

WOW LHRB July, 2025

Handouts LHRB WoW classes July, 13, 20, 27, 2025

7-2025 WOW LHRB

Class #2 Handout

1a) *In consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days*

- Fraud
 - Adulteration
 - Preservatives—A menace to health
 - Distorted public taste
 - False advertising:
 - Making use of fads
 - Refined foods
 - GMO
 - Contaminants in our food
 - Micro-plastics
 - Fluoride
 - Think your eating healthy?
- **DC 86 Definitions**
 - ⇒ **Food**—*a substance that when taken into the body, builds, repairs and nourishes the tissues and cells of the body, provides heat and supplies energy for the processes of life.*
 - ⇒ **Strong** (1c) *full of spirit, intoxicating, affecting the taste forcibly, not of easy digestion.*
 - ⇒ **Constitution** (2a) *state of being; form of being or peculiar structure and connection of parts which makes or characterizes a system or body. Hence the particular frame or temperament of the human body.*
 - ⇒ **Sparingly** (2b) *frugally, moderately, abstinently, seldom, not frequently.*
 - ⇒ **Famine** (2c) *scarcity of food; dearth, want of provisions sufficient for the inhabitants of a country or besieged place.*
 - ⇒ **Excess** (2c) *That which exceeds any measure or limit, or goes beyond a just line or point. Hence, is beyond necessity or want, **hunger** uneasy sensation for want of food, not merely want of food, the pain or uneasiness of the stomach of a healthy person when too long going without food.*
 - ⇒ **Creep** (2c) *move on the belly on the ground*

- **Foods mentioned to avoid:**

- ⇒ Wine or strong drink
- ⇒ strong drink
- ⇒ Tobacco
- ⇒ Hot drinks

- **Foods mentioned to consume:**

- ⇒ Wholesome herbs
- ⇒ fruit of the vine,
- ⇒ Flesh of beasts and fowls of the air sparingly = in cold or famine, wild animals = only in times of famine and excess of hunger...

4 kinds of flesh: (1 Cor. 15:39) all flesh is not the same flesh; but there is one kind of flesh of **men**,

- ⇒ another flesh of **beasts**,
- ⇒ another of **fishes**, and
- ⇒ another of **birds**.

- **Beef**

A recent study using almost 475,000 middle aged adults in U.K. from 2005 to 2013 found consumption of beef daily increases the risk of heart disease by 15%, diabetes by 30%.

What happens when you consume too much meat?

- **All Grain**

Grains are important sources of carbohydrates, veg. protein, essential amino acids, natural fiber, and vitamins when consumed as the whole grain (not processed).

The staff of life, wheat species include:

Spelt—lower gluten

Durum—pasta

Emmer, hybrid between 2 types of wheat

Einkorn grown in S.E. Russia

Kamut another low gluten grain

White flour, though made from wheat, is stripped of nutrients and fiber when processed and then vitamins added back in.

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Foods mentioned to consume—Grains

Today's wheat is not the same wheat WoW is talking about!

In 1955 production of wheat began to increase. Technology increase along with Scientific Crop Management came the use of

- **synthetic nitrogen fertilizer** (herbicides which kill weeds),
- **fungicides aka pesticide,**
- **growth regulators** which improve the size and fight against pathogens and manage stress tolerance.
- **wheat breeding** came into existence.
- **Hybridization** (cross pollinating plant species)

Whole Wheat: has 26 vitamins and minerals plus bran (fiber).

Bran: permits the body to rapidly eliminate wastes and toxins that result from the digestive process.

Directly under the bran is the *Middlings*, highly nutritious layer containing a high percentage of minerals and vitamins. This is removed and sold to farmers as livestock feed.

The **wheat germ**, an important source of vitamins and minerals is also removed and sold separately as a food supplement.

Wheat germ oil: rich in vitamins also, but is removed along with the germ to insure longer shelf life.

White flour is the result of commercial milling process is almost entirely devoid of nutritional value.

Other Grains

Quinoa, Amaranth, Brown Rice, Barley, Millet, Oats, Rye, Farro, Teff, Sorghum

Corn—not a vegetable but a grain..

Non grains often confused as a grain:

Buckwheat.

Complex Carbohydrates

Benefits of Complex Carbs

Higher fiber content which helps regulate blood glucose levels and insulin response.

Provides energy longer

Keeps body nourished longer

Takes longer for digestion

Adds bulk to bowel movements.

