

WOW LHRB July, 2025

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

7-2025 WOW LHRB

Class #3 Handout

Obedience to the WoW is important. Nevertheless, we are not right in placing greater emphasis on the WoW than on other commandments.

- DC85:38 says *see that ye* :
 - ⇒ Love one another
 - ⇒ Cease to be covetous
 - ⇒ Learn to impart one to another as the gospel requires
 - ⇒ Cease to be idle
 - ⇒ Cease to be unclean
 - ⇒ Cease to find fault one with another
 - ⇒ Cease to **sleep** longer than is needful
 - ⇒ Retire to thy bed early,
 - ⇒ clothe yourselves with bonds of charity,
 - ⇒ Pray always.
- DC119:9:
 - ⇒ Be Clean
 - ⇒ Be Frugal (temperate, economical, thrifty)
 - ⇒ Cease to complain (the more we complain in our trials the more we remain in our trials.)
 - ⇒ Take **sleep** in the hours set apart by God for the rebuilding and strengthening of the body and mind;

Sleep

Experts recommend adults should go to bed between 10 and 11 p.m. Recommended sleep hours by age:

0-3 months	14 to 17 hours
3-11 months	12-15 hours
1—2 years	11-13 hours
3-5 years	10-13 hours

6-13 years	9-11 hours
14 to 17 years	8-10 hours
18 to 25 years	7-9 hours
26 to 64 years	7-9 hours
65 and older	7-8 hours

Complaining

- **Negative thoughts can take over all our lives. They can:**
 - ⇒ Affect our relationships with others
 - ⇒ Negativity drains happiness.
 - ⇒ Makes it harder to get through our day.
- **Negative thinking has an affect on us mentally by:**
 - ⇒ Cause low self- esteem
 - ⇒ Increasing anxiety and depression.
- **Physically negative thinking may cause:**
 - ⇒ Chronic stress which can upset hormone balance, deplete brain chemicals and damage our immune system
 - ⇒ Negative thinking can raise blood pressure and hinder recovery from illness.
 - ⇒ Pessimism is linked to degenerative brain diseases and cardiovascular problems.

What isn't mentioned in 86 but, in other scripture:

- **Pork and fish:** Lev. 11

- **Health care insurance**

We spend \$ on health care insurance and MD bills when we get sick, when preventative measures such as diet and exercise can be a wiser use of our stewardship both financially and over our bodies.

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What isn't mentioned in 86 but, in other scripture continued:

- **Administration** - The Lord instituted administration and empowered His priesthood with the same healing power He had. His ministers to our mental, emotional, physical and spiritual needs when circumstances in our lives either by our own neglect to be obedient to God's word or situations occurring out side of our control.
- **Sugar** - A study published in Science, reveals evidence that limiting sugar intake in early life could significantly reduce the risk of developing diabetes and high blood pressure decades later. (More info see WW@ sugar rationing British WW2 Rations...a Healthier diet than now.)

In the US. People with diabetes incur annual medical expenditures of about \$12,000 on average. Furthermore, earlier diagnosis of diabetes significantly reduces life expectancy.

American Heart Assoc. (AHA) recommends no more than 9 teaspoons of added sugar per day for men, 6 tsp. for women, children and teens shouldn't consume more than 6 tsp. daily. No sugar for children under 2.

- **Pork** "*Pork, the other white meat.*"
Pork is known to carry tapeworms, trichinosis (a parasitic disease) pigs can be carriers of various parasites such as roundworms, pin worms, hookworms, and tapeworms.

Dangers of eating pork include:

- ⇒ Increased risk of diabetes, cardiovascular disease and several types of cancer.
- ⇒ High fat and cholesterol can increase the risk of heart problems and obesity.

- ⇒ Associated with liver cancer, cirrhosis and M.S.
- ⇒ Inflammation of appendix, gall bladder
- ⇒ Acute intestinal catarrh
- ⇒ Gastro enteritis with thyroid and para thyroid symptoms
- ⇒ Acute eczema
- ⇒ Carbuncles (boils under the skin).

Summary

Obey commandments = absolute surrender - what is absolute surrender?

- ⇒ **Definition-** unconditional, unlimited, yielding, giving up, to someone of greater importance, God.
- ⇒ **Surrender-** yield to power of another, to give up, resign in favor of another.
- ⇒ **Examples** Hel 3:115-130, Mos.728-9:29 , DC 81:3b, Alma 10:28, Matt.6:38, &Col. 3:1-5, and best example-Jesus.
- ⇒ **Characteristics-** humility, meekness, patience, sacrifice, yielding, keeping His commandments and resignation to the will of God.
- ⇒ A.S. is accomplished when we are doing the will of God, fulfilling our calling, the full measure of our existence. It is critical to everything, the covenant we made and renew at sacrament, Zion, everything.
- ⇒ 1N6:25, Isa. 48:18, DC81:3a
While we are in the line of duty (absolute surrender) God can and will take care of us in the midst of the gravest dangers and perplexities. If God be for us who is against us? (E. A. Smith, Square Blocks pg. 149).
- ⇒ God can't refuse the intercession of His servants to deliver His people when they prove loyal and comply with His will!

Diets

⇒ DASH

The DASH diet is a nutritional intervention for lowering BP which stands for **Dietary Approaches to Stop Hypertension**. It emphasizes high intake of fruits, veggies, low or nonfat dairy, nuts, seeds, lentils, beans and whole grains and limits consumption of red or processed meats, sweets, soda and sodium.

Basically:

Sweets 5 weekly -1 T sugar, jam,

Fats - 2 to 3 daily = 1 tsp oil, 1T mayo or 2 T dressing.

