

# **Dead food and all raw food**

## **Introduction**

In other Health Tips, I have been sharing information concerning the potential dangers of being overweight – as well as providing solutions to this problem – and those inherent in some weight loss programs. I evaluated eight weight loss programs being offered today, and then rated them according to their ability to cause weight loss, AND ALSO whether adopting this or that diet would improve overall health, or cause further deterioration (how well or how poorly they fit the following criteria). Those with the highest percentages of animal products were given good ratings as far as weight loss was concerned because of ketosis, but the lowest ratings as far as improving a persons health was concerned. The highest ratings were reserved for those diets that were 100% vegan and that were comprised of predominantly LIVING (raw) foods. Here are the foundational facts and the explanations of the criteria I laid out to evaluate the various weight loss diets :

## **Facts for evaluation of weight loss diets**

1. OUR PHYSICAL BODY IS A LIVING ORGANISM, COMPRISED OF LIVING CELLS. Each one of us had a similar beginning – a living egg cell from our mother was fertilized by a living sperm cell from our father – and thus a new LIFE began. These two LIVING cells then divided and became 4 LIVING cells, which divided and became 8 LIVING cells, and then 16 LIVING cells, etc., etc., until a completely new LIVING human being had been formed, and was introduced into this world through a birth. Every human physical body is comprised of approximately 100 trillion LIVING cells! Our entire physical body is comprised of LIVING cells, whether it be our blood, bone, muscle, skin, immune system, heart, etc.

2. THESE LIVING CELLS WERE DESIGNED BY GOD TO BE NOURISHED WITH LIVING FOOD (SEE GENESIS 1 : 29). This LIVING human baby was designed by God to be nourished initially with mother's breast milk, which contained the LIVING enzymes and nutrients. But today, many babies are placed on formula, soymilk, or pasteurized cow milk, all totally devoid of enzymes and many of the nutrients the baby needs for proper growth, health, and development. Thus, the little one often reacts to this DEAD, nutritionally inadequate food, by displaying symptoms such as colic, ear or throat infections, swollen glands, allergies, asthma, diaper rashes, fevers, etc.

3. ALL COOKED FOOD IS DEAD FOOD, AND DEAD FOOD IS NOT THE PROPER FOOD TO NOURISH OUR LIVING ORGANISM. Following birth, most babies are usually started on cooked (dead) foods, lacking fibre, in ever increasing proportions. Cooked baby cereals give way to cooked baby foods purchased in small jars. Again, we are attempting to nourish a LIVING organism with DEAD food, and thus the physical problems usually continue to manifest and the child is taken to a medical doctor who administers toxic drugs in an effort to subdue a symptom, caused by the DEAD, contaminated food. Almost anything that comes in a box, can, jar, or container of any kind has already been cooked, and thus the enzymes as well as many of the nutrients, have been destroyed. DEAD foods would include all cooked animal flesh or pasteurized dairy products, refined sugar products, flour products, table salt and caffeine. These are the foods that cause weight gain and create physical breakdown.

4. ANIMAL SOURCE FOODS ARE NOT ONLY DEAD FOODS (they are almost always cooked), BUT THEY ARE ALSO FIBRELESS FOODS, LOADED WITH ANIMAL FAT, ANTIBIOTICS AND GROWTH HORMONES, THAT DO GREAT HARM TO OUR PHYSICAL BODIES. Our body was designed to move food through a very lengthy digestive tract, comprised of many pockets, loops, and bends, through means of fibre. All raw fruits and vegetables are not only LIVING foods, but also contain a very high percentage of fibre, while animal source foods are totally devoid of fibre. Because there is no fibre in anything of an animal origin, nor in white flour,

refined sugar, table salt, or caffeine, constipation problems run rampant. Animal products are either the cause or a contributing cause of up to 90% of all physical problems being experienced today. Among them : heart attacks, strokes, cancer, diabetes, arthritis, colon problems, weight gain, etc.

5. ALL ANIMALS IN THE WILD, WHETHER CARNIVOROUS OR VEGETARIAN, CONSUME A 100% LIVING FOODS (RAW) DIET, AND HAVE EVER SINCE CREATION. ANIMALS IN THE WILD ARE NEVER OVERWEIGHT, AND RARELY EVER GET SICK. For the past six thousand years, animals in the wild have consumed a 100% LIVING (raw) food diet. According to the Bible, man lived the first almost 2,000 years after creation on a LIVING (raw), vegan diet, to an average age of 912 (age of patriarchs at death) and there is not a single recorded instance of sickness or excess weight during that entire time period. After the flood, man added cooked animal flesh and dairy to his diet and an ever-increasing percentage of refined, DEAD (cooked) food, and physical problems started to manifest. INTERESTINGLY, TODAY, WHEN A PERSON RETURNS TO THE LIVING (RAW) VEGAN DIET GOD GAVE MANKIND SOME 6,000 YEARS AGO, IN GENESIS 1 : 29, THEIR WEIGHT ALMOST ALWAYS NORMALIZES AND MOST PHYSICAL PROBLEMS SOON DISAPPEAR.

