

 <p>Serving Canada Coast to Coast</p>	<h1 style="text-align: center;">2019 Canadian Product Catalog</h1> <p style="text-align: center; color: red;">Prices are subject to change without notice</p>		
Winter Edition	Whole Foods	Nutrients	Juicing

Our JuiceMax Products are a whole-food made from the juice of the barley grass, the carrots or the beets. They are kept enzymatically alive by low temperature processing that does not damage heat sensitive nutrients and preserves the rich flavors. Each serving contains a broad spectrum of naturally occurring vitamins, minerals, amino acids, and phytonutrients in a natural synergistic blend that is easily assimilated. Each container is bursting with protective betacarotene to empower your immune system and stop DNA damage before it starts!

BarleyMax®

Recharge the energy of your youth with BarleyMAX® the 100% organic and filler-free juice powder with one of the widest spectrums of naturally occurring nutrients in a single source!

Retail Cost (powder 240 g) **\$58.45**

and (powder 120 g) **\$38.95**

(240 Capsules) **\$51.95**

Flavours for the powders are: Original, Alfalfa Free, Berry and Mint



Why Drink CarrotJuiceMAX®?

- Carrot JuiceMAX® is raw, dehydrated carrot juice! Because almost all fiber is removed, the living nutrients in the juice reach the bloodstream at the cellular level in minutes.
- Super dense and dehydrated at low temperatures to preserve raw, living enzymes
- A well-balanced, naturally occurring broad spectrum of vitamins, minerals, and enzymes
- Antioxidant activity, which minimizes free radical damage
- Beta-carotene (from Carrot JuiceMAX®) is a precursor to vitamin A, which is converted to vitamin A as the body needs it. **Retail Cost \$59.75** (powder 250 g) In powder only Flavours: Original & Grapefruit Ginger



BeetMAX®

Traditionally, beet juice has been used to help normalize the pH balance of the body and contributes to normal brain functions, reproductive functions, bone structure, and glucose metabolism as well as:

- Supports liver and gall bladder health
- Stimulates lymph gland activity
- Flushes the kidneys and bladder

BeetMAX® Makes Your Liver Lively! Good health depends on a healthy liver! It's your largest internal organ, your largest gland, and the most important filter in your body! It cleans your blood, manufactures proteins, processes fats for energy, metabolizes carbohydrates, aids in vitamin absorption, and detoxifies toxins. **Retail Cost** (powder 250 g) **\$45.45** (240 capsules) **\$48.25**



Our Whole Foods to add to smoothies or shakes (5 products)

Advanced Superfoods are available in berry flavor dense powders. Made with over 30 organic ingredients including 100% organic blend of cereal grass juice powders, leafy greens, microalgae, sprouts, prebiotic fibers, sea vegetables, and organic vegetables. We have sourced a wide variety of rare organic vegetables so nutrient dense that you will never find them in your local grocery stores or nutritional stores. An all-in-one food product, Organic Advanced Superfood is a convenient way to fuel your body with vital nutrients. You can be confident that you are consuming the very best! Superior Organic Greens & Vegetables Antioxidants, Vitamin A, Iron, Chromium, Digestive Enzymes & Prebiotics.

Retail Cost \$64.95 (240 g)



Essential Protein Powder

This organic product is important for anyone with an active vegan lifestyle and especially: Athletes, body builders, gardeners, seniors

Ingredients: Organic Pea Protein, Organic Chia Seed, Organic Hemp Seed, Organic Pumpkin Seed, Organic Coconut Flour, Organic Rice Protein, Organic Sunflower Lecithin and Organic

Acacia gum. Essential Protein may help to: build a lean body, support strong healthy bones, strengthen your immune system, and maintain muscle mass while losing weight. It comes in the Pure product that has no flavor and the other flavours available are: Sweet Vanilla, Tropical (pineapple coconut), and Almost Chocolate (which is mostly made with Carob and



some cocoa). **Retail Cost \$45.95 (562 g)**

ModCarb™: is an all-grain gluten free complex-carbohydrate food created with 6 grains (oats, amaranth, buckwheat, chia, millet and quinoa). It is a breakthrough in energy and strength nutrition and supplements. ModCarb™ provides a real advantage for athletes in training, dieters who want to avoid sudden cravings, or for anyone who experiences energy dips during their day. Add to your smoothies for a great taste! **Retail \$25.95 (450 g)**



Raw Carob Powder

Called "honey locust" in the Bible, carob is the delicious, stimulant-free substitute for chocolate and cocoa powder. Use cold-processed Hallelujah Diet® Raw Carob Powder in recipes or as a sore throat, diarrhea or stomach upset remedy. **Retail: \$12.95 16oz bag →**



Supplements:

B12, B6 & Folate

Recapture the energetic feeling of your youth! These tasty tablets dissolve sublingually (under the tongue) to deliver vitamins B6, B12, and Folate into your bloodstream in a much more powerful way than swallowed tablets.

