

Vegetarianism and the "Hallelujah Diet" are unBiblical

I have received many questions about the **Biblical validity** of Vegetarianism and the "Hallelujah Diet". I am posting a shortened version of the article below. Please look at this subject **in light of what the bible says** as: [Psalm 119:105](#) says: "**Thy word** is a lamp unto my feet, and a light unto my path." When comparing these teachings with Scripture (as you will clearly see) they do not hold water. This teaching is heavily referenced and has numerous links within and at the end to further confirm these truths. **Also please bear in mind (as you read this information) that the modern day foods (that are widely available) are a far cry from the unprocessed, unadulterated, pesticide-free, hormone-free, antibiotic-free meats and foods of times past.** I have also included 4 attachments that greatly expand on the subject of physical health from a Biblical standpoint. There needs to be balance in regard to these subjects, and this is what I am attempting to set before you. This information could very well save your life. Dr. J.

<http://www.sermonaudio.com/sermoninfo.asp?SID=22107181523>

Dr. Johnson's Main Website at: <http://contendingfortruth.com/>
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Free Gift: [Salvation & the TRUE Gospel/Good News!](#)

First please take a strong look at the Bible verses and warning below:

I Timothy 4:1-5: Now the Spirit speaketh expressly, **that in the latter times** some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; Speaking lies in hypocrisy; having their conscience seared with a hot iron; Forbidding to marry, **and commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth. For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer.**

Proverbs 18:13: "He that answereth a matter before he heareth it, it is folly and shame unto him."

Proverbs 14:12 & 16:25: "There is a way which seemeth right unto a man, but the end thereof are the ways of death."

II Corinthians 2:11: "Lest Satan should get an advantage of us: for we are not ignorant of his devices."

John 8:31&32: "Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free."

Galatians 4:16: "Am I therefore become your enemy, because I tell you the truth?"

Vegetarianism and the "Hallelujah Diet" Is Biblical Heresy

By: Jonathan Crosby

Reverend George Malkmus is a false teacher promoting an extreme vegetarianism that is altogether contrary to the Bible.

<http://www.letgodbetrue.com/bible/heresies/hallelujah-diet.htm>

George Malkmus, a self-proclaimed reverend, turned wild vegetarian ideas into a mass-marketing business to prey on gullible Christians. He sells juicers, distillers, supplements, books, and gimmicks to fleece the simple. Here is his official [website](#). This document exposes his heresy for Bible Christians by the infallible Word of God. If you think it too harsh, read [Psalm 119:128](#) and [Isaiah 8:20](#). Amen!

1. If [Genesis 1:29](#) teaches a vegetarian diet, it only applied to ten generations. **Jehovah quickly added every kind of animal flesh after the Flood ([Gen 9:3](#)). And God called this a blessing on Noah and his sons ([Gen 9:1-3](#)). But Reverend George, partial in the Word of God like all heretics, ignores this change in diet that God directed and God's people have followed for the last 4500 years ([Mal 2:9](#)). The first rule of Bible study is to never take a single text to teach something different from the rest of the Bible ([II Pet 1:20](#)). George needs to repent of his dishonesty and spend more time with his Bible instead of his juicer! The "Hallelujah Diet" is heresy, and Reverend George Malkmus is a false teacher.**

2. Reverend George often appeals to an average life expectancy of 912 for those that may not have eaten meat before the Flood ([Gen 5:1-32](#)), implying that his followers can approach this age if they buy his barley powder and dehydrated carrots! **Comment: For the real reason why people to be so long prior to the flood go to the following online video where this subject is explained in detail:**

[Creationist Kent Hovind Reveals The Truth About The Garden of Eden and Creation!](#)

3. Reverend George constantly appeals to an average life expectancy of 912 for those that may not have eaten meat before the Flood ([Gen 5:1-32](#)). But Reverend George Malkmus, born in 1934, will certainly die in the next few years. Regardless of diet, He will not get far past 70 ([Ps 90:10](#)). He already had a [stroke at 67](#), and he was already put on [blood pressure medication](#). The illusion created by connecting the antediluvian life expectancy to his diet and supplements is pure snake oil salesmanship.

