



Hallelujah Acres  
Health Tip presented  
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# Get Healthy ~ Stay Healthy

**After traveling away from home to get to a big job or shutdown, the last thing you need is to get sick. It costs you money, time out of work and you could even lose your job.**

**So HOW DO YOU stay healthy, even in the cold and flu season? I'm going to answer that question for you, and hopefully help you understand how to Get Healthy and Stay Healthy!**

## The World's Diet Is Dangerously High In Cooked Food

For the past several months, we have been sharing the reasons why the 'World's Diet' is such a dangerous diet. In this Health Tip we are going to examine another danger found in the World's Diet, a danger so subtle most would never consider it suspect: cooked food.

### The Sun – Both A Sustainer & Destroyer of Life

"The Dangers of Cooked Food" begin in Genesis chapter 1. From this chapter I want to glean a few nuggets that will help lay the groundwork for what will follow.

On the third day of creation, in **Genesis 1:9-10**, we read how God created the earth. In the following verses, **verses 11-13**, we read how God created the fruits and vegetables, seeds and nuts, the very foods God designed our physical bodies to be nourished with and to thrive upon: *"AND GOD SAID, Let the earth bring forth grass, the herb [vegetable] yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself,*

*upon the earth: and it was so. And the earth brought forth grass, and herb [vegetable] yielding seed after his kind; and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good. And the evening and the morning were the third day."*

Without a source of light and heat, plant life could not be sustained. So, the very next day, on Day 4, God creates the sun and the moon to provide light and heat to sustain the plant life He had created the day before:

*AND GOD SAID, Let there be light in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for years: And let them be for lights in the firmament of the heaven to give light upon the earth: and it was so, And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also. And God set them in the firmament of the heaven to give light upon the earth, And to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good." (Genesis 1:14-17)*

### How High Temperatures Affect Life

Have you ever considered **the affect high temperatures have** upon the human physical body? For instance, if a person has a fever of 104 degrees Fahrenheit, do we not become concerned? Of course we do!

But what if the temperature goes up to 106 degrees? Do we not at that temperature become extremely concerned? Why?

Because when the internal temperature of **the human physical body reaches 107 degrees, brain cells begin to scramble and die**, and by the time the internal temperature reaches 108 degrees, the person is usually dead. High temperatures have a very devastating effect on the very life of the human physical body!

### How High Temperatures Affect Our Food

High temperatures **also affect the life of the foods** we eat. For instance, at approximately **107 degrees Fahrenheit**, the **enzymes** — which are **the life force** found in raw fruits, vegetables, seeds and nuts — begin to break down, and **by 122 degrees that food has become a dead food**, devoid of ALL life forms. Yet, before most of the foods we eat today are consumed, they are heated to high temperatures. For instance, the temperature of **boiling water is 212 degrees Fahrenheit**; the temperature of **steam is also 212 degrees**; while the temperature of a **slow oven begins at about 225 or 250 degrees. All packaged, canned, or bottled foods** found on the grocery store shelf **have been exposed to high heat** to destroy the enzymes (life force) so that the food will not spoil.

**Pasteurized milk is heated to 160 degrees**, while all bottled fruit and vegetable juices receive similar heating. Even **frozen vegetables have been blanched in very hot water** to destroy any form of life.

## Living Bodies Need Living Foods

The physical body we each possess is a living organism, comprised of **living cells**, designed by God to be nourished with **living food**. All **cooked food is dead food** and therefore **incapable of properly nourishing living cells**.

When we look to nature, every animal in the wild – carnivorous or vegetarian – eats its food raw (in an uncooked form) just as God designed and they thrive. **Only man takes living food** (which God provides in its raw state in nature) **and cooks it**. Doing so destroys its life force, and thus its ability to properly nourish the living, human body.

All the foods Adam and Eve consumed in the Garden of Eden were in their raw, uncooked, living form.

## How Heat Destroys Life: A Home Experiment

It is not difficult to prove that high heat destroys the life forms found in raw fruits, vegetables, seeds and nuts. Here is a little experiment you can perform in your own home:

Go to the store and purchase **five raw carrots**. At home, **cut off about ½ an inch below the stem** end, place it in a shallow basin of water, and **watch it grow**. (And, yes it will grow because its life force has not been destroyed by high heat.) Next take the **remaining four raw carrots** and cook each one

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# Ultimate Daily Fuel Barley Max

BarleyMax® is a one-of-a-kind super food that helps build strong, healthy new cells in your body. BarleyMax is a certified organic whole-food concentrate made from the juice of young barley grass and alfalfa. It is kept enzymatically alive with low-temperature processing that does not damage heat sensitive nutrients.

### What Makes BarleyMax Different? LIVING ENZYMES

BarleyMax is gently dehydrated below 106°F using a patented drying process to lock in nutritional potency and retain the highest enzyme activity of any juice powder you can buy.

**Superior nutrition** - BarleyMax provides a superior blend of vitamins A, E, and folate, protein, minerals including zinc, manganese, calcium, magnesium, iron, phosphorus and potassium, essential amino acids, chlorophyll, flavonoids, many trace elements, antioxidants, plus a high level of enzymatic activity that is necessary for building new, strong, healthy and vital cells in your body.

**Green chlorophyll** - Chlorophyll has been shown to accelerate the healing of wounds, **protect against chemicals and radiation**, and to promote intestinal regularity. Chlorophyll also flushes heavy metals out of your body. Chlorophyll is one molecule difference from your own blood.

**Naturally occurring vitamins** - BarleyMax doesn't rely on lab-created chemicals for its nutritional values. Natural vitamins are always found in food as living complexes making them easier for your cells to absorb.

**Rich amounts of macro and trace minerals** - In balanced proportions, these give more cofactors for higher enzyme activity. Our research also indicates higher vitamin content in BarleyMax® than similar products.

**An excellent source of antioxidants** - Antioxidants help the body defend itself from free radicals, which play a large role in disease and aging. In a measure of total antioxidant capacity, BarleyMax® is the leading barley juice of all the products we have tested.

**Gluten-free** - Even people with a sensitivity to the gluten in wheat and other grains can drink BarleyMax.

**Juice powder vs. freeze-dried grass** - The plants used to make BarleyMax are juiced before they're dehydrated. Other juice powders just spray or freeze dry whole plants, leaving the fiber and killing the enzymes.

**Healthy bacteria** - Some true juice products are sanitized in a way that kills beneficial bacteria. Our cleaning process retains naturally occurring bacteria your body needs.

**Unique growing conditions** - Our barley and alfalfa crops are organically grown on 900 acres of mineral-rich volcanic lakebed soil at an elevation of 5,000 feet. This promotes slower growth and incredible nutritional content. The grass juice from this land has by far the highest solids content (BRIX) of any similar products, indicating the mineral-richness of the soil.

These crops are fertilized naturally with alfalfa chop and barley pulp (left over from juicing), and other organically-approved soil amendments and irrigated with deep source groundwater for maximum nutrient uptake. We also practice crop rotation, allowing the soil to lie fallow every couple of years to rest and recharge.

### What's so special about barley & alfalfa?

The nutritional excellence of barley grass has been revered since ancient times. Alfalfa is one of the most mineral-rich foods in the world, thanks to roots that grow up to 130 feet into the ground. The result is a fresh tasting, 100% organic and filler-free juice powder that gives you one of the widest spectrums of naturally occurring nutrients available in a single source.

### Buy BarleyMax Online

[www.industrialtradesman.com](http://www.industrialtradesman.com)

Or call 910-793-0580x200

For more information also visit:

[www.livingfood4life.com](http://www.livingfood4life.com)