### **Healed by eating raw food**

"I started on The Hallelujah Diet five years ago, after hearing Dr. Malkmus speak on a television talk show out of Greenville, SC. This happened just after once again praying for God to heal me of my MIGRAINE HEADACHES. I was having one that morning. At the time, I was having MIGRAINE'S about twice a week and taking MEDICATION by injection for relief. THE MIGRAINES WERE VERY DEBILITATING! I had purchased Rev. Malkmus' book, 'God's Way to Ultimate Health' a few weeks earlier, and came to the conclusion that the diet was too extreme for me to follow. Anyway, that morning, after listening to Rev. Malkmus, I believed the Holy Spirit was opening my heart and mind and I knew in my spirit that this was indeed the answer to my prayers. I began The Hallelujah Diet cold turkey the next day and have been on it ever since.

My husband, who grew up on a dairy farm and was a meat and potatoes guy, was not going to have anything to do with this diet, and so I told him that I would gladly cook his food the way he wanted it, as long as he didn't discourage me from following the diet. In the evenings, I would sit and read your book and share things with him from it. As a result, it only took about two weeks for him to begin The Hallelujah Diet as well. For a man who hated anything raw, it could only have been the Holy Spirit working on him to move him to this point.

After I started The Hallelujah Diet, it didn't even take two weeks for my MIGRAINE HEADACHES TO BE HISTORY, along with ACID REFLUX, HEARTBURN, LOW ENERGY and I EXPERIENCED A WEIGHT LOSS of 12 POUNDS. Within the first few months I experienced much IMPROVEMENT IN JOINT PAIN from ARTHRITIS, BETTER EYESIGHT, BETTER COMPLEXION, and SILKY, SHINY HAIR, IMPROVEMENT of the FUNGUS INFECTION under my nails, and recently when I went for a bone density test, was found to have the BONE HEALTH OF A WOMEN IN HER EARLY TWENTIES. I am 61 years old. My BLOOD PRESSURE is 110/70, and my CHOLESTEROL is 162. I have taken absolutely NO MEDICATIONS OF ANY KIND since starting The Hallelujah Diet. With a family history of Cancer, Parkinson's disease, arthritis, high blood pressure and diabetes, and being a cancer survivor myself, I am so grateful to you Rev. Malkmus for introducing me to this lifestyle.

My husband LOST 45 POUNDS. He also had EXPERIENCED HEADACHES for all the years I had known him. He took aspirin everyday. That is all behind him now, as he DOESN'T GET HEADACHES NOR DOES HE TAKE ANY MEDICATION ANY MORE. He is 62 years old and in EXCELLENT HEALTH with LOTS OF ENERGY. And he LOOKS GREAT!"

## **All raw but... seeking for more**

What I share in this column is the result of almost 30 years of personal research and personal experience, as well as input from tens of thousands of others who have made the diet change that we teach here at Hallelujah Acres, and shared their experience with me. There is absolutely no question in my mind, that at creation, some six thousand years ago, God gave mankind a diet that was 100% RAW (Genesis 1:29) and that this was the very diet God had designed His human creation to be nourished with. After the fall, mankind lived in health, for the next 1700 years of Biblical history (up until the flood), to an average age of 912 years.

Following the flood, man started to consume the flesh of animals (Genesis 9 : 3) and to cook his food. With the introduction of flesh and cooked food into the diet, sickness entered the human race. For the past 4000 plus years, man has been consuming animal flesh (though never before in history in the quantities or loaded with the fat and other contaminants of today), and has been cooking most of his food. Today, the health of mankind is in a deplorable state! Despite the trillions of dollars poured into so-called healthcare each year, just here in the United States, the health of the American people continues to decline at an alarming rate.

Thirty years ago, after being told that I had colon cancer, and not wanting to go the medical route, I went seeking an alternative. The Lord led me to an Evangelist in Texas by the name of Lestor Roloff, who encouraged me to adopt the Genesis 1 : 29, ALL RAW, vegan diet, of the Bible, and to drink a lot of ALL RAW carrot juice. I followed his instructions 100%, and almost immediately started to get well. But while this ALL RAW diet brought wellness to my body, it also brought about too rapid a detoxification and too rapid and too great a loss of weight. Shortly after this personal experience, the Lord opened the door for me to go to the Shangri-La Health Resort in Bonita Springs, Florida, in the late 1970's.

