



*Certified Hallelujah Acres
Health Ministers*

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THE HALLELUJAH DIET EXPLAINED



The Hallelujah Diet is a menu of 85% raw, uncooked, and unprocessed plant-based food, and 15% cooked, plant-based food.

Why Plant-based Foods?

The design of the human body is not like that of carnivorous mammals; our digestive tract was not designed to properly digest and dispose of meat. Carnivorous mammals have a relatively short and straight digestive tract that eliminates meat waste efficiently.

Herbivores and humans have a much longer digestive tract that includes many bends and pockets. Because our stomach acid is not designed to completely break down meat (as it does with plant based foods), undigested meat can get trapped in these bends and pockets. Here it can putrefy for days, delaying elimination and thus causing toxicity—a key component of disease creation.

As detailed in [The Hallelujah Diet book](#), food has the amazing power to both create and destroy health. The dense, living nutrients found in a diet of primarily raw, plant-based foods and their juices are the ingredients needed to meet and satisfy your cells' nutritional needs, restore damaged cells and rebuild whole-body health that will last a lifetime.

Where is the Evidence?

The Hallelujah Diet is based on the physical nourishment as intended from our Provider in Genesis 1:29: “And God said, Behold, I have given you every herb 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].”

As commonly recommended by health professionals, The Hallelujah Diet includes eating more fruits and vegetables, drinking more water, eating less saturated fats and hydrogenated oils, consuming more fiber, getting more exercise and alleviating stress; The Hallelujah Diet® is supported by [research studies](#) that validate its foundation as a means toward eliminating sickness.

As shown in the [thousands of testimonials](#) we've received, the Hallelujah Diet has helped relieve the symptoms of acid reflux, obesity, cancer and more.

Below is a basic guideline of foods eaten on The Hallelujah Diet. For more information, see the [Typical Day](#) and [Foods to Avoid](#) pages.

The 85% Raw Portion

This portion of The Hallelujah Diet is composed exclusively of the garden foods God instructs man to eat (Genesis 1:29). The dense living nutrients found in raw foods and their juices produce abundant energy and vibrant health while satisfying our cells' nutritional needs, controlling hunger efficiently.

- **Beverages:** Freshly extracted vegetable juices, BarleyMax, CarrotJuiceMax, BeetMax, and remineralized distilled water
- **Dairy Alternatives:** Fresh almond milk, creamy banana milk, as well as frozen banana, strawberry, or blueberry “fruit creams”
- **Fruit:** All fresh, as well as unsulphured organic dried fruit (limit fruit to no more than 15% of daily food intake)

- **Grains:** Soaked oats, raw muesli, dehydrated granola, dehydrated crackers
- **Beans:** Green beans, peas, sprouted garbanzos, sprouted lentils, and sprouted mung beans
- **Nuts & Seeds:** Raw almonds, sunflower seeds, macadamia nuts, walnuts, raw almond butter or tahini (consume sparingly)
- **Oils and Fats:** Extra virgin olive oil, Udo's Oil, flaxseed oil (the oil of choice for people with cancer, except men with prostate cancer, who may be better served meeting the essential fat needs through freshly ground flaxseed), and avocados
- **Seasonings:** Fresh or dehydrated herbs, garlic, sweet onions, parsley, and salt-free seasonings
- **Sweets:** Fruit smoothies, raw fruit pies with nut/date crusts, date-nut squares, etc.
- **Vegetables:** All raw vegetables
- **Soups:** Raw soups
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The 15% Cooked Portion

Cooked foods follow the raw salad at lunch or evening meals and can prove beneficial for those trying to maintain body weight.

