



# 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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This Hallelujah Diet are reliable for you who want to be a successful person, why. The main reason of this Hallelujah Diet can be one of several great books you must have is definitely giving you more than just simple studying food but feed you actually with information that maybe will shock your preceding knowledge. This book is definitely handy, you can bring it all over the place and whenever your conditions in e-book and printed people. Beside that this Hallelujah Diet giving you an enormous of experience including rich vocabulary, giving you trial of critical thinking that we all know it useful in your day activity. So , let's have it appreciate reading.

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Do you have something that you enjoy such as book? The book lovers usually prefer to decide on book like comic, brief story and the biggest you are novel. Now, why not striving Hallelujah Diet that give your fun preference will be satisfied through reading this book. Reading addiction all over the world can be said as the method for people to know world a great deal better then how they react to the world. It can't be stated constantly that reading habit only for the geeky person but for all of you who wants to be success person. So , for every you who want to start reading as your good habit, it is possible to pick Hallelujah Diet become your current starter.

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