5. The Bible reveals in [Isaiah 28:23-29](#) that **God taught Adam and his sons how to grow and process grains for bread** ([Gen 3:19](#)). (**Note: Biblically made bread is a far cry from what is widely available in grocery stores though.**) Consider this wonderful passage carefully! God supernaturally instilled in man the wisdom and knowledge to farm and process grains for bread, baked goods, and grain products. And He even identified the health virtue of bread ([Ps 104:15](#)). It is clear God endorsed baked grain products before and after the Flood. But God did not mention any instruction about juicing fruits and dehydrating vegetables.

7. After the Flood, God told Noah and his sons that every moving thing that liveth was delivered to them to be their meat ([Gen 9:1-3](#)). They could eat any bird, animal, or fish. Thank you, Lord! Animal products were a wonderful blessing! Noah and his sons were to eat anything that moved! And so we find the great men of faith and the fathers of Israel all eating lots of meat - Abraham, Isaac, Jacob, and Judah ([Gen 18:1-8](#); [27:1-33](#); [38:17,20](#)). The "Hallelujah Diet" is heresy!

9. The first meal God ate with man was **meat, milk, butter, and bread** ([Gen 18:1-8](#)). Did Abraham offend Jehovah with this deadly meal? Why didn't Abraham give the LORD some dehydrated carrots? Why didn't He tell Abraham about the "Hallelujah Diet" from Genesis 1:29? Why didn't Abraham put some weeds in a bowl and call it a salad? Why did Abraham live to be 175 on this horrible diet? Because meat, milk, butter, and bread were known then, and are still known today, as the foundation for optimal nutrition and pleasure in a diet.

10. Isaac, near death and wanting to have his favorite meal, called for savory meat ([Gen 27:1-33](#)). Can you imagine him asking for carrot and celery juice to

chase a salad made of broccoli, cauliflower, and acorns? He loved venison, sheep, and goat meat. He knew what food was best! He knew that skilful cooking could make it very savory! And his wife Rebekah also prepared bread and wine to go with the delicious meat ([Gen 27:17,25](#)). The Bible records it for us! The "Hallelujah Diet" condemns these wonderful foods and cooking and convinces the gullible that God condemns them as well! George Malkmus is wrong!

11. The children of Israel ate flesh and bread in Egypt ([Ex 16:3](#)), and they loved them both! So God gave them flesh and bread on their way to Canaan ([Ex 16:12-13](#)). Bread and meat have always been two of the chief components of any nutritious and pleasant fare.

12. The Reverend George Malkmus maintains that cooking destroys ALL nutritional value. He is ALL wrong! Most food has always been cooked ([II Kgs 4:38](#); [Is 44:15-16](#)). God intended food to be cooked ([Ex 12:8-9](#); [Deut 16:7](#)). Israel even cooked their manna from heaven, by either baking it into cakes or boiling it into porridge ([Exodus 16:22-23](#))! They even cooked their manna from heaven! Can George read? **Jesus ate broiled fish with His disciples one time, and He broiled it for them another time** ([Luke 24:42](#); [John 21:1-14](#)). The "Hallelujah Diet" is wrong. Cooking is good; God required it; and Jesus practiced it.

13. **Why did Jehovah, the infinitely wise God, require the eating of a lamb every year to commemorate the Passover** ([Exodus 12:1-14](#))? Did He hate Israel? Was He trying to give them cancer? Or was He teaching us that George is very wrong? Consider carefully the annual requirement of eating the Passover lamb. Vegetarianism was against the law in Israel! And the only nations that have ever endorsed it have always been pagan! The worshippers of God can eat meat, because they do not worship the creature, but the Creator!

14. Paul said those who forbid the eating of meat are horribly deceived and teaching doctrines of the devil ([I Tim 4:1-5](#)). They are hypocritical liars and have ruined their consciences. Good ministers will preach against these devilish liars and their profane and old wives' fables ([I Tim 4:6-7](#)). The body is able to handle any and all meats and anything but obvious poisons, for they are purged in the digestive tract ([Mark 7:19](#)). God gave Noah all meats to eat, and Paul endorsed them for Gentile Christians living in this age. The "Hallelujah Diet" is devilish and wrong. Thank you, Lord, for the truth of your gospel!