- **Beverages:** Caffeine-free herb teas and cereal-based coffee alternatives, along with bottled organic juices
- **Beans:** Lima, adzuki, black, kidney, navy, pinto, red, and white
- **Dairy:** Non-dairy cheese, almond milk and rice milk (use sparingly)
- **Fruit:** Cooked and unsweetened frozen fruits
- **Grains:** Whole-grain cereals, breads, muffins, pasta, brown rice, millet, etc.
- **Oils:** Vegan mayonnaise made from cold-pressed oils
- **Seasonings:** Same as the 85% portion, plus unrefined sea salt (use sparingly)
- **Soups:** Soups made from scratch without fat, dairy, or refined table salt
- **Sweeteners:** Raw, unfiltered honey, rice syrup, unsulphured molasses, stevia, carob, pure maple syrup, date sugar, agave nectar (use very sparingly)
- **Vegetables:** Steamed or wok-cooked fresh or frozen vegetables, baked white, yellow or sweet potatoes, squash, etc.



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COMPLEMENTS



Why The Hallelujah Diet Includes More Than Food

Many people are deficient in one or more nutrients, no matter how much they try to get those nutrients exclusively from eating whole foods.

A February 2009 study in the *Journal of Horticultural Science and Biotechnology* confirms that today's vegetables are indeed less nutritious. So, eating more as a means to increase nutrients is simply not feasible; the stomach cannot efficiently handle the bulk of foods required.

For this reason, Hallelujah Acres recommends other ways to get the nutrients you need.

Juicing

Juicing fresh vegetables and greens is the most efficient way to get maximum nutrition to our cells. Juicing separates the juice—which contains virtually all nutrients and living

enzymes—from the fiber. Hallelujah Acres' juice powders (BarleyMax, CarrotJuiceMax and BeetMax) also fall into this category, as they are low-temperature processed, living juices that contain no fiber.

Drinking freshly extracted juice requires only a small fraction of the digestive effort needed to break down whole foods, thus nutrients are rushed to the bloodstream much more efficiently.

Juicing also makes the most of nutrients in an easy to assimilate form. For example, drinking one 8 oz glass of carrot juice will give you the equivalent of eating approximately 1 lb of carrots.

Carrots are the richest source of beta-carotene, which the body converts into vitamin A, and provides a wealth of other nutritional benefits. When combined, a carrot/vegetable juice and BarleyMax make a dynamic duo in providing the body with high-nutrient body fuel.

A typical day on The Hallelujah Diet ideally includes at least two 8-oz glasses of carrot/vegetable juice along with 2-3 servings of BarleyMax.

Supplements

Vitamins, minerals, enzymes, and beneficial bacteria all contribute to optimal health, and can all be acquired through supplements.

Though not ideal, great strides have been made in recent years to effectively replace the nutrients that other technologies have stripped from the food supply. But don't run out and buy supplements without being informed.

Subtle differences can make a big difference. In the case of vitamin B12, for example, there are two kinds to look for: methylcobalamin and cyanocobalamin. Cyanocobalamin is cheaper, but is not found in nature, and must be converted by the body into methylcobalamin before it can be utilized. Methylcobalamin is a much better choice and is, in fact, the form of B12 used in Hallelujah Acres' B12-B6-Folic Acid supplement.

We are very careful to ensure that The Hallelujah Diet promotes optimal health. All supplements in the Hallelujah Acres line of proprietary products have been extensively tested by our own [research foundation](#) to ensure that our supplements are among the best on the market.

Here are some of the basics that are a daily part of The Hallelujah Diet:

[BarleyMax](#) is a convenient power form blend of two nutritionally dense foods, the juice of raw organic barley and alfalfa grown in soil that is high in minerals. This single supplement contains the widest spectrum of nutrients and the highest macro and trace mineral content possible. BarleyMax helps the body build new, strong, health, vital and vibrant cells.

[CarrotJuiceMax](#) and [BeetMax](#) are ideal if you do not have a juicer. Made from organic carrots and organic beets, these convenient juice powders contain no artificial ingredients, are naturally sweet and provide practically all of the nutrients and live enzymes of fresh raw carrots and beets.

