from the juice before we place the carrot into our body. When we drink that juice, which now contains no fiber because there is no fiber in it, it does not have to go through the digestive process. WOW! So when we drink just the juice without the fiber, because there is no fiber in it to be processed, the juice can go almost intravenously into the blood system. When we consume the carrot in the form of juice and without the fiber, Dr. Kirshner reports that over 92% of the nutrients reach cellular level.

A blender cannot do the job of a juicer! Why? Because a blender leaves the fiber in the juice, and when the juice contains fiber, it all must go through the digestive process, which requires a tremendous amount of energy and loss of nutrients. This digestive process causes the loss of at least 65% of the nutrients. All the nutrients are contained in the juice. I am told that when the most efficient juicer is used, because the nutrients are all in the juice, which has already been separated from the fiber which is so devoid of nutrients, that horses won't even eat the carrot pulp left over after juicing.

Juicing a percentage of the vegetables we eat each day, before we place them into our bodies, is the key to the tens-of-thousands of fabulous healing testimonies we have received here at Hallelujah Acres. Because, when we place these highly concentrated, high quality, incredibly dense nutrients into our body, the body has the building materials needed to produce a cell that is superior to the one it is replacing, as our bodies' cells die and replace at the rate of approximately 300 million per minute. As the cells that comprise the immune system and essential organs have the building materials to rebuild stronger cells, the body's own built in, self-healing mechanism, kicks in, seeks out the trouble areas (physical breakdowns), and usually fixes the problem, just as God designed it to do.

We have a testimony from a man reporting that, as a result of adopting The Hallelujah Diet, after only six months, he was able to report 60 pounds of weight lost and the disappearance of 28 different physical problems from his body. My friend, what I have shared here is the very key to bringing our bodies back to health and living long and healthy lives. For the past 30-plus years, fresh vegetable juices have been a vital part of my daily food intake.

WERE THERE JUICERS IN THE GARDEN OF EDEN?

I am sure that someone out there can't wait to raise their hand and ask the question, "If juicing our foods is so important, why didn't God provide juicers in the Garden?" Good question! When God created man, man was in a pristine

atmosphere; the food was all organically grown and contained no pesticides. Also, man's body was not full of degenerative breakdowns. Thus, man could obtain all nutrients needed by his body through the natural means of digestion God had built into his body. But today, we can concentrate those nutrients found in the raw vegetables through the use of a juicer, and thus provide the body with the most incredible building materials I am aware of currently on planet earth.

For those who do not have a juicer, or for those times when it is impossible to obtain freshly extracted vegetable juices, Hallelujah Acres has the next best thing in the form of powdered vegetable juices. BarleyMax[®], CarrotJuiceMax[®], and BeetMax are made from organically grown produce, run through a juicer to remove the fiber, and then dehydrated at a temperature that does not exceed 95 degrees. BarleyMax is the single most important food item Rhonda and I consume each and every day. When fresh carrot juice is not available, we consume CarrotJuiceMax. One more final note: Fruits are the cleansers of the body, while vegetables are the feeders. Thus, I do not recommend that a person consume more than 15% of their daily diet in fruit. Also, I suggest that fruit juices be used very sparingly, as fruits are very high in sugar, and too much sugar, even in a natural form, can present problems for some people.

LESSON THREE IN REVIEW

1. What five things did God have to create before He created man on Day Six, which were absolutely necessary to sustain the human physical body? List them!

2. In what chapter and verse of the Bible do we find the diet God gave his first human creation, and how much animal flesh and milk did that original diet contain? _____

3. We see the word "INSTINCTIVELY" used on a number of occasions in this Lesson. What does the word "instinct" mean, and where do you think this "instinct" originated? _____

4. Explain the process that takes food from its whole raw form on the tree or in the ground to the necessary form to enter the blood system. _____

5. When we eat the whole raw carrot, what percentages of the nutrients reach cellular level? _____

6. What percentage of nutrients reaches cellular level when we drink only the juice without the fiber? _____

7. Can a blender do the work of a juicer? Why not? _____

8. Approximately how many cells in our body die and are replaced every minute?

9. What is the key to the rapid rebuilding of our immune systems and essential organs? _____

10. It is important that we never consume more than what percentage of fruit in our diet? Why? _____

Lesson Four

HOW TEMPERATURE AFFECTS LIFE

In Lesson One, we looked into the ORIGIN OF LIFE as taught by the evolutionists and contrasted it with the teachings of the Bible. In Lesson Two, we got really personal as we took a look into where our individual physical bodies came from. And then in Lesson Three, we addressed the subject of how we were designed to be foragers, how God designed us to be nourished, and the different ways our physical bodies respond, depending on what foods are provided them for fuel and nourishment.

In this Lesson, we are going to take a look at the affect temperature has on our physical bodies and on the foods we eat.

THE SUN, SUSTAINER AND DESTROYER OF LIFE!

On day three of creation, God said: ***"Let the earth bring forth grass, the herb (vegetable) yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so. . . and God saw that it was good."*** (Genesis 1:11-12) But without a source of light and heat, neither plant LIFE, nor human LIFE, could be sustained, and so on day four of creation:

"God made two great lights; the greater light to rule the day (the sun), and the lesser light to rule the night (the moon): he made the stars also. And God set them in the firmament of the heaven to give light upon the earth." (Genesis 1:16-17)

Have you ever thought about this? If the earth was in an orbit that was only slightly closer to the sun, or if the earth's circumference was only slightly greater, the earth would not be able to sustain LIFE! Why? Because the sun's heat would destroy all plant and animal LIFE! Conversely, if the earth was in an orbit only slightly further from the sun, or if its circumference was only slightly less, the earth would not be able to sustain plant or animal LIFE either! Why? Because everything would freeze to death! What an awesome testament to the wisdom of our God!

"Nevertheless He left not himself without witness, in that He did good, and gave us rain from heaven, and fruitful seasons, filling our hearts with food and gladness." (Acts 14:17) ***". . . All things were created by Him, and for Him: and He is before all things, and by Him all things consist."*** (Colossians 1:16-17)

To think that all of this precision just happened by chance through a process called evolution is beyond my comprehension. No my friend, God hung the earth

in just the exact place in the universe so that the earth could support LIFE! No other planet or star has this precise placement! Man has spent billions of dollars on space exploration in an effort to find LIFE on other planets, but without success. Nor will man ever find LIFE on any other planet in our solar system because the Bible tells us in Genesis 3:20 that Eve is ***"the mother of all living."***

With that as an introduction, let's look at the affect temperature has upon LIFE:

HOW TEMPERATURE AFFECTS THE HUMAN PHYSICAL BODY

Have you ever thought about the affect temperature has on the physical body? For instance, if a person has a fever of 104, do we get concerned? Of course we do! How about if the temperature rises to 106 degrees? At that temperature we become extremely concerned! Why? Because when the internal temperature of the physical body reaches 107, brain cells start to scramble and die, and by the time the internal temperature of the body reaches 108, that person is usually dead!

Several years ago, I was in the Detroit area one hot summer day, driving to a seminar location where I was to deliver my "How to Eliminate Sickness" message. As I was driving, I was listening to the local news. What I heard on the newscast that day is something I have never forgotten because it revealed to me just how greatly the sun's heat can affect LIFE.

They were telling of a mother who had hastened home with her three children from a shopping trip because she did not want to miss the beginning of her Soap Opera. As she pulled into their drive, it was just about time for the Soap to begin, and not wanting to miss its beginning, she jumped out of the car and ran into the house, leaving her three children behind in the car on a very hot July day. It wasn't until 90 minutes later that she remembered the children. When she went out to the car, she found that the two older children, who could walk, had gotten out of the car but had closed the car door behind them, and the little child in the car seat had been left trapped in that very hot automobile. The child was still alive and still breathing. She rushed the child to the hospital where they found the child's internal temperature to be 107 degrees. The child lived but suffered permanent and severe brain damage; they were talking about bringing criminal charges against the mother for neglect.

About a month later on a very hot August day, I was driving near Pittsburgh, Pennsylvania, listening to the local news, when I heard an almost identical scenario revealing the affect heat could have upon the human physical body. Only this time, when the mother went out to the car, she found her child unconscious yet still breathing. She rushed the child to the hospital. Internal temperature was 108, and the child died. How tragic, yet we hear almost every summer of similarly sad incidents.

HOW HEAT AFFECTS THE FOODS WE EAT

However, something that is of utmost importance that we also need to understand is that heat not only affects the LIFE of the physical body, but it also affects the LIFE of the foods we eat! For instance, at approximately 107 degrees Fahrenheit, the enzymes, which are the LIFE force found in raw fruits and vegetables, start to be destroyed. And by approximately 122 degrees, all enzymatic activity (life force) has ceased, and that food is now dead because the heat has destroyed its life force!

At approximately 150 degrees Fahrenheit, the protein molecules within that food start to break down, and, by approximately 160 degrees, the molecular structure of the protein has been totally deranged. This can be vividly seen when a raw egg (which is comprised of almost 100% protein) hits a hot frying pan. Before our very eyes, the clear, liquid, jelly-like substance surrounding the yoke, becomes hard and white.

Before most of the food we eat today is consumed, it is placed in or on a heat source. We boil many of our vegetables in water of 212 degrees Fahrenheit, or steam our vegetables also at 212 degrees. Many of our foods are baked in ovens at even higher temperatures. A slow oven starts at about 250 degrees, while other foods are baked in ovens at over 400 degrees. Or we cook our food in a microwave oven. Do not all of these heat sources produce temperatures above the temperatures that destroy LIFE? Of course they do!

Back in the 1920's, the zookeepers thought they could economize by feeding the carnivorous animals the leftover cooked meat from the restaurants. But this practice was soon abandoned because the zoo animals were getting sick and dying. When you go to a zoo today, you will find the carnivorous zoo animals are always fed their flesh food in its raw form. Also, all carnivorous animals in the wild always eat the flesh uncooked!

DR. POTTENGER'S RESEARCH OF RAW VERSUS COOKED

One of the best-known studies of raw versus cooked foods involves a 10-year research project conducted by Dr. Francis M. Pottenger, using hundreds of cats. His study was published in 1945 in the "American Journal of Orthodontics and Oral Surgery." Dr. Pottenger fed all the cats the same food, with the only variation that one group received their food raw, while the other received the same food, cooked.

The results dramatically revealed the advantages of raw (LIVING) foods over a cooked diet. Cats that were fed raw, living food produced healthy kittens year after year with no ill health or premature death. But cats fed the same food, only cooked, developed heart disease, cancer, kidney and thyroid disease,

pneumonia, paralysis, loss of teeth, arthritis, birthing difficulties, diminished sexual interest, diarrhea, irritability, liver problems, osteoporosis, and more (the same diseases common in our human cooked-food culture).

The first generations of kittens, from cats fed cooked food, were sick and abnormal, the second generation was often born diseased or dead, and by the third generation, the mothers were sterile.

DR. POTTENGER'S FINDINGS EXPERIENCED IN HUMANS

Sadly, many of the results Dr. Pottenger obtained in his cat experiments are being repeated in our human population today. For instance, with each succeeding generation of cats fed exclusively cooked food, fewer and fewer were able to produce offspring. I just heard a figure the other day that greatly alarmed me: They said that 42% of the young adults in our country are unable to conceive. Do you think that the almost 100% cooked food diet being consumed today might have a part in the decrease in the number of young adults being able to produce offspring today?

When I was a child, the only people I remember having arthritis were the elderly who often needed a cane to assist them in walking. Today, arthritis is not just an affliction of the elderly, as an ever-increasing number of our youth are being diagnosed with juvenile arthritis. Diabetes used to be a disease of the elderly! But today, diabetes is afflicting more and more of our young people. Cancer used to be something experienced primarily by the elderly. But today, after accidents, cancer is the number one cause of death among our youth. Could the almost exclusively cooked Standard American Diet being fed our young people today have something to do with the ever-earlier development of these physical problems?

What is going on? Why are our young people experiencing serious degenerative diseases at an ever-earlier age? And why are an ever-increasing number of young adults not able to reproduce? My dear friends, if you will go back to Dr. Pottenger's experiment with the cats, you will find that the longer the cats were fed a 100% cooked food diet, the sooner they experienced physical breakdown within their bodies. The SAD diet (Standard American Diet) being consumed today is predominantly a cooked (dead) food diet, lacking the necessary LIFE force and living building materials necessary to produce and maintain a healthy physical body.

I contend that the physical breakdowns being experienced in our human physical bodies today have the same causes as the physical breakdowns the cats experienced in Dr. Pottenger's experiment. We are consuming a basically dead, cooked food diet, loaded with all kinds of chemical additives that fail to provide our physical bodies with the building materials necessary to sustain a vibrantly ALIVE and healthy physical body.