15. God called Canaan a land flowing with milk and honey about twenty times, which is figurative language for delightful and prosperous character ([Exodus 3:8](#); etc.). But milk is one of George Malkmus's "five whites." Who is right? God? Or Reverend George? Why did He not call it a land flowing with carrot juice and Brussels sprouts? Because Israel would have gone back to Egypt and their fleshpots! Who would have wanted to go to Canaan and be restricted to raw veggies for food? No one among God's people!

16. God blessed Israel with many kinds of meat, which were to be eaten with rejoicing before the Lord ([Deut 12:7,15,17-18,20-26](#); [14:26](#)). God knew His people would want to eat meat, because a diet without meat is very boring and nutritiously inferior. The very worship of God included eating much sacrificed meat, all of which had to be seasoned with salt ([Lev 2:13](#); [7:15](#); [Deut 12:6-7](#); [14:26](#); [Pr 7:14](#); [17:1](#)). Has George read the Bible ([Matt 21:16,42](#))? The "Hallelujah Diet" is clearly contrary to the Bible - it is heresy from hell.

17. Moses codified the most advanced revelation of diet and health care in the history of the world in the Levitical laws for Israel, which recommended large portions of meat, bread ([Ex 12:20](#); [Lev 26:5](#); [Num 15:19](#); [Deut 8:9](#); [14:26](#); [II Sam 6:19](#)). And the fattest of the flock or herd was preferred ([Deut 32:14](#); [II Sam 6:19](#); [Pr 15:17](#))! Every reader must make a choice - either God is right or George Malkmus, the juicer salesman, is right. What will it be? Let God be true, but every man a liar ([Rom 3:4](#))! The "Hallelujah Diet" is heresy, and Reverend George Malkmus is a false teacher!

18. Moses painstakingly detailed the meats Israel could and could not eat (Leviticus 11 and Deuteronomy 14). If there was ever a perfect opportunity and time to suggest veggies, this was it! Why didn't He save Israel the trouble of raising, killing, and cooking animals by recommending juicing and salads? It is a New Age fantasy contrary to the word of God to think that raw fruits and vegetables are God's ideal foods for human consumption. You can eat 100 pounds of salad in just 1 pound of steak, and that steak tastes a whole lot better than broccoli and lettuce!

21. George Malkmus calls wine a dangerous poison. But God created wine to make glad the heart of man ([Ps 104:15](#); [Pr 31:6-7](#)), and He recommended it for His people in both testaments ([Deut 14:26](#); [I Tim 5:23](#)). From Melchizedek to Solomon to Jesus, wine was the beverage of choice for God's saints ([Gen 14:18](#); [II Sam 6:19](#); [Eccl 10:19](#); [John 2:11](#)). God only condemned drunkenness, which is the excessive use of wine ([Eph 5:18](#)). And real science, not testimonials from the gullible, nor pulpit ranting from Billy Sunday, has confirmed the health benefits of wine today. It would probably help George's high blood pressure! The "Hallelujah Diet" is heresy! Let God be true, but every man a liar!

22. The good Lord said bread makes strong the heart of man ([Ps 104:15](#)), not vegetables, fruits, or their juices. Why didn't he say anything about grass, weeds, roots, and nuts? Here was the perfect opportunity, but the Holy Spirit is entirely quiet about such things. The Bible mentions bread 330 times. In fact, there is minimal nutrition in fruits and vegetables, for they are nearly all water. Bread has been a staple in diets since creation ([Gen 3:19](#)). Substantial foods like bread have much more than mere traces of nutrients. Check it out for yourself. Measure the weight of the lettuce, carrots, and celery in your salad, and then calculate the amount of vitamins and minerals in your salad. Now do the same for a couple

slices of bread with butter! Thank you, Lord! George should have read Psalm 104:15.