- Sustained mental energy and stamina
 - More mental focus and improved memory
- Retail Cost \$25.95 (60 vegetarian tablets)**



HydroBoost Kit

You know that drinking pure water is essential for health. But do you know that boosting distilled water adds further important benefits that can improve your overall health? The HydroBoost Kit is one of the best ways to upgrade your distilled water as it can provide a source of alkalinity to offset acids of metabolism and disease. It also adds magnesium and many absorbable minerals beneficial to overall health.

Includes: • Hallelujah Diet Trace Minerals • Hallelujah Diet Willard Water • Four-way measuring spoon for mixing up large quantities • Pipet for measuring out Willard Water for small (glass-at-a-time) quantities **Retail Cost \$58.45 (makes 98 gal)**



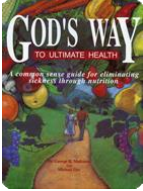
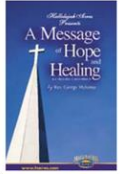
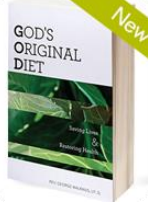
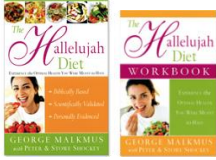
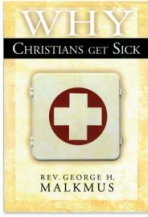
Selenium Glutathione Promoter - Retail Cost \$17.95 (60 veggie capsules)

Selenium / Glutathione Promoter is designed to boost your immune system defenses by a combination of selenium and select antioxidants to stimulate the increased production of the master antioxidant glutathione. Rather than succumbing meekly to infections, take action to support your immune system's defenses.





2019 Classes with Judy Fleming, Director: Check out our [Classes tab](#) on our website www.myhdiet.ca for a list of classes Judy offers at our Waterloo location. All classes can be done for just one person just let us know when you can come and we will plan it for you.



	<p>God's Way to Ultimate Health 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</p>
	<p>A Message of Hope & Healing This helpful book summarizes The Hallelujah Diet as it answers biblical health questions Rev. 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)</p>
	<p>God's Original Diet 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</p>
	<p>The Hallelujah Diet & Workbook (set of 2) 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. <u>The Workbook</u> - 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. Retail for the set \$29.95</p>
	<p>Why Christians Get Sick 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</p>

Books by Rhonda Malkmus



	<p>Recipes for Life 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>Salad Dressings for Life 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>



Rhonda's Culinary Creations

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!

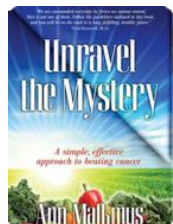
Spiral bound 213 pages Retail \$38.95

Books by Ann Malkmus & her staff

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

NEW "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 drinks. Retail **\$15.55**.



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



Books by Judy Fleming – Certified Raw Food Chef & Director of Canada

Soon all of Judy's Mini Recipes books will be available as E-Books for just \$5.00

Healthy Vegan Recipes with a 90-Day Journal



90-Day Journal with Vegan Recipes

The Journal Section of this book consists of pages to keep track of 3 months for meal plans plus daily & 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". **Retail Price: \$27.95**



<p>Dehydrating</p> 	<p>Dehydrating</p> <p>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 & potato chips, flax wraps and pizzas, berry crisp, almond cookies, marinated veggies to name just a few of the awesome recipes using a Dehydrator!</p> <p>Mini Book – 33 recipes – Retail \$9.95</p> <p>Now it is available as an E-book for \$5</p>
<p>Juice & Smoothies</p> 	<p>Juices & Smoothies</p> <p>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.</p> <p>Mini book over 35 recipes – Retail \$9.95</p> <p>Now it is available as an E-book for \$5</p>
<p>COOKED FOOD</p> 	<p>Comfort Cooked Food</p> <p>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 \$9.95</p> <p>Now it is available as an E-book for \$5</p>
<p>Salads Made Easy</p> 	<p>Salads Made Easy for Meals</p> <p>It is important to make salads from an assortment of raw fresh greens, vegetables, fruits nuts & 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 \$9.95</p> <p>Now it is available as an E-book for \$5</p>
<p>Desserts Snacks & Breakfast Too</p> 	<p>Desserts, Snack and Breakfast Too!</p> <p>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!</p> <p>Mini-book with over 35 recipes Retail \$9.95</p> <p>Now it is available as an E-book for \$5</p>
<p>35 Menu Plans</p> 	<p>Maintaining Your Ideal Weight with 35</p> <p>Vegan Menu Plans: 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.</p> <p>Retail \$27.95</p>
<p>E-Books for \$5.00 each</p>	<p>Mini E-Books:</p> <p>Nuts & Seeds, Sprouting Recipes, Dehydrating Made Easy, Cooked Comfort Food, Juices & Smoothies, Salads Made Easy, Desserts & Breakfast Too</p>