This place was a Natural Hygiene fasting retreat where people came with serious physical problems to detoxify through the use of distilled water fasts. While there, I saw people go on water fasts of anywhere from 3 to 40 days. Most of those who went on these water fasts experienced such rapid detoxification and weight loss they had to go to bed. I saw a few die while on an extended water fast. Then after they had broken their fast, usually on some raw fruit, they were encouraged to consume ALL RAW foods, which usually included a high percentage of fruit. On this ALL RAW diet, which contained a lot of fruit, I saw people who had been on these water fasts recover strength and weight too slowly. In fact, some never regained the strength they had before the fast.

A few years later, I learned of Dr. Ann Wigmore and the Hippocrates Health Institute in Boston, Massachusetts (*mettre l'abréviation de l'Etat, merci*). I learned a lot from him! He taught ALL RAW eating along with the consumption of wheat grass juice, rejuvalac (made from fermented grains), lots of sprouts, and some fermented food. Once again I saw people getting well, but also going through strong detoxification and rapid weight loss.

Between the years of 1976, when I adopted the Genesis 1 : 29 diet, and 1992 when Rhonda and I began HALLELUJAH ACRES, I was constantly seeking ever more information and looking for what produced the best results in the shortest time at the least expense, without the negative baggage I had seen many people experience on an ALL RAW vegan diet. I studied most modalities in both the traditional and alternative health fields.

## **Why not all raw**

What Rhonda and I taught was the result of some 15 years of personal research and experience. Thus we used a basically RAW diet with lots of vegetable juice, but allowing 15% of the diet to be cooked. We learned that most people, if they could have a small amount of cooked food, found the diet doable and that most people did not go through severe detoxification, nor did they experience

too rapid or too great a weight loss. But the most amazing thing of all was that people were getting even BETTER RESULTS on the 85% RAW, to 15% cooked ratio, than on ALL RAW. We have also found that most people find it extremely difficult to go ALL RAW and that they have a tendency to cheat. This brings guilt! It is almost like a cult that people become a part of. The Hallelujah Diet does not consider consuming some high quality cooked plant food cheating. It is a part of the diet! Here are a few reasons why not eating ALL RAW :

1. It is difficult to obtain enough calories, to meet the metabolic needs of the body. If we do not take in enough calories, too much weight can be lost, and energy may be lacking.
2. When enough calories are not consumed to meet metabolic needs, protein needs are difficult to meet. The 15% cooked starches makes it easy to meet both the caloric and protein needs, without having to consume huge quantities of RAW food. This cooked portion also helps increase energy, keeps people from losing too much weight and feeling the cold in the wintertime.
3. Quite often, shortly after adopting The Hallelujah Diet, a person may experience low energy while the body is cleansing. In fact, one may go through cycles of cleansing for a number of weeks or even months. However, for many folks, low energy is simply related to not getting enough calories to meet metabolic needs as well as energy needs.
4. The following helps explain how the 15% cooked portion helps meet caloric needs : A glass of RAW vegetable juice contains approximately 100 calories, while a serving of RAW BarleyMax® contains approximately 6 calories. One cup of chopped RAW Romaine lettuce provides 8 calories, while ½ cup of RAW broccoli provides only 12 calories. Now watch this : ½ cup of COOKED broccoli contains 26 calories, while ½ cup of COOKED brown rice contains 108 calories and ½ cup of cooked navy beans contains 129 calories.
5. There is a trade off with cooked foods. Certain phytochemicals (such as lycopene, and carotenoids) are activated by the cooking process, while cooking destroys a percentage of other nutrients such as vitamin C and minerals, along with all enzymes. Some proteins and starches are more readily available in cooked foods. These figures show the advantages of making 15% of our daily food intake COOKED and 85% RAW : thus we have the best of both worlds!
6. Because we do not chew our RAW foods adequately, we lose approximately ½ of the available calories it contains. This makes it almost impossible to eat enough raw foods to meet caloric needs without a heavy emphasis on nuts, seeds, and avocados. These high fat foods provide too many calories from fat and can lead to decreased insulin sensitivity and potential blood sugar problems.
7. Dr. Fuhrman encourages us to eat a large quantity of RAW vegetables, but not ALL RAW. He believes that eating ALL RAW foods is a disadvantage : "To exclude all steamed vegetables and vegetable soups from your diet narrows the nutrient diversity of your diet and has a tendency to reduce the percentage of calories from vegetables, in favour of nuts and fruits, which are lower in nutrients per calorie. Unfortunately, sloppy science prevails in the RAW-FOOD movement."

Even though I realize that the original Genesis 1 : 29 diet was ALL RAW, we have found through 30 years of experience, research and the testimonies of tens of thousands, that adding some cooked foods to our diet in this day and age, has advantages. If I am to be honest, and true to my calling, I must be willing to change pre-conceived dogmas, for learned truths! MARANATHA!