23. Jesus said, "Salt is good" ([Luke 14:34](#)). Poor George Malkmus, contradicting the Lord Jesus Christ and the Bible over and over again, lists salt as one of the "five whites" that are the cause of all sickness. Job knew that food tasted better with salt on it ([Job 6:6](#)). Righteous Job specifically recommended table salt for seasoning! And Moses knew that he could never offer a sacrifice of meat to God without salt ([Lev 2:13](#)). The only bad thing about salt is when it loses its saltiness ([Matt 5:13](#))!

25. When David, a man after God's own heart, wanted to celebrate the goodness of God to Israel, he sent meat, bread, and wine to every home ([II Sam 6:19](#)). Why did David do such a horrible thing? Here was the man after God's own heart sending killer foods to every home in Israel. Was he committing systematic genocide of the nation? Or was it wisdom from God that is still followed in every fine restaurant in the world? Give God the glory!

26. What did David eat on other occasions? He ate wheat, barley, corn, bread, pulse, honey, butter, sheep, cow cheese, raisins, figs, and wine ([I Sam 17:17-18](#); [II Sam 17:28-29](#)). He would have been highly offended with a glass of carrot juice and piece of celery! He and his hardworking men needed a whole lot more than a glass of carrot juice!

27. When God's ravens fed Elijah a diet from heaven, they sure did not bring him raw veggies and fruit! They brought him flesh and bread, morning and evening ([I Kings 17:1-7](#))! Why does the "Hallelujah Diet" focus on Genesis 1:29 and reject the rest of Scripture? If Jesus were here, He would say, "Have ye never read?" ([Matt 21:16](#); [Mark 2:25](#).) The "Hallelujah Diet" is heresy, and George Malkmus is a false teacher!

30. The gospel is compared to wine, milk, and bread ([Is 55:1-2](#)). Was this sarcasm by God? George calls these foods deadly killers! Should we interpret the passage as comparing the gospel to arsenic and other poisons? Or have these food items been delightful components of a healthy, prosperous, and pleasant diet from the beginning? George Malkmus is wrong!

31. Jesus as a child ate the typical diet of Israel's children, butter and honey ([Is 7:15](#))! Was it a miracle He made it to the age of 30? Or are these food items important in a nutritious diet? Mary loved Jesus, and she gave him the best she could! What a magnificent combination - butter and honey! It doesn't get much better than that! Do you think of Bit O' Honey?

32. Meat in the New Testament was a controversial subject dealt with many times due to the pagan custom of offering the meat in sacrifice to false gods. Why didn't the apostles preach against it as one of the "five whites" and "food

killers"? They could have solved the whole idolatry issue by simply preaching Genesis 1:29 like Reverend George Malkmus! But instead, they taught where to get meat and how to eat it ([I Cor 10:25-27](#); [Acts 15:20,29](#))! Paul said that meat was not unclean and could be eaten freely ([Rom 14:14](#)); and he blasted any "touch not; taste not; handle not; which all are to perish with the using" religion ([Col 2:20-23](#)). He plainly stated that eating or not eating meat made no difference ([I Cor 8:8](#)), but the only reason for not eating meat was for conscience due to idols ([I Cor 8:9-11](#))!

33. Why did Paul recommend wine for Timothy's stomach infirmities ([I Tim 5:23](#))? Why did he teach that wine was superior to water? Why didn't he tell Timothy to distill his water and add a little barley powder? Why didn't he recommend raw fruit and vegetables? Why not a daily regimen of coffee enemas? If wine is the dangerous poison that Reverend George maintains, Paul was an accomplice in Timothy's murder! But remember, Paul was inspired! Wise men knew wine was healthful then, and they still know it today. How did they know? God gave them the wisdom, and 4000 years of experience had confirmed it!

34. John the Baptist, the greatest prophet ever, lived with high energy on a diet of honey and locust meat, both animal products ([Matt 3:4](#))! He had no vegetables or fruit! Do you think he cooked the locusts? Did George Malkmus overlook this passage?

35. Jesus Christ of Nazareth, the Son of God, lived with high energy and good health on a diet of meat and wine ([Luke 7:33-35](#))! Would the Jews have accused Him of being a winebibber for drinking grape juice? No! Of being a glutton for eating celery? No!

