

# Hallelujah Diet



## The Hallelujah Diet

EXPERIENCE *the* OPTIMAL HEALTH YOU WERE MEANT to HAVE



- Biblically Based
- Scientifically Validated
- Personally Evidenced

DR. GEORGE MALKMUS  
with PETER & STOWE SHOCKEY

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Hallelujah Here is a diet that will dramatically change your life from the inside, out. Based on a biblical foundation and years of research, statistics, and powerful testimonials including the author's own dramatic story George Malkmus' The Hallelujah Diet has caused people from all walks of life to stop and reconsider their daily food consumption habits. Stressing the healing power of food and how its proper use restores the body to a natural, healthy state, this book provides life-changing and life-saving information, recipes, and eating plans that have been proven safe and miraculously successful. It encourages a healthy change in eating, promoting exercise, fresh air, pure water, sunshine, and rest. Hallelujah A diet that finally ties food and health together with common sense.

作者介绍:

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