

Hallelujah Diet Product List

JUICEMAX PRODUCTS

BarleyMax®

BarleyMax is a 100% organic and filler-free juice powder with one of the widest spectrums of naturally occurring nutrients in a single source. BarleyMax supplies nutrients, live enzymes and trace elements, which help to build and maintain your immune system. We suggest you take this product 2 to 3 times a day. If recovering from a serious disease take 5 to 8 times a day.

The barley grass used to make BarleyMax is cultivated specifically to energize your body and supercharge your health:

- Grown in a mineral-rich, volcanic lakebed
- Matured slowly to absorb maximum nutrients
- Harvested at just the right moment for peak nutrition

BarleyMax is available in: Original, Berry, Mint, Vegetable Capsules and Alfalfa-free

CarrotJuiceMax®

CarrotJuiceMax is for those times you cannot juice or don't have time to juice.

CarrotJuiceMax is dehydrated, carrot juice loaded with nutrition from more than 10 pounds of sweet, young carrots and bursting with protective beta-carotene to empower your immune system. Because almost all fiber is removed, the living nutrients in the juice reach the bloodstream and the cellular level in minutes.

- Almost immediate energy when taken on an empty stomach
- A well-balanced, naturally occurring broad spectrum of vitamins, minerals, and enzymes
- Antioxidant activity, which minimizes free radical damage

CarrotJuiceMax is available in: Original and Grapefruit Ginger

BeetMax®

BeetMax is for those times you cannot juice or don't have time to juice.

BeetMax brings your body unbeatable protection from free radical damage. Traditionally, beets have been used to help normalize the pH balance of the body, contribute to the well-being of the liver and gall bladder, stimulate lymph gland activity, flush the kidneys and bladder, and contribute to normal brain functions, reproductive functions, bone structure, and glucose metabolism.

WHOLE FOODS

Fiber Cleanse

Fiber Cleanse is used when you first start the HA Diet to cleanse and detoxify your colon and may be used once a year for a couple of weeks (not to be used on a regular basis). Initially, we suggest you use this product for a period of only 2-3 months. With 28 powerful herbs, Fiber Cleanse is a whole body, 90 day cleanse that clears the way for your body to use nutrients at peak efficiency. Fiber Cleanse helps to eliminate toxins so your body can better absorb nutrients to help:

- restore bowel function
- regulate blood sugar levels by slowing sugar absorption from other foods
- Enable your lymphatic system, nervous system, brain heart, vascular system, lungs and sinuses to operate at peak efficiency.

Fiber Cleanse is available in: Original, Lemon, Green Apple and Vegetable Capsules

B-Flax-D

B-Flax-D offers vital nutrition in a fantastic fiber source. Formulated specifically for long-term use, providing an easy transition for those who have been using Hallelujah Acres Fiber Cleanse. Recommended use or purpose: Source of essential fatty acids, Helps in the development and the maintenance of bones and teeth, Helps in the absorption and use of calcium and phosphorus, Helps to form red blood cells, Acts as antioxidant for the maintenance of good health, Helps in tissue formation, Helps the body metabolize fats, proteins, and carbohydrates, Source of omega 3 fatty acids, Used in Herbal Medicine as a bulk forming laxative, Helps to maintain immune function

Essential Protein Powder

Organic Essential Protein is an unsweetened blend of organic protein powders from dry peas and rice along with organic raw seeds that are high in protein and minerals. The amino acid profile is balanced so that all of the amino acids can be utilized for building the structure and tissues of the body.

Advanced Superfood

The Organic Superfood Greens and Vegetables Berry Flavored blend combines potent cereal grass juice powders, nutrient superdense micro-algae, mineral-rich sea vegetables, prebiotic oligosaccharide gums and fibers, and a wide variety of organic vegetables. Included is a delivery system not only to make the mix taste smooth, but also to improve the absorption of nutrients, so that you get the most from this food. We've added in berry flavour with just the right amount of stevia goodness to make this one of the most pleasant ways to get your vegetables.

SUPPLEMENTS

Antioxidant

Fight free radicals with Hallelujah Acres' Antioxidant supplement – the powerful, whole-food formula that helps your body absorb the antioxidants better.