Here at Hallelujah Acres, as we see people change from the dead, devitalized cooked foods of this world to a predominantly LIVING foods Hallelujah Diet, which contains the foods with which God designed their physical body to be nourished, physical health and a vibrantly alive body almost always result! If you will go to our website at <http://www.hacres.com> and read the TESTIMONIES available there, you will find that The Hallelujah Diet, a basically LIVING foods diet, has been instrumental in restoring health to thousands who were suffering from a multitude of different physical problems before their diet change.

LESSON FOUR IN REVIEW

1. What did God create on Day 4 of creation? _____

2. What happens inside the physical body when its temperature reaches 107 degrees? _____

How about when it reaches 108 degrees? _____

3. At what temperature does the life force in our foods start to die? _____

4. At what temperature does protein start to change its molecular structure? _____

5. What is the temperature of boiling water? _____

6. Now go back to Lesson 2, page 6, and re-read the section titled "A LIFE AND DEATH ILLUSTRATION." Then explain how what you have learned in this lesson regarding temperature fits with that carrot experiment in chapter 2.

7. Dr. Pottenger divided the cats in his experiment into how many groups? _____

8. Explain the results each group experienced. _____

9. Are there any similarities between Dr. Pottenger's experiment with cats and the physical problems being experienced by humans today? _____

Explain! _____

10. What have you learned from this Lesson that should have application to the way you prepare your food? _____

Lesson Five

ANIMAL SOURCE FOODS

THE CAUSE OF MOST PHYSICAL PROBLEMS

For the past four lessons, we have been laying the groundwork for what I want to share with you in this lesson. Let's review: In Lesson One, we looked into the origin of LIFE. In Lesson Two, we got really personal as we looked into how each one of us obtained LIFE. In Lesson Three, we learned that God designed our physical bodies to be nourished with LIVING (raw) plant foods. And then in Lesson Four, we looked at the affect temperature has on our physical bodies when we destroy the LIFE within the foods that we eat through the heat of cooking.

In this lesson, we are going to start taking a look at what happens when we place foods (so-called) into our physical bodies that God never designed our bodies to have to deal with or process. But before we get started, I want to refresh our memory with what we have previously learned: LIVING FOOD FOR A LIVING BODY! God had it right from the very beginning! See Genesis 1:29. Remember, it was God who created a LIVING organism (physical body), comprised of LIVING cells that He designed to be nourished with LIVING food!

I trust you have gotten that message, because it is key in understanding how we were designed by God to be nourished and why we get sick! The Scriptures are abundantly clear that we were designed by God to be nourished EXCLUSIVELY with the LIVING PLANT FOODS that God created and placed in the garden on day three of creation (See Genesis 1:11-13)! This is made abundantly evident in Genesis 1:29 where: ***“God said, Behold, I have given you every herb (vegetable) 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).”***

In this lesson I want us to look at what happens within our physical bodies when we fail to nourish them the way God designed.

PINGING AND KNOCKING

I will begin by using an illustration I have used numerous times before, but, for lack of a better one, I will use it once again. Most of us are aware that the automobiles we drive were designed to run on a specific grade or octane of fuel. And most people are well aware that if we put low octane or contaminated fuel in the gas tank of our automobile, our automobile will react by running improperly. In fact, the wrong fuel can actually destroy the engine!

Well, just as our automobiles were designed by man to run on a certain grade or octane of fuel, our physical bodies were designed by God, the Creator, to run on a certain grade or octane of fuel as well. And just as our automobiles will ping and knock when we try to run them on low octane or contaminated fuel, SO WILL OUR BODIES PING AND KNOCK!

Now, I believe that most of our readers will agree that the foods we are eating today are quite different from the foods God told us we were to consume in Genesis 1:29! In view of that, let's look at what we have been eating and are eating and see what happens when we place the wrong fuel into our bodies. We will do this by analyzing the main elements of the Standard American Diet (SAD). Sadly, the SAD diet being consumed by the average American today is increasingly being consumed by people around the world, as they become more affluent.

1. ANIMAL PRODUCTS

Animal products are the main feature in most meals consumed in America today, both in and out of the home! To support what I am saying here, go to almost any restaurant and take a look at their menu. If you were to eliminate every offering from the menu that contained something of animal origin, in most restaurants, there would not be anything left to order. I did this in a very large and popular restaurant in our area recently and was absolutely amazed when I could not find even one entree on their menu that did not contain something of animal origin! And when I asked the waitress what they had on the menu for a vegetarian, she replied: "Well, we have fish, and chicken, and pasta with cheese!"

Friends, our bodies were NOT designed by God to process ANYTHING of animal origin! And as we look at the animal products being consumed today, we see several things that should cause us to raise a great BIG RED WARNING FLAG in our minds based on what we have previously learned about our bodies and God's design for their nourishment. But why the RED FLAG?

(1) ANIMAL SOURCE FOODS ARE DEAD FOODS

First, animal source foods are considered dead because the animal products being consumed today are almost always cooked. Animals, designed by God to be carnivorous, were designed to consume their flesh raw, not cooked. If animal flesh is cooked, all the enzymes (life force) are destroyed. When the raw flesh of an animal is cooked, it becomes a dead food! Dead food contains no enzymes, and foods devoid of enzymes are very difficult for the body to process. Besides that, dead food cannot properly nourish a LIVING organism (body), which is comprised of LIVING cells.

(2) ANIMAL SOURCE FOODS CONTAIN NO FIBER

Another thing that is important to understand about animal source foods is that they are totally devoid of fiber! Remember, God designed our bodies to move food through a very extensive digestive tract through means of fiber! When there is no fiber to move the flesh through that lengthy digestive tract, the flesh putrefies in that 98.6-degree environment, causing constipation, body odor, and a myriad of digestive and colon problems.

(3) ANIMAL SOURCE FOODS ARE HIGHLY ACIDIC

Animal source foods are highly acidic! God designed our physical bodies to be alkaline. Disease thrives in an acid environment but has great difficulty surviving in an alkaline environment. All animal source foods are very acidic and are the primary cause of most of the stomach acid problems being suffered today by an ever-increasing percentage of our population. Plant source foods are alkaline! Here at Hallelujah Acres, we have received hundreds of testimonies from people who were suffering from acid stomach problems when they adopted The Hallelujah Diet, only to see the problems totally disappear within days of eliminating animal products from their diets and adopting the basically living foods, plant based, Hallelujah Diet.

(4) ANIMAL SOURCE FOODS ARE LOADED WITH FAT

Animal source foods are loaded with animal fat! In fact, the average person on the SAD puts into their physical body some 100 pounds of animal fat each and every year. This fat clogs their arteries and veins and hinders the free flow of blood through their system, as well as the free flow of oxygen to their cells. This fat is the primary cause of cardiovascular problems as it narrows the passageways the blood travels. Most people suffering from high blood pressure or high cholesterol usually see these readings normalize once they eliminate animal products from their diets and adopt a basically raw plant based diet, along with some exercise. This fat is also the primary cause of diabetes, as the fat coats the cells of the diabetic, preventing the insulin from reaching the insulin receptors within the cell. Most Type 2 diabetics can discontinue insulin use, with normal blood sugar, usually within a very short time after eliminating animal products from their diet and adopting a basically raw plant based diet, along with some exercise.

(5) ANIMAL SOURCE FOODS ARE TOO HIGH IN PROTEIN

Animal source foods are too high in protein! This high protein becomes high-octane fuel for the growth of cancers and causes many other physical breakdowns. Our bodies do need some protein but not the incredibly high amount of protein found in the flesh and dairy of animals. Remember, all the protein found in animal source food originated in the living plants the animal consumed. All the protein our human physical bodies need is provided in the basically living plant foods contained in The Hallelujah Diet. After over 30 years

on The Hallelujah Diet, my body gives absolutely no indication of having a protein deficiency.

All that I have said above is true, not only of commercially raised animals and their products, but also of organically raised, grass fed, animal source products as well. But when you consume commercially raised animal products, the potential for harm to the physical body becomes even greater.

(6) MOST ANIMAL PRODUCTS CONTAIN ANTIBIOTICS

For instance, most commercially raised animals are given high doses of antibiotics during the time they are being raised for market to keep them from dying of some disease before they reach market. When the animal products containing these antibiotics are consumed, the antibiotics kill the friendly flora in the gut of the person consuming them, causing Candida and yeast infections. In addition, transferred antibiotics make it more difficult for our immune system to function properly.

(7) MOST ANIMAL SOURCE FOODS CONTAIN GROWTH HORMONES

Most of the animals grown commercially today receive growth hormones in order to speed up growth so they will be ready for market sooner, thus increasing profit. Farmers are also using these hormones to induce the dairy cows to produce more milk. These growth hormones are entering our children's bodies when they eat or drink these animal products, and the growth hormones contained in these animal products jump start puberty. They are one of the reasons the age of puberty in young girls has decreased over the past 60 years from over the age of 15 prior to World War II, to 8, 9, 10, and 11 today. How tragic! And have you noticed how much taller many of the children of today are, compared with their parents? Have you also noticed how many teen girls are developing huge breasts? Friends, these animal products, loaded with growth hormones, protein, and fat, also cause the body to produce more growth hormones.

(8) TO ESCAPE MOST DISEASE, ELIMINATE ANIMAL SOURCE FOODS

Animal source foods are the cause of, or a contributing cause of, a long list of physical breakdowns, including, but not limited to: heart attacks, strokes, high blood pressure, high cholesterol, numerous cancers (especially breast and prostate), diabetes, arthritis, varicose veins, sinus problems, cardiovascular problems, osteoporosis, Alzheimer's, acid stomach problems, gout, constipation, bad breath, congestion, indigestion, phlegm, PMS, menopausal problems, Crohn's Disease, Diverticulitis, Diverticulosis, Colitis, Ulcerative Colitis, colon cancer, and more. I am thrilled to be able to report that we have received testimonies from folks reporting the elimination of every one of the above

physical breakdowns after eliminating animal products from their diets and adopting the basically LIVING, plant source foods of The Hallelujah Diet!

NOTE: The Atkins Diet, which promotes a high intake of animal source foods, while producing weight loss in the short run, often produces horrible physical problems in the long term. As you no doubt know, Atkins himself died with a heart problem, and his company went bankrupt. It has always amazed me that so many people would be attracted to a diet that promoted such a high intake of these dangerous animal source foods that for years the American Heart Association, the American Dietetic Association, the National Institute of Health, along with many other health organizations have been warning the American people against consuming in large amounts.

NOTE: In Jordan Rubin's book, "The Maker's Diet," we find on page 210 a sample day's menu for his program. For breakfast he recommends "fried eggs," for lunch, "Tuna Salad," for dinner "London Broil," and for an evening snack, "Raw Goat's milk cheese." In view of what we have learned in this lesson, will these animal source foods have a positive or negative effect upon the bodies of those who adopt Rubin's diet? In the same book, Rubin devotes almost an entire chapter to condemning the 100% plant based diet found in Genesis 1:29, as well as The Hallelujah Diet.

NOTE: Beware of any diet that promotes the consumption of animal source foods because the more animal products in the diet, whether commercially or organically grown, the more dangerous the diet. It would appear that some authors of diet books, even those who know the dangers inherent in animal source foods, include them in their writings in an effort to make their diet more acceptable to a population that is addicted to an animal food based diet. I will not compromise the teachings of Hallelujah Acres to make the diet we teach more acceptable to the masses. Integrity must prevail over acceptance or popularity. It is interesting to note that, through the years, the one thing that has motivated most of my critics is my strong and immovable teachings against the consumption of animal products.

To summarize: Animal source foods, both of flesh or dairy origin, are the cause, or a contributing cause, of up to 90% of all physical problems being experienced today! Animal source foods are all DEAD and FIBERLESS and probably the most popular of the KILLER foods of our day.

RESOURCES: If you would like to do some research regarding animal source foods and the dangers they present, I recommend the following:

- *The China Study, by Dr. T. Colin Campbell
- *The China Project, by Dr. T. Colin Campbell
- *Eat to Live, by Joel Fuhrman, M.D.
- *The Greatest Diet on Earth, by Joel Fuhrman
- *Diet for a New America, by John Robbins

- *The Food Revolution, by John Robbins
 - *Mad Cowboy, by Howard Lyman
 - *The Truth Behind Meat & Dairy, by Howard Lyman (DVD & VHS)
 - *Don't Drink Your Milk, by Frank A. Oski
- (All the above resources are available by calling 1-800-915-9355)

LESSON FIVE IN REVIEW

1. Complete this sentence: "Remember, it was God who created a _____ organism (physical body), comprised of _____ cells that He designed to be nourished with _____ food!"
2. What food is the main feature of almost every meal served in restaurants today? _____
3. Why does the author of this lesson consider animal foods, as consumed today, dead foods? _____
What makes them dead? _____
4. What role does fiber play in the process of digestion? _____

5. God designed our physical bodies to be alkaline or acidic? _____
Why? _____
6. What physical problems does animal fat cause within the physical body?

