

## THE HALLELUJAH HEALTH TIP

### ISSUE #624: IS THERE A PLACE FOR FISH OIL ON THE HALLELUJAH DIET?

November 3, 2009

#### In this issue of the Hallelujah Health Tip:

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### IS THERE A PLACE FOR FISH OIL IN THE HALLELUJAH DIET?

#### REV. MALKMUS RESPONDS:



Here at Hallelujah Acres, we have discouraged the consumption of **all** flesh and dairy foods since our inception in 1992 because we have learned that animal flesh and dairy are the cause (or contributing cause) of most of the physical problems people experience today.

However, because **we desire to provide the very best and most up-to-date information** to those who look to Hallelujah Acres regarding how to optimally nourish our beautiful God created physical bodies, we are constantly evaluating health information. When we find something that can bring our health to a higher level, we feel it our duty to make that new information known, regardless of how some might receive or react to that new information.

In the following article, Olin Idol will, I trust, answer any and all questions you might have concerning the subject of fish oil. Rhonda and I are now taking to heart the research that Olin Idol and Dr. Donaldson have done with regard to fish oil and thus have added a daily serving of fish oil to our diet.

#### OLIN IDOL, ND, C.N.C., ANSWERS THE QUESTION:

Our goal here at Hallelujah Acres is to help people nourish their body in such a way that the innate self-healing provided by God functions optimally, allowing our bodies to regain and/or maintain their health. While Genesis 1:29 is the fundamental basis of our teachings, we must take into consideration that **many things have changed since the biblical days**. It is impossible to get produce with the nutritional quality of biblical days, thus we rely on juicing many vegetables and BarleyMax to help increase our intake of nutrients.

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## RESPONDING TO RESEARCH

Years ago, we learned through research conducted by Dr. Michael Donaldson (Research Director, Hallelujah Acres Foundation) that there was no B12 in a plant-based diet. In his research he found 47% of those tested who had been on the Hallelujah Diet for at least 2 years were deficient in B12. Our questions were why and how to overcome that. Basically, we found that our friendly bacterium in our gut produces B12 (the same way animals produce B12).

Unfortunately, many people are so deficient in beneficial bacteria that they can't produce the B12 they need. Thus, supplementation with B12 or a good probiotic supplement may be necessary for many people if they wish to achieve their goal of optimal health.

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## ADJUSTING FOR OPTIMAL HEALTH

This is a prime example of how **we must recognize the conditions under which we live today** and adjust our nutritional intake to supply most ideally what the body requires for optimal function. As such, I personally would never discourage anyone from using well processed, clean fish oil that is free of heavy metals.

The benefit of the high levels of DHA justifies giving consideration to the overall benefits that fish oil provides in supporting the optimal function of the body at the cellular level.

**Omega 3 fatty acids are essential for optimal health** since every cell in our body requires them. They cannot be manufactured internally by our bodies, and thus like most vitamins, must be supplied by dietary sources.

Dietary practices and food processing over the last few decades have led to a far less than optimal intake of these critical and essential fatty acids and an excessive intake of processed omega-6 fatty acids.

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## OMEGA-3 AND OMEGA-6

Omega-3 fats possess anti-inflammatory properties while omega-6 fats promote inflammation. Current research indicates that restoring the body's natural balance of omega-3 fats may improve the body's response to a host of potential medical conditions including coronary artery disease, depression, and bipolar disorders. A search of PubMed ([www.pubmed.gov](http://www.pubmed.gov)) under "inflammation" yields over 300,000 published articles demonstrating the vast amount of research being conducted in this area.

Implications of omega-3 deficiency are profound, including potential neurological complications for a developing fetus and a nursing infant if the mother is omega-3 deficient. Children who are deficient in omega-3 are not able to pay attention, tend to have poor control of impulsive behavior, and may be at a higher risk for depression.

Omega-6 fatty acids are readily available from a wide range of vegetables and seed oils (corn oil, sunflower oil, safflower oil, etc) while omega-3 fatty acids are more difficult to obtain, especially in the standard American diet-- which often contains 10 to 20 times more omega-6 fats than omega-3.

Researchers generally agree that for optimal health, omega-3 and omega-6 fats should be consumed in approximately equal proportions.