36. Why did Jesus prepare a large quantity of poison for a wedding ([John 2:1-11](#))? He not only contributed greatly to serious health problems and the guests early demise, but He set a horrible example for the whole assembly! Terrible! Why did He do it? He was obeying Solomon's inspired wisdom that wine was created for making people merry ([Ps 104:15](#); [Eccl 10:19](#))!

37. Why did Jesus eat baked fish and bread, which He Himself baked in a fire, and gave it to His disciples in the name of dining ([John 21:9-13](#))? If fish and bread are both dangerous and ungodly for eating, why did the Son of God provide this meal to His disciples? Why didn't he meet them on shore with some veggie munchies?

38. Jesus fed unlimited bread and fish to large crowds to eat to their fill, which caused thousands of people untold health problems, according to George Malkmus ([Matt 14:15-21](#); [15:32-38](#)). Why did Jesus multiply the loaves and fishes, when such a diet leads to incredible physical problems ranging from cancer to hemorrhoids to pimples? Was Jesus trying to create cancer in order to

heal it later? Or is there another explanation? Yes, George Malkmus is wrong. And the Lord of glory knows the perfect diet for man!

39. Jesus taught that good fathers give wonderful food like bread, fish, and eggs to their children for gifts ([Luke 11:11-13](#)). Such an illustration using carrot juice would have gagged the hearers and lost the message! Why is George Malkmus such a terrible father? Why is he such a terrible reader? Or does he have a financial agenda that blinds him?

40. Jesus ate the Passover with great desire, which was a wonderful meal of lamb, bread, and wine ([Luke 22:14-20](#))! Did He neglect His health due to His approaching crucifixion? Or are these three things basic to any good meal and nutritious diet? Why didn't He institute the "Hallelujah Diet" for the Lord's Supper by choosing carrots and prune juice for the elements? He chose the food components the people of God had always eaten. Bread and wine are the components of a fellowship meal. Remember Melchisedec and Abraham?

41. Why did the father of the prodigal celebrate the recovery of his son by killing a fatted calf, which is tender veal ([Luke 15:23](#))? Why didn't he fix a carrot and raisin salad with bird feed? Why didn't he kill a scrawny, bony, tough, range-fed, old cow? Why was the fattest of the flock always the best of the flock ([Gen 4:4](#); [1 Kgs 1:9](#); [4:23](#); [Neh 8:10](#); [Is 1:11](#); [25:6](#))? If you read the Bible with understanding, then you know a stalled ox (one loaded with fat from not being able to move) is better than a salad ([Pr 15:17](#)). Why did God make fat taste so good and with 2.25 times the energy of other foods, if we were not supposed to eat it?

42. God endorsed the teaching of nature ([Rom 1:26-27](#); [1 Cor 11:14](#)). And what does nature teach about diet? It teaches us to eat meat, wine, bread, butter, milk, eggs, cheese, salt, and all the staples man has relied on for 6000 years. All of which George Malkmus condemns. God has given him over to a reprobate mind to do those things which are not convenient ([Rom 1:28](#)), for punishing oneself with carrot juice and barley powder is certainly not convenient, in light of the dietary history of the world.

43. Honoring parents is the single most important factor in longevity, and it is taught plainly in the Bible ([Ex 20:12](#); [Eph 6:2-3](#)). But George makes his manmade and foolish diet ideas more important than what the Bible does teach. Do you know why? You cannot sell parental honor! It will not come out of a juicer! And you cannot distill it! Preaching the honest truth of the Bible will neither make you money nor fill seminar seats.

44. Heaven is where sickness will be taken away ([Rev 21:4](#))! Not at Hallelujah Acres! If George was a minister of Jesus Christ, he would be teaching the accomplishments of the Lord's death on the cross, not speculations about a New Age diet from India that the Bible flatly contradicts. Paul focused on Jesus Christ and Him crucified ([1 Cor 2:5](#); [Gal 6:14](#))!

46. India provides the largest case study of vegetarians in the world. What do we find? An average life expectancy of 912? **No, an average life expectancy of 59 years, as of 1995 data. What is the problem? They avoid meat religiously!** Americans live an average of 18 years longer than Indians! And why not? One pound of steak has the nutrients of 100 pounds of salad or rice mush.