Hallelujah Diet Natural Nourishing Soaps

These soaps are handcrafted using only the finest ingredients. Our cold process method turns the pure vegetable oils of olive, coconut, palm, castor, and shea butter into luxurious, lathering soaps that leave the body feeling clean and refreshed. The cold process method retains all the naturally occurring glycerin that helps to moisturize your skin instead of leaving it feeling dry and itchy as commercial soap can. Each ingredient is carefully chosen for its health-promoting properties. Choose from these scents: Barley Meadows, **New Charcoal Detox**, Cocoa Butter, Dry Skin, Frankincense, Just Me/You, Lavender Rosemary, Minty Fresh, Oatmeal/Honey, Romance, & Summer Breeze




Retail price: \$8.95



Appliances and Tools Section: The proper tools will help us prepare your food and keep us healthy.. Whether you are making a smoothie, salad, juice or if you are exercising or taking a shower it is important to have the correct tool to do the job right.

Juicers: When juicing vegetables the rule of thumb is 1 lb of vegetables makes 8oz of juice. The body absorbs about 8oz of juice easily in 45 minutes so you could juice every hour for the best benefits. Vegetable juices are the Healers full of nutrients that will be absorb quickly into your body.



<p>Champion (Retail \$459.95) Commercial model</p> <ul style="list-style-type: none"> • Spins at about 1700 rpm's so less air gets into the juice • Has a sharp masticating blade that breaks down enzymes • Best used within 6-8 hours of making it • Has two augers - a grinding auger and a greens auger - that can be used interchangeably to juice standard vegetables or wheatgrass and leafy greens. • 17"L x 13"H x 8"W 1/3 HP • 10 year warranty 	
<p>New NuWave Slow Juicer (Retail \$268.95 low introductory price)</p> <ul style="list-style-type: none"> • The auger for this cold-pressed slow juicer produces more juice. • Made with Premium BPA-Free Eastman Tritan. • A wide mouth tube and the wide diameter chute can easily accommodate larger vegetables. • More efficient juicing with less prep work. • Has a low 48 RPM and high torque, is incredibly quiet. This process ensures less oxidation, while retaining essential vitamins and enzymes. • 5 year warranty 	
<p>Green Star Elite (Retail \$699.95) <u>reduced</u></p> <ul style="list-style-type: none"> • equipped with advanced revolutionary jumbo twin gears providing you with a higher amount of nutrition • 110 RPM turning speed so you can keep juice for 2-3 days • with a 190 Watt Motor • 18.25" x 6.88" x 12.50" • 12 Year Warranty 	

VitaMix Specifications

11.5 amps 2 peak HP motor with a 2 litre jug

Dimensions: 7" W x 20" H x 9" D Weight: 11 lbs

Warranty: 7 years

Retail \$589.95 →

With the VitaMix there are 3 controls:

- the on/off switch
- the variable speed dial helps you to go from low to high easily
- the pulse switch for high speed.

The plunger allows you to move the food around so it blends completely.



Tribest Personal Blender

Sometime you only want to make a small amount so this blender is perfect for you daily recipes. You can blend salad dressings & make smoothies with the blending blade while the grinding blades allows you to grind flax seed and other nuts to make nut butters.

Specification:

Retail \$107.95 →

- 200-watt motor



- One 16 oz BPA Free Large Blending Container with lid
- One 8 oz BPA Free Small Blending Container with lid
- One Blending Blade & One Grinding Blade Assembly
- 1 Year Limited Warranty

Soyabella Nut-Milk Maker: You can make Almond Milk easily when you use a nut-milk maker or you can make it in a powerful blender but then you have to make sure you stain it well. **Specifications:** Warranty: 2 Years

- Stainless Steel Housing
- Enclosed heating element for added safety and easier cleaning
- Motor: 220 Watts Power Consumption: 750 Watts
- Blade Speed: 11,000 rpm
- Capacity: 1.3 L (Approx. 1 quart)
- Weight: 6 lb – Dimension: H12" Diameter8"

Retail \$159.95 →



Kitchen Aid Food Processor

This handy tool allows you to slice, shred, chop, and purée. All the plastic parts are BPA free.

Comes with 2 bowls and the following:

Retail \$259.95 →

- 12 cup bowl with the large multi-purpose S blade
- 7 cup bowl with a smaller S blade
- Slicing blades to slice in 2 sizes: 2mm & 4mm & a grating blade
- It has 3 power settings: low, high & pulse
- It has a storage case for all the parts.

