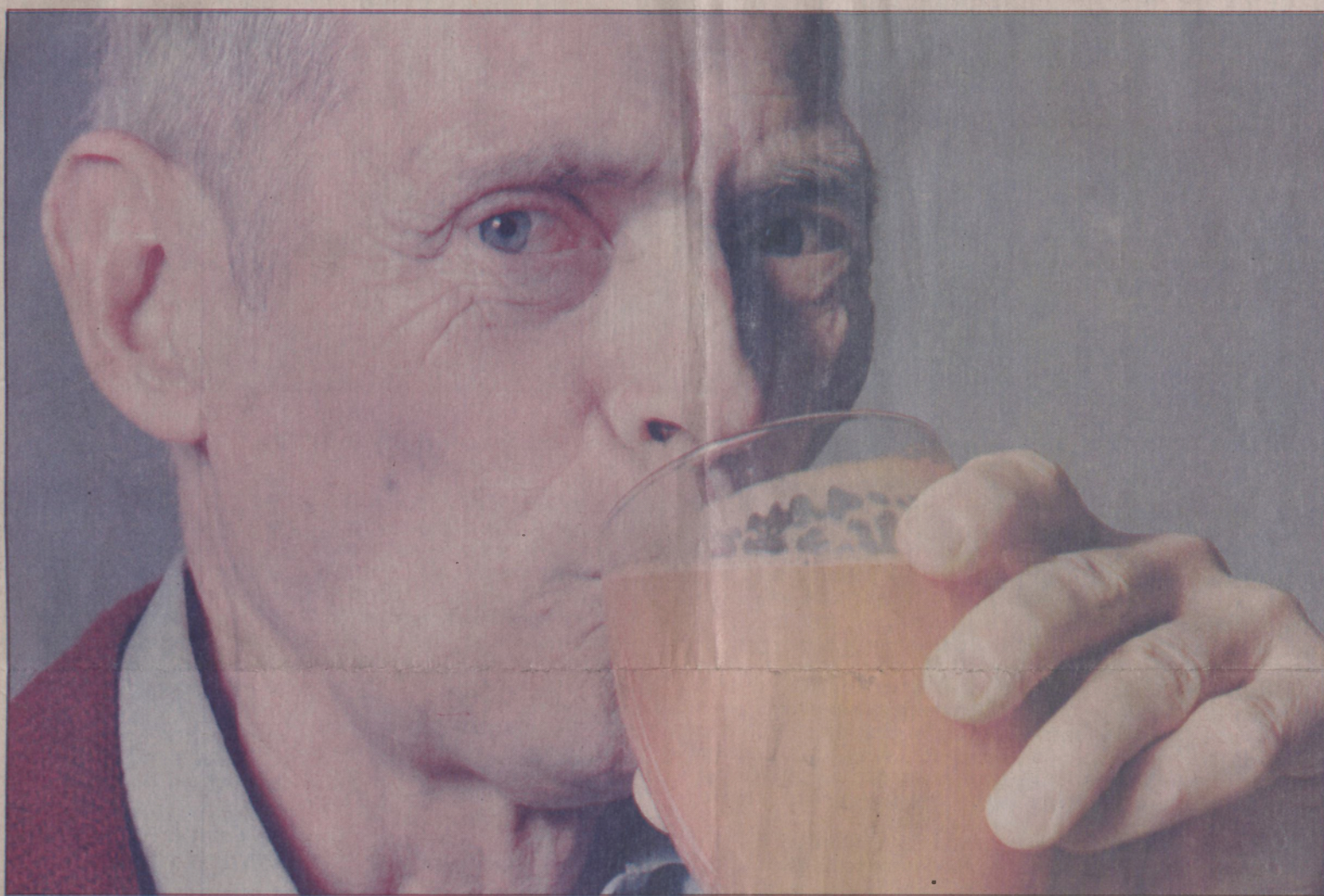


STAR
SHELBY, N.C.

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291 "I made that diet change overnight and stayed on that diet for one year. In less than one year, my baseball size tumor was gone."

REV. GEORGE MALKMUS
OWNER, HALLELUJAH ACRES



Rev. George Malkmus drinks 16 to 24 ounces of carrot juice each day. It's part of the strict diet he sticks to daily.

Preaching good health

Minister gives credit to God, daily diet for curing cancer

STEVE L. GRIMES
Star Staff Writer

SHELBY — His daily diet consists of three tablespoons of Barleygreen powder containing kelp, 16 to 24 ounces of freshly extracted carrot juice, raw fruit, salads and maybe a baked potato, sweet potato, brown rice, whole grain pasta or steamed vegetables. And one tablespoon of organic flax oil.

And he says the diet cured his cancer.

Not only has the Rev. George Malkmus brought his gospel of diet and health to Shelby, but he's set up his international headquarters here. Known as Hallelujah Acres, his operation is buying the building on South Post Road that once housed Ambassador Baptist College.

From the retail store just inside the door to the pickup truck sitting out front, the message of a spartan diet is proclaimed. The license plate

on the truck reads EAT RAW.