[Fiber Cleanse](#) contains 28 herbs in a psyllium and flax seed base to help cleanse the colon, restore normal bowel activity and ensure timely and efficient elimination of toxins from the body during the first 2-3 months of beginning The Hallelujah Diet. *Note: Fiber Cleanse is not recommended for pregnant or lactating women or for long-term use.*

[B-Flax-D](#) helps maintain optimal bowel function after the 2-3 month period of using Fiber Cleanse. Organic ground flax seed can also be used for this purpose, but B-Flax-D has the added benefit of daily recommended B12 and Vitamin D, which are crucial to maintaining optimal health on a vegan diet.

[B12-B6-Folic Acid](#) is a supplement developed by Hallelujah Acres to ensure an adequate daily level of vitamin B12 in the body; if you are pregnant, this combination is a must for your health and that of your baby. B12 is a nutrient not readily found in a primarily vegan, yet it is essential to help the body prevent anemia, regulate red blood cell formation, form healthy cells, metabolize fats and carbohydrates, prevent nerve damage and perform many other functions properly.

[Udo's Oil](#), a cold-pressed blend of organic flax, sunflower oil, sesame seed oil and oils from oat germ and rye germ, provides the balance of essential omega-3 and omega-6 fatty acids the body needs to achieve and maintain good health. B-Flax-D can be substituted for Udo's Oil to meet your daily requirement of essential fats, vitamin D and fiber.

Attention Men: Current research indicates that men dealing with prostate cancer may be better served by using freshly ground flax seed to meet their essential fats needs rather than the Udo's Oil or flax seed oil.

Sunshine

Sunshine fuels the body's production of vitamin D, critical for strong bones and muscles, a healthy immune system and more. While long periods of sun exposure should be avoided, 15 minutes of sunlight on the skin per day can help the body produce vitamin D.

On days when you cannot get an adequate amount of sunshine, take the recommended serving of B-Flax-D.

Exercise

Exercising every day for a minimum of 30 minutes is crucial to optimal health; it helps you stay physically fit and releases toxins from the body. Additionally, physical exertion is a great way to alleviate stress.

A combination of aerobic, resistance and stretching exercises will help maximize your body's cardiovascular condition and improve strength and flexibility.



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A DAY ON THE HALLELUJAH DIET



The Hallelujah Diet is suitable for anyone, including children. It's a simple, flexible concept that will ensure your body gets the nutrients it needs without the junk.

Perhaps you're wondering if you'll "starve" on The Hallelujah Diet—quite the contrary! You'll find that the 85% raw and 15% cooked foods of The Hallelujah Diet consist of an amazing array of delicious foods that you may already be eating.

Before You Begin...

The menu below provides an ideal example of a typical day on The Hallelujah Diet. As the [Making It Work](#) page discusses, The Hallelujah Diet should be considered a flexible concept rather than a fixed meal plan—feel free to customize it to suit your individual tastes and schedule.

It's okay to be flexible; just remember the basics:

- Keep 85% of your menu as raw, plant-based foods
- Ensure that no more than 15% of your daily intake is cooked or processed plant-based foods
- steer clear of the [Foods to Avoid](#)

Breakfast

Before eating anything, take one serving of BarleyMax, either in capsule or powder form (powder form is best if consumed dry). You may take the powder dry, allowing it to dissolve in the mouth or by mixing it with a few ounces of purified water or fresh vegetable or fruit juice.

It is best not to consume food containing fiber first thing in the morning, as fiber hinders the body's cleansing and eliminating efforts that continue for several hours after rising.

If you feel you need something with fiber at breakfast, have a piece of fruit or a fruit smoothie. If necessary, you could also consider some whole grain cereal with almond or rice milk.

NOTE: Children need more than BarleyMax for breakfast; after BarleyMax, a breakfast of raw fruit and whole grain (hot or cold) cereals would be a good choice. Growing children need a diet consisting of about 50% raw foods and 50% cooked foods to insure adequate caloric intake. They need more good fats and proteins than adults and they may need more frequent meals.