Fruits

Apples Bananas Grapefruit

Pears Berries Tomato

Legumes and seeds

Green beans Lentils Split peas

Pumpkin Seeds

All beans: black, cranberry/Roman, navy, Kidney, pinto, chickpeas/Garbanzo

Vegetables

Asparagus Beans Broccoli

Carrots Cucumber Okra

Onion Spinach, chard, collard greens, kale

Squash—butternut, acorn Yams Zucchini

Carbs to avoid as these contain a large quantity of added sugar.

Bagels Baked goods Crackers

Hamburger buns Pancakes Pizza dough

Rice cakes Sandwich bread Waffles

White rice/pasta/bread

• Prudence and Thanksgiving

Prudence

Thanksgiving

Guidelines in Storing Spices/Herbs

Spices are prone to all the same problems of the crops grown around us. They can be too dry, too wet, even insect infested. By controlling environmental variables these issues can be prevented.

Buy quality spices. Check to see how they are packaged . Closed containers protect from direct sunlight or extreme heat. Examine the spice for color and freshness. Check for dirt, webs, eggs, and damage which may indicate insect infestation.

Storage: store them in clean, airtight containers. This prevents oxidation which deteriorates the flavor, color, and aroma. Air sealed into the containers can cause deterioration. Containers sized to the quantity of spice to be stored are best. For long-term storage, including freezing, use glass jars with airtight lids. Light causes fading. Best containers are opaque such as amber glass or in a cupboard or drawer or cover the spice rack with a cloth if it has to be out in the open.

Storage temperature is best if kept below 70 degrees. Store spices away from the furnace, stove, and direct sunlight. Temperature fluctuations can cause condensation. Excessive moisture will cause the flavor to taste *off*. Eventually it will mold. When using spices that have been stored in the freezer, return the containers promptly to reduce condensation and the resulting damage.

Time's effect on spices is known as *shelf life*. The shelf life is different for each herb and spice stored. The form of the spice is also a determining factor in storage. Spices that have been cut or powdered have more surface area exposed to the air and will lose their flavor more rapidly than spices in whole form.

In the chart below are some general timelines for storing spices under good conditions.

Whole spices and herbs:

Leaves & flowers 1 year

Seeds and barks 2 years

Roots 3 years

Ground spices & herbs

Leaves 6 months

Seeds & barks 6 months

Roots 1 year

Finally handle spices with care. Always use clean, dry utensils and containers. Breakage of fragile spices and herbs can be prevented by carefully placing or pouring them into utensils, rather than scooping them.

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Cooking With Herbs - What Shall I Add?

Choosing which herbs and spices to use when cooking can be daunting. Here are some hints which can get you on your way to confidently and creatively flavoring your foods. .

Always remember that the herbs and spices you add to your food must combine to enhance the flavors already present, as well as complement each other. Some herbs and spices easily form flavor families. These combinations can often be purchased as a blend, or they can be combined at home.

Flavor Families

Bouquet garni - basil, bay, oregano, parsley.

Herbal - basil, marjoram, rosemary, thyme.

Hot - chili peppers, cilantro, cumin, garlic, onion.

Pungent - celery, chili peppers, cumin, curry, ginger, peppercorns.

Spicy - cinnamon, ginger, pepper, star anise.

Sweet - allspice, anise, cinnamon, cloves, nutmeg.

An easy and tasty method for testing herb and spice combinations is to mix several blends into small portions of cream cheese or other mild cheeses. After allowing them to sit for at least one hour, sample your combinations noting which flavors you like and which ones are overpowering. Be sure to label the samples so that you will know how to duplicate or modify each seasoning to your taste.

Below is a listing of foods and suggested seasonings. Use one flavor family at a time, otherwise your flavors will become muddled. Try some of the combinations that are new to you. A dash of cinnamon to your spaghetti sauce or a sprinkle of horseradish in a salad will liven up *old stand-bys* and have your friends asking about your secret ingredients!

Beans (dried) - cumin, cayenne, chili, onion, parsley, pepper, sage, savory, thyme.

Breads - anise, basil, caraway, cardamom, cinnamon, coriander, cumin, dill, garlic, lemon peel, onion, orange peel, oregano, poppy seed, rosemary, saffron, sage, sesame seed, thyme.

Cheese - basil, caraway, celery seed, chervil, chili peppers, chives, coriander, cumin, curry, dill, garlic, horseradish, lemon peel, marjoram, mint, mustard, nutmeg, paprika, parsley, pepper, sage, tarragon, thyme.

Eggs - basil, chervil, chili peppers, chives, curry, dill, fennel, ginger, lemon peel, marjoram, oregano, paprika, parsley, pepper, sage, tarragon, thyme.

