

Former President Bill Clinton Adopts Vegan Diet



Rev. George Malkmus

For nearly 20 years, Hallelujah Acres has been proclaiming to all who would listen that the fat found in animal flesh and dairy are the primary cause of high blood pressure, heart attacks, strokes, bypasses and stents.

We have also been proclaiming that a plant based diet will not just prevent these problems. In most instances it can correct them if adopted before that fatal heart attack or stroke occurs.

I wrote Hillary Clinton a letter telling her of this correlation in January 1994 when she was trying to cobble together a National Health Care plan for America.

I wrote a [similar letter to President Obama in April 2009](#) when he was trying to get Congress to pass Health Care Reform.

Now here we are nearly 17 years since that first letter to Hillary Clinton. Finally we have someone in Washington, President Bill Clinton, taking heed of this message. Animal fat is the cause of most cardiovascular problems and eliminating animal fat in most instances will correct the problem.

In September of 2004, President Clinton underwent a quadruple heart bypass surgery in New York. I believe as he does that this was caused from consumption of animal-sourced foods.

“Craig Smith, Clinton’s chief surgeon at New York Presbyterian Hospital/Columbia, said the former president’s heart had suffered no damage. Clinton should have a full recovery and enjoy normal life expectancy even though some of the four arteries bypassed had ‘well over 90% blockage,’ Smith said.” ([USA Today, September 5, 2004](#))

In February of this year, President Clinton had another heart procedure after one of his coronary arteries was blocked.

*“Two stents were used to restore blood flow to a coronary artery Thursday after images revealed that a bypass graft — part of a quadruple bypass surgery that Clinton underwent in 2004 — **was blocked**, Schwartz said.”* ([CNN, February 11, 2010](#))

Bill Clinton Adopts Plant Based Diet

This past week, we learned that Bill Clinton has adopted a diet very similar to the diet Hallelujah Acres has been promoting since 1992. It is free of all animal flesh and dairy. And he did it for one of the very reasons Hallelujah Acres promotes a 100% plant-based diet: animal fat clogs arteries and shuts off blood flow to heart and brain.

You can hear what Bill Clinton had to say about his experience in this short video:

“I did it because after I had this stent put in, I realized that even though it happens quite often that after bypass surgery you lose the veins because they’re thinner and weaker than arteries, the truth is that it clogged up, which means that the cholesterol was still causing buildup in my vein that was part of my bypass.

I didn’t want it to happen again. So I did all this research and it says that 82% of the people since 1986 who have gone on a plant-based, no dairy, no meat of any kind — I eat very little fish — 82% of the people who have done that have begun to heal themselves. Their arterial blockage cleans up; the calcium deposit around their heart breaks up.

“This movement has been led by Doctor Caldwell B. Esselstyn at the Cleveland Clinic, Dean Ornish out in California, the doctors Campbell, father and son who wrote [The China Study](#), and a handful of others. But we now have 25 years of evidence. So I thought... I’ll become part of this experiment. I’ll see if I can become one of those who can have a self-clearing mechanism.”

Dr. Esselstyn is the very same doctor that has spoken here at Hallelujah Acres at the suggestion of our dear friend Dr. T. Colin Campbell, author of [The China Study](#). He has also spoken here at Hallelujah Acres on numerous occasions.

You can read more about what Dr. Esselstyn has to say about the dangers of animal fat at www.HeartAttackProof.com

Oprah Winfrey Sued By Texas Cattle Ranchers

In 1996, Oprah Winfrey had a former cattle rancher by the name of Howard Lyman on her television show. He has also spoken here at Hallelujah Acres.

During the show disparaging remarks were made regarding the consumption of beef. [Oprah was subsequently sued by the Texas Cattle Ranchers](#).

After a long court battle, the Cattle Ranchers lost the case, but it did manage to silence many others critical of animal source foods.

Bill Clinton going public with his elimination of all animal flesh and dairy is a courageous move. If he had made such a public stand against the meat and dairy industries during his presidency, it could have produced a powerful political backlash.

I have learned of several prominent individuals who because of political or social pressures, when faced with heart blockages or cancer, refused to adopt a plant based diet. They were concerned about what others would say by making such a sharp departure from what others are consuming for food.

Sadly, some people are more concerned about social and political pressures than they are their own health.

I appreciate that Bill Clinton, though his politics are quite different than mine, was willing to publicly take this stand against animal source foods. This is not only a means to save his own life but also to alert others that animal sourced foods can have a devastating effect upon a person's health and longevity.

The Source of Almost All Heart Attacks and Strokes Revealed

President Clinton's statements are very similar to comments I made in a recent article entitled "[How to Reduce Your Potential for Heart Attack by 97%](#)." In it, I revealed the cause of arterial blockage and a roadmap for how to unclog the pipes.

Might it be that God was and is far wiser than we humans? The Genesis 1:29 diet we proclaim is comprised of 100% plant foods and zero animal fat. This diet was given us by God and is also promoted by Drs. Campbell, Fuhrman, Ornish, and Esselstyn, among others.

I personally listened to God and adopted this diet nearly 35 years ago and have already outlived my dad by over 10 years. Dad died of a massive heart attack at age 65 after suffering, beginning at age 42, several light heart attacks and strokes due to his arteries being clogged by animal fat.

I will be 77 on my next birthday. If the cause of a heart attack is in the genes, I should have been dead years ago. Instead, today, I have a lean, muscular, physical body without a known physical problem, and live a very physically active life.

*"I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: **therefore choose life**, that both thou and thy seed may live." (Deuteronomy 30:19)*