

Why Christians Are Just As Sick As Non-Christians...

excerpts by Rev. George Malkmus...Hallelujah Diet...(MyHdiet,com)...Oct. 2014...

Listen to the prayer requests in the average Christian church today and you will find that most of the prayer requests are for sickness! In fact, in most churches, the prayer requests for those who are experiencing physical problems dominate the prayer requests. When you look at the general health of the Christian community and compare it with the general health of the non-Christian community – you will find no difference. Why is this so? Why is the Christian community just as sick as the non-Christian community? We will attempt to answer that question in this Health Tip. But first, let's begin with a few quotes from the Bible...

“Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth.” ~ 3 John 2. In this verse, the Bible tells us that God wishes us to be just as well in our physical bodies as we are in our spiritual souls. Why aren't we?

“If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I WILL PUT NONE OF THESE DISEASES UPON THEE, which I have brought upon the Egyptians: for I am the Lord that healeth thee.” ~ Exodus 15:26. Here God tells the Israelites and I believe it is just as true for the Christian community today that if they will “Hearken to the voice of the Lord thy God – and wilt give ear to his commandments – I WILL PUT NONE OF THESE DISEASES UPON THEE...” Sadly, the Christian community is very confused concerning the physical body we each possess. For instance they think that all they have to do before they eat some food is pray a spiritual prayer and that spiritual prayer will somehow remove the damaging fats and sugars from the food they are about to eat. Or if they get sick, they think that all they have to do is pray a spiritual prayer for healing, and God will remove their physical problem and fix their broken down physical condition. What the Christian fails to realize is that praying a spiritual prayer over a food they are about to consume or praying a spiritual prayer for healing will not fix something that God holds them personally accountable for or that the person praying the prayer can fix without God's help.

Listen to what God says about all this in Galatians 6:7...

“Be not deceived; God is not mocked: FOR WHATSOEVER A MAN SOWETH, THAT SHALL HE ALSO REAP.” Too often we ask God to do for us what we refuse do for ourselves. This is especially true when it comes to the physical body we each possess. For some strange reason we think that we can treat our bodies and feed our bodies any way we want to or is convenient and the body will run the way God designed. When our body breaks down we think that all we need to do is run to God, or the doctor, and ask them to fix what we have broken and everything will be alright. How's that working for you? If we can go to God or the doctor thinking they will fix us up after our bodies have broken down why are so many Christians suffering with so many physical problems and are just as sick as the non-Christian Community? If we treated our automobile like we treat our bodies, our automobile would be in the junk yard long before it should. But when we take care of our automobile, make sure the oil is changed regularly, the right

grade of gasoline without contaminants is used, and is protected from the weather, it is not unusual for a car to have well over 200,000 miles on it.

How Can We Take Proper Care Of Our Body?

How can we take proper care of our body so that we can live in health and die healthy at a ripe old age? How can we go through life without all the drugs, doctor visits, and hospital visits, lost time from work, and all the health costs and debilitating physical problems that are so common to the average person of today? God has given us instruction as to how we are to fuel or nourish our bodies in the very first chapter of the very first book of the Bible – in Genesis 1:29. In this verse, God has just created Adam and placed him in a garden and in Genesis 1:29 he gives instructions to Adam as to what he is to fuel his body with, so that it will run as designed.

“AND GOD SAID, Behold, I have given you every herb (vegetable) 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 FOOD. ~ Genesis 1:29. God intended the raw fruits and vegetables, seeds and nuts that grow in the garden to be the fuel that nourished the human physical body. In fact, every animal in the wild, from creation to this present day, whether vegetarian or carnivorous, eats its food in its natural, raw, living form as served up by nature. Only man takes that which God provides in its raw, living form in nature, and before he puts it into his body, puts it on a fire, and cooks the living daylight out of it. When man tries to nourish his living body, comprised of over a trillion living cells, with cooked food, the body begins to break down and physical problems begin to manifest. Even a pet – dog or cat – when nourished with cooked food from a box, develops many of the same physical problems common in man – obesity, arthritis, cancers, etc. In last week’s Health Tip I shared how just sprinkling BarleyMax over her 12-year-old dog’s food improved the health of her dog.

The first thing we want to learn as to why Christians are just as sick as non-Christians is that we are eating the same basically cooked food diet as the non-Christian community. As a result, neither the Christian community nor the non-Christian community is providing the living cells of their bodies with the proper cell building materials. As a result, both the Christian and non-Christian communities are experiencing all kinds of physical break down. The non-Christian community depends on the world’s doctors to fix their physical break downs while the Christian Community depends on God AND the doctor to return them to wellness. How well is it working? Why is there no difference in either the health of the Christian or non-Christian community? Why are both communities suffering from the same physical problems to the same percentages? There has got to be an answer! And I believe the answer is that we have turned our back on God’s instructions in Genesis 1:29 as to what we are to nourish our bodies with. Life Begets Life. You cannot properly nourish a living body, comprised of over a trillion living cells, with dead food, and expect it to run the way God designed it to run any more then you can expect your automobile to run properly on under low octane or contaminated fuel.