Fruits - allspice, anise, cardamom, cinnamon, cloves, coriander, ginger, mint, nutmeg.

Meat: beef - basil, bay, chili pepper, cilantro, cumin, garlic, marjoram, mustard, oregano, parsley, pepper, rosemary, sage, savory, tarragon, thyme.

chicken - allspice, basil, bay, cinnamon, curry, dill, garlic, ginger, lemongrass, paprika, saffron, sage, savory, tarragon.

lamb - basil, bay, cinnamon, coriander, cumin,

curry, dill, garlic, mint, parsley, rosemary, tarragon, thyme.

fish - basil, bay, chives, curry, dill, fennel, garlic, ginger, mustard, oregano, parsley, savory, tarragon.

Potatoes - basil, caraway, chives, dill, marjoram, oregano, paprika, parsley, rosemary, tarragon, thyme.

Salads - basil, caraway, chervil, chives, dill, garlic, lemon peel, lovage, marjoram, mints, oregano, parsley, rosemary, tarragon, thyme.

Salad Dressings - basil, celery seed, chives, dill, fennel, garlic, horseradish, marjoram, mustard, oregano, paprika, parsley, pepper, rosemary, saffron, tarragon, thyme.

Soups - basil, bay, chervil, chili peppers, chives, cumin, dill, fennel, garlic, marjoram, parsley, pepper, rosemary, sage, savory, thyme.

Sweets - allspice, angelica, anise, cardamom, cinnamon, cloves, fennel, lemon peel, ginger, mace, nutmeg, mint, orange peel, rosemary.

Tomatoes - basil, bay, cinnamon, chili peppers, fennel, ginger, gumbo file, lemongrass, marjoram, oregano, parsley, tarragon, thyme.

My Experience With the Word of Wisdom

Elder W.H. Kemple, Pacific Beach, Calif.
Saints Herald, Aug. 5, 1957

I joined the church on July 1, 1917, at Sioux Falls, South Dakota. I immediately bought a number of church books to study, and while reading the Doctrine and Covenants I came to Section Eighty-six regarding the Word of Wisdom. My interest was aroused in the first paragraph in which God tells us that He is giving this **as warning about evil designs** that would exist in the hearts of men who evidently have only one desire and that is to make money regardless of what effect their product would have on the health of their customers. We do not have to do a great deal of investigation to find out that this indeed is a fact.

On investigation I soon found out there was quite a bit of controversy as to whether tea and coffee were included as was tobacco. I found that Joseph the Martyr, on one occasion, specifically mentioned tea and coffee, so I decided to put the extreme version of the Word of Wisdom into practice in our home, as far as I understood it. I felt sure that at least God would not condemn us for not using tea or coffee, while we could give the cost of these articles to the church.

At first we ourselves abstained from tea and coffee, but kept some in the house to serve to friends who came to visit us. One day while meditating on the gospel and the Word of Wisdom in particular, there came to me by what seemed like a still small voice this question: "*Why do you give your friends to drink that which you believe is not good for you?*" after that I resolved that our friends would be welcome to what we had, but there would be no more tea or coffee even kept in the house.

Before I joined the church, I used tobacco and of course I had discontinued that. We also made it a point to use meat sparingly, and rarely except in winter. As I grew older, when at hard physical labor beside younger men who used meat regularly, I was

able to outwork them day after day. We began using whole wheat bread, too.

Through the years, since we became acquainted with it, we have tried to the best of our ability to be faithful in keeping the Word of Wisdom. God has certainly blessed me with health and strength through the years, and up to the age of sixty-seven I was able to keep up with almost anyone.

Several years ago I was awakened early one morning by a voice saying: "*You can live to be ninety years old if you wish.*" It was accompanied by the Spirit of God permeating every part of my body. As I meditated on the experience, I asked the question, "*Why would you bless one who feels so unworthy as I?*" By an increased portion of the Spirit came this answer: "Because of your integrity both in precept and example regarding the Word of Wisdom." My answer was, "*Lord, if you will give me the measure of health and strength that will enable me to serve you and make some contribution to your cause until I reach that age, I will be glad to live that long and serve you.*"

A few years after this the Savior appeared to me in a vision in the morning about three o'clock and told me that I would have to pass through two trials, but to remain firm and steadfast and He would support me. The first one I passed through some time after that.