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## IMPLICATIONS FOR VEGETARIANS

According to Dr. Stroll in his book, *The Omega-3 Connection*:

The dry weight of an adult human brain is about 600 grams of lipid (fat) per kilogram, or an astounding 60%. The brain's needs are further complicated by its inability to use some forms of omega-3 fatty acid commonly found in the diet. Some organ systems can incorporate the shorter, 18-chain omega-3 precursor, called alpha-linolenic acid (ALA), found in green leafy vegetables, flaxseed, and walnuts. But the human brain has an absolute requirement for the longer-chain omega-3 fatty acids: eicosapentanoic acid (EPA) and docosahexanoic acid (DHA), both found primarily in fish oil.

The studies have been somewhat mixed, but it appears that adult humans cannot convert enough ALA to EPA and then to DHA. Newborns appear to be better able to transform ALA to the longer-chain omega 3s, but these conversions may still be inadequate to fill the huge need of young children for omega-3 fatty acids. Thus some nutritional scientists believe we must consume the fish or fish oil – derived long-chain omega 3s directly for optimal brain health. Strict vegetarians likely have lower levels of the long-chain omega-3 fatty acids, EPA and DHA, than non-vegetarians, but may in the future be able to purchase both EPA and DHA supplements derived directly from algae.

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## ADDRESSING THE ISSUES

Realizing the critical need for omega-3 fats in the diet, Hallelujah Acres has incorporated omega-3s from flaxseed oil since its early inception. As research in the last few years has demonstrated the crucial need for the long-chain DHA surfaced, a few years ago Hallelujah Acres began researching an optimal source of a good clean DHA supplement derived from algae. Various supplements were tested and most were found either deficient in the label claim or containing an undesirable degree of rancidity due to the processing.

Our research ultimately lead us to a uniquely processed and well stabilized DHA supplement produced by Pharmax LLC which we have made available for several years now. This enabled a person to insure an optimal intake of the short-chain omega-3s along with the long-chain DHA. Most people appear to be able to efficiently produce the EPA from the omega-3s.

Considering the vast amount of research demonstrating the overwhelming benefit of a complete omega-3 formulation containing the short-chain omega-3s, and the long-chain EPA and DHA components, Hallelujah Acres began researching more efficient and effective ways of including these essential fats in the diet.

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## TECHNOLOGY MAKES A DIFFERENCE

With the advancements in scientific research the last few years, **it is now possible to produce a clean fish oil** (free of heavy metals), so highly refined that it contains the essential omega-3 fats along with the long-chain EPA and DHA in an optimal balance to support overall health.

We can now add these essential fats to our dietary routine through Pharmax Finest Pure Fish Oil which provides 750 mg of DHA and 1050 mg of EPA, along with the short chain omega-3s making a total of 2250 mg per 1 teaspoon serving at a very economical cost on a daily basis to insure our family members have an optimal intake of all of these essential acids.

Consuming these refined oils provides the benefit of the long and short chain omega-3s without the negatives associated with eating fish.

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## OTHER OPTIONS

Those who choose to avoid even the clean fish oil can still use flaxseed oil with added DHA, Udo's Oil with added DHA, or include the Pharmax DHA supplement in their health routine.

However, it is important to be aware that these sources only provide approximately 100 mg of DHA per serving in contrast to the 750 mg of DHA found in Pharmax Finest Pure Fish Oil. For those of us desiring a higher intake of DHA, good clean fish oil offers an excellent option. **I personally use Pharmax Finest Fish Oil daily as does Rhonda and Rev. Malkmus.**

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## WHY PHARMAX FISH OIL?

If you've ever purchased a Hallelujah Acres branded product such as BarleyMax or any of our supplements, you know that we take great care to ensure that what we carry is the very best possible. **We take health seriously, both yours and ours.** For this reason, we are confident in offering Pharmax Finest Pure Fish Oil as our first-ever fish oil supplement.

Pharmax Finest Pure Fish Oil is an ultra refined fish oil product that meets or exceeds all International Fish Oil Standards (IFOS) program approval guidelines. In fact, Pharmax insisted that this product be tested much more stringently than necessary to demonstrate its premium level of purity and safety.

This product shows absolutely no evidence of mercury, arsenic, cadmium, lead or nickel.

The Council for Responsible Nutrition's allowable maximum of PCBs is .09 or 1 part per million. This product tested at .000338 of 1 part per million.