"My diet consists of approximately 85 percent raw food and 15 percent cooked food," he says.

He's a slightly-built 63-year-old with graying hair and quick, lively movements. A former Baptist pastor, he says he came down with colon cancer when he was 42. He says he was encouraged by an evangelist to change his diet. And he cites the Bible.

"And God said, 'Behold, I have given you every herb-bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat,' says Genesis 1:29.

"We were designed by God to be vegetarians," he says.

His mother died of colon cancer, and Malkmus says he didn't trust medical treatments.

★ Please see PROFILE/3A



Rev. Malkmus shows off some of his wares, including juicers and Barleygreen powder.

Profile

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Jeff Melton/The Star

Juicers, above, cost \$269. Water distillers can be bought for \$150 each.

"I made that diet change overnight and stayed on that diet for one year," he says. "In less than one year, my baseball size tumor was gone."

And he says the results have continued.

"In the over 20 years since I personally stopped putting into my body the world's diet and adopted God's diet, I have not experienced as much as a cold, sore throat, headache, upset stomach, been to a doctor or taken as much as an aspirin," he states in his newsletter, "Back to the Garden."

He admits that he never went to a cancer specialist for a diagnosis. He consulted nutritionists and chiropractors.

"We never had any biopsies to prove this," he says. "We don't know it was malignant. We know there was a tumor. We know there was bleeding."

But he says his own experience is not the basis for his claims.

"It's not me this whole thing stands on," he says.

Shelby businessman Bud Mims agrees. He was instrumental in bringing Malkmus to Shelby for his first health seminar and is selling him the building.

After heart surgery nine years ago, Mims went to the Cooper Clinic in Dallas, Texas. What he learned there was surprising.

"It was in the same general direction," he says of what the doctors told him about his diet. "It was not nearly as deep and profound (as Malkmus)."

Then he came across one of Malkmus' two books.

"I started reading it and recognized the validity of some of the things there with what I had been taught previously about good nutrition."

Mims has been on the diet since September 1996.

So why has most of the world gone the wrong direction in terms of diet? Malkmus says it has to do with taste, which is culturally-based.

And God also had a hand in it.

"Every moving thing that lives shall be meat for you; even as the green herb have I given you all things," says Genesis 9:3.

According to Malkmus, God told Noah to eat animals in order to shorten human lifespans, so they wouldn't get into as much trouble.

"Man ate a total raw, vegetarian diet until after the flood and lived an average of 912 years on that diet," he says.

By the end of the book of Genesis, the average lifespan had dropped to 100 years.

But registered dietician Judy Fried, has questions about Malkmus' diet plan. She works at Cleveland Regional Medical Center.

"We do recommend a diet high in fruits and vegetables," she says. "There's nothing wrong with eating fruits and vegetables as part of your diet. The (food) pyramid has other

food groups on it as well."

She also wonders where the source of vitamin B-12 is in the diet. It can only come from animal products, she says. And she has concerns about protein. Vegetable protein is incomplete.

"The most complete protein comes from animal products," she says.

Protein can come from combining various vegetarian foods, but she wonders if Malkmus' diet informs people how to eat properly.

But not all health professionals are critical of Malkmus. John Norris, Ph.D., a research scientist retired from the U.S. Food and Drug Administration, reviewed Malkmus tape series.

"The tape lectures that I have reviewed were inspiring to me," he said. "Our research has shown that when we eat natural nutrients (at least 65 percent raw fruits and vegetables) there is an energy explosion within our body."

Malkmus has about 1,000 "health ministers" he's trained in two-and-a-half day seminars. Most of them have been on the diet, and while they're not trained nutritionists, they are recruiting others.

"They have no bond legally with us," Malkmus said. "We teach health from a biblical perspective. We do not prescribe. We do not diagnose. And we do not say that this diet will heal anybody of anything. We give testimonies of people who have been healed. You have a legal right to a testimony in the United States."

And Ms. Fried is uncomfortable with his claims.

"I do worry about the general public," she says. "If it sounds too good to be true, it probably is. There is no magic."

At the headquarters on South Post Road Malkmus puts on free seminars in which he touts Barleygreen powder — what he calls "the most nutritionally dense" food on earth — and carrot juice.

He sells the Barleygreen powder. A month's supply costs about \$35. He also markets juicers for \$269 each and water distillers for \$150 each.

"Frankly, it costs nothing," says Mims. "It has saved me about \$1,000 in doctor's bills a year."

Malkmus says he takes no salary from the organization, living on royalties from his books and video tapes. His wife is publishing a cookbook. He also puts out his newsletter, and the organization is online at <http://hacres.com>.

Malkmus doesn't claim to be a doctor. Converted in Billy Graham's 1957 Madison Square Garden crusade, the Yonkers, N.Y., native attended Moody Bible Institute in Chicago and became a pastor. When he became ill, he started researching nutrition.

"My knowledge of nutrition is basically the school of hard knocks," he says. "What we've arrived at is the best of the rest."