

Hallelujah Diet

By George Malkmus, Peter Shockey, Stowe Shockey

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Based on a biblical foundation and years of research, statistics, and powerful testimonials—including the author’s own dramatic story—George Malkmus’ *The Hallelujah Diet* has caused people from all walks of life to stop and reconsider their daily food consumption habits.

You will experience new hope for your health as you discover:

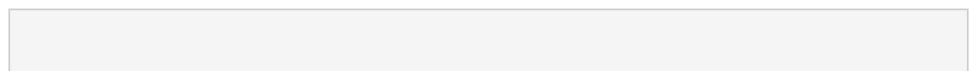
- The Biblical foundation of the diet and the power of God’s living foods.
- The role modern medicine plays in our society.
- The Hallelujah Diet® in detail, including the importance of eating living and organic foods.
- Incorporating exercise, sunlight, fresh air and clean drinking water into our lives.
- Stress and emotional balance, and the importance of getting adequate rest.
- How to make choices, set goals, and chart the course for success.

This book also includes:

- Comments by doctors attesting to the diet.
- Inspiring testimonies by people who have healed themselves of various diseases, including Cancer, Diabetes, and Depression, among others.
- Recipes, worksheets, journals, recommended reading, and much more.

Stressing the healing power of food and how its proper use restores the body to a natural, healthy state, this book provides life-changing and life-saving information, recipes, and eating plans that have been proven safe and miraculously successful. It encourages a healthy change in eating, promoting exercise, fresh air, pure water, sunshine, and rest.

Hallelujah! A diet that finally ties food and health together with common sense.



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- Sales Rank: #303338 in eBooks
- Published on: 2006-03-28
- Released on: 2006-03-28
- Format: Kindle eBook

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Editorial Review

Review

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

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

About the Author

George H. Malkmus has pastored churches in New York, North Carolina, Florida, and Tennessee, and founded both a Christian school and a Bible Institute. His radio broadcast, "America Needs Christ," aired for more than 15 years. He is the author of three books, publishes a bi-monthly health magazine read by over a half million people, and writes a weekly newsletter, *The Hallelujah Health Tip*, received by more than 60,000 subscribers. In addition, Malkmus appears regularly on television and radio shows, and conducts health seminars throughout the country. His website, www.hacres.com contains over 200 hours of nutritional information from a Biblical perspective.

Users Review

From reader reviews:

Patricia Whitmore:

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