7. What nutrient, found in high amounts in animal products, causes cancer cells to grow? _____
8. What problems can antibiotics create in the body when a person consumes animal products containing them? _____

9. What relationship do growth hormones have to the age of puberty?

10. How can the elimination of animal source foods affect our health?

Lesson Six

REFINED SUGAR, AN ADDICTIVE DRUG

REFINED SUGAR – NUMBER TWO CAUSE OF PHYSICAL PROBLEMS

In Lesson Five, we looked at the horrible things that happen when we place foods of ANIMAL origin into these our physical bodies. In this lesson, we will take a look at what happens within our physical bodies when we eat REFINED SUGAR.

2. SUGAR

After animal products, which we took a long look at in Lesson Five, the next most popular DEAD, FIBERLESS, and good-for-nothing KILLER food of our day is refined SUGAR! However, it is not a food substance at all but rather a dangerous poison. Yet it is consumed by almost everyone, on a daily basis, and it does horrible things within the body. It is also something God never intended our physical bodies to have to contend with. The only sugars God designed our physical bodies to ever have to deal with were the natural sugars found in the LIVING, raw fruits and vegetables that He created and placed in the Garden!

Are you aware that a hundred years ago, the average annual intake of refined sugar was approximately 5 pounds per person per year? Today, the average annual intake of refined sugar is around 170 pounds per person per year. That means that if a person is consuming the Standard American Diet (SAD), he or she is placing over 50 teaspoons of refined sugar into their God-made physical bodies each and every day of their life. Thus, a person who lives to the age of 70 will have placed into their body, during their lifetime, some 12,000 pounds of refined sugar. Let's take a look at what all that sugar is doing within our beautiful, God designed, physical bodies

(1) REFINED SUGAR IS A DEAD FOOD

Refined sugar originated in a living plant, which contained its complete complement of enzymes, but, by the time it reaches the refined sugar stage, all LIFE has been destroyed, and it has become a DEAD food. Let's look for a moment at what processors do with the original sugar cane or beet as they turn the living sugars found in the plant, into a refined, DEAD, product. The following information was taken from a newsletter written by Charlotte Gerson:

"Sugar is a basic element in starchy food; however, processed sugar is a completely different matter. The sugar we purchase in the supermarket for personal consumption is processed sugar. This kind of sugar is heated up in chalk-milk, so that calcium and protein are extracted. After the process, it

becomes alkaloid, destroying all vitamin content. In the second phase, the sugar is mixed with acid chalk, carbonic gas, sulfur dioxide, and finally with sodium bicarbonate. The mixture is cooked and cooled off several times and thereafter crystallized and centrifuged. The dead mass is then treated with strontium hydroxide. Subsequently it arrives at the refinery where it is passed over chalk carbon acid to clean it. Dark coloring is removed by adding sulfuric acid and then it is filtered with bone charcoal. Finally, it is colored with Indathrenblue or the highly toxic Ultramarine. This product's chemical composition is C₁₂H₂₂O₁₁, which you can buy in shops as 'pure cane' sugar."

(2) REFINED SUGAR CONTAINS NO FIBER

Another important thing to understand about refined sugar is that, just like we saw with foods of animal origin, sugar is devoid of all fiber. Let's remember here that God designed our bodies to move food through a very extensive digestive tract through means of fiber, and foods containing no fiber create problems.

(3) REFINED SUGAR IS FRAGMENTED

Through heating and mechanical and chemical processing, all vitamins, proteins, fats, enzymes – indeed, every single nutrient is removed until nothing but pure white sugar, pure 'naked calories,' pure refined carbohydrate remains. Sixty-four food elements are destroyed in the processing. Fragmented foods set up nutritional imbalances that precipitate health problems galore.

(4) REFINED SUGAR IS HIGHLY ACIDIC

Like animal source foods, refined sugar is also 'acid forming.' This means that the body must take vital alkaline minerals, calcium being the most plentiful, from the body's cells to metabolize refined sugar. This high sugar use, along with the consumption of animal products, causes the body to take so much calcium from our bones and teeth that the bones become osteoporotic and the teeth decay.

(5) REFINED SUGAR CREATES BLOOD SUGAR DISORDERS

One pound of apples contains 263 calories, whereas, one pound of candy has 1800 calories. Refined sugar in junk foods is concentrated far beyond what the human body was designed by God to ever have to process at one time. Thus, somehow the body has to deal with this incredibly large amount of sugar if it is going to survive. The body does deal with it, but in doing so, it often results in physical problems called DIABETES and HYPOGLYCEMIA.

DIABETES - The primary cause of diabetes is the fat contained in animal products, but also, when a diabetic consumes refined sugar, the pancreas has difficulty producing adequate insulin when the blood sugar rises. Concentrated amounts of sugar cause a rapid rise in blood sugar. Chronic intake of sugar

eventually exhausts the pancreas as it tries to compensate. Thus, the diabetic is condemned to having to take ever-increasing amounts of insulin to compensate. Diabetes is the 'Number Three Killer Disease,' in America, preceded only by cardiovascular related diseases and cancer.

HYPOGLYCEMIA - is the flip side of diabetes. Hypoglycemia occurs when the body still has a fairly strong pancreas. The body overreacts to a concentrated sugar intake and releases too much insulin from the pancreas. Blood sugar levels then plummet far below the normal, stable level. The suffering Hypoglycemic often experiences fatigue, headaches, mental depression, and irritability. Hypoglycemics often deal with symptoms by taking in more refined sugar, catching them in an endless cycle that causes the pancreas to wear out from the constant over stimulation. This often results in Diabetes because now the sufferer cannot produce sufficient insulin for normal metabolic activities.

(6) REFINED SUGAR PROMOTES EMOTIONAL INSTABILITY

After a "sugarholic" has consumed a box of candy or bag of cookies or any large amount of refined sugar, they know how self-abused and depressed they feel. Sadly, studies reveal a strong link between juvenile and adult criminal offenses and sugar addiction. Similar research reveals a link between mental illness and sugar abuse. And hypoglycemic reactions, for the very sensitive consumer, promote extreme irrationality, emotional instability, and oftentimes aggressiveness. Recent studies are revealing that sugar may be as involved in mental illness, divorce, and crime as alcohol has been found to be. Depression is also one of the most rapidly growing problems in our society today, and refined sugar is one of the major contributing factors! ADD and ADHD are running rampant among our children and even some adults! It is a problem doctors are trying to treat with drugs such as Ritalin. Isn't it a sad commentary, that these emotional problems, that were caused by the very toxic and poisonous addictive drug, refined sugar, are then treated with another poison, a doctor prescribed drug! How sad! You mothers who are having a problem with your child's behavior might consider removing all sugar from his or her diet.

(7) REFINED SUGAR CONTRIBUTES TO HEART DISEASE

Fat is not the only contributing factor in heart disease. Large amounts of refined sugar cause the insulin in the body to convert blood glucose (sugar) into fatty acids and triglycerides. Those on a high-sugar diet show significantly higher levels of fat in their blood than those who eat no refined sugar. This high fat content in the blood is directly related to the development of plaque build-up within the arteries and ultimately to hardening of the arteries.

(8) REFINED SUGAR LEADS TO ADDICTION AND WEIGHT GAIN

Sugar is highly caloric in its pure form, but it is often combined with something containing high fat, like shortening, along with some salt, producing a tempting goodie like candy, fudge, or a donut. Often, these high sugar foods are consumed with a high sugar drink, like soda pop. All of this sugar contributes to weight gain. Recently I read that if a person consumes just one 12-ounce can of soda pop a day, the 11-teaspoons of sugar found in each soda pop could add 12 pounds to their weight in just one year. Furthermore, because of the way it plays havoc with emotions, refined sugar is highly addictive - it works exactly like a protoplasmic poison--a drug. This means that once a "sugarholic" sufferer has given into crystalline sweetness, they can't stop the addiction. And if they dare face withdrawal, the 'sugar blues' give them no peace until they return to the sugar and resign themselves to remain fat.

Refined sugar is every bit as addictive as nicotine and alcohol! We have found that when a person decides to adopt The Hallelujah Diet, they usually do not have a great deal of difficulty eliminating the animal products, white flour products, table salt, or even caffeine (which is another addictive drug), but many find that the most difficult substance to eliminate is refined sugar. Sugar has a powerful addictive influence upon many people. Have you ever noticed that children who are allowed to have candy are always asking for more, while never being satisfied no matter how much you give them? It is because their bodies have become addicted to sugar, and their bodies are often times literally screaming for a fix.

(9) REFINED SUGAR COMPROMISES THE IMMUNE SYSTEM

Let's remember that the immune system is what God built into each of our physical bodies to protect us from the germs, viruses, and bacteria of this world. It is our first line of defense! Refined sugar is an immune system suppressant! In other words, refined sugar cripples and can even knock out this first line of defense. Doesn't that give us a clue as to why so many people experience infections, colds, the flu, other flu-like symptoms, and more? I haven't experienced a cold or the flu since eliminating refined sugar and adopting a basically living plant source diet over 30 years ago!

(10) SUGAR CONTRIBUTES TO A MYRIAD OF OTHER PHYSICAL PROBLEMS

Refined sugar is associated with malnutrition and decreased resistance to disease. Refined sugar impacts quality of life as it increases the severity of PMS, decreases cognitive or intellectual function, especially in children, contributes to our current epidemic of heart disease, and so much more. Following is just a partial list of other health problems related to the intake of refined sugar: acne, addiction to drugs and caffeine, alcoholism, allergies, anxiety, behavior problems, binge eating, bloating, bone loss, Candidiasis, depression, difficulty concentrating, eczema, edema, emotional problems, fatigue, food cravings,

hormonal problems, hyperactivity, insomnia, menstrual difficulties, mental illness, mood swings, premature aging, psoriasis, and the list goes on and on.

To summarize, refined sugar, and products made with refined sugar, are the second most prevalent cause, or contributing cause, of the physical problems being experienced today. Refined sugar products are all DEAD and FIBERLESS and, following animal source foods, are the second most popular of the KILLER foods of our day. No wonder God says: "My people are destroyed for lack of knowledge." Isn't it a sad commentary that instead of dealing with our physical problems by dealing with their causes and eliminating those causes, we deal with their causes and symptoms with the consumption of other poisonous drugs! All because we have failed to nourish our physical bodies the way that God designed in Genesis 1:29!

LESSON SIX IN REVIEW

1. After animal products, what is the next most popular, dead, fiberless, and good-for-nothing food of our day? _____
2. One hundred years ago, how much refined sugar did the average person consume annually? _____
How much refined sugar is consumed annually today? _____
How many teaspoons of refined sugar does the average person currently consume each day? _____
3. Are you concerned by the way that sugar cane and beets are processed in order to become refined? _____ Why? _____

4. During the processing of refining sugar, what happens to the vitamins, protein, fats, enzymes, etc.? _____

5. Is refined sugar, acid or alkaline? _____
6. What two physical problems does refined sugar contribute to?
1 _____ 2 _____
7. Explain how refined sugar effects emotions. _____

8. What part does refined sugar play in Heart Disease? _____

9. What part does refined sugar play in weight gain? _____

10. What does refined sugar do to the Immune System? _____

And what physical problems can be attributed to refined sugar?

Lesson Seven

REFINED GRAINS CAUSE BIG PROBLEMS

REFINED GRAINS – NUMBER THREE CAUSE OF PHYSICAL PROBLEMS

In Lessons One through Four, we established biblically and anatomically, that God designed man to be nourished with the LIVING plant foods that He created and placed in the Garden of Eden before the creation of man. Then, in Lessons Five and Six, we revealed what happens when we place substances into the body that God never designed the body to have to deal with.

In this lesson, we are going to continue examining what happens when we eat foods (so-called), that God never designed our physical bodies to have to deal with or process. But before we get started, I want to refresh your memory with something we learned in Lesson Two: "LIVING FOOD FOR A LIVING BODY! God had it right from the very beginning! See Genesis 1:29. Remember, it was God who created a LIVING organism (physical body), comprised of LIVING cells, that He designed to be nourished with LIVING food!"

3. REFINED GRAINS

After ANIMAL SOURCE FOODS, which we took a long look at in Lesson Five, and REFINED SUGAR, which we discussed in Lesson Six, the next most popular DEAD, FIBERLESS, and good-for-nothing KILLER food of our day is REFINED GRAINS!