47. India has 1/6 of the earth's population, but no athletes. How many individual Olympic medals has this nation earned since the Olympics resumed in 1896? Three bronze medals! Why? They avoid meat religiously! They should have prodigious strength and endurance for not polluting their bodies with animal protein, according to Reverend George Malkmus! Something is wrong with their training table menu.

51. The simple believe every word, but wise men look well to their going ([Pr 13:16](#); [14:15](#)). God's people are to prove all things ([1 Thess 5:21](#)). Those following George are incredibly simple, because the Hallelujah Diet contradicts the plain testimony of Scripture, the eating habits of all men since the Flood, and the available scientific evidence for optimal nutrition.

52. Testimonials are worthless. They are available for every scam in the world's history. Read your next piece of junk mail and see! How can anyone read a testimonial and not think about liars, placebo effect, financial motive, psychological need, and countless other influences that cause people to subjectively believe something that is not true? And only a fool would think he is reading all the testimonials - only the most flattering are ever used.

53. But what about the testimonials? What about them! Every cult, hoax, fraud, and gimmick always has testimonials. Ever wonder about that? The reason is simple. They have no proof for their product, so they cover it with unproven testimonies. These are often created and/or handpicked lies. And the rest of them are the hallucinations of self-deceived simpletons, who cannot explain the imagined change in their lives or its cause. The power of suggestion and the placebo effect on a person that does not want to die is very powerful!

54. The Jehovah's Witnesses have thousands of testimonials as to the saving effect of Watchtower religion. The Internet has numerous testimonials as to the life changing effect of using psychics. What about the testimonials in Ken Roberts' commodities trading advertisement? What about the breast and penis enlargement testimonies? What about the certain riches from every multi-level marketing plan? They are all a bunch of deceptive lies. When you have verifiable truth or scientific evidence, there is no need for testimonials.

55. For every testimonial you read in favor of a thing, you miss the twenty people who actually got worse and spent a lot of money to get worse. But of course, publishing all those testimonies would not be in the vested interest of the huckster, so you never see them! Bible Christians are supposed to be wise, and

the last thing wise men believe is testimonials ([Pr 13:16](#); [14:15](#); [Rom 3:4](#); [I Thess 5:21](#)). They want hard, cold facts that prove a matter, not subjective sales literature that is trying to fleece the simple!

56. George Malkmus is a blasphemer. Using "hallelujah" to sell George's diet is blasphemy! Hallelujah means praise Jehovah, for it contains the shortened form, "Jah," of the name Jehovah ([Ps 68:4](#)). Jehovah is the English equivalent of I AM THAT I AM ([Exodus 3:14 and 6:3](#)). Using Jehovah's name to market a manmade diet for financial gain is blasphemy! "Thou shalt not take the name of the LORD thy God in vain!"

57. George Malkmus is a slanderer. Using "hallelujah" to sell George's diet is slander! The LORD Jehovah loves meat! He ate meat with Abraham, and He demanded that Israel give Him countless sacrifices of cooked and salted meat every day of their national existence! He gave every kind of meat to Noah and his sons to enjoy the blessing of the earth! He would have been violently offended with a bucket of carrot juice! Praise ye the LORD!

58. Why does this truck farmer and snake oil salesman call himself a "Reverend"? He certainly does not do the work of a New Testament minister ([I Cor 2:5](#); [Gal 6:14](#)). Does his title help him sell barley powder? Does it help deceive the simple? **Only God is reverend** ([Ps 111:9](#)). Religious titles like reverend are plainly condemned ([Job 32:21-22](#); [Matt 23:5-12](#)). Reverend George must not read his Bible very closely, but we have already observed that. If George were a real minister of Jesus Christ, He would be preaching Christ, not carrots!

59. Why does this diet and the salesman promoting it attract people? Simple! Lies always prosper more than truth; just ask Jesus Christ ([John 8:45](#))! There is no light in George's ideas, for the Bible plainly declares that his diet is darkness ([Is 8:20](#)). People afraid of dying and looking for the fountain of youth provide a ready market for George and many other hucksters. The "Hallelujah Diet" is heresy, and Reverend George Malkmus is wrong!

