
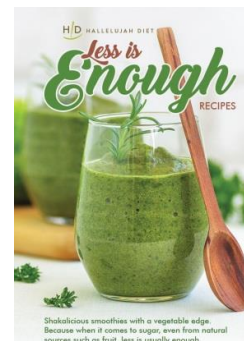
	<div style="text-align: center;"> <h1>2018 Canadian Book Catalog</h1> <p>Prices are subject to change without notice</p> </div> <div style="text-align: right;">  </div>	
<b>Fall/Winter Edition</b>	<b>Toll Free 1-866-478-2224</b>	<b>Website: <a href="http://www.myhdiet.ca">www.myhdiet.ca</a></b>

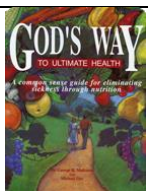
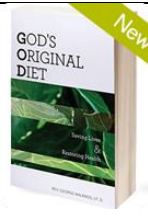
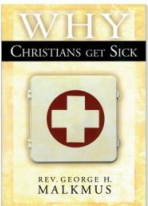
## Canadian Book Section

### NEW from H!Diet "Less is Enough"

The purpose of this book is to emphasize the vegetables, greens and other satisfying, nutrition-packed ingredients you can use, to make a wonderful blended beverage. It also focuses on minimizing the sweet portion. By gradually lowering the fruit or concentrated sweeteners in your shakelicious drinks, you can train your palette to actually look forward to the taste of a variety of blended vegetables instead of something so sweet. Retail **\$15.55**.






### Books by Rev. George Malkmus

	<b>God's Way to Ultimate Health</b> Rev. George Malkmus' ultimate guideline to healthy, Bible-based eating, including all you need to know about God's original plan for nourishing the body He created for you. Learn the "how" and "why" of adopting a primary raw food diet. Read what the Bible says about diet and how science supports it. Paperback 282 pages Retail \$25.95 This also comes in a DVD
	<b>A Message of Hope &amp; Healing</b> This helpful book summarizes The Hallelujah Diet as it answers biblical health questions Malkmus has heard over the years. Included are personal testimonies. Cites famous studies on diet and nutrition. Softcover 61 pages Retail \$6.45 We also have a DVD "Pastor to Pastor" that will help you share this message with your pastor. 30 minutes \$6.45 (or get both for \$10.95)
	<b>God's Original Diet</b> This highly readable, very informative book needs to be in the hands of every Christian and non-Christian alike, who desires to escape the ravages of sickness and live a life devoid of physical and even psychological problems. This book has chapters on not only cancer, but diabetes, arthritis, osteoporosis, cardiovascular problems, allergies, asthma, and shows how "God's Original Diet" can affect these physical problems in a positive way and even prevent these diseases from ever occurring. Softcover 240 pages Retail \$19.95
	<b>The Hallelujah Diet &amp; Workbook (set of 2)</b> The latest edition of Rev. Malkmus' ground breaking book: an ideal guide to encourage and inform you on your journey to optimal health. Great for beginners, or long-term followers of this life-changing diet. <b>The Workbook</b> - Used in conjunction with The Hallelujah Diet book, this personal workbook will guide you confidently through a 12-week journey to ultimate health. Includes Study Guide, Journal and progress charts. <b>Retail for the set \$29.95</b>
	<b>Why Christians Get Sick</b> The classic that started it all! A new cover design graces this inspirational book by Dr. George Malkmus, whose testimony is as powerful today as when he wrote it in 1989. Plus, reformatted text is easier on the eyes! In this candid, easy-to-understand book, he shares: Why we become sick when we do not eat as God instructed; The diet given to us directly from God as written in the Bible; How to live a healthy life according to His plan-the life He intended for you; The foods you should and should not eat. Softcover 157 pages Retail \$19.45

## Books by Rhonda Malkmus

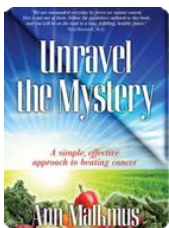


	<p><b>Recipes for Life</b> More than 400 incredible recipes, plus invaluable advice on setting up your Hallelujah kitchen and helping the whole family – including children, young adults, and even babies – thrive on The Hallelujah Diet. This book includes daily menu suggestions, ingredient glossary, and all the recipes are vegan and mostly raw in keeping with the Hallelujah Diet. Spiral bound 344 pages Retail \$32.45</p>
	<p><b>Salad Dressings for Life</b> Let's face it: the better-dressed your salad, the more mouth-watering it will be. This exciting recipe book reveals 117 appealing recipes that will make your salads healthier than ever! Includes oil, seed, avocado, vegetable, fruit and apple cider vinegar based recipes. Spiral bound 96 pages Retail \$16.95</p>
	<p><b>Rhonda's Culinary Creations</b> Rhonda's Culinary Creations is a comprehensive collection of more than 400 recipes created by Rhonda Malkmus for her culinary classes at Hallelujah Acres. If you've ever had the pleasure of attending one of Rhonda's classes, or always wanted to, this book is for you! Spiral bound 213 pages Retail \$38.95</p>

## Books by Ann Malkmus

### Unravel the Mystery Simple, Effective Approach to Beating Cancer

Unravel the Mystery, A Simple, Effective Approach to Beating Cancer is a life changing book that reveals the causes of cancer and how to harness the body's miraculous self-healing power through nutrition, lifestyle changes and minimizing daily toxin exposure. It highlights today's leading research, answers key questions and most importantly puts into perspective all the components necessary to help people restore a healthy immune system and beat cancer.