B12, B6 and Folic Acid

Many vegetarians are deficient in B12 because there is no vitamin B12 in plant based foods. Recapture the energetic feeling of your youth! These tasty tablets dissolve sublingually (under the tongue) to deliver vitamins B6, B12, and folic acid into your bloodstream in a much more powerful way than swallowed tablets.

- Sustained mental energy and stamina
- More mental focus and improved memory

Bio Curcumin®

Bio-Curcumin is a combination of curcumin and essential oils, both extracted from Turmeric Rhizome, which increases the absorption of curcumin 5-7 times as much as a typical 95% curcumin formula.

Digestive Enzymes

Every single function of the human body requires enzymes, and they all suffer if you don't get enough – which means your well-being suffers too! The abundant live enzymes in Hallelujah Acres' Digestive Enzyme supplement help improve poor digestion and absorption of critical nutrients, which is especially important when eating cooked or processed food.

Hallelujah Acres® Joint Health

Be nice to your knees and any other achy joints! Hallelujah Acres Joint Health, made with superior BCM-95 Curcumin and boswellia extracts, helps rebuild cartilage as it suppresses inflammation and joint damage from free radicals.

Luminology

These 3 Luminology products contain a superior form of MacaPure® to reduce stress and support hormonal balance, vitex berry to normalize menstrual periods, DIM to rid the body of excess estrogen, phytosterols to promote progesterone production, vitamin B6 and zinc to boost antioxidant defenses and immune system function and yucca to increase absorption of fat-soluble ingredients.

Serrapeptase

Serrapeptase digests non-living tissue without affecting healthy tissue. It helps to reduce symptoms such as pain, quantity of secretion, inability to perceive smell and stuffy nose from ear, nose and throat infections.

- Specifically formulated for maximum absorption

HydroBoost

HydroBoost (formerly WaterMax) “boosts” distilled and reverse osmosis water raise the pH to an alkaline level of 8.0 or higher, boosts protection against free radicals, boosts hydration to your cells, and boost nutrition with more than 70 ionic minerals and trace elements!

- One bottle re-mineralizes 48 gallons of water.

BOOKS

For a complete list of all other books view the [Printable Canadian Price List](#)

Judy Fleming's Books

In the Kitchen with Judy 3rd Edition

This recipe book holds a collection of over 130 vegan recipes, menu planning tips and educational facts that Judy has compiled from her classes. This new edition features coloured recipes and pictures.

Let's Get Started Manual

Are you new to the Hallelujah Diet and don't know where to begin? Or maybe you've been following the diet for years and are looking for new recipes to incorporate into your diet. This manual will re-educate you on your diet and lifestyle, help with planning, and provides 7 menu plans with over 40 recipes.

Full Day Menus

A collection of Vegan Recipes from "In the Kitchen with Judy as she Talks About Disease Prevention". Learn how we can avoid the common diseases of today by doing a few simple things. Why would we wait until a disease hits us before we do something about it? Explore menu plans and healthy tips that will help you to lead a healthier life.

Foods from Around the World

Features menus from 10 locations around the world. Judy Fleming, Director of the Canadian Operations of Hallelujah Acres, created this recipe book by selecting local foods from Africa, Canada, England, India, The Islands, Italy, Mexico, Middle Eastern Countries, The Orient and South America and used these foods to create a variety of vegan recipes. The final section features foods inspired by Christmas around the world. Learn how to transform foods from all over the world into vegan recipes so you can lead a healthier life.

Salads & Dressings Made Easy

This book features 52 different salads and dressings for easy meals! It is important to make salads from an assortment of raw fresh greens, vegetables, fruits, nuts & seeds. Select dark leafy greens such as romaine, arugula, spinach, parsley, bok choy and cabbage. Add at least 3-4 other fresh raw veggies, some nuts or seeds and dried fruits. Then toss it all with a fresh raw dressing.

Rev. George Malkmus' Books

The Hallelujah Diet

The latest edition of Rev. Malkmus' groundbreaking book: an ideal guide to encourage and inform you on your journey to optimal health. Great for beginners, or long-term followers of this life-changing diet.