Before I begin this discourse on REFINED grains, I want to share that WHOLE grains are allowed as a part of The Hallelujah Diet. These complex carbohydrates help us reach our caloric needs and help to assure we receive sufficient protein from our diet. However, even WHOLE grains convert to sugar fairly rapidly, and thus it is not desirable to consume large amounts of even WHOLE grains too frequently. Also, wheat, in its WHOLE and UNREFINED form as well as in its REFINED form, is very acidic and probably the least desirable of all the grains. Raw and sprouted is the most desirable form in which to consume this grain.

Sadly, very few WHOLE grain products are found in commercial products, and thus very few WHOLE grains are consumed in today's society! Today, virtually all the bread, cereal, pasta, rice, corn, grits, etc. are processed and REFINED. Americans have a love affair with soft, white pastries; breads made with bleached, white flour; and cereals that have been divested of fiber and then dipped in sugar. Because most grains are consumed in this REFINED form, I will limit this critique to this more popular and fragmented form:

(1) REFINED GRAINS ARE A DEAD FOOD

Refined grains come from the LIVING seed of a LIVING plant! This seed, before processing, contained LIFE in the form of enzymes! But by the time it reaches the refined stage, all enzymes have been destroyed, and it has been reduced to a very DEAD food. Our physical bodies were designed by God to be nourished with LIVING food and not DEAD food! That is a fundamental each of us should have learned earlier in "Biblical Nutrition 101"!

(2) REFINED GRAINS CONTAIN ALMOST NO FIBER

Another important thing to understand about refined grains is that, just like we saw with foods of animal origin and of refined sugar origin, refined grains are devoid of almost all fiber. Let's remember here that God designed our bodies to move food through a very extensive digestive tract through means of fiber, and foods containing little to no fiber present very real and serious problems.

(3) REFINED GRAINS ARE FRAGMENTED

Through heating and mechanical and chemical processing, all vitamins, proteins, fats, and enzymes – indeed, almost every single nutrient, is removed until nothing but pure white, pure 'naked calories,' pure refined carbohydrate remains. Fragmented foods set up nutritional imbalances that precipitate health problems galore.

(4) REFINED GRAINS ARE ACIDIC

Like animal source foods and refined sugar, most grains are also 'acid forming.' This means that the body must take vital alkaline minerals, calcium being the most plentiful, from the body to metabolize refined grains. Thus, highly refined carbohydrate use, along with the consumption of animal source foods and refined sugar, which is also a refined carbohydrate, causes the body to take so much calcium from our bones that the bones often become osteoporotic.

(5) REFINED GRAINS ARE EXCESSIVELY STARCHY

Refined grains are one of the starchiest foods consumed by humans and present an overwhelmingly difficult task for the digestive system. Refined grains also cause mucus formation. Since 1965, scientists have repeatedly linked high gluten consumption coming from wheat, oats, rye, and barley to learning disorders and schizophrenia. Other physical problems linked to high gluten consumption include: asthma, allergies, gluten intolerance, digestive disturbances, yeast infections, various mucus and congestive conditions, several types of arthritis, and even chronic overeating. (Source: "Grain Damage" by Douglas Graham, D.C.) The number of people struggling with Candida may also

be linked to the excessive use of these grains, as well as the inability to lose weight.

(NOTE: BarleyMax is derived from the juice of the leaf, and not from the seed, thus BarleyMax contains no gluten!)

(6) REFINED GRAINS CREATE BLOOD SUGAR DISORDERS

When refined grains are eaten, a high percentage of the starch is very quickly broken down into simple sugars that hit the blood stream almost as rapidly as refined white sugar. Dealing with all of this sugar exhausts the pancreas and/or adrenals and produces the same diabetic/hypoglycemic reactions we learned about in Lesson Six regarding refined sugar.

(7) REFINED GRAINS PROMOTE EMOTIONAL INSTABILITY

Remember, we learned in Lesson Six about the “sugarholic” and how after they have consumed a box of candy, a bag of cookies, or any large amount of refined sugar, they often feel self-abused and depressed. Sadly, studies reveal a strong link between juvenile and adult criminal offenses, not only to refined sugar, but also to refined grains. Similar research reveals a link between mental illness and sugar abuse. And hypoglycemic reactions, for the very sensitive consumer, promote extreme irrationality, emotional instability, and oftentimes aggressiveness. Recent studies are revealing that sugar may be as involved in mental illness, divorce, and crime as alcohol has been found to be. Depression is also one of the most rapidly growing problems in our society today, and refined sugar, along with refined grains, are two of the major contributing factors!

(8) REFINED GRAINS LEAD TO ADDICTION AND WEIGHT GAIN

Refined grains are addictive! We have found that when a person decides to adopt The Hallelujah Diet, sugar and refined grains are the two most difficult items to eliminate from their diets because they have a powerful addictive influence. Another thing we need to remember concerning refined grains is that whenever a food has been fragmented, it is nutrient-deficient and always results in lower levels of nutrition and health. This is the case concerning refined grain products. Thus, because refined grains do not provide satisfaction at the cellular level, the body continues to be hungry and to seek adequate nutrients to satisfy its nutritional needs. This leads to overeating! Sadly, this has produced a nation of overfed, undernourished, predominantly overweight people! (Note: Remember, farmers use grain to increase the weight of their animals.)

(9) REFINED GRAINS COMPROMISE THE IMMUNE SYSTEM

Let's remember that the immune system is what God built into each of our physical bodies to protect us from the germs, viruses, and bacteria of this world.

It is our first line of defense! Refined grains, which convert very rapidly to sugar, along with refined sugar itself, suppress the immune system! Doesn't that give us a clue as to why so many people experience infections, colds, the flu, other flu-like symptoms, and more?

(10) REFINED GRAINS CAUSE OTHER PHYSICAL PROBLEMS

Finally, refined grains are associated with malnutrition and decreased resistance to disease. Refined grains impact quality of life as they increase the severity of PMS, decrease cognitive or intellectual function, especially in children, contribute to our current epidemic of heart disease, and so much more. Following is just a partial list of other health problems related to the intake of refined grains: acne, addiction to drugs and caffeine, alcoholism, allergies, anxiety, behavior problems, binge eating, bloating, bone loss, Candidiasis, depression, difficulty concentrating, eczema, edema, emotional problems, fatigue, food cravings, hormonal problems, hyperactivity, insomnia, menstrual difficulties, mental illness, mood swings, premature aging, psoriasis, and the list goes on and on.

To summarize, refined grains and products made from them, are the third (behind animal source foods and refined sugar foods) most prevalent cause, or contributing cause, of the physical problems being experienced today. Refined grain products are all DEAD, almost completely FIBERLESS, and along with animal source foods and refined sugar, the most popular of the KILLER foods of our day.

LESSON SEVEN IN REVIEW

- 1, After Animal Source Foods and Refined Sugar, what is the next most popular DEAD, FIBERLESS, AND GOOD-FOR-NOTHING KILLER FOOD? _____

2. Did the Genesis 1:29 diet contain any Refined Grains? _____
3. Because Whole Grains convert to sugar fairly rapidly, it is not desirable to consume _____ amounts too frequently.
4. Americans have a love affair with _____
5. Where did all Refined Grains originate? _____
6. Are Refined Grains dead or living foods? _____
7. Did God design our bodies to be nourished with dead or living food? _____
8. Can Refined Grains become addictive? _____
9. & 10. Briefly, state what you have learned about Refined Grains in this Lesson? Use the next page for room to record full answer.

Lesson Eight

REFINED TABLE SALT – A TOXIC POISON

TABLE SALT - NUMBER FOUR CAUSE OF PHYSICAL PROBLEMS

In Lessons One through Four, we established biblically and anatomically, that God designed man to be nourished with the LIVING plant foods that He God had created and placed in the Garden of Eden before the creation of man. Then in Lessons Five, Six, and Seven, we revealed what happens when we place substances into the body that God never designed the body to have to deal with.

In this lesson, we are going to continue examining what happens when we place foods (so-called) into our physical bodies that God never designed our physical bodies to have to deal with or process. But before we get started, I want to refresh your memory with something we learned in Lesson Two: "LIVING FOOD FOR A LIVING BODY! God had it right from the very beginning! See Genesis 1:29. Remember, it was God who created a LIVING organism (physical body), comprised of LIVING cells, that He designed to be nourished with LIVING food!"

4. REFINED TABLE SALT

After ANIMAL SOURCE FOODS, which we took a long look at in Lesson Five, and REFINED SUGAR, which we discussed in Lesson Six, and REFINED GRAINS which we dealt with in Lesson Seven, the next most popular DEAD, FIBERLESS, and good-for-nothing KILLER food of our day is REFINED TABLE SALT!

Before we get started, I want to share a verse from the Bible that should help us understand better what we are dealing with whenever we discuss minerals, including REFINED TABLE SALT. The verse is found in Genesis 2:7, where we read:

"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."

When God created man, the building material He used to fashion man was ***"the DUST (minerals and elements) of the ground!"*** And where did this building material come from? Once again the Bible gives the answer: ***"In the beginning God created the heaven and the EARTH!"*** (Genesis 1:1) This entire planet called earth, the planet on which we live, is comprised primarily of minerals! And when we die, the Bible tells us in Genesis 3:19 ***"For dust thou art, and unto dust shalt thou return."*** This return to dust occurs slowly when we bury a

person in the ground, but happens very rapidly when a person is cremated. All that is left after cremation is a little jar of minerals.

When God created man, He reached down and took a handful of these dead, inorganic, lifeless elements, of which this earth is comprised, and fashioned a man. After God had fashioned this first man, this man was complete in every way except one - he was lacking LIFE! So what did God do with this lifeless body, comprised of dead, lifeless minerals? God ***"breathed into his nostrils the BREATH OF LIFE; and man became a LIVING soul!"***

Key to the understanding of life and achieving optimal health is an understanding of the role of minerals in our diets. Since our body is comprised primarily of the elements of the earth, God made provisions for those elements necessary to maintain health to be made readily available through our diet: ***"And God said, Let the earth bring forth grass, the herb yielding SEED, and the tree yielding fruit after his kind, whose SEED is in itself, upon the earth: and it was so."*** (Genesis 1:11)

ALL LIFE, whether it be plant LIFE, or animal LIFE, or human LIFE, **COMES FROM GOD!** Colossians 1:16-17 makes this abundantly clear: ***". . . for by Him were all things created, that are in heaven, and that are in earth, visible and invisible . . . all things were created by Him, and for Him: And He is before all things, and by Him ALL THINGS CONSIST."***

Evolution tries to tell us that LIFE miraculously came into existence as a result of some dead minerals colliding and producing a big bang millions or even billions of years ago. But my friend, DEAD minerals, and I don't care how powerfully they collide, cannot produce LIFE! Only God can produce LIFE! And He is the Originator and Creator of ALL LIFE!

Recognizing that our bodies are composed primarily of mineral elements and that each cell of our living bodies is in a constant process of dying and being replaced, how do we obtain the necessary elements from the earth that sustain this process? God in His infinite wisdom created the plant kingdom with the ability to take up the mineral elements from the earth and convert them into water-soluble elements that can be easily assimilated by the human body--when man eats the living foods as designed by God. These inorganic lifeless elements of the earth must be small enough and must be in a water-soluble state in order for the body to properly and efficiently assimilate them.

Well, with that said, let's get back to the subject of REFINED TABLE SALT. Refined Table Salt is actually 97.5% Sodium and Chloride – both elements that are necessary for life. So, what is the problem with REFINED TABLE SALT? Let's look at the differences in Sodium Chloride as found in plant source foods as well as in UNREFINED SEA SALT:

(1) SODIUM and CHLORIDE, as found in the LIVING plant and UNREFINED SEA SALT, are minerals essential for life.

(2) SODIUM and CHLORIDE are found naturally occurring in fresh fruits, vegetables, seeds and nuts, and unrefined sea salt.

(3) SODIUM and CHLORIDE are totally usable by the body and are in an easily assimilable form when derived from living plants.

(4) SODIUM is an absolute necessity for optimum health. Sodium is responsible for maintaining fluid balance, regulating the circulatory system, and normalizing nerve impulses.

(5) The body needs only about 250 mg of SODIUM each day in order to carry out the above functions.

(6) CHLORIDE controls diffusion and the exchange of new and worn-out material in the cells.

