



January 2004

## Happy New Year-

Well, here we are, ready to start things new and fresh again! Any resolutions out there? The holidays have been and gone, Santa made his rounds and here we are with the same face staring back at us from the mirror. Have we learned anything? Are we different? Better? There is power in the words of our tongue, the attitude of our heart, and especially our plans and dreams. Are we planning, dreaming, and working to make it happen? Or are we *bottom feeding* again?

I marvel at what I've learned the past few years concerning diet, lifestyle and health. Many more things are in our hand and under our control than we realize. We can actually choose to a great degree how long we live and how well. The way of the world is to eat anything that seems to taste good and live until we die. If somewhere around middle age the body begins to break down, well, too bad, but you know, that's really how it is, and we'll give you lots of sympathy, and after all, the medical community requires a huge amount of money and we all need to do our part, don't we?

But when we learn how God intended our body to operate the picture changes. It is not just fate, genetics, or *my cross to bear*. Instead it becomes my choice. This diet/lifestyle works. The question is, Will I work the lifestyle? It will take some commitment. I'm going to include a quote from Hallelujah Acre's weekly health tip:

This weeks testimony comes from Kay,

who lives in Ohio:

Dear Rev. Malkmus, I had been on The Hallelujah Diet® faithfully for 10 months -- from October 2002 until August 2003. I WENT FROM 173 lbs. TO 126 lbs. I am 51 years old and 5' 5" tall. I FELT WONDERFUL! I HAD A LOT OF ENERGY! I WAS ABLE TO HANDLE THE PROBLEMS THAT CAME INTO MY LIFE MUCH BETTER THAN BEFORE AND I JUST FELT GREAT!

What happened? My church family began telling me they felt I was too thin and that I looked anorexic. My mother and other relatives told me I was looking older because my face was too thin. So in August, when my parents came to visit, we had been working all day in the house and my mother said let's just order some subs.

She kept insisting that it wouldn't hurt me and that I needed to eat something substantial. (As if a huge raw salad with a baked potato with Udo's oil was not substantial!) Anyway, I gave in and ate half a sub. Well, you know that when you give in a little here and a little there, it's not long before it all gets out of control.

I'm a person that has to do something all the way. I can't just do a little Hallelujah here and a little SAD there. Well, I have been so out of control that I have put BACK on 25 lbs., arthritis is coming back in my thumbs, and I feel awful! I am tired most of the time, and I have had to buy clothes to fit my expanding body. I hate myself for allowing myself to give in to the temptations and not being strong enough to stand firm.

I know without a doubt that The Hallelujah Diet® is the best way for me. When I was faithfully following it, I would take my own food to friend' houses when we were invited out. I would take my juicer to the church and make my juices when I

was serving on the weekend retreats. I refused to eat the food at church gatherings. I was so focused and centered on eating the best food that it didn't matter when people made remarks about my eating style and saying 'How can that be a healthy diet? You need a little of this or that.'

Now, I am eating the cookies that the kids at church baked. I am eating whatever my friends serve when we are invited to their houses. I am buying candy bars and hiding them and then pulling them out when no one is around and eating them. I am sooooo out of control!

I look forward to your weekly Health Tips. I get so much out of them. After I read them I think, 'OK' now get yourself together, you CAN do this. A lot of other people have stood firm and you did it before, so you can do it again. I need your prayers and I need a support group who eats and believes the same way I do about proper nutrition.

I want eventually to come and go through your Health Ministry training, but right now I need to know that there are people out there that I could talk to and share with. Can you help me? Any help you can offer would be greatly appreciated. I really need desperately to get back on track.

Doesn't that really tell it all? The most frustrating thing about working with this plan is that the people who should typically be our greatest support and encouragement, family and church friends, become adversaries and tempters. That's why we get together every month. We need the help and encouragement. That's really why I became a health minister- I needed to go for the example and encouragement even more than the training.

On another note, I wanted to share a

little on a subject that we don't talk much about, but it's a factor we need to consider as we build health. That's the condition of our colon.

Lately, as I've been recovering from the dental surgery, the times I've felt really great have been the times immediately after doing some type of cleansing procedure. Some of that is part of the dental/ mercury recovery, but part is also just normal. Many of my body processes and functions are becoming *normal* for the first time within my memory. Go figure.

Some health seekers really seem to get into monitoring and analyzing their wastes. I don't want to go there. But people in our end of the health field say that most, if not all disease originates in the colon.

The biggest problem is that our intestines were not designed to handle animal products and other heavy proteins. The stuff doesn't digest well and takes too long going through. What was supposed to be a free flowing sewer becomes a backed up cesspool.

On the last stage of our food's journey the excess moisture and any final nutrients are pulled out before it's eliminated. If it's had time to become toxic, that toxicity is pulled into our body. One sign of toxicity is the need for deodorant. Our society takes that as a given but it's not, it's a sign of colon trouble.

One simple and very effective treatment is just to drink more water. The more our body can get fresh and pure the less it must 'recycle'. Thirst is not a good indicator. We feel hungry before we feel thirsty, and we'll not actually feel thirsty until we've pretty well run out of *fecal moisture*. We should drink early in the morning especially, as that's when our body wants to cleanse.

If we drink before our meals and eat high water content foods (ie- live fruits and vegetables) we'll have plenty of saliva. Saliva chewed food digests while much that is washed down with water spoils. That's right, spoils, rots, ferments, goes bad. Remember, it's not nutrition until it actually gets to our cells and does some good. Health problems can result from food not fully digested because it was never properly chewed.

Another good habit is to eliminate when we feel the urge. Yes, I know we're busy and yes, we can put it off an hour, two hours, half a day, or longer, but all that time our water absorber is working and it's not to our advantage to let it go to far on one load. If we've been sticking to our diet and have a load of processed salad to get rid of it's a quick, painless operation anyway.

One of the products I haven't talked much about is the Fibre Cleanse. I've been making occasional use of the AIM product HA used to recommend and have a container of it at work where I take it from time to time. But during the long weekend I began to realize rest and carrot juice weren't getting the job done and I was becoming moody and sluggish. So I figured it was time to try the HA product.

Well, first off, the taste was a bit of a shock. Not bad, there are several bright spices and a touch of pepper evident. But it went down OK. Elimination was stimulated- not unduly, but definitely stimulated. I felt better by the evening and woke up early this morning, ready for a good day.

I guess the moral of the story is that we can't just look at what goes into our mouth- we must also consider the other end of the equation. Another thought too, carrot juice without

sufficient dietary fibre is rather miserable when it comes time for the toilet paper.

There's one disadvantage to getting one's colon up to speed. I was addicted to happy hours reading on the throne, but now its all over before I get the magazine open or find my place in the book. Oh well, life goes on...

Let's change the subject and get back to whatever we were doing. Meeting's this Friday, and if nothing else I'm celebrating my new curtains. This year starts number 10 in my little house here, and I finally got the curtains up. That's been a project going on since I moved in, but always on the back burner and awaiting happier days and better times. Those better times appear to be here and now (must be about time to move). Health and life and everything else is on the upswing for me.

Maybe we could see the same thing for you too...

Gary A. Hughes

© 2004 Gary A. Hughes