Mid-Morning

Drink an 8 oz glass of fresh vegetable juice (two-thirds carrot and one-third greens). If fresh juice is not available, the next best choice is a combination serving of CarrotJuiceMax and BarleyMax, or a piece of juicy, fresh fruit.

Thirty minutes later is an excellent time to use Fiber Cleanse as directed, B-Flax-D, or freshly ground flax seed to help maintain optimal bowel function. If you did not have any fiber food for breakfast, a fruit smoothie is an excellent way to take their ground flax seed or B-Flax-D.

For those who need to stabilize blood sugar, or keep hunger under control and support body weight, some celery sticks, broccoli, or cauliflower florets, etc., spread with almond butter could be consumed.

Lunch

At least 20 minutes before lunch, have another serving of BarleyMax, as at breakfast.

If fruit has been consumed during the morning hours, have a vegetable salad. Too much fruit in a day is not advised, and though the sugar is natural, too much sugar can cause problems. (Fruits cleanse the body, while vegetables feed the body.)

While it is preferable to keep the lunch meal raw, a little cooked food at noon is fine, especially if you want to maintain weight. A whole grain pita pocket filled with veggies is a good option.

Mid-Afternoon

Drink an 8 oz glass of carrot/vegetable juice. If juice is not available, a serving of CarrotJuiceMax and BarleyMax, or some carrot or celery sticks would be next best.

Supper

At least 20 minutes before supper, have another serving of BarleyMax. Then have a LARGE green salad of leaf lettuce (never head lettuce as it has very little nutritional value) along with a variety of vegetables, including some avocado or ground seeds or nuts.

A blended salad is good for those who have difficulty eating salads. To make a blended salad, include all the veggies that would go into a regular salad plus additional greens (spinach, kale, etc.) and put it in a blender with some carrot juice or a small amount of healthful, homemade salad dressing. Blending increases nutrient value tremendously.

After the salad comes the cooked food portion. This could be steamed veggies, baked sweet potato, whole grains, whole grain pasta, squash (baked or steamed), or beans.

Evening

If desired, enjoy a piece of juicy fresh fruit or a glass of freshly extracted apple or pear juice, or a glass of 100% organic apple or grape juice. It is best to not consume anything containing fiber after the supper hour.



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FOODS TO AVOID



Avoiding Foods That Cause Problems

What most people do not realize is that almost every physical problem they experience, other than accidents, has a diet related cause.

Because our physical body is designed by God to be nourished with living (raw) foods, it is imperative that the greatest percentage of our daily food intake be composed of raw foods—and that we avoid the foods that are causing the problems in the first place.

Here are a list of foods that are excluded from The Hallelujah Diet. Although this list is far from comprehensive, using it as a guide will help you determine whether or not other foods are beneficial.

Beverages

- Alcohol
- Coffee (grain coffees like Pero and Roma are fine)
- Teas containing caffeine (caffeine-free herb teas are fine)
- Carbonated beverages and soft drinks
- All artificial and sugar containing drinks, sport drinks, and all juices containing preservatives, refined salt, sugar, and artificial sweeteners

Refined sugar suppresses the immune system and prevents its ability to protect us from germs, viruses, and bad bacteria. One 12 oz soft drink contains approximately 11 teaspoons of sugar and if consumed daily for one year, adds 15 pounds of weight.

Dairy

- All milk, cheese, ice cream, whipped toppings, and non-dairy creamers

Cow milk and cheese are some of the most dangerous foods we can place into our body. Read Dr. T. Colin Campbell's book, [*The China Study*](#) for documentation (it will change your life).

Soy Milk and other Soy Products

- Most soy products should be avoided

Soy is high in estrogen. The estrogen in soy formulas has been known to cause baby girls to develop breast buds as young as two years of age, and the age of puberty, which should be past the age of 15 years, is now as early as 8, 9, and 10 years.