(7) SODIUM occurs naturally and in adequate amounts in the LIVING plants and the LIVING vegetable juices of The Hallelujah Diet as well as in Unrefined Sea Salt. (NOTE: Just a few of the sources of easy to assimilate sodium would include a 3 ½ ounce serving of: Beets, 60mgs; Celery, 125mgs; Figs (dried), 35mgs; Kale, 75mgs; Sesame Seeds, 60mgs; Sunflower Seeds, 30mgs; Red Peppers, 10mgs; Radishes, 18mgs; Raisins, 27mgs; Spinach, 70mgs.)

(8) SODIUM and CHLORIDE in a water-soluble and easy to assimilate form contribute to our health.

***Now let's compare the positive attributes of sodium and chloride as found in the LIVING plants and UNREFINED SEA SALT above, with the negative effects of sodium and chloride when that sodium and chloride enters the body in the form of REFINED TABLE SALT:

(1) REFINED TABLE SALT is a toxic compound formed by industrial processing that strips out all of the other 80 some naturally occurring elements. It is dried at over 1200 degrees Fahrenheit and toxic chemicals are added to prevent the refined white salt from absorbing moisture and to keep it free flowing.

(2) REFINED TABLE SALT is found in most processed foods.

(3) REFINED TABLE SALT is almost totally unusable by the body, and in this basically unassimilable form, acts as a protoplasmic poison within the body.

(4) REFINED TABLE SALT is toxic to the body and responsible for upsetting the fluid balance, debilitating the circulatory system, and aggravating a number of

salt pathologies. (NOTE: One ounce of ingested table salt will cause the body to seize and hold 3 quarts of water - or 6 pounds of excess bodily water and fluids - in an effort to dilute this extremely toxic substance. Recently, an overweight person told me they lost 22 pounds their first week on The Hallelujah Diet. Explanation: The body was releasing the water it was retaining to keep that toxic sodium and chloride in suspension.)

(5) THE AVERAGE PERSON consuming the Standard American Diet (SAD) consumes anywhere from 4,000 to 10,000 mg of SODIUM CHLORIDE daily from Refined Table Salt. (NOTE: Sources would include: Can of Diet Soda, 550mgs; 6 oz serving bottled vegetable juice, 555mgs; 2 slices of bread, 1090mgs; 1.5 oz natural cheese, 593mgs; 1 tbs. salad dressing, 333mgs; 10oz. canned soup, 1547mgs; hamburger, 800mgs; 1 serving scramble egg and sausage, 1411mgs; quarter pound cheeseburger, 1950 mgs; 4 oz. frozen fish, 1080mgs; 2 oz. ham, 1578mgs; 1 oz. potato chips, 300mgs; Mexican style frozen dinner, 2,300mgs; ¼ frozen pizza, 1389mgs.)

(6) REFINED TABLE SALT is highly addictive and is disease promoting. (NOTE: Even with all the sodium contained in manufactured foods, many people will add more salt to their food from a saltshaker. Often, when people adopt The Hallelujah Diet, they say the food doesn't have much flavor. That is because their taste buds have been dulled by their previous use of table salt. Fortunately, on a basically LIVING foods diet, the cells of the taste buds will rebuild in about 2-weeks, and the raw foods will start to taste wonderful.)

(7) REFINED TABLE SALT either contributes to or aggravates a host of salt sicknesses, including but not limited to: edema, obesity, hypertension, coronary heart disease, myocardial infarction, angina pectoris, stroke, congestive heart failure, kidney failure, PMS, manic-depression, and the list goes on.

(8) REFINED TABLE SALT IS A PRIMARY CAUSE OF HIGH BLOOD PRESSURE. Many, if not most, could be off blood pressure medicine and experiencing normal blood pressure if they would simply eliminate REFINED TABLE SALT from their diets. (NOTE: Fairly recently, this editor ate at the salad bar of a local restaurant, consuming nothing more than the raw vegetables for a salad, some potato salad and coleslaw, a piece of corn bread, and some cooked vegetables with a baked potato. The next morning, my blood pressure was 190/92. Within 2-days, strictly on The Hallelujah Diet, being careful to avoid all sources of REFINED TABLE SALT, my blood pressure was back to normal. This experience caused me to wonder if my stroke in 2001 was because of stress or possibly because I had inadvertently consumed a lot of refined table salt the day before.)

To summarize, Refined Table Salt is the fourth most prevalent cause or contributing cause of the physical problems being experienced today. Refined Table Salt is DEAD and FIBERLESS, and along with animal source foods,

refined sugar, and refined grains, the most popular deadly, KILLER foods of our day.

LESSON EIGHT IN REVIEW.

1. After Animal Source Foods, Refined Sugar, and Refined Grains, what is the next most popular DEAD, FIBERLESS, AND GOOD FOR NOTHING KILLER FOOD? _____

2. Of what did the Lord God form man? _____

3. After a person is cremated, what is left? _____

4. The key to understanding life and attaining optimal health is _____

5. The only types of minerals the LIVING body can process properly are the _____ minerals that come from _____ plants and _____

6. Of the eight things you learned about SODIUM and CHLORIDE, what single thing stood out to you the most? _____

7. Of the eight things you learned about REFINED TABLE SALT, what single thing stood out to you the most? _____

8. What is the PRIMARY CAUSE of High Blood pressure? _____

9. Has this lesson caused your thinking to change concerning the use of Table Salt? _____ Explain how: _____

Lesson Nine

CAFFEINE – ANOTHER PROTOPLASMIC POISON

CAFFEINE – NUMBER FIVE CAUSE OF PHYSICAL PROBLEMS

In Lessons One through Four, we established biblically and anatomically that God designed man to be nourished with the LIVING plant foods that He created and placed in the Garden of Eden before the creation of man. Then, in Lessons Five through Eight, we revealed what happens when we place substances into the body that God never designed the body to have to contend with.

In this lesson, we are going to continue examining what happens when we eat foods (so-called) that God never designed our physical bodies to have to deal with or process. But, before we get started, I want to provide a foundation for what will follow:

Each of us possesses a physical body comprised of LIVING cells. These LIVING cells are made up of protoplasm, a vicious, grayish, translucent, colloidal substance. Our health, or lack of it, is determined at this protoplasmic, cellular level. If we keep our bodily fluids purified and our cells free of toxic build-up, we will experience health. On the other hand, if we fail to keep our bodily fluids purified and our cells free of toxic build-up, sickness will result.

The reason The Hallelujah Diet has such a profound effect upon the health of those who adopt it is because The Hallelujah Diet promotes health at this most basic of all levels - at the level of our cellular protoplasm!

Please don't ever forget one of the most important basics we learned in previous lessons: "LIVING FOOD FOR A LIVING BODY! God had it right from the very beginning! See Genesis 1:29. Remember it was God who created a LIVING organism (physical body) comprised of LIVING CELLS that He designed to be nourished with LIVING FOOD!"

We promote health at the protoplasmic cellular level of our bodies when we consume LIVING plant foods and the juices of the LIVING vegetables, while at the same time, we avoid placing toxic substances into our body. If we want to promote health rather than disease in our beautiful, God-made, physical bodies, we must carefully avoid placing substances into our bodies that will poison our bodies at this most basic cellular protoplasmic level.

Sadly, many of those reading this are NOT being careful to avoid toxic substances, but rather, on a daily basis, are placing protoplasmic POISONS into their bodies in the form of caffeine, theobromine (a drug related to caffeine and found in products from the cocoa bean such as chocolate), inorganic sodium

chloride (table salt), refined sugar, alcohol, nicotine, and prescription as well as over-the-counter medications. THESE SUBSTANCES ARE ALL DRUGS! THEY ARE ALL POISONS! AND THEY ARE ALMOST ALL ADDICTIVE! Most are socially cherished, often medically prescribed, commercially advertised, and sadly, government subsidized!

To even a casual observer, it becomes painfully obvious that the majority of our adult population and a rapidly, ever-increasing percentage of our teenagers and even young children are hooked on these protoplasmic pleasure poisons and the protoplasmic prescribed poisons! Almost 100% of our population consumes refined sugar and table salt; 80% consume coffee, tea, caffeinated-sodas, and chocolate; 26% use nicotine; 70% drink alcohol; and probably over 50% use medications of some kind.

With that as a little foundation, let's tackle the protoplasmic POISON called:

5. CAFFEINE

Caffeine is the most popular and most widely used STIMULANT in the world, and coffee is the major source of this STIMULANT. Coffee is also the most popular beverage in the world, with tea and caffeinated soda coming in second and third. A cup of drip coffee contains 150 mg of caffeine; a cup of brewed tea 50 mg of caffeine; a 12 oz can of caffeinated soft drink 50 mg of caffeine; and an 8 oz bar of milk chocolate 50 mg of caffeine.

Now let's look at how caffeine affects our beautiful, God-made physical bodies. I will begin by sharing a few quotes from a medical physician, Dr. John McDougall. These quotes are taken from his book "The McDougall Plan:"

(1) Some of the most popular DRUGS consumed by people of affluent western nations are found in coffee beans, tea leaves, and cocoa beans (chocolate) [. . .] all of which contain a group of natural substances known as methylxanthines. These chemicals include caffeine, theophylline, and theobromine. Many prescription and nonprescription drugs also contain methylxanthines.

(2) One of the most important of the methylxanthines is the popular drug 'caffeine' [. . .] undesirable effects from the stimulating properties of caffeine include: elevated heart rate, irregular heartbeat, increased blood pressure, frequent urination, increased gastric acid secretion (which contributes to indigestion, gastritis, and ulcers), nervousness, irritability, insomnia, loss of appetite, nausea, and diarrhea. Obviously, discontinuing caffeine will relieve the problems caused by this DRUG. It is particularly important for someone with hypertension who is trying to lower his or her blood pressure to stop drinking caffeinated beverages.

(3) Caffeine has been shown to cause birth defects in animals and is suspected of causing the same defects in humans. It would follow that you should completely avoid coffee, tea, colas, and chocolate in all forms during pregnancy.

(4) All three of the methylxanthines can stimulate growth of breast cells, causing painful enlargement of breast tissue and benign lumps. This condition is known as fibrocystic disease. . . In as many as 90 percent of women with fibrocystic disease, these benign breast lumps significantly improve or completely disappear in two to six months when methylxanthines are eliminated from the diet. There is also concern from investigators that the chronic stimulation of the breast tissue by methylxanthines may progress to cancer of the breast. Cancer of the bladder also has been related to caffeine use.

(5) One more undesirable effect of caffeine is that the DRUG has been shown to cause loss of calcium from the body. Therefore, another dietary maneuver you can use to prevent and possibly correct thin, calcium-deficient bones, or osteoporosis, would be to discontinue use of caffeine.

(6) The body actually becomes physically addicted to caffeine. When you quit taking this drug, expect withdrawal symptoms such as headaches, anxiety, irritability, drowsiness, tension, and depression. Withdrawal symptoms can last as long as a week.

Dr. Russell Blaylock, in the November 2005 issue of NewsMax magazine, had this to say concerning caffeine: "Caffeine is considered to be the most widely used psychoactive substance in the world. In some ways it is acting like MDMA (Ecstasy) and cocaine. That is, it stimulates brain cells intensively. . . If you stop drinking caffeine you will notice two things right away: that you cannot stay awake and that you have a splitting headache [. . .] This is because the brain has turned down the sensitivity to caffeine so much that your brain is struggling to remain conscious. The headache is because of rebound dilation of the blood vessels in the scalp [. . .] Excessive caffeine has several dangers. With high consumption, one can have a sudden seizure or even abnormal heartbeats. On some occasions the abnormal heartbeats - called arrhythmias - can lead to sudden death, especially if your magnesium is low."

MORE ADVERSE EFFECTS CONCERNING CAFFEINE THAT RESEARCH HAS REVEALED FROM VARIOUS SOURCES

(1) Caffeine stresses the nervous system, increases uric acid production, and can lead to kidney damage. Researchers at Boston University Medical Center consider coffee intake to be associated with heart attacks and cancer, and when used with sugar, caffeine becomes even more harmful.

(2) "Coffee nerves" or "coffee jitters" can occur after 150 mg (1 cup) are ingested, while physiological and psychological dependence can occur at 300 mg/day (2 cups).

(3) 62% of Americans in a recent survey claimed they ". . . could not function . . ." without their daily coffee (caffeine) intake.

(4) Children are far more susceptible to caffeine intoxication due to lighter body weight and comparative purity of physiology. Parents who wouldn't dream of giving their children coffee are giving them the equivalent dose of caffeine every time they let them indulge in caffeinated soft drinks, cocoa, iced tea, and chocolate. The irony is that most of the caffeine taken from coffee in the decaffeination process is bought by the soft-drink industry and added to soda!

