

Here is a Exerpt from Rev. Malkmus

Dare To Be A Daniel



Our entire society is geared toward disease and disease care rather than toward health and health care! To overcome and survive this current disease and “disease care” onslaught we are currently facing, you need **knowledge**.

But knowledge alone is not enough. After knowledge, it takes sheer guts and **willpower** to break the cycle and regain and maintain your health.

The circumstance we find ourselves in today regarding health reminds me of that song we used to sing in youth meetings in church years ago:

***“Dare to be a Daniel,
Dare to stand alone,
Dare to have a purpose firm,
Dare to make it known”***

Thirty-seven years ago, at the age of 42, **I became a Daniel**.

In 1976, doctors told me I had colon cancer. Not wanting to go the traditional medical route for my cancer because of the devastating results my mother had experienced before me when she followed the advice of her doctors, I turned to Evangelist Lester Roloff for advice.

His advice was **“Don’t go the medical route!”**

Rather, he encouraged me to do something as simple as change what I ate. He recommended that I simply reject the Standard American Diet comprised of lots of meat and sugar and white flour that I had been consuming for the past 42 years of my life. He urged me to **adopt the diet God told Adam he should eat in Genesis 1:29...**

...and to drink **lots of carrot juice**.

Brother Roloff’s advice sounded reasonable enough, not to mention **safer and healthier** than the traditional medical route that makes many people violently sick (while destroying their immune system in the process).

However, when I told others that I wanted to go Brother Roloff’s way, not only did I have friends, loved ones, and doctors attempt to discourage me from going this new and unconventional way, but **my very own body and previous programming rebelled**.

To simply change what I ate to overcome sickness, especially a disease as serious as cancer, was unheard of in 1976 and against all current practices at that time.

Because of this, **my own brain and body were having trouble processing the new information** and breaking old ways of thinking and acting.

My mom was a healthcare professional; a registered nurse. She had always taught me that when you get sick, you go to the doctor, and you do what the doctor says (i.e., programming).

So, when I decided to:

- Give up all animal sourced foods
- Give up all refined sugar
- Give up all refined flour
- Give up anything containing table salt
- Give up anything containing caffeine

...and to top it off:

- Eat mostly raw plant sourced foods and drink lots of vegetable juices

...my brain and body had just one thing to say to me: **“Are you crazy?”**

Despite my mental and physical programming and **against all odds, I dared to be a Daniel.**

I made the diet change that Brother Rolloff had recommended and **almost immediately started to get well.** Within weeks, my rectal bleeding had stopped and my energy was returning, but that wasn't the end of my improvements and healing:

Within one year of making the diet change:

- My baseball size tumor had disappeared
- My bleeding stopped
- My cancer was gone
- All the other physical problems I was experiencing prior to making that diet change were also gone

I was no longer bothered by high blood pressure, severe allergies, hypoglycemia, pimples, dandruff, and the list goes on and on.

During this time of healing, I was also studying and learning all I could about diet and lifestyle and how **what we eat and drink affects our health.** And I was studying the Bible to learn all I could from **what God had to say concerning the subject.**

The Genesis Diet & the Genesis of Hallelujah Acres

Following my healing experience and with all the new knowledge I had gained, I felt God leading me to start a ministry geared to the Christian community, a ministry to help Christians — and anyone else who would listen — improve their health.

Friends, it was not easy! When I started to proclaim God's health message to the Christian community, not only was the message met with horror and resistance, it was rejected outright...and so was I. Longtime pastor friends withdrew fellowship from me and I was severely criticized for what I was proclaiming by almost everyone I knew in the Christian community.

It was at this time, the words of Daniel's song once again came powerfully into play:

***“Dare to be a Daniel,
Dare to stand alone,
Dare to have a purpose firm,
Dare to make it known”***

What does one do when it seems everyone is against you?

Friends, when you know you are right, you must “dare to be a Daniel”... if, that is, you have any guts and you know **God is on your side and leading you.**

It is not easy to stand alone when it seems everyone is against you and the direction you are seeking to go, but the rewards can be fabulously exciting! Remember, any dead fish can float down stream, but it takes a live one to go against the current!

