



## Hallelujah Diet

*George Malkmus, Peter Shockey, Stowe Shockey*

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Based on a biblical foundation and years of research, statistics, and powerful testimonials—including the author's own dramatic story—George Malkmus' *The Hallelujah Diet* has caused people from all walks of life to stop and reconsider their daily food consumption habits.

You will experience new hope for your health as you discover:

- The Biblical foundation of the diet and the power of God's living foods.
- The role modern medicine plays in our society.
- The Hallelujah Diet® in detail, including the importance of eating living and organic foods.
- Incorporating exercise, sunlight, fresh air and clean drinking water into our lives.
- Stress and emotional balance, and the importance of getting adequate rest.
- How to make choices, set goals, and chart the course for success.

This book also includes:

- Comments by doctors attesting to the diet.
- Inspiring testimonies by people who have healed themselves of various diseases, including Cancer, Diabetes, and Depression, among others.
- Recipes, worksheets, journals, recommended reading, and much more.

Stressing the healing power of food and how its proper use restores the body to a natural, healthy state, this book provides life-changing and life-saving information, recipes, and eating plans that have been proven safe and miraculously successful. It encourages a healthy change in eating, promoting exercise, fresh air, pure water, sunshine, and rest.

Hallelujah! A diet that finally ties food and health together with common sense.

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#### **Micheal Mata:**

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