- Full of healthy eating and lifestyle guidelines
- Common sense and scientific reasoning for a plant-based diet

The Hallelujah Diet – Workbook

Used in conjunction with The Hallelujah Diet book, this personal workbook will guide you confidently through a 12-week journey to ultimate health. Includes Study Guide, Journal and progress charts.

God’s Way to Ultimate Health

Rev. George Malkmus’ ultimate guideline to healthy, Bible-based eating, including all you need to know about God’s original plan for nourishing the body He created for you.

- Learn the ‘how’ and ‘why’ of adopting a primarily raw food diet
- Read what the Bible says about diet and how science supports it

A Message of Hope and Healing

This helpful book summarizes The Hallelujah Diet as it answers biblical health questions Rev. Malkmus has heard over the years.

- Includes personal testimonies
- Cites famous studies on diet and nutrition

A Response to The Maker’s Diet

Rev. Malkmus takes you chapter-by-chapter through the book “The Maker’s Diet,” spotlighting its inaccuracies and masterfully refuting author Jordan Rubin’s 12 myths.

- Explains why meat-eating is ill-advised
- Clears up contradictions regarding Rubin’s recovery from Crohn’s disease

Rhonda Malkmus’ Books

Rhonda’s Culinary Creations

Rhonda’s Culinary Creations is a comprehensive collection of more than 400 recipes created by Rhonda Malkmus for her culinary classes at Hallelujah Acres. If you’ve ever had the pleasure of attending one of Rhonda’s classes, or always wanted to, this book is for you!

Rhonda’s Culinary Creations builds on the success of Rhonda’s classic, must-have kitchen manual, Recipes For Life... from God’s Garden. Now, revealing the entire series of her culinary class recipes for the first time, this all-new collection provides an impressive sequel to treat your guests with living menu mastery.

Recipes for Life ... From God’s Garden

More than 400 incredible recipes, plus invaluable advice on setting up your Hallelujah kitchen and helping the whole family – including children, young adults, and even babies – thrive on The Hallelujah Diet.

- Includes daily menu suggestions, index lists, and ingredient glossary
- All recipes are vegan and most are raw, in keeping with The Hallelujah Diet

Salad Dressings For Life

Let’s face it: the better-dressed your salad, the more mouth-watering it will be. This exciting recipe book reveals 117 appealing recipes that will make your salads healthier than ever!



Hallelujah Holiday Recipes

Treat your friends and family to yummy, memorable holiday dishes by Rhonda Malkmus and friends. Satisfying main dishes, sides, and desserts appeal to all, even those who aren't on The Hallelujah Diet.

- Vegetarian Christmas/Thanksgiving menu plans
- Helpful kitchen tips and a handy guide to planning a holiday party

Olin Idol's Books

The Hallelujah Diet Refined: Maintaining Healthy Blood Sugar

If you hear the news, you know: Diabetes is one of our nation's deadliest health threats. But what is diabetes, exactly? How can we help prevent it – and even equip our bodies to restore healthy blood sugar levels?

Pregnancy, Children & The Hallelujah Diet

Learn the fundamentals of nutrition for healthy pregnancy and healthy children. Help your kids learn to love a primarily raw, plant-based diet.

- Evidence from numerous scientific studies
- How to follow God's natural health laws

Hallelujah Acres Staff Books

Gluten-Free Resolutions

Simple yet delicious dishes that anyone can enjoy, even on a plant-based, gluten-free diet. Includes appetizers, main courses, and desserts that avoid gluten without sacrificing taste.

- 30 recipes

Favorite Recipes of 2010 from Hallelujah Acres

Every week, Rev. Malkmus shares Rhonda Malkmus' recipes in his Hallelujah Health Tip email. We've compiled the best of the best in a recipe book! All vegan and Bible-based, of course.

- 68 recipes

Creating a Hallelujah Holiday Feast

Your vegan holiday feast can be as tempting as any other – and healthier than your guests can imagine. Includes dozens of amazing vegan recipes, from Basil Pesto Soup and Party Pinwheels to decadent Carrot Cake.

- More than 40 amazing recipes
- Planning guide helps you with important details

Hallelujah Food Show Recipe Book*

This information-packed, easy-to-follow recipe book features some of the most savory dishes from the “Hallelujah Food Show!”