This product exceeds the label claim for omega-3 content.

Pharmax Finest Fish Oil contains high concentrations of EPA and DHA, flavored with essential oil of orange, and has virtually no fish odor or taste.

Hallelujah Acres now carries this product in their store. To order, call toll free 1.800.915.9355 or order online at [shopping.hacres.com](http://shopping.hacres.com)

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## REFERENCES & SOURCE

Please note that while websites and other sources are referenced in our article, there may be differing opinions expressed on the author's website. Hallelujah Acres neither endorses nor disputes the validity of this content.

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## EXPERIENCE HEALTHY LIVING!

If you are not already on The Hallelujah Diet, I encourage you to give it a try!

Hallelujah Acres is a Christian Ministry that teaches health from a Biblical perspective! We try to help the Christian community (as well as anyone else who will listen) realize that God's **original** diet, as given in the Bible in Genesis 1:29, was His perfect plan for the proper nourishment of His human creation. Multitudes have made the diet change we teach here at Hallelujah Acres and have experienced normalization of weight, as well as the elimination of almost all their physical problems.

For more information, visit our website at [www.hacres.com](http://www.hacres.com) or call (704) 481-1700.

## IS HEALTH CARE REFORM A PLAN TO DESTROY THE HEALTH CARE INDUSTRY?



**In spite of overwhelming opposition, why do both the House and Senate versions of the healthcare reform bill still contain a Government controlled insurance option?**

Before I answer that question, let me ask another and very relevant question:

**Is there any area of our economy the government has previously taken control of that has been run more efficiently or cost effectively than what could have been provided by the private sector?**

And of course the answer is a resounding no! Social Security and Medicare, both government run programs are bankrupt and in the red trillions of dollars!

**So why do both the democratic house and senate versions of the health care reform bill insist on a government run option?**

The answer to that question is a very easy one – **control and power!**

Over the past 10-months we have seen the Obama administration take control of the Banking Industry; the Insurance Industry; and the Auto Industry. Now they are, through these Health Care Reform bills, attempting to take over the Health Care Industry and through Cap & Trade they are attempting to take over the Energy Industry.

**Beware my friend**, because every time we allow government to take over a private industry, we yield a little more power to government, and lose a little bit more of our freedoms. This government takeover of private industry is called **Socialism**. We have seen it happen in Cuba, North Korea, and it is currently happening in Venezuela.

This slide to Socialism began in our country when **Social** Security was instituted by F.D.R. as a part of his New Deal in 1935. Government took control of the retirement income of the people by forcing citizens into a government run and controlled retirement plan.

If our current government is not soon stopped, they will take complete control of our economy and the people will find themselves under **Communism**, with most of their freedoms gone.

**Following are definitions taken from Webster's Dictionary:**

**CAPITALISM** - An economic system in which investment in and ownership of the means of production, distribution, and exchange of wealth is made and maintained chiefly by private individuals or corporations.

**SOCIALISM** - A theory or system of social organization in which the means of production and distribution of goods are owned and controlled collectively or by the government. In Marxist theory: **the stage following capitalism in the transition of a society to communism**, characterized by the imperfect implementation of collectivist principles.

**COMMUNISM** - A system of social organization in which all economic and social activity is controlled by a totalitarian state dominated by a single political party.

It should be noted that in recent months President Obama and a number of Democratic legislators have been demonizing the Insurance Industry – telling us that the Insurance Industry is making huge sums of money by charging excessively high Health Insurance premiums. Yet the truth is that **the Insurance Industry is one of the least profitable industries in America**, with a profit margin of only 2.2 percent.

Now the Government tells us that if we want to retain our current Health Insurance policies we can do so, but because the evil Insurance Companies have been raping the citizens with their high premiums, Government will now offer citizens a Government-run health insurance program to compete with private industry, so that citizens can have the option of less expensive health insurance.

Here is just one of the provisions found in the proposed Health Care Reform Bill: **Force the Health Insurance Industry to provide coverage for all pre-existing conditions**. In order to cover the cost of providing coverage for pre-existing conditions, health insurance companies, in order to remain solvent, **will have to raise premiums** to cover the additional expense.