60. For wise men, the words, "Buy your barley powder and juicer here," say it all! He is a huckster taking money from gullible people who are afraid of dying. He is not the only one, but he is rare in his wild perversion of the Bible to justify his theft. If it were a labor of love or truth, he would sell his gimmicks at cost or give them away. Paul did!

62. Why did he have a stroke at 67? Men with far more stress in their lives but living on meat and bread and wine generally do not have strokes so early. Was he too busy, or was his diet too poor? And the same thing must be asked about his need for blood pressure medication. We are sorry George had a stroke, but he should admit the failure of his perfect diet! What else is going to happen to George before he gets to 912?

63. Why did George have to add Vitamin B-12 supplements to the Hallelujah Diet? Because there is none in raw fruits and vegetables, even though he and his followers swear that God made fruits and vegetables with the perfect quantities and proportions of nutrients for maximum human health. Staying on the Hallelujah Diet long enough will kill you!

64. There is no scientific evidence from a third party with double-blind studies proving any merit in barley powder or Reverend George's grass and root diet. If George had any confidence in his theories, he should plow some of his profits into such third party testing! Then he would not have to rely on crackpot Bible interpretations and testimonials from hallucinating customers. The "Hallelujah Diet" is heresy! And it is entirely a theory!

65. Fruit juice has more sugars than Coca-Cola, if you measure it by the amount of simple sugars per ounce! If you want apple juice, then eat two apples. If you want orange juice, then eat an orange. But why guzzle 24 ounces of sugar water that has been squeezed from a bushel of apples or oranges? No wonder America is a nation of carbohydrate addicts!

66. Long-term, strict vegetarianism brings significant health hazards due to nutrient deficiencies, as many readily available studies clearly document. See the links at the bottom of this document. Don't listen to truck farmers who have a vested financial interest in telling you about vegetarianism! Listen to nutritional experts who research the issue!

67. If a person wants to drink barley powder in distilled water and juice carrots, that is their liberty in Jesus Christ. But they do not have any right to pervert and twist Scripture, the longstanding teaching of nature and nations, or the readily available scientific literature to justify their manmade, Eastern, New Age diet. They do not have any right to expect or require it of others in the name of Bible Christianity. There is no Scriptural or nutritional proof for their choice. They have merely made an emotional and subjective decision for themselves. They must recognize they are weak in the Christian faith ([Rom 14:1](#)).

68. If you think this document is too harsh and not very Christ-like, please check out the sermon outlines below and/or read the following Bible passages: [1 Kings 18](#); [Psalm 58](#); [Isaiah 44](#); [Jeremiah 23](#); [Ezekiel 23](#); [Matthew 23](#); and [1 Timothy 4:1-7](#).

For further study:

1. [Official site of Reverend George Malkmus and the "Hallelujah Diet."](#)
2. [Former teachers of "Hallelujah Diet" admit numerous nutritional deficiencies.](#)
3. [Former teachers of "Hallelujah Diet" go further to document nutritional deficiencies.](#)

4. [A doctor of nutrition exposes the myths of vegetarianism with extensive documentation.](#)
5. [Vegetarianism is clearly condemned by the Bible as a demonic diet \(read all four parts\).](#)
6. [Vegetarianism should be labeled mental sickness and an eating disorder by Bible believers.](#)
7. [An M.D. takes the "Hallelujah Diet" apart for deficiencies and inadequate evidence.](#)
8. [Lester Roloff's vegetarianism taken apart by Steve Nattan.](#)
9. [A practical commentary on Proverbs 14:15 about simple folks who believe what they hear.](#)
10. [A practical commentary on Proverbs 13:16 about simple folks who believe what they hear.](#)
11. [Read a little about the placebo effect, which is the basis of much of George's marketing.](#)
12. [Read a little about testimonials, which are used extensively to market George's theories.](#)
13. [A sermon outline, Rude Preachers, which shows that God's ministers are not refined.](#)
14. [A sermon outline, Instant Preaching, which shows that proper preaching is hard and intense.](#)
15. [Correspondence between "The Path of Truth" and George about his vegetarianism and diet.](#)

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