- Mouthwatering, raw, living-food vegan recipes

*Also comes with Food Show DVDs

Vaccinations, Deceptions, and Tragedy

This book explains how your God-given natural immunity works and how vaccinations may destroy your body’s self-healing system.

- Must read before you vaccinate
- Avoid uninformed decisions

DVD’S

For a complete list of all other DVD’s view the [Printable Canadian Price List](#)

The Miraculous Self Healing Body

Five of the world’s most respected health experts – Dr. Neal Barnard, Dr. Joel Fuhrman, Dr. John McDougall, Dr. Russell Blaylock and Rev. George Malkmus – discuss the dangers of the standard American diet and reveal how you can have a healthy, vital, disease-free body.

Pastor to Pastor: A Message of Hope and Healing

Tragically, the health of America’s churchgoers and clergy is declining. This video includes powerful, heartfelt testimonies from pastors who improved their health by adopting The Hallelujah Diet. Watch and learn how you can help improve the health of your church.

An Introduction to Hallelujah Acres

This DVD shows you the Hallelujah way to take control of your own health and begin paying attention to your body’s nutritional needs. You’ll see that The Hallelujah Diet is indeed a plan to achieve a healthy body with many proven benefits.

Healing for Life Testimonial DVDs

Real people. Serious health issues. Miraculous recoveries. See and hear compelling testimonies of the healing powers of The Hallelujah Diet.

God’s Way to Ultimate Health

A recorded version of Rev. Malkmus’ famed Saturday Seminar held on the first weekend of every month at Hallelujah Acres headquarters. Rev. Malkmus explains why we get sick and how we can nourish our bodies back to good health.

The Hallelujah Food Show – Complete Set

Ever wished you could find a recipe from the “The Hallelujah Food Show?” Well, here they all are – every recipe ever featured on the show, with informative, easy-to-follow how-to videos. They’ll help you follow The Hallelujah Diet in the kitchen and out.

HALLELUJAH ACRES FOOD

Survival Bars

Survival Bars are the raw food body fuel that fits in anywhere. Pack some for hiking, biking or working through lunch. Their all-natural protein, vitamins, minerals, and enzymes help keep you performing at your peak. Available in the 12-bar variety pack (all 6 flavours).

Flavours: Original, Apple Surge, Blueberry Burst, Cinnamon Explosion, Cranberry Blast, Garden Fusion.

Carob Powder

Hallelujah Diet Raw Carob Powder is cold-processed to fit perfectly in your vegan, whole food, raw food and living food diets. Unlike chocolate -- which contains caffeine, theobromine and other chemicals that can cause sleeplessness, anxiety and allergic reactions -- our Raw Carob Powder is “chock full” of nutrients, including B vitamins, calcium, iron, and other minerals and even protein.

KITCHEN EQUIPMENT

For a complete list of all other kitchen equipment view the [Printable Canadian Price List](#)

Blenders

Tribest Personal Blender

This tough little dynamo steps up wherever you plug it in, delivering powerful, portable, ice-crushing, smoothie-making, seed-grinding and sauce blending capabilities on demand. Includes 4 BPA-free blend and serve cups

Blendtec Home Blender

An all-in-one appliance that makes smoothies, shakes, soups, sauces, bread dough, dressings, salsas, and more. Features a 1500-watt, heavy duty motor and dozens of electronic pre-sets that automatically vary motor speed so you don't have to babysit the blender.

- Lifetime blade warranty, 3-year motor and base warranty, 1-year jar warranty

Vitamix TurboBlend VS Blender

The new Vitamix TurboBlend VS (Variable Speed) lets you gradually increase or decrease motor speed, giving you complete control over consistency. Comes with nut milk bag, the 200-recipe “Live Fresh” recipe cookbook, and an instructional video. 7-year warranty

Dehydrator

Excalibur Dehydrator

Preserve your raw food the natural way, with all its enzymes intact. Make dried fruit, raw gourmet meals, and hundreds of other recipes! Includes 9 removable trays for 15 total square feet of drying area, variable temperature dial, and easy set up, operation, and cleaning.