As Health Insurance premiums rise because of government mandate to provide greater coverage, government will tell citizens it's those evil insurance companies trying to make ridiculous profits, never hinting the raising of premiums was forced upon the insurance companies due to having to cover pre-existing conditions. Then government will offer a cheaper plan, paid for by taking ever more money from the citizens in taxes, in order to pay for the ever increasing costs of health care, while citizens that cannot afford these premiums will be given **'free coverage.'**

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**BUT NOTHING IS FREE!**

**Someone has to pay for everything government gives away.** And it is always the taxpaying citizens that pay for the free giveaways. The only monies government has to give are the monies government takes from the people in the form of taxes. Thus government takes from those who have and gives it to those who have not, in an attempt to create a **government run, classless society, also known as communism**. Communism has failed everywhere it has been tried.

**“When half of the people get the idea that they do not have to work because the other half is going to take care of them, and when the other half gets the idea that it does no good to work because somebody else is going to get what they work for, that my dear friend, is about the end of our nation.”**

Adrian Rogers (1931-2005)

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## UNCONSTITUTIONAL!

**America, wake up!** Our current government has its foot on the accelerator and there’s huge boulder on the tracks up ahead. If the citizens of this once-great land do not soon awaken, stop this runaway freight train and take back control of their government, I shudder to think of the devastation that lies ahead.

**This government takeover of the Insurance Industry is unconstitutional!** Forcing all citizens to carry health insurance is unconstitutional! The Constitution of these United States of America is being violated and trampled upon more and more with each passing day. We are quickly becoming **no longer the land of the free**, at the same time our soldiers are dying to preserve the freedoms government is taking from us.

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## SOME OF THE PROVISIONS FOUND IN THE PELOSI HEALTH “REFORM” BILL:

Page 94 – Section 202(c) **prohibits the sale of private individual health insurance policies** beginning in 2013, forcing individuals to purchase coverage through the federal government;

Page 220 – Section 222(e) **requires the use of federal dollars to fund abortions** through the government-run health plan;

Page 297 – Section 501 imposes a 2.5 percent tax on all individuals who do not purchase government run health insurance – **this tax would apply to individuals with incomes under \$250,000**, thus breaking a central promise of President Obama’s campaign for the presidency;

Page 313 – Section 512 imposes an **8 percent tax on jobs for firms that cannot afford to purchase government-approved health coverage**, placing millions at substantial risk of unemployment;

Page 520 – Section 1161 **cuts more than \$150 billion from Medicare Advantage plans**, jeopardizing millions of seniors’ existing coverage;

Page 733 – Section 1401 **potentially denies seniors life-saving treatments on cost grounds**. This is called rationing.

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## HOW CAN WE STOP GOVERNMENT TAKEOVER OF THE HEALTH INDUSTRY?

**Alert all family members and friends.** Let them know what is taking place in Washington and encourage them to contact their legislators and express their opposition to Government-run Health Care. And of course you do the same.

**Let these legislators also know** that you support letting people buy health insurance across state-lines in order to provide competition, and also, let them know that you want them to rein in malpractice lawsuits that are running up Health Insurance premiums.

**Vote** – Mid-term elections are coming up in November 2010, just one year from now. Elections are the way our founding fathers provided citizens opportunity to change leadership in Washington. Let your legislators know that if they support this government takeover of the Health Care Industry, their vote will be remembered at voting time.

**Pray** – “If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways: then will I hear from heaven, and will forgive their sin, and heal their land.” (II Chronicles 7:14)

## BIG WEEKEND COMING UP AT HALLELUJAH ACRES AND YOU’RE INVITED



**Friday evening, November 6, from 6:00 p.m. to 9:00 p.m., at the Culinary Academy**, now located in the auditorium of Hallelujah Acres; Rhonda will share for three hours, food preparation techniques and demonstrate some tasty recipes. See a full course meal prepared and sample the food! Rev. Malkmus will also be on hand to greet the folks attending. For an exciting evening of fun, food, fellowship and a healthy dollop of enlightenment, come join Rhonda and Rev. Malkmus.