The growth hormones in animal flesh and dairy are also contributing to this problem. Estrogen can be a contributing factor in all female cancers, and the high protein content of soy can actually feed cancers.

Processed Fruits

- Canned and sweetened fruits
- Non-organic and sulfured dried fruits

Refined Grains

- Refined, bleached flour products, most cold breakfast cereals, and white rice

Refined grains are devoid of fiber and thus one of the leading causes of constipation. Animal-source foods are also totally devoid of fiber.

All Meats and Eggs

- Beef, pork, fish, chicken, eggs, turkey, hamburgers, hot dogs, bacon, sausage, bologna, etc.

All animal-source foods are harmful to the body and are the cause of up to 90% of all physical problems. Eliminating animal source foods can practically eliminate the fear of having a heart attack, stroke, cardiovascular problems, cancer, diabetes, osteoporosis, heartburn, gout, acid stomach, and the list goes on and on.

Certain Nuts and Seeds

- All roasted and/or salted seeds and nuts

Peanuts in particular are not a nut but a legume, and very difficult to digest.

Certain Oils

- All lard, margarine, shortenings, and anything containing hydrogenated oils or trans fats

Certain Seasonings

- Refined table salt and any seasonings containing it

Unlike mineral-rich unrefined salt, which is beneficial, refined table salt is devoid of such minerals, containing 97% to 99% sodium chloride. It is a leading cause of high blood pressure. Celtic or Eden Sea Salt, a natural, unrefined salt from the sea, is a good choice.

Certain Soups

- Any canned, packaged, or creamed soups containing salt or dairy products

Certain Sweets

- All refined white or brown sugar (brown sugar is simply refined white sugar with some molasses added for color)
- Sugar syrups
- Chocolate (carob is a wonderful chocolate substitute)
- Candy, gum, cookies, donuts, cakes, pies, or other products containing refined sugars or artificial sweeteners

Acceptable sweeteners include raw unfiltered honey, stevia, agave nectar, and pure maple syrup (use any of these sparingly).

Processed Vegetables

- All canned vegetables with added salt or preservatives
- Vegetables fried in oil

All Drugs

Though these are not foods, most are addictive and very destructive within the body:

- Alcohol
- Nicotine
- Caffeine
- Marijuana, cocaine, heroin, etc.
- Many over the counter and doctor-prescribed drugs

NOTE: Do not discontinue doctor prescribed drugs without doctor's permission.



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MAKING IT WORK



The Hallelujah Diet should be considered a flexible concept rather than a fixed meal plan. Feel free to customize it to suit your life and schedule.

The Hallelujah Diet Is Not Set In Stone

This isn't the 100% club, so relax. Make changes that work for you at a pace that you can handle, so that the changes are lasting. The rewards and blessings are for those who persevere and make life-long changes in their diet and lifestyle.

Does the Hallelujah Diet work if you bend “the rules” so that it fits your own life better?

Yes, it does. For example, getting that BarleyMax in 30 minutes before a meal is optimal—but easy to forget. Nutritionally speaking, you still receive almost all of the benefits if you take BarleyMax right at the beginning of the meal.

One of the main hindrances of absorption is the release of the nutrients from the inside of the plant cells. This has already been done for you with BarleyMax. So, go ahead and take the BarleyMax right at the beginning. It will begin to be digested and absorbed right away, even before you are done eating.

What if you would like your BarleyMax in apple juice, or orange juice instead of water or carrot juice?

BarleyMax will still leave an alkaline ash, regardless of the acidity of the juice you take it with. The benefits of BarleyMax far outweigh the bit of acidity from the fruit juice.

What about waiting until noon to eat anything with fiber in it?

It is true that our bodies operate on a circadian 24-hour cycle and that a lot of cleansing takes place early in the morning. So, it would be best to wait until 10:00 a.m. or so to eat fiber for optimal cleansing to take place.

Try making a smoothie in the morning before work and take your juice along with you for later in the morning. You will still get a lot of cleansing and a lot of good nutrition to get you going and keep you going through the morning.