### Recipes to Fight Cancer

Where do you go to find the most nutritious foods to consume when fighting cancer? Look no further! This great companion book to *Unravel the Mystery: A Simple, Effective Approach to Beating Cancer* has unique recipes with each ingredient specially selected to maximize nutrition while not feeding the cancer cells.

Main book 356 pages Retail \$23.45 Recipe book 53 pages Retail \$16.95



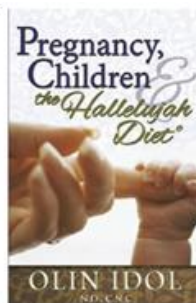
## Books by Olin Idol

### Maintaining a Healthy Blood Sugar








If you hear the news, you know: Diabetes is one of our nation's deadliest health threats. But what is diabetes, exactly? How can we help prevent it – and even equip our bodies to restore healthy blood sugar levels? Softcover 29 pages Retail \$6.45

### Pregnancy Children & the Hallelujah Diet

Learn the fundamentals of nutrition for healthy pregnancy and healthy children. Help your kids learn to love a primarily raw, plant-based diet. Softcover 94 pages Retail \$11.95





<p><b>Maintaining Your Ideal Weight with 35 Menu Plans</b></p> 	<p><b>Maintaining Your Ideal Weight with 35 Vegan Menu Plans:</b> Judy Fleming has just finished producing this book full of 35 daily menu plans that will help you on your way to a slimmer and healthier you! With over 210 recipes you can have a different menu plan each day of the week. Also included are grocery list for each daily menu. <b>Retail \$23.95</b></p>
<p><b>Healthy Vegan Recipes with a 90-Day Journal</b></p> 	<p><b>90-Day Journal with Vegan Recipes</b> The Journal Section of this book consists of pages to keep track of 3 months for meal plans plus daily &amp; weekly journal pages, and many shopping lists. Included are 6 articles that address the other areas of your lifestyle you might want to change: daily exercise, managing stress, journaling, living green, the seasons of our lives, environmental issues, and dealing with family and friends. Included 145 Vegan Recipes from Judy's original book "In the Kitchen with Judy". <b>Retail Price: \$23.95</b></p>
<p><b>Dehydrating</b></p> 	<p><b>Dehydrating</b> In this mini-book we show you how to prepare creative recipes to see the wonderful advantages you get when you dehydrate food. The recipes include kale &amp; potato chips, flax wraps and pizzas, berry crisp, almond cookies, marinated veggies to name just a few of the awesome recipes using a Dehydrator! Mini Book – 33 recipes – Retail \$8.95</p>
<p><b>Juice &amp; Smoothies</b></p> 	<p><b>Juices &amp; Smoothies</b> In this mini-book Judy will discuss the advantages of Juicing over whole foods and the difference between juices and smoothies with a collection of refreshing recipes. The juicers and blenders are also described in detail. Mini book over 35 recipes – Retail \$8.95</p>
<p><b>COOKED FOOD</b></p> 	<p><b>Comfort Cooked Food</b> Even though we promote eating mostly raw food on the H!Diet it is important to have some good comfort foods for those cold days we have here in Canada. In this mini-book you can enjoy Judy's pastas, soups and stews in another group of gourmet vegan recipes. Spiral bound – over 35 recipes – Retail \$8.95</p>
<p><b>Salads Made Easy</b></p> 	<p><b>Salads Made Easy for Meals</b> It is important to make salads from an assortment of raw fresh greens, vegetables, fruits nuts &amp; seeds. Select dark leafy greens such as romaine, arugula, spinach, parsley, bok choy and cabbage. Add at least 3-4 other fresh raw veggies, some nuts or seeds and dried fruits. Then toss it all with a fresh raw dressing using Judy's formula. Mini book with over 35 recipes Retail \$8.95</p>
<p><b>Desserts Snacks &amp; Breakfast Too</b></p> 	<p><b>NEW Desserts, Snack and Breakfast Too!</b> Who said eating healthy is no fun? Look inside for the awesome assortment of recipes you can add to your dessert and snack routine and still feel good about what you eat. A full section of recipes you can eat for Breakfast too! Mini-book with over 35 recipes Retail \$8.95</p>
<p><b>2018 Classes</b></p>	<p>Check out our Classes tab on our website <a href="http://www.myhdiet.ca">www.myhdiet.ca</a> for a list of classes Judy offers at our Waterloo location. One to 3 day classes.</p>