**November 7, will be our next first-Saturday-of-the-month “God’s Way to Ultimate Health” seminar.** It will be held right here at Hallelujah Acres in our recently refurbished International headquarters in Shelby, North Carolina. The seminar begins at 10:00 a.m. and continues for two and a half hours. This is followed by a question and answer session. Free refreshments will be available, juicers will be demonstrated, and our newly refurbished health food store will be open. Also, our Hallelujah Acres Café will have its organic Salad Bar available for those who would like a delicious lunch. Come join us for this free seminar if you can, and do bring a friend. These very exciting seminars are transforming and even saving lives. For more information, call (704) 481-1700 or visit us on the web at [www.hacres.com/seminar](http://www.hacres.com/seminar).

**This seminar is FREE!** However, people start arriving before 9:00 A.M., so come early in order to get a good seat in our 400-seat auditorium. A very informative video presentation begins shortly after 9:30. While you are here, be sure to visit [The Villages of Hallelujah Acres](http://www.hacres.com) to see the progress being made on The Nation’s First Healthy Lifestyle Community. Talk with one of our representatives about what The Villages has to offer or pick up a brochure.

**Following the seminar, from 1:30 to 4:30 P.M., there will be an informative “Where Do I Go from Here?” presentation.** This presentation will help get you started as you begin your exciting journey to vibrant health. It is a practical how-to-session that will help you incorporate information you have just learned from Rev. Malkmus’ seminar into your daily life.

\*\*\*There is a fee for both the culinary and the “Where Do I Go from Here” presentations. For more information, or reservations, call 1.800.915.1355.

## RECIPES FOR LIFE: HOLIDAY WASSAIL\*\*\*\*\*



With the Thanksgiving and Christmas just around the corner, we're sharing Holiday recipes until the end of the year. Most of the recipes are from Rhonda's beautiful 269-page, spiral bound, [Hallelujah Holiday Recipes – From God's Garden](#) book. A number of pictures of both Rhonda and George, taken when they were children, are used as chapter dividers throughout the book. Many have bought the book as much for these photographs as for the recipes. The book is available by calling 1.800.915.9355 or on the internet at <https://shopping.hacres.com>.

This recipe is found on page 29 of Rhonda's book.

### Ingredients

- 4 cups apple juice
- 3 cups unsweetened pineapple juice
- 2 cups cranberry juice
- ¼ teaspoon ground nutmeg
- 2 cinnamon sticks
- 5 whole cloves
- 5 lemon slices

### Instructions

Combine ingredients in a large pan and simmer for 10 minutes. Strain and serve hot. Serves 9-10. ENJOY!

\*Organic ingredients are always recommended.

**More Vegetarian Recipes** ([www.hacres.com/recipes/recipes.asp](http://www.hacres.com/recipes/recipes.asp))

Hundreds of raw and cooked vegan recipes are available on our website.

### Send Us Your Recipes

If you have a favorite recipe that you think would be enjoyed by other Hallelujah Health Tip readers, send it to me! We will share the best of them in future Health Tips. They can be raw or cooked, but they must be Vegan (contain no animal products), and contain no refined sugar, refined grains, or table salt. If you have a favorite recipe, please send it to [george@hacres.com](mailto:george@hacres.com) and on the subject line write "Favorite Recipe."

## SCHEDULE OF UPCOMING SEMINARS & EVENTS

### GOD'S WAY TO ULTIMATE HEALTH (FREE SEMINAR)



Training & Seminars

#### **Free Seminar with Rev. George Malkmus**

##### **Shelby, North Carolina**

Saturday, November 7 at 10:00 AM

Hallelujah Acres International Headquarters, 900 South Post Road.

Information: 704.481.1700

Web: [www.hacres.com/seminar](http://www.hacres.com/seminar)

### TRAINING & WORKSHOPS

#### **The Hallelujah Diet & Lifestyle 2-Day Workshop**

##### **Shelby, North Carolina**

Monday & Tuesday, November 16-17

*The Hallelujah Diet & Lifestyle 2-Day Workshop* featuring Rev. George Malkmus as the host, at Hallelujah Acres International Headquarters, 900 South Post Road. Participants will spend 2 days with Rev. Malkmus, using his two most recent books, *The Hallelujah Diet* as well and *The Hallelujah Diet Workbook* as their textbooks.

Call 1-800-915-9355 or go online to [www.hacres.com/diet/hdl.asp](http://www.hacres.com/diet/hdl.asp) for more information.

Cost is \$125 per person and includes books.