(5) Caffeine intoxication is a form of severe poisoning that occurs at the cellular level when as little as 250 mg of caffeine is consumed in a day. This toxic stimulant may result in heart palpitations, stomach irritation, dizziness, muscle tension and trembling, insomnia, shortness of breath, diarrhea, ringing in ears, lightheadedness, and headaches.

(6) Caffeine first triggers an adrenalin release and then mimics the "fight-or-flight" response by stimulating the cardio-respiratory and central nervous systems. Every cell, organ, and system is affected by caffeine.

(7) Caffeine speeds up Basal Metabolic Rate by 10 - 25%. It increases blood pressure, causes irregular heart rate, and restricts brain blood flow. It is implicated in cardiovascular disease. Six cups of coffee daily, doubles heart attack risk.

(8) Caffeine stimulates overproduction of gastric pepsin/hydrochloric acid, contributing to the formation of stomach ulcers.

(9) Besides all of these physical symptoms of auto-poisoning, caffeine can stimulate mental disorders with symptoms identical to "anxiety neurosis": nervousness, irritability, self-consciousness, moodiness, and/or depression. Indeed, some people who suffer from mental disorders are undoubtedly "adding fuel to the fire" when they become caught in a vicious circle of caffeine use.

To summarize, **CAFFEINE** and everything containing it, is the fifth most often cause or contributing cause of the physical problems being experienced today. **CAFFEINE** is **DEAD**, and **FIBERLESS**, and along with animal source foods, refined sugar, refined grains and inorganic sodium chloride (table salt), the most popular of the **KILLER** foods of our day.

LESSON NINE IN REVIEW

1. What is a PROTOPLASMIC poison? _____

2. What is the most popular and widely used stimulant in the world? _____

3. How much caffeine is found in the following:

(1) A cup of drip coffee? _____ (2) A cup of brewed tea? _____

(3) A 12 oz can of caffeinated soft drink? _____

(4) An 8 oz bar of milk chocolate? _____

4. Name the eleven undesirable effects caused by the stimulating properties of caffeine: _____

5. How can the consumption of caffeine promote breast cancer?

6. What symptoms can be experienced when a person quits consuming caffeine?

7. Dr. Blaylock tells us that two things happen when a person stops drinking caffeine. What are they? _____

8. Caffeine stresses the nervous system, increases uric acid production, and can lead to kidney damage. True or False? _____

9. What percentage of Americans claims they cannot function without their daily coffee (caffeine) intake? _____

10. Has this lesson caused your thinking to change concerning the consumption of coffee, tea, soda pop, and chocolate? _____

Explain how this lesson has changed your thinking: _____

Lesson Ten

A TYPICAL DAY ON THE HALLELUJAH DIET

In previous lessons, we have completed instruction under the following headings:

I – WHAT IS YOUR LIFE? In this lesson, we talked about evolution and creation, shared how God designed mothers to feed their babies, and showed the consequences when man thinks he can improve on God's ways.

II – FEARFULLY & WONDERFULLY MADE. In this lesson, we talked about the difference between living and dead food, the solution to being overweight, why people have to wear eyeglasses, and showed how our health is determined at cellular level.

III – DESIGNED TO BE FORAGERS. In this lesson, we entered the Garden of Eden to see how God originally planned for the nourishment of our physical bodies and what happens when we do not properly nourish them. In this chapter, we also introduced the juicer and shared why vegetable juices are the key to the incredible healing testimonies received here at Hallelujah Acres.

IV – HOW TEMPERATURE AFFECTS LIFE. In this lesson, we learned of how heat, when applied to the physical body or to raw fruits and vegetables, affects the life force within each. We also learned how eating cooked foods affected the cats in Dr. Pottenger's research and how his experiment can be applied to humans.

In Lessons Five through Nine, we took a look at what we call the "Five Killer Foods" and showed how Animal Source Foods, Refined Sugar, Refined Grains, Table Salt, and Caffeine are the cause, or a contributing cause, of up to 90% of all physical problems being experienced by people today.

A TYPICAL DAY ON THE HALLELUJAH DIET

In Lesson 10, we will take a look at A TYPICAL DAY ON THE HALLELUJAH DIET and try to explain each meal, tell WHY various food items are placed in that meal, and clarify why other foods are not.

BREAKFAST ON THE HALLELUJAH DIET

At this meal, The Hallelujah Diet breaks from traditional teachings, which tell us that BREAKFAST is the most important meal of the day. Let's consider this teaching for a few moments. Most people sleep 7 or 8 hours. During that time, the body has been cleansing, repairing, rebuilding, recharging, and preparing the body for the next day's activities. As we arise, the first thing the body usually

wants to do is eliminate the collected toxins and debris it has been accumulating through the night and remove them from the body through the urine and feces. This cleansing and eliminating will continue for several hours IF the body is given opportunity to do so.

If a person, soon after arising, consumes a meal of bacon and eggs, pancakes and sausage, cereal and milk, toast and coffee, grits and whatever, cleansing and eliminating slows while the body diverts its energies to trying to process this horrible introduction of non-food items. Some will say that we need this big breakfast in order to obtain energy for the day, but the listed items are not real food, and they must first be processed before any energy is available from them. Besides, many of the listed items will take until almost noon to digest. Also, in order to digest these items, it takes lots of energy from the body.

So, on The Hallelujah Diet, we give the body an opportunity to continue the cleansing and detoxifying by not eating any food that requires processing immediately upon arising. However, on The Hallelujah Diet, we do provide the body with nourishment first thing in the morning in the form of a dehydrated barley/alfalfa powder called BarleyMax[®]. This allows cleansing and eliminating to continue, while at the same time nourishing the body. If a person is not trying to lose weight, a few hours after arising it would be o.k. to have Fiber Cleanse, some ground flax seed in a green smoothie, or some fruit.

Our research reveals that BarleyMax is quite possibly the most nutritionally dense food available to us today. It is also the very first food Rhonda and I place into our bodies each and every morning immediately upon arising. Let's take a moment to explain what BarleyMax is and why it is the first thing we consume each day.

BARLEYMAX

Way back in 1976 when I was faced with a diagnosis of colon cancer, Evangelist Lester Roloff encouraged me to change my diet, to drink one to two quarts of vegetable juices each day, and to consume raw fruits, vegetables, seeds and nuts--a diet quite similar to the Genesis 1:29 diet. Since then, I have been learning more and more about the value of drinking raw vegetables juices, and later, the juice from raw grasses.

For several years, on my windowsill in cafeteria trays on a half-inch of soil, I grew wheat grass to about 10 inches in height, which I then harvested and juiced. This required constantly having to soak the seed, along with daily tending and watering. Life became very restrictive, and growing this wheat grass was very time consuming. Also, the only nutrients available to that grass as it grew were the nutrients available in the seed itself and in that half-inch of soil in which the seed was being grown.

Then, around 1988, I was introduced to a barley product that had already been grown, juiced, and reduced to a powder through a spray-drying process. Now, instead of having to grow my own grass on a windowsill, I had a barley powder available in a container that could be easily and quickly rehydrated in distilled water. This was much more convenient and less time consuming, and the results from the barley powder were as good as the fresh wheat grass juice.

But because of the heat used in the spray-drying process, it left the product very unstable. In order to stabilize this spray-dried powder, maltodextrin and brown rice had to be added. These additives made up as much as 50% of the product so that the actual amount of barley powder in the container was reduced by as much as half. That didn't offer a very good value, and the enzymes in the powder had been compromised with the heat from spray-drying!

Then, around the year 2001, we were introduced to an organic farmer who had learned how to produce a superior powder product. Using organic barley and alfalfa seed, the seed was planted in an old volcanic lakebed at the 5,000 foot elevation in the Rocky Mountains, which provided incredible trace minerals for the grass to extract nutrients from, and it was watered with deep-well, mineral rich water. Because of the nutrients available to the plants as they grew, this produced a grass of significantly higher nutrient value than grasses grown in other locations.

After the grass was harvested, it was reduced to a juice in a juicing machine, just like the previous spray-dried product had been. However, rather than using a spray-drying process that required heat, it was reduced to a powder by means of dehydration at temperatures so low they did not destroy or even damage the enzymes.

Because no damaging heat was used in the processing, this product was not unstable; thus, no maltodextrin or brown rice was necessary to stabilize it. This new processing method also produced a product that was 100% pure grass powder, of much superior value. Because of this, the product only required half as much powder compared to the product containing maltodextrin and brown rice.

We took this dehydrated grass powder product to our own Michael Donaldson, PhD, for testing. He sent this new dehydrated grass powder off to numerous laboratories. At the same time, he had a number of other grass powder products from other companies tested. The results were astounding as BarleyMax beat the other products hands-down in nutrient values - minerals, vitamins, amino acids, proteins, chlorophyll, phytochemicals, antioxidants, and enzyme activity. And that is the long/short story of how Hallelujah Acres came to make available to the public, their own privately labeled, BARLEYMAX. (For more information regarding BarleyMax, call (800) 915-9355).

Because BARLEYMAX contains practically no fiber, it makes the perfect breakfast food. Lacking fiber, it does not have to go through the digestive process but is able to go almost immediately and almost intravenously into the cells. This provides incredible nutrients for the body to utilize, thus giving almost immediate energy, without digestion. Simply place a teaspoon of BarleyMax in 4-ounces of distilled water and mix with a battery-powdered hand held mixer or in a shaker container. It can also be taken dry and allowed to dissolve in the mouth. This is all Rhonda and I consume for breakfast, and it provides us with incredible energy to start the day.

CHILDREN NEED MORE THAN BARLEYMAX FOR BREAKFAST

We have found that children up through their teen years require a more substantial breakfast than just BarleyMax, although BarleyMax is recommended for children. Rhonda, in her book *RECIPES FOR LIFE...FROM GOD'S GARDEN*, provides a section titled "Breakfast Recipes for Children," where you will find a "Raw Whole-Grain Cereal" recipe, along with a recipe for "Creamy Banana Milk" and "Sweet Almond Milk," among others. Another excellent book containing healthy recipes for children is Health Minister Julie Wandling's book *HALLELUJAH KIDS..* (Both books are available by calling 1-800-915-9355)

MID-MORNING SNACK

Rather than the traditional coffee and donuts being consumed mid-morning, on The Hallelujah Diet, an 8-oz glass of vegetable juice is consumed. This juice offers the body an incredibly nutritious drink that provides not only liquid and nutrition, but also lasting energy. Traditional coffee and donuts give the body quick stimulation but soon have the opposite effect, producing lack of energy and hunger. Consuming these items creates a yo-yo effect within the body of highs and lows. In order to try and maintain the highs, many people continue consuming coffee and sugar products throughout the morning. Then in the afternoon, they consume sugar-laden sodas, usually containing caffeine, and often candy, in an effort to maintain their highs.

LUNCH ON THE HALLELUJAH DIET

A serving of BarleyMax precedes lunch by 20-30 minutes. Then, either a nice raw vegetable salad or all the raw fruit desired is consumed. A Hallelujah Survival Bar can also be lunch. Many wives and mothers pack a Survival Bar in the lunchbox for husband or child. Survival bars are comprised of all raw, concentrated ingredients, plus they contain BarleyMax, CarrotJuiceMax[®], and BeetMax[®]. Most people are on the go at lunchtime, and on The Hallelujah Diet, lunch is a very simple meal to prepare and eat. (When I am on the road, BarleyMax and a Hallelujah Acres Survival Bar are often my lunch.)

MID-AFTERNOON SNACK

Instead of a candy bar and soda, on The Hallelujah Diet, another 8-oz glass of vegetable juice can be consumed, half a Survival Bar, or some carrot and celery sticks. This provides the body not only with good nutrition, but also with sustained energy. The soda and/or candy bar, while giving almost instant energy, soon becomes an energy drain, producing exactly the opposite of the desired effect.

DINNER ON THE HALLELUJAH DIET

For most families, suppertime is the only meal of the day the entire family can sit down together and, without pressures, enjoy a leisurely meal. Thus, it is the biggest meal of the day on The Hallelujah Diet. Some teach that supper should be the smallest meal of the day because we shouldn't go to bed with undigested food in the stomach, but dinner on The Hallelujah Diet consists of foods that digest quickly and are long gone before bedtime.

Supper begins with BarleyMax, followed 20-30 minutes later by a large vegetable salad, which is followed by the only cooked food of the day - baked sweet potato, baked squash, steamed vegetables, brown rice, whole grain pasta, or beans. This cooked portion provides for a huge variety of recipes to be used, and it is amazing how delicious these cooked vegan dishes can be. They are certainly as tasty as any Standard American Diet (SAD) meal I ever ate.