SPECIAL NOTE: The humble carrot provides a wonderful example of the difference between life and death: Go to the store and buy five raw carrots. At home cut off about a half-inch below the stem end of one of the raw carrots, place the cut off piece in a shallow basin of water and watch it grow. And it will grow! Take the other four carrots, boil one, steam one, bake one and microwave one. Then cut off about a half inch of the stem end of each of the cooked carrots and place them in a shallow basin of water and watch them grow. Will the cooked carrots grow? No they will not grow! They will not grow because the heat of cooking has killed the life force (enzymes) in the cooked carrots while the carrot that received no cooking is growing profusely. Food as it comes directly from the living plant in the garden is what our body was designed by God to be nourished with and provide the fuel to properly nourish us. When we take that same raw food, and cook it, we destroy that which is so essential for life. And what is it that is so essential to life – life! Life begets life! And death cannot produce LIFE or nourish a Living Organism that is comprised of Living Cells.

Our body is a living organism, comprised of living cells, designed by God to be nourished with living food. The Hallelujah Diet Is 85% Raw (Living) Food. This is a diet patterned after God's Original Genesis 1:29 diet. The biggest difference is that on the Hallelujah Diet we suggest about 15% of the diet to be in cooked form. The reason for this is primarily because it is extremely difficult for people to change to a 100% raw diet from a 100% cooked traditional American diet. The average American is addicted to cooked food. But the beauty of the Hallelujah Diet is that we get better results on an 85% raw to 15% cooked than a person who goes 100% raw. There are several reasons for this. One of them is that some cooked foods have more bio-available nutrients in them than in the raw form. Tomatoes for instance, when cooked, release more lycopene than are released in uncooked form.

My Personal Experience (Rev. Malkmus) With A Primarily Raw Diet. In January of 1976, after being told I had colon cancer at the age of 42 (almost 40 years ago), I was encouraged by an Evangelist in Texas by the name of Lester Roloff to change my diet rather than accept the traditional cancer modalities my mother had accepted for her colon cancer a few years before I was diagnosed. Mother was a nurse, had great faith in her profession, and very readily accepted the medical modalities of chemotherapy, cobalt (radiation) and surgery. At mother's death I was convinced that she did not die from the cancer, but rather from the adverse affects of the medical modalities she had received – especially chemotherapy. The diet Brother Roloff encouraged me to adopt was found in Genesis 1:29 in the Bible, a diet of raw fruits and vegetables, along with lots of raw vegetable juices. I took Brother Roloff's advice and within weeks of changing my diet to a raw, plant-based diet with lots of raw vegetable juices, my rectal bleeding had stopped. Yes, within just a few weeks of the change to a LIVING food diet my rectal bleeding stopped. And within one year of the diet change to the LIVING foods, raw, Genesis 1:29 diet, my baseball sized tumor just below my left rib cage, had vanished. I was 42 years old when I made the diet change and I will be 81 years old on my next birthday. Today I have a physically strong, muscular, body that is in excellent health. I have eaten the basically raw Hallelujah Diet for nearly half my life and I stay physically active with at least 4 miles of power walking along with resistant, stretching, and aerobic

exercises every day and try to be in bed by 10:00 p.m. I still write these weekly Health Tips and monthly do a seminar someplace in the southeastern United States. Rhonda lives a similar diet and lifestyle, is also in excellent health, and is presently teaching a Culinary Class in our church with nearly 100 in attendance at nearly 70 years of age.

PS from FactorReady.com: Visit MyHdiet.com for information on their healthful Hallelujah Diet (and special Recovery Diets backed by many client testimonies). Their health related products include their flagship product, BarleyMax a green superfood with living nutrients. Especially see too, their book selections, including “Unravel The Mystery” by Ann Malkmus, and “God’s Original Diet” by Rev. George Malkmus, a cancer survivor himself. If our understanding of his views are correct, he fully believes in Prayer for the sick and Divine Healing. Nevertheless, his long years of Baptist Pastor Ministry experience reflect that the sick person (in most cases for success) should do what they can to heal themselves, and then trust God to step in and do what they can’t. For instance... if a poor diet lacking needed and real nutrition brings on a cancer (from a weakened immune system standpoint as example)... And we do absolutely nothing on our part to eliminate the cause (that type of diet), plus then do absolutely nothing to replace it (with any proper God-ordained food choices). How can we then truly expect His healing? He would in fact have to by-pass and even over-ride His own edicts to perform it. The Bible even says in Hosea 4:6 “My People Perish From Lack Of Knowledge...” Bottom Line is with today’s modern sugar-laden processed food diets, and potential faulty dental work, along with environmental toxins and excessive stress can all dampen our immune systems. Any or all of which can allow disease footholds over a period of time. We highly suggest obtaining Rev. Malkmus book accordingly, and his daughter-in-law’s too, both outlining plant food based diets we should all employ for optimal health. Another excellent book is “Life, Cancer and God” by Paula Black, which sights her personal cancer and healing. For instance, the juicing of fresh fruits and vegetables readily provides a speedy way to obtain and retain needed health. Up to 92% of the needed nutrients can be bestowed on our body cells in as little as 15-20 minutes after consuming of same. See the pdf articles “Juicing Health Factors” and “Juicing Longevity” at our FactorReady.com web site, under the Downloads tab (in the Health Tips folder) for more details and recommended produce, etc. Also, see Ann Cameron’s remarkable “Curing Cancer With Carrots” article (and obtain her book). Fortunately, the Beta-Carotene in carrots can delete dangerous cancer “stem” cells, which usually go unharmed with normal chemo and radiation, allowing spreads and reoccurrences, etc. Further pdf associated articles include “Life, Healing and God” by Capt. Dale Black. Be sure to read our full Health tab general article too. So Stay Well, Stay Prepared and Stay Prayed Up! In meantime, visit ImagineHeaven.net if you want a glorious glimpse of what awaits all Christians in the Heavenly Realm! May The Good Lord Take A Liking To All Of Us!