Food Processor

KitchenAid Food Processor

Stylish, powerful, versatile, and convenient! Features 700 watts of power and 12-cup capacity for the biggest, most demanding jobs. Includes bowls, blades and discs. All dishwasher-safe.

Juicers

Champion Juicer

A real workhouse juicer: durable, dependable and very simple to use. For decades, countless people have counted on the classic Champion juicer. This versatile appliance makes fresh juices, fruit sauces, baby foods, nut butters, ice cream, sherbets, and even fruit smoothies.

- Turns at 1725 RPM (better than centrifugal juicers)
- Maintains enzyme activity at an average of 74.5%
- Parts and accessories available
- Handheld juice strainer recommended

CitriStar, The Citrus Juicer

Quiet yet powerful, this compact electric citrus juicer easily extracts vitamin-rich juices from oranges, lemons, limes, and grapefruit with minimal time and effort.

- Simple to assemble, operate, and clean
- Includes dripless pause and serve feature
- Handheld juice strainer recommended

Green Star Elite Juicer

All the features and versatility of the world-famous Green Star juicer, plus a sleek new design with a new locking mechanism, exclusive new safety features, fewer parts for easier clean-up, easy-grip adjusting knob, advanced gears, and a new juicing process for better yield.

- Turns at just 110 RPM to maintain 84% enzyme activity
- Juice will keep refrigerated for up to 3 days
- Handheld juice strainer included

Huron HH Series Slow Juicer

The Hurom HH Series is a slow juicer that minimizes nutrient-damaging friction and oxidation through a two-stage crushing and pressing mechanism. The result is a smooth juice, minimal foam, and more vitamins and minerals than you can get from high-speed centrifugal juicers. With both fine and coarse screens, you can squeeze the nutrients out of anything from avocados and bananas to kale, wheatgrass, and even nuts! [10 Year Warranty]

NutMilk Maker Soyabella Automatic NutMilk Maker

Takes the hassle out of making your own raw almond milk, cashew milk, and other nut milks! Just put the nuts and water in and press go! Also makes porridge, rice milk, rice paste, hot soups, and more in just 15 minutes. You can even use it to grind seeds and mill grain.

Spiral Vegetable Slicer

Spirooli

Now it's a snap to make your own veggie noodles and snazzy-looking salads. Change the blade and you can make curly cuts too!

- Dishwasher –safe
- 3 easy-change blades

Water Distillers

Waterwise 8800

Removes dangerous chemicals and pollutants from your drinking and cooking water. Combines steam distillation and carbon filtration for ultimate purity.

- Seamless, stainless steel boiler
- Removable carafe with stop-and-serve feature
- Digital display with programmable timer

Waterwise 9000

Streamlined and space-saving, this is the only waterwise distiller with a handy spigot. Like all Waterwise distillers, the 9000 combines steam distillation and carbon filtration for ultimate purity. Just fill its removable boiler with tap water and press the start button.

Exercise Equipment

Urban Rebounding System

Melt pounds away in just 15 minutes a day! The Urban Rebounder Low Impact Workout burns fat fast without any pain or joint stress. So much fun, it could be the first exercise you actually look forward to!

- Includes super-soft jumping surface, heavy duty springs and stabilizing bar

Needak Rebounder

Used daily by Rev. George and Rhonda Malkmus, this is the finest rebounder on the market. The Needak Rebounder includes a 40-inch diameter heavy-duty metal frame and six removable, spring-loaded legs. It folds in half to fit into its own carrying bag.

Exerstrider Walking Sticks

Increase your fitness level faster by simultaneously exercising all of your body's major muscle groups as you walk. Exerstrider poles make walking a highly effective total-body exercise.

- High-quality, two piece, lightweight aluminum alloy construction
- Adjustable to fit users 4'4" to 6'1" tall
- Includes carbide tips and cushion grip tips for different terrains

Fit 10 – Ten Minute Exercise Program

The patented Fit10 Quick Strength Trainer helps you build muscle, reduce body fat, strengthen your heart and increase flexibility, all in just 10 minutes a day! Gentle on your back and joints, it's easy to use, fits in a small bag and goes anywhere.