This cooked food following the large salad is extremely important, as it provides concentrated carbohydrates and calories, which supply the body with energy and, in turn, assure sufficient protein intake. The approximate ratio of foods consumed on The Hallelujah Diet is 85% raw to 15% cooked. No measuring is necessary to determine the 15%! After the LARGE salad at the evening meal, a person just consumes all the cooked food they desire, and that becomes the 15%.

If a family is able to come together for a relaxing meal at noontime, Dinner and Lunch could be switched.

LESSON TEN IN REVIEW

1. What does Breakfast consist of on The Hallelujah Diet? _____
2. What is BarleyMax? _____

3. Do children need more than BarleyMax for breakfast? _____
4. What does a Mid-Morning Snack consist of? _____
5. What are the two choices one has for the Lunch meal on The Hallelujah Diet?

6. The Mid-Afternoon Snack allows what foods? _____

7. Explain Dinner in detail.

8. Under what circumstances can the Lunch and Dinner meal be switched?

9. How does A TYPICAL DAY ON THE HALLELUJAH DIET differ from a typical day on the SAD (Standard American Diet)?

10. Has this lesson changed your thinking concerning the typical foods consumed today by those on the SAD? _____

If your answer is "Yes," in what way has your thinking been changed?

Lesson Eleven!

OXYGEN, YOU CAN'T LIVE WITHOUT IT

Previously, we have completed lessons under the following headings:

I – WHAT IS YOUR LIFE? In this lesson, we talked about evolution and creation, shared how God designed mothers to feed their babies, and showed the consequences when man thinks he can improve on God's ways.

II – FEARFULLY & WONDERFULLY MADE. In this lesson, we talked about the difference between living and dead food, the solution to being overweight, why people have to wear eyeglasses, and showed how our health is determined at cellular level.

III – DESIGNED TO BE FORAGERS. In this lesson, we entered the Garden of Eden to see how God originally planned for the nourishment of our physical bodies and what happens when we do not properly nourish them. In this chapter, we also introduced the juicer and shared why vegetable juices are the key to the incredible healing testimonies received here at Hallelujah Acres.

IV – HOW TEMPERATURE AFFECTS LIFE. In this lesson, we learned of how heat, when applied to the physical body and to raw fruits and vegetables, affects the life force within each. We also learned how eating cooked foods affected the cats in Dr. Pottenger's research and how his experiment relates to humans.

V THROUGH IX – FIVE KILLER FOODS. In Lessons Five through Nine, we took a look at what we call the "Five Killer Foods" and showed how Animal Source Foods, Refined Sugar, Refined Grains, Table Salt, and Caffeine are the cause, or a contributing cause, of up to 90% of all physical problems.

X – A TYPICAL DAY ON THE HALLELUJAH DIET. In this lesson, we took a careful look at what The Hallelujah Diet suggests for each meal of the day.

In Lesson 11, we are going to take a look at the importance of oxygen. In fact, oxygen is so vitally important that life cannot be sustained without it!

FOR LIFE TO BE SUSTAINED, OXYGEN IS A NECESSITY

As you read these words, your chest is softly, rhythmically, and automatically rising and falling as air enters and exits your lungs. You probably weren't even

consciously aware of this until I called it to your attention. Yet, without this intake of air, which contains oxygen, your physical life would cease very quickly.

In the Bible, we read in Genesis 2:7 **“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.”** Thus, God used two separate and distinct steps in the creation of man. First, he formed man of **“the dust of the ground.”** At death, when a body is placed in the ground, it eventually reduces to the same ingredients from which man was originally formed . . . mineral ash or **“dust of the ground.”** This reduction to mineral ash is accomplished much more rapidly by cremation.

So, after step one in the creation of man, after **“God formed man of the dust of the ground,”** God had nothing but a dead, lifeless body, similar to what we see when we visit a funeral home and look into the open casket. We do see a body, but it is motionless and lifeless. Why is it motionless and lifeless? What makes the difference between life and death?

Answering that question brings us to the most basic and important substance in man. An ingredient of such monumental importance that, without it, life is absolutely and positively impossible. My friend, the substance I am talking about is none other than **oxygen!** And so, God breathed into Adam the **“breath of life,”** and that dead heap of minerals sprang to LIFE! Just as oxygen was absolutely necessary to produce LIFE in Adam, it is that same oxygen that is absolutely vital and necessary to sustain LIFE in our bodies today.

At birth, when a child slips from the womb and enters this world, its first and most basic need must be met, and it must be met quickly if life is to continue. What is that most basic need? Why it is that same **“breath of life”** oxygen that God breathed into Adam at creation. And so the baby takes into its little body that first breath and immediately we see the chest start to rise and fall as it rhythmically and automatically continues to take this **“breath of life”** into its lungs.

This rising and falling of the chest as the lungs take in oxygen and give out carbon dioxide continues from birth throughout life. Most of the time, we are not even aware that this process is taking place. Yet, if we were to cut off our oxygen supply for only a few moments, we would become quickly aware of our need for this life-giving substance we call oxygen.

If you find yourself in a smoke-filled room, you will automatically and rapidly seek fresh air as the body expresses an urgent need for oxygen. If the lungs cannot obtain fresh air containing oxygen, the body soon suffocates and death quickly follows. Why? Because the oxygen supply has been shut off.

People who smoke cigarettes slowly but surely cut off their oxygen supply as the tar in the smoke coats their lungs. After people have smoked for a period of time,

their lungs take on the appearance of the inside of a wood stove chimney that is lined with black, sticky creosote. This coating of the lungs restricts the intake of oxygen and the person slowly but surely suffocates the cells, depriving them of their most important nutritional need – OXYGEN! And if that isn't bad enough, tobacco smoke also contains carbon monoxide, the same deadly substance found in automobile exhaust.

Carbon monoxide combines with the hemoglobin in the blood and further reduces its oxygen carrying capacity. This decrease in oxygen causes the heart to pump faster to try and make up for the deficiency, constricts the blood vessels, thus creating poor circulation, and so much more. If you are a smoker and love life, please stop smoking right now! And yes, you can stop smoking if you really want to. Thousands of other people are quitting every day.

OXYGEN, WE OWE OUR LIVES TO IT

Let's explore this subject of "**oxygen**" and see what we can learn. First, our body is a living organism, comprised of approximately one hundred trillion living cells. Each of these cells is its own entity and is capable of reproducing itself. However, in order to sustain life and reproduce, a cell has specific needs that must be met. The two basic needs are an adequate food supply and an efficient waste disposal system. The quality and quantity of the food supply along with the adequacy and efficiency of the waste disposal system determines the quality and length of our lives.

Yes, it's true that "***It is appointed unto every man once to die...***" (Hebrews 9:27); however, this verse is not saying that God has a pre-set time for each individual person to die but that every human being will die someday. The only exception are those who happen to be alive when Jesus returns for His Own (I Thessalonians 4:16). So, in reality, and as few people realize, most of the time we have control over how long we will live on planet earth (barring accidents). We also have control over whether we will get sick or not.

Sickness in the body can take many forms. Most people think of cancer, heart attacks, strokes, diabetes, arthritis, flu, colds, headaches, pimples, etc. as problems that are unavoidable. People with these diseases often believe they are just an innocent victim, it was fate, it was inherited, a bug or germ chose them as their breeding ground, it was "God's will," etc.

My friend, none of these excuses are the real cause of our physical problems. Sickness, in whatever form it manifests itself, is the result of failing to provide our cells with proper building materials and/or failing to adequately remove the toxic wastes from the cells. This simply boils down to improper diet and lifestyle!

Sadly, our society has been programmed into thinking we can put anything we want into our bodies, abuse our bodies, and neglect our bodies, and then when

our bodies break down, all we have to do is run to a doctor who will give us a miracle working drug, and in a few days, everything will be all right. My friend, it just doesn't work that way, and man is realizing this truth a little more with each passing day.

Doctors do not have the answers to health; neither will health insurance policies, government programs, nor money make us well. If we want to experience life here on earth as God intended, we must take control of our own health and observe the natural laws given by God to mankind. When these laws are observed, sickness will not come! When we violate these laws, we will experience sickness. It is the law of sowing and reaping! It is that simple!

Whenever we start to experience a physical breakdown such as a cold, sore throat, upset stomach, acne, headache or something more serious, like cardiovascular problems, heart attacks, stroke, arthritis, diabetes, or cancer, we need to ask the question "WHY?!" We need to ask "**What did I do or fail to do that created this physical problem? Which of God's natural laws did I violate?**" Fortunately, in most instances when we eliminate the cause of the physical problem and give the body the proper nourishment, healing will usually follow naturally and quite rapidly.

WHERE DOES OXYGEN FIT INTO ALL THIS?

In my first book, "Why Christians Get Sick," I list God's seven natural laws for wellness on page 105. On that page I make this statement: "**The greatest need of the body is 'pure air'!**" Now let's look at some additional facts about oxygen.

1. The quality (purity) of the air we breathe affects the quality and length of the life we live. Breathing good, clean air increases the quality and length of life! Breathing polluted air decreases the quality and length of life!
2. Increase the supply of oxygen to the brain (through deep breathing and exercise) and mental abilities will increase, and the brain will become more alert! Decrease the supply of oxygen to the brain (through smoking, air pollution and a sedentary life) and the brain's mental abilities will decrease and become sluggish. Cut off the oxygen supply to the brain for only a few brief moments (as during a stroke) and parts of the brain will die, producing paralysis in various parts of the body.
3. Increase the supply of oxygen to the body's cells and the body becomes full of energy and life! Decrease the supply of oxygen to the cells and the body fails to provide the energy necessary to perform properly, and we feel tired, sluggish, and listless.
4. An increase in the supply of oxygen to the body's cells helps us mentally and emotionally, and we become happy and optimistic! Decrease the supply of

oxygen to the body's cells and we become discouraged, depressed, and pessimistic!

5. Increase the supply of oxygen to the body's cells and sickness cannot find a foothold! Decrease the supply of oxygen to the body's cells and it provides the breeding ground for sickness. Sickness and disease cannot survive in an aerobic (oxygenated) atmosphere.

We could go on, but the above should be adequate to show the importance, the imperative, of making sure our bodies receive an adequate supply of oxygen so that we can experience life to the fullest. Jesus said: ***"I am come that ye may have life, and that ye may have it more abundantly."*** (John 10:10)

Increasing the volume of air (oxygen) entering the lungs will increase the volume of oxygen being supplied at the cellular level of your body. This, in turn, starts a beautiful scenario of events in the body, and the way we create this beautiful scenario is through exercise, which provides oxygen to our cells in great abundance.

Exercise is how we increase the body's intake of oxygen! Exercise, in addition to providing oxygen to the body cells, also causes a flushing of the veins and arteries. This removes obstructions to the free the flow of blood. We will study the subject of "oxygen" in our next and last lesson.

LESSON ELEVEN IN REVIEW

1. After God created man in Genesis 2:7, what did God breath into his nostrils?

2. After a child is born, what basic need is absolutely essential for the life of that child to continue? _____

3. If a person smokes, what problems are they causing in their body?

4. "Sickness, in whatever form it manifests itself, is the result of our failing to provide our cells with _____

and/or failing to adequately _____ the _____

from the cells. This simply boils down to improper _____

and _____

5. Whenever we start to experience a physical breakdown, such as a cold, sore throat, upset stomach, acne, headache, or something more serious, what question do we need to ask? _____

6. The quality (purity) of the air we breathe affects the quality and length of the life we live. True or false? _____

7. Increasing the supply of oxygen to the brain will increase mental _____ and the brain will become more _____.

While decreasing the supply of oxygen to the brain will _____ mental abilities and the brain will become _____.

Cut off the oxygen supply to the brain for only a brief moment and what will happen? _____

8. Increasing the supply of oxygen to the body cells will produce what results?

Decreasing the supply of oxygen to the cells will produce what results?

9. An increase in the supply of oxygen to the body's cells helps us mentally and emotionally, and we become _____ and _____.

Decrease the supply of the oxygen to the body cells, and we become discouraged and _____.

10. Increase the supply of oxygen to the body's cells and _____ cannot find a foothold. Decrease the supply of oxygen to the body's cells and it provides the breeding ground for _____. Sickness and disease cannot survive in an _____ atmosphere.

Lesson Twelve

THE IMPORTANCE OF EXERCISE

In Lesson 11, we talked about the importance of oxygen! In that lesson we learned that life cannot be sustained without oxygen and that we literally owe our very lives to oxygen.

In this, our last and final lesson, we will conclude by talking about the final key to a long and healthy life – EXERCISE! Before we talk about exercise; however, let's take a brief look at the three keys to a long and healthy life.