Fast Forward to Today

So here I am, 37 years after being told I had colon cancer, 37 years since that first challenge from Brother Roloff to change what I ate from the Standard American Diet to God’s Genesis 1:29 Diet in order to rid myself of cancer.

What have I learned and what have I experienced during that time?

I’m happy to tell you...

Because of the decision I made 37 years ago to “Dare to be a Daniel,” and to go God’s way to heal my colon cancer rather than the world’s way, today as I quickly approach my 80th birthday, **I am experiencing ultimate health.** This is the health God designed not only for me and my body, but for you and your body, and for His entire human creation...
...with the knowledge and will to “Dare to be a Daniel.”

What God Tells Us About Knowledge

Hosea 4:6 says:

“My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee . . . seeing thou hast forgotten the law of thy God . . .”

I believe the greatest law and most profound knowledge that God gave mankind concerning this physical body we each possess, is found in Genesis 1:29. It is here that God tells Adam, and through Adam each of us, that we all should **nourish our physical bodies exclusively with the foods coming from the plants in the Garden.**

I have learned — and personally experienced — that when we eat Garden foods exclusively, primarily in **their raw form as served up by nature**, we experience health.

When we go outside the garden to obtain our food, we usually experience sickness. It is as simple as that.

The Bible tells us that **everything happens for a reason:**

“Like a sparrow in its flitting, like a swallow in its flying, a curse that is causeless does not alight.”

~ Proverbs 26:2

In other words, there is a cause for sickness, and the primary cause of almost every physical problem we experience is diet! God never intended our bodies to contend with the cooked, processed, nutritionally empty non-foods that make up the Standard American Diet.

“I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”

~ Genesis 1:29

God is telling us to feed our bodies with the nourishing raw, natural foods that were found in the Garden of Eden...not on the "Dollar Menu" of a fast-food restaurant.

Inspired by Scripture, The Hallelujah Diet Helps Millions

Twenty-one years ago, once again I made the decision to "Dare to be a Daniel" and share God's health message and his Genesis 1:29 diet with the Christian community and anyone else who would listen.

Because of my decision, **millions of people** around the world have heard and applied these biblical health principles. The results have been "heaven sent."

Tens of thousands of men and women have written to tell me that when they applied the biblical health principles I've been proclaiming, they got well just as I did! One man reported that he **lost 60 pounds and eliminated 28 different physical problems in just six months** after he too "Dared to be a Daniel" by adopting [The Hallelujah Diet](#).

Others have told of...

- Cancers gone
- Diabetes overcome
- Arthritis alleviated
- Digestive problems relieved
- Dramatic energy increases
- Spectacular weight loss

...and other improvements in their health too numerous to list.

What Will You Do with the Truth?

Despite these tens of thousands who have shared their experience with The Hallelujah Diet, the truth is that, still today, the average American, whether Christian, or non-Christian, has bought into a "disease care" mentality, and now accepts sickness as a normal part of life.

And if someone "Dares to be a Daniel," breaking from the disease care grasp by trying to adopt a plant-based diet, they will be criticized for their efforts. Worse yet, they are told that a changed diet and exercise to bring about healing within the body or to protect the body from disease is somehow "quackery".

Quite the opposite, the truth is that our "disease care" system has never, nor is it capable of ever, bringing health or healing to anyone for anything.

But remember... while this "disease care" system has been having its hay day, Hallelujah Acres has been standing sentinel for the past 21 years, saying to all who will heed our call: "Come over here – this is the way to health! Come walk this healthy way with us!"

My Health Tip for You

Millions around the world have already joined us on a journey to health, despite skepticism and ridicule, and renewed their health in ways that many would have imagined impossible.

Are you ready to take your first step on the same journey?

Will you "Dare to be a Daniel?"

If so, then I urge you to try a green smoothie for breakfast!

Your friends and family may think it's odd to drink something green for breakfast, but your body won't. It will appreciate the healthy, nourishment you're giving it and repay you with lots of great energy.