What about cooked food before dinner? For breakfast?

Remember that the guidelines in The Hallelujah Diet are intended to help you transition to a menu of mostly raw foods. However, if a bowl of oatmeal works for you in the morning and you can stay almost raw for the rest of the day, then you will still get great results.

What if you can't stand straight carrot juice?

Some people love carrot juice, and others, well... Not to worry. Leafy greens are by far more nutritious than carrots. Ever had a green juice with some lemon in it, or with some orange and lemon? Ever put a little bit of fresh orange juice in your carrot juice?

There are lots of ways to make vegetable juice and it doesn't have to have carrot in it. Many people like carrot juice, but maybe that isn't you. Don't let that stand in your way of adopting The Hallelujah Diet.

Written by Michael Donaldson, PhD

Research Director, Hallelujah Acres Foundation



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THE HALLELUJAH RECOVERY DIET



Aggressive Nutritional Support For Self-healing

The Hallelujah Recovery Diet is identical to The Hallelujah Diet, but provides a much more aggressive approach to quickly equip the body so that it can perform radical healing in a crisis.

Since most of us make little preparation for our health until facing a chronic condition, we may be in need of a much more aggressive approach. The Hallelujah Recovery Diet is a supercharged version of The Hallelujah Diet, increasing the number of servings of an optimally processed barley juice powder and the number of servings of vegetable juice (2/3 carrot and 1/3 greens).

For example:

- Start with barley juice powder at 7:00 a.m.
- Then a vegetable juice at 8:00 a.m.
- Have another barley juice powder at 9:00 a.m.
- Alternate the two juices every other hour (skip juice during the lunch and supper hour and extend juices into the evening).

Juicing is the most efficient way to nourish the body at cellular level. Consuming a vegetable or barley juice drink on an hourly basis will provide the body with powerful nutrition in an easy to assimilate form.

These 12, hourly juices provide the body with a broad spectrum of naturally occurring vitamins, minerals and trace elements often missing from our foods, that the body uses to rebuild the body's self healing ability.

Keep in mind that it may take as long as 12 to 18 months of following an aggressive nutrition plan to provide the body with the best opportunity for rebuilding.

In addition to aggressive juicing, those using diet aggressively to support the body's self-healing have often implemented many of the following:

- Using a good **probiotic** supplement aggressively for 3 to 4 weeks by taking up to 24 billion CFUs three to four times daily to help in rebuilding a healthy balance of intestinal flora. Afterwards, many choose to continue a maintenance serving of 1 to 2 capsules daily.
- Using a good **digestive enzyme** with each juice and 2 to 4 with each meal for the first 3 to 4 weeks to maximize the absorption of nutrients from foods so that the body receives the most nutrition available from these foods.
- The use of **curcumin**, the biologically active extract of the turmeric spice, can help supply the body with an abundance of free radical fighting nutrients.
- **Iodine** supplementation to support the thyroid and the immune system.
- When following a plant-based diet, it is important to insure that a good source of **essential fats** is available. Taking 1 to 2 tablespoons of flax seed oil or 3 to 4 tablespoons of ground flax seed daily (if dealing with prostate issues, research indicates the use of flax seed rather than the oil may be more advantageous) will help meet the essential fat needs of the body.
- It is also important to avoid a **B12** deficiency by taking a sublingual B12 supplement (the active methylcobalamin form) daily.
- As the body begins cleansing it is important that the toxins are eliminated timely and efficiently through optimal bowel function (2 to 3 well-formed stools daily). A good **fiber supplement** may be helpful in achieving optimal bowel function.
- Stress can have a detrimental impact on the body's ability to heal; **stress should be eliminated.**
- Ample amounts of **sunshine** are important for optimal production of vitamin D. If adequate sunshine is not possible, a vitamin D3 supplement can help meet the body's need for vitamin D. It is wise to have vitamin D levels tested prior to supplementation.