KEYS TO A LONG HEALTHY LIFE

1. PROPER NUTRITION

2. ABUNDANT OXYGEN

3. ADEQUATE EXERCISE

In previous lessons, we have examined “nutrition” and “oxygen,” so in this lesson we will examine the third KEY TO A LONG HEALTHY LIFE – “EXERCISE!”

Eating the wrong foods, failing to exercise sufficiently, and not taking abundant amounts of oxygen into the body are the **causes** of most of man's physical miseries. If this is so, and it is, how can we change things?

START BY EATING A PREDOMINANTLY RAW FOOD DIET! Eating living (raw) foods is a great starting point. Living foods will start to normalize body weight and increase energy. Increased energy will demand more exercise! Increased exercise will cause deep breathing! Deep breathing will bring copious amounts of oxygen into the body. Increased oxygen will oxygenate and stimulate the cells and thus produce a more positive outlook on life, along with abundant energy, and ultimately superior health! It is all so amazingly simple!

OR START BY EXERCISING! If a person will just start doing something as simple as walking, that walking can become the catalyst for unbelievably wonderful and exciting benefits. In fact, walking can potentially be the beginning point for the restoration of your health. Walking will increase the intake of oxygen into your body, which will hopefully cause you to think more clearly and more positively about improving the quality of the foods you eat.

HERE IS A SIMPLE WAY TO START AN EXERCISE PROGRAM: (a) Figure out a **measured mile**. (Examples: Around the block four times or up and down the driveway 40 times, etc.) (b) Time yourself as you walk that mile for the first

time at a comfortable pace and write down how long it took you to walk that mile in a journal. (c) The next day, walk that same mile again, only try to walk a little faster. Each day try to decrease your time. (d) After you can walk a 15-minute mile, stretch your walk to two miles and walk those two miles each day until you can walk those two miles in 30 minutes (two 15-minute miles). (e) Then stretch it to three miles in 45 minutes and finally four miles in an hour. Then walk those four miles each and every day. If you will do that, along with an improved diet, it will change your life.

THE MINIMUM AMOUNT OF AEROBIC EXERCISE RECOMMENDED IS 20-MINUTES EVERY OTHER DAY! Personally, I do not feel that is adequate.

Rhonda and I strive to put in at least 60 minutes of aerobic exercise **every day!** Our workout begins with some slow stretches and easy walking for five to ten minutes, followed by three to four miles of fast walking or what we call “power walking.” This should get the heart into “the aerobic range.”

We can figure the proper aerobic range for our age by taking the number 220 and subtracting our age and then multiplying that number first by 60% and then by 90%. The difference between the 60% and 90% figure is our minimum and maximum aerobic heart rates for an aerobic workout.

After a person has been walking 15-minute miles over an extended period of time, it may take more vigorous movement to get the heart into the aerobic range, and short sprints may become necessary. Another way to help get the body into the aerobic range is through the use of light ankle and hand-held weights. This not only increases the intake of oxygen, but also helps build and strengthen muscles. The heart is the most important muscle in our body, and aerobic exercise helps build a strong and healthy heart.

If weather or a bad neighborhood is a problem for outdoor walking, walking in malls has become fashionable. Another way to get in a daily exercise routine, without ever leaving your home, is to purchase a mini-trampoline. A mini-trampoline allows you to have as vigorous a workout as desired in the comfort of your home any time of day or night you desire. Another of the wonderful benefits of a mini-trampoline is that it minimizes the jarring of the skeletal system and joints. Also, it promotes the moving of the lymph. This improves the body’s ability to remove toxins. A mini-trampoline is a great form of exercise and I highly recommend it.

Start your mini-trampoline workout with just a slow bounce without removing your feet from the mat; then slowly increase the speed and height of the bounce, breaking into an easy walk. From there you can go into more vigorous movements by going from a walk to a jog, and then raising the knees higher and higher, going to a more rapid pace.

An easy way to increase the benefits of your mini-trampoline workout is by holding a one to three pound weight in each hand, and for an even more exhilarating workout, you can place light weights around each ankle. Each time you place additional weight on your body, you increase the effectiveness of the workout.

Then there are various exercises you can perform on the mini-tramp (jumping jacks, high jumps, etc.) A mini-tramp can provide an excellent aerobic workout within the confines of your own home. A guardrail is even available for those who are not steady on their feet.

As with our diet and lifestyle, we prefer to keep our exercise program as simple and inexpensive as possible. Surely stretching, walking, and jogging fit that criteria and, except for a good pair of walking shoes, costs nothing. If a person wants to go beyond that simplicity, some light weights and the mini-trampoline are an excellent step if finances allow.

Where you go from there is up to you. There are numerous pieces of exercise equipment being offered today that can be used in the home, but most of them are expensive and few will give you a much better workout than what has already been promoted here.

CONCLUDING THOUGHTS

As we conclude this series of lessons in "Biblical Nutrition 101," let me once again try to share the simplicity of what we teach here at Hallelujah Acres so that you can get the Big Picture.

My friend reading these closing words, we are living in a world that has many voices crying out to us saying, "This is the way!" But the Bible says in I John 4:1, ***"Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world."*** Who are these false prophets today?

There is religion, big government, the medical establishment, the drug industry, science (especially science) "so called", education, the insurance industry, and big business, just to name a few. Often their voices are contradictory, and this leads to a lot of confusion. For a moment, let's look at a few of the voices we are hearing today:

RELIGION

Religion often tells us that God is controlling our lives and that nothing happens to us unless it is the will of God. Thus, when we get sick, we pray to God. But all too often, this doesn't remove the sickness. Next, we turn to the medical establishment, which tells us that doctors are the only authority and that they

alone are the ones capable of helping us. In fact, they teach that any other means of dealing with physical problems is “quackery.” So if the doctor’s drugs help take away or subdue the symptoms of the illness, we thank God, thus indicating that God has chosen the doctor and his drugs to be the answer to our physical problems. But if the doctor can’t help us, then we rationalize our sickness by simply saying, the sickness must be “God’s will.”

Religion often teaches that because Adam and Eve sinned, their sin is responsible for our physical problems. Thus, once again, we are not responsible, but just the innocent victims of Adam and Eve’s sin. That teaching is just as false as Adam blaming Eve in an attempt to justify his own transgression.

Religion also often teaches that there is an “appointed time” to die, which God has foreordained for each one of us and that we have no control over how long we live. This also is absolutely untrue, but few people dare to question what religion teaches, thinking to do so would be questioning God. So they just blindly accept the false teaching as truth..

My friend, there is often a vast difference between what religion teaches and what is **truth!** Religion is usually the pronouncements of man, often based on the influence of the worlds teachings, clothed as being the pronouncements of God. For a moment, just think of all the religions there are in the world today. What do they teach? Do they all teach the same thing, or do many of them contradict one another?

THE MEDICAL COMMUNITY We have been trained to accept the teachings that come from the American Dietetic Association and the American Medical Association as truth, and the reason we are to accept their teachings is because their teachings are supposedly backed up by science. Thus science has become our god and we blindly accept and follow its pronouncements no matter how far-fetched their teachings may be.

The medical profession tells us that we are the innocent victims of germs, viruses, and bacteria, or that we simply inherited the problem – that it was in our genes. Has it ever occurred to you that the pronouncements of science and the medical profession may not be truth at all but simply the pronouncements of a group of people whose paychecks depend on sick people! When people are healthy, their paychecks suffer!

A few years ago I heard a scientist deny that nicotine is addictive and that cigarette smoke causes lung cancer. We need to remember that almost all scientists’ paychecks are provided by the industries that stand to profit from their findings . . . the drug industry, tobacco industry, processed foods industry, etc. Thus, these industries often use “science” to promote their products.

There is hardly an evening goes by that we are not told of some new scientific finding or new drug on the evening news. They have discovered a gene that *possibly* causes this problem or a new drug that *promises* hope for those with another problem. And thus there is a constant effort to get the American people to believe that science and the medical industry – if provided with enough money and enough time – will eventually come up with the magic bullet that will take away all our ills.

As a result of all the misinformation and false hope being disseminated, the average person today places their faith in this false hope rather than realizing that **they can take responsibility for their own health** and for the beautiful body/temple God has given them. Too many people fail to realize that they ***don't have to be sick***, and thus they die decades before they should or would have if they had taken responsibility for their own bodies/temples.

How different life would be if we took back control of these beautiful bodies/temples and started nourishing them and taking care of them the way God intended. If we would do that, sickness would practically vanish, and death would only come as a result of old age or accident . . . not from cancer, heart attacks, strokes, diabetes, and the like.

Dear Christian friend reading these words, close to 100% of our physical problems, as well as the aging process, to a great extent, ***are under our direct and personal control!*** By following the guidelines we have shared in the twelve lessons of this course, “Biblical Nutrition 101,” we could practically eliminate sickness from our bodies. If you think this is simplistic, pie-in-the-sky hype, I challenge you to try the Hallelujah Diet for 90 days while following a vigorous exercise program, and then you can personally determine who is right – religion, the medical establishments, science, big government, or what you have learned in this series of lessons.

In the Bible, we read in the first chapter of the Book of Daniel, of how Daniel and the three Hebrew children exercised this power over their own bodies, against all odds, when they refused to eat the meat and drink the wine that came from the king's table! Rather, they chose to remain vegetarians when everyone else was eating the meat and drinking the wine. And remember, they did this against great odds. In other words, it wasn't easy.

But what were the results, after only 10 days, of their refusing to eat that which was coming from the king's table? “. . . ***their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat . . . in all matters of wisdom and understanding . . . he found them ten times better than all the magicians and astrologers that were in the realm.***” (Daniel 1-18-20)

Dear friend, we can maintain a healthy body, along with a young body and a sharp mind, if we so desire. It is within our power because God has placed that power in our own hands. And when we take care of God's creation (our physical bodies) as God intended, the potential for not being sick or dying young, will be greatly increased!

“Whatsoever a man soweth that shall he also reap.” (Galatians 6:7)

“. . . I have set before you life and death, blessing and cursing: therefore CHOOSE LIFE, that both thou and thy seed may live.” (Deuteronomy 30:19)

WILL YOU CHOOSE LIFE... A LONG, HEALTHY LIFE?

THE CHOICE IS YOURS!

Yes, you now have the knowledge necessary to take control of your health and, thus, the course and future of your very own life! May you make a wise choice! A choice that will not only benefit you and your family, but also please the One who created you, loves you, and died for you, Jesus Christ!

LESSON TWELVE IN REVIEW

1. What is the easiest way to start an exercise program? _____

2. What is the minimum amount of time a person should exercise? _____

3. List some of the benefits of exercise. _____

4. What percentage of our physical problems is under our control? _____

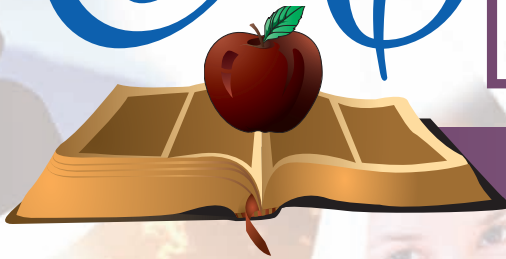
5. List some of the things you have learned in this 12-lesson course.

6. Has what you have learned in this 12-lesson course caused you to make any changes in your diet and lifestyle? List those changes:

7. If you have already adopted The Hallelujah Diet, what physical improvements have you experienced in your health?

If you have experienced improvement in your health as result of what you have learned in this course, would you share those improvements with me? Send your testimony to george@hacres.com Thank you, and God Bless you!

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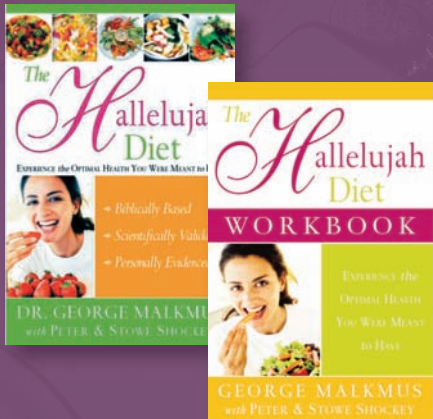


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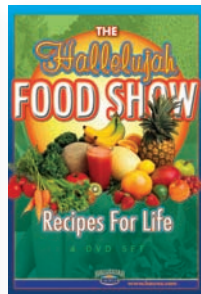
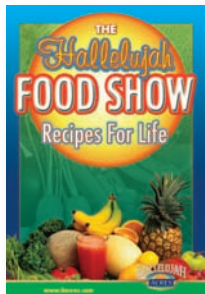
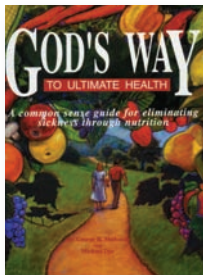
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