#### **Health Minister Training**

##### **Shelby, North Carolina**

Wednesday through Friday, November 18-20

Health Minister Training #66 at Hallelujah Acres International Headquarters, 900 South Post Road. Must be pre-registered to attend.

Call 1-800-915-9355 or go online to [www.hacres.com/hmtraining](http://www.hacres.com/hmtraining) for more information.

Cost is \$300 per person or \$450 per couple and includes training materials.

#### **Raw Food Revival**

##### **Shelby, North Carolina**

Saturday, November 21, 10 AM to 6 PM

Renew your excitement for raw food with the secrets of culinary art. Learn how Jackie and Gideon Graff turn God's bounty into delicious dishes with new and exciting information!

Call 1-800-915-9355 or go online to <http://www.hacres.com/culinary/foodprep.asp#graffs> for more information.

Cost is \$200 per person.

See <http://www.hacres.com/programs/calendar.asp> for a complete listing of events conducted by Hallelujah Acres.

## MAILBAG: HALLELUJAH DIET TESTIMONIES

### PAIN-FREE IN FOUR DAYS AND LOST 47 POUNDS ON THE HALLELUJAH DIET



Testimony

**For nearly six years I suffered with pain in my stomach.** I would go for several weeks with no pain and then it would start up again. I had both an M.D. and G.I. doctor trying different medicines to relieve the pain. But my pain only increased and I had few pain free days. Then I had to quit my full-time job because of the pain and my inability to walk long distances.

After a few months at home my husband took me one night to the E.R with severe pain and they ran multiple tests. Test results showed nothing was wrong and they gave me a new prescription and told me to return to my two doctors. Both doctors then gave me additional medications.

My husband and I prayed and asked God for guidance, as the doctors seemed unable to either diagnose or find a way to help me. We started checking out places with alternative means of improving health. Through prayer, God led us to the [Hallelujah Acres Lifestyle Center in Lake Lure, North Carolina](#). When we arrived, I began consuming raw vegetable juices and blended salads. We had worship in the mornings, exercise and sun breaks, classes, and food preparation every day.

**After four days, a miracle happened to me** – I was free from pain, sleeping through the night, was starting to lose weight and I was able to walk three miles. My husband and I continue to faithfully follow the Hallelujah Acres Diet and Lifestyle to this day. **My total weight loss is now 47 pounds** and we have been sharing this health message with neighbors, church members, and yes even my doctors. PRAISE THE LORD I am still pain-free. Thank you Tim and Anita and thank you Hallelujah Acres!

Fay L., Apopka, Florida

#### Want to Know More?

Read over 1,000 additional testimonies in over 100 categories. [www.HAcres.com/testimonies/testimonies.asp](http://www.HAcres.com/testimonies/testimonies.asp)

#### Share Your Story

Send your testimony to [george@hacres.com](mailto:george@hacres.com) and write "Hallelujah Diet Testimony" on the subject line. Your testimonies not only encourage me, but also provide inspiration to others, encouraging them to try or remain on the diet.

## UNTIL NEXT TIME...



I look forward to these opportunities to share a healthy lifestyle each week through this electronic Health Tip. These Health Tips come to you at no charge. This is a labor of love. Rhonda and I have dedicated our lives to eradicating physical problems from the world, and especially from the Christian community. We want to be a help, and blessing, to you and yours. Till next issue, Rhonda and I send our love and best wishes for a healthy and happy week!

Rev. George H. Malkmus, Lit.D.  
Editor, Hallelujah Health Tip  
[george@hacres.com](mailto:george@hacres.com)

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### DISCLAIMER

\*\*\*The nutritional and health information in this weekly health tip is based on the teachings of God's Holy Word, the Bible, as well as research and personal experience by the author and others. The purpose of this weekly health tip is to provide information and education about health. The author and publisher do not directly or indirectly dispense medical advice or prescribe the use of fasting or diet as a form of treatment for sickness without medical approval. Nutritionists and other experts in the field of health and nutrition hold widely varying views. The author and publisher do not intend to diagnose or prescribe. The author and publisher intend to offer health information to help you cooperate with your doctor or other health practitioners in your mutual quest for health. In the event you use this information without your doctor's or health practitioner's approval, you prescribe for yourself. This remains your constitutional right. The author and publisher assume no responsibility.

The capitalization and emphases seen throughout this Health Tip have been made by the Editor.