A year ago on the eighteenth of May, my birthday, I went to bed with double pneumonia. Complications set in, and for a time the doctors were worried about my recovery. I soon realized that this was my second trial. I never had any particular doubts but what someday, in God's own due time, I would recover and again be able to serve Him. There were a few moments when I became a little impatient. One of the peculiarities was that I suffered practically no pain, even when coughing, although my lungs were badly infected.

After about five months I seemed to improve, but I could not regain my appetite or weight. Finally I prayed, asking my heavenly Father what I should do. One morning I was told by the Spirit to sell our home and move to Pacific Beach.

I had tried to sell our place some time before for cash but could not do so, so I prayed that if this was indeed God's desire He would open the way so that I could sell our home for cash and be able to buy a home in Pacific Beach. I did not tell my companion anything about my experience at the time. She went to visit her next-door neighbor after dinner on the same day, and our neighbor asked her if we would consider selling our home. My wife said she was not sure but she would ask me. When she returned home and asked what I thought about it I said, "Yes, if we could sell it for cash." My companion went back and told her what I said, and our neighbor said she knew a man who would buy it and that he would pay cash. We got in touch with him and in a few days closed the deal. Then I told my companion about the experience I had.

Soon we moved to Pacific Beach, where we now reside. After coming here my appetite returned; I started to regain weight and my health and strength have been gradually returning until now I am able to attend church regularly and participate in some of the services. I am now sixty-nine.

On May 13 of this year, between the hours of five and six in the morning, I was awakened by my person being bathed in the Spirit of God and I was again reassured that I could live to be ninety years old if I wished. I answered, as I had at the time of the previous experience, and I was given to understand that I should not pay any attention to those who would ridicule me for my attitude toward the Word of Wisdom but that I should write of my experiences in this regard. I was not to fear man but to trust in God. To a degree I sense what is involved here and so as to be sure that this was true I pleaded with God to again flood my being to overflowing with His Spirit in confirmation. He did, and it was marvelous indeed. It cannot be adequately described in words but must be experienced to be understood. I was also given to understand that if many in the church would be more diligent in observing the Word of Wisdom they would receive greater blessings of health; and if His ministers would be more diligent in teaching by precept and example the Word of Wisdom, their health and ministry would be greatly enhanced.

Before I joined the church I used to go hunting occasionally, but after reading the Word of Wisdom I made up my mind that the only time I would do any more hunting would be when it was necessary to preserve life.

A few years ago while attending a priesthood retreat in the San Bernardino Mountains, after the early morning service we each went out in different directions into the woods to commune with God. On my journey a deer crossed my path, and I spontaneously voiced this statement, "*These hands shall never take the life of your king except to save human life.*" I was immediately bathed in the Spirit of God which permeated every fiber of my being and remained with me to a degree into the next day. As I returned to our place of meeting, I felt the presence of, but did not see, a being walking beside me.

Through the years I have read many articles on the things stated in the Word of Wisdom, the findings of doctors and dietitians which have verified the truth and wisdom contained therein but, sad to say, in recent years some few of these authorities have reversed their previous decisions in connection with financial interests.

It has been proved beyond a possible doubt that tea and coffee have little if any food value in themselves. Three drops of concentrated caffeine, a derivative of coffee, injected into a person who has never used coffee will generally kill him I was told by a doctor friend. Caffeine is also found in the colas.

Just the other evening, while meditating on the gospel and thinking about the importance of wisdom as pointed out in Proverbs, and how so many of us fight against it, the following was presented to me: ***To live to eat is of the flesh, but to eat to live is of God.*** We are stewards over these tabernacles of clay God has given that we might have a fullness of joy; we shall have to give an account of how we have used them.

Recently I completed a little statistical work among our own church people and by a very conservative estimate, if we would take the funds we spend for these harmful things and donate them to the

General Church as an offering, it would amount to well over two and a half million dollars a year. It would not take long to have the funds necessary to complete the Auditorium, double the missionary force, build more churches, establish group stewardships, and put more young people through college.

What price are we willing to pay for the success of the work of Christ, for the building of Zion? Christ gave His life for us!

I think of the words found in Colossians 1:27, Inspired Translation: "*Christ in you, the hope of glory.*" If Christ be in us we will, like Christ, be willing to meet to the best of our ability every demand the cause makes upon us and pay every price required for it's success. As Christ was ministered to, to enable Him to accomplish, we shall also receive a like ministry if we move out in obedience, faith and sacrifice.

As for me and my house, we shall to the best of our ability continue to live by the Word of Wisdom as the Lord gives us understanding, at the same time remembering that we must strive to know and keep ALL of God's commandments.#