

December 2005



visited HA headquarters in 2001 was how few items there really were in their store. They work to keep the diet as simple and affordable as possible. But there are items worth looking into, and I'll try to speak on them from time to time.

Hope you can make it...

-Gary & Sandra-

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## Hello All-

Just a quick note to say our meeting this month will be on the 9th. We're getting more settled and moved in all the time here in Tigard and we'd like to extend a hearty welcome to those who haven't made it over here yet.

The holidays are upon us and HA has risen to the occasion. Rhonda Malkmus has a new cookbook out for holiday recipe's, and I should have a couple of copies by then. They sell for \$19.95. There's also a new Back to the Garden with some holiday flavor to it as well as a great article on the subject of candida. This is something I've had issues with over the years and it's being revealed as the foundation of many other diseases, as well as most digestive and bowel disorders. Once unmasked however, it can certainly be dealt with.

In getting everything unpacked and resorted from the move I found I a few things gone out of code-date. Mainly a few containers of the small (4.2oz) Barleymax. I'll sell them for \$15 to anyone interested (normally \$21.95). Most people want the larger containers as they're a better buy so it's harder to keep the smaller ones fresh. Some of the supplements have passed their date too, so they'll be marked down as well.

I haven't been emphasizing supplements very much, as those who get on the Hallelujah Diet generally feel a real release and liberation from all the endless rounds of pills and potions that mark both traditional medicine and the *health food* world. One of the things that impressed me most when I