Dimension: H16" W12" D11" and weight 18lb Comes in black or white with a one (1) year warranty.



Excalibur Dehydrator: Specifications: Retail \$329.95

- 9 large trays, 15 sq ft of drying space
- Adjustable Thermostat 105°F to 165°F
- 7-inch fan, 600 watts
- Dimensions: H12 ½" W17" D19"
- Color: Black

You can make 1-9 different things from banana chips to flax crackers all at the same time and the flavours will not mingle. Most recipes take from 4-12 hours depending on how dry or crisp you want them or on the thickness you sliced the vegetables or fruits. You can use the Paraflex sheets for making crackers these sheets will last for many years (\$13.95 each sheet)



Distillers: both make 4 litres of water in 4 hours (Removes dangerous chemicals and pollutants from your drinking and cooking water. Combines steam distillation and carbon filtration for ultimate purity).

WW3200 Water Distiller NEW

Handy boiler jug makes it easy to fill with water.

- Boiler has stainless steel inside
- PBA free Jug to hold distilled water
- Used 800 Watts
- 120 volt, 60Hz, 800 Watts
- 15"H x 15"W x 12"D

Retail \$526.95 →



WW4000 Water Distiller

The Waterwise Distiller 4000 comes with a 1 gallon glass collector/storage bottle which fits easily inside your refrigerator.

- Height - 15" (38 cm) Diameter - 9" (22 cm)
- Net Weight 7.75 lbs (3.5 kgs)
- 120VAC, 60Hz, 800 Watts

Retail \$399.95 →



ShowerWise Delux System

Your body can absorb more chlorine in a ten minute shower than from drinking the same water all day. ShowerWise effectively removes chlorine and other harmful contaminants

Removes, controls or reduces: chlorine, combined chlorine, Iron oxide, Bacteria, Sediment, Sulfur, Mercury, Odor. EASY to Install & Maintain - No special tools required. Simply remove your existing showerhead and install the Showerwise System.

- 5 year limited warranty

Deluxe system Retail \$79.95

The filter cartridge typically needs replacing once a year, depending on your water quality and frequency of use. Long-lasting Filter - 1 full year or 15,000 gallons

Contains over 50% more filtering material for a longer effective lifetime than most other shower filters. **Replacement Filter Retail \$45.95**



Exercise Equipment: the best way to keep in shape is by exercising 3 ways

- **STRETCHING:** which improves flexibility, range of motion
- **AEROBICS:** increases oxygen uptake and builds stamina and endurance
- **RESISTANCE:** helps to strengthen muscles and bones

Urban Rebounding System

Retail \$175.95 →

Melt pounds away in just 15 minutes a day! The Urban Rebounder Low Impact Workout burns fat fast without any pain or joint stress. So much fun, it could be the first exercise you actually look forward to!

39" diameter sits 9" off the ground



Needak Rebounding System

Used daily by Rev. George and Rhonda Malkmus, this is the finest rebounder on the market. The Needak Rebounder includes a 40-inch diameter heavy-duty metal frame and six removable, spring-loaded legs. It folds in half to fit into its own carrying bag. Lifetime warranty on most parts. 40" diameter sits 10" off the ground, Adjustable bar to hold on to helps you keep your balance. **Retail price \$499.95 reduced**

Exerstrider Walking Sticks

Increase your fitness level faster by simultaneously exercising all of your body's major muscle groups as you walk. Exerstrider poles make walking a highly effective total-body exercise. Adjustable length so anyone can use them.

Retail \$119.95 →



FIT 10: The patented Fit10 Quick Strength Trainer helps you build muscle, reduce body fat, strengthen your heart and increase flexibility, all in just 10 minutes a day! Gentle on your back and joints, it's easy to use, fits in a small bag and goes anywhere. All you need is a door.

← Retail \$149.95

Protect Yourself from Harmful Emissions

Gia Sliver Retail Price \$58.95 each →

The revolutionary GIA Cell Guard provides a first-line of defense against electromagnetic frequencies (EMF) and electromagnetic radiation.

- Powered by GIA's ground breaking, dual-action giaplex technology
- Compatible with cellphones, smartphones, Bluetooth and PDA devices
- An effective way to reinforce your body's natural resilience to the effects of electropollution exposure

The revolutionary GIA Universal Guard provides your first line of defense by actively working to neutralize the effects of your exposure to harmful EMR, as well as strengthen the body's resilience to stress at the same time. The Universal Guard uses the proprietary GIAplex™ technology, a cutting-edge dual-action process that's not only one-of-a-kind, but also universal in its application. Works on any wired, and/or wireless devices in home, office, etc.! **Retail Price \$125.25 pkg of 2**