Nuts/legumes - 4 to 5 servings a week a serving being 1/3 c nuts, 2 T nut butter, 1/2 c cooked beans/peas.

Lean meat/fish/poultry - 6, 1 oz. servings daily, 1 egg, 1 oz. cooked meat.

Dairy (fat-free) - 2 to 3 servings daily - 1 c yogurt, milk, 1 1/2 oz. cheese.

Fruit - 4 to 5 servings daily - 1 med fruit, 1/2 c frozen or canned fruit.

Veggies - 4 to 5 daily - 1 c raw leaf green veggie, 1/2 c cooked veggie

Grain - 6 to 8 = 1 sl. Bread, 1 oz. dry cereal, 1/2 c cooked cereal/rice or pasta.

But, it didn't seem to be working for me. Perhaps it would w/o flesh as I was still eating turkey. By BP would still go high, over 120.

⇒ MEDITERRANEAN

Designed to help reduce mortality and risk of chronic diseases.

Emphasizes:

plant-based foods, unprocessed cereals, legumes, veggies, fruit, moderate consumption of fish and yogurt, low amount of red meat, olive oil is the primary source of fat.

⇒ MIND

Mediterranean Dash Intervention for Neurodegenerative Delay Diet. It combines DASH and Mediterranean diets together.

Specifically designed to combat cognitive decline.

Components"

10 brain-healthy food groups: leafy green veg., other veg, nuts, berries, legumes, whole grains, seafood, poultry, olive oil and wine.

5 unhealthy food groups: red meats, butter, margarine, cheese, fried and fast foods, and pastries and sweets are limited which helps reduce the intake of trans and saturated fats.

Key features esp. emphasis on real foods which are necessary to reduce inflammation, facilitate weight loss, improve microbiome health, enhance insulin resistance, lower elevated blood fat levels and slow artery clogging.

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Side-Effects of Caffeine

There was a time when people would sit down together and over a cup of coffee talk about their problems feeling more relaxed and able to let go. However, rather than taking the edge off it's common knowledge that caffeine makes us more edgy. Caffeine, in the form most commonly used, coffee or colas are the number one drink in America, it's probably the most widely used drug in America, and has absolutely no nutritional value.

Habitation is Caffeine's Secret of Success.

Caffeine enters all organs and tissues of the body within a few minutes of ingestion with 90% metabolized and only 10% excreted unchanged in the urine. Caffeine's effects may be subtle and obscured by the multifaceted nature of many chronic disease states.

You may be thinking, "Hey, everybody drinks coffee, tea, or colas...can it be that bad?" well, it's time you understood some of the side effects of caffeine, and if you are having any of the symptoms about to be described, it may be well to discontinue consuming anything with caffeine. Below is information on how caffeine affects all the systems of the body.

Effect on the Nervous System:

- In children caffeine may cause damage to the brain and central nervous system development.
- It is a powerful central nervous system stimulant. Large doses may impair motor function, where delicate coordination is required. It increases reaction to sensory stimuli, but the post stimulation produces a let-down effect resulting in fatigue, lethargy, and depression.
- A high dose can produce symptoms indistinguishable from anxiety neurosis.
- It can cause nervousness, irritability, jitteriness, muscle tension, trembling, headaches, shaky hands, and even hallucinations.
- It is the principle cause of *restless leg syndrome*. This results in insomnia and an uncomfortable feeling caused by involuntary move-

ment of the legs.

- Children have increased hyperactivity and insomnia from cocoa and cola drinks. Too many parents cannot figure out why they cannot control their children. Why? Could it be the caffeine they consume?
- It has significant effects on muscle contractions - relaxing smooth muscle and increasing the contraction of skeletal muscles.
- It may mask mental and physical fatigue. This may be dangerous if used while driving. It is not a substitute for normal rest or sleep.
- It may interact with other drugs. It decreases barbitol induced sleeping time.
- It is habit forming and addictive.
- Thiamine (Vit. B1) is destroyed by both coffee and caffeinated tea. Any heavy coffee drinker is likely to be deficient in B1 which is crucial to mental health and tranquility. It is called the *moral vitamin*. Lack of thiamine causes nervous exhaustion, fatigue, loss of appetite, loss of memory, depression, constipation, inability to concentrate, feelings of inadequacy, lethargy, and intense drowsiness. B1 deficiency is also linked to Sciatic pain issues.
- It could trigger psychosis through its action on a set of chemicals in the brain called *neurotransmitters*. They convey information across microscopic gaps, called synapses, between nerve cells in the brain. It causes significant changes in these different transmitter systems. If taken in ordinary doses it is a threat to your mental health.
- All mental and physical stimulation ceases if you consume more than 2 cups at a time. After 2 cups of coffee it acts to slow your reaction time and impair your thinking.
- Caffeine could well be one of the most frequent causes of chronic recurrent headaches. Caffeine withdrawal also results in headaches.

Amount of Caffeine in Mg. Per Cup

- | | |
|---------------------------|-------------------------|
| • 3 mg. decaf coffee | • 40 mg. can of cola |
| • 19 mg. hot chocolate | • 45 mg. black tea |
| • 20 mg. green tea | • 80 mg. Red Bull |
| • 27 mg. shot of espresso | • 82 mg. instant coffee |
| | • 95 mg. brewed |

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The Side-Effects of Caffeine *Continued*

Effects on Heart and Circulatory System, it can cause:

- Caffeine increase in free fatty acids causing an increase in blood fats and cholesterol associated with heart attacks and cardiovascular disease.
- It can cause heart palpitations, lightheadedness.
- It can cause flushing as it dilates blood vessels.
- It can cause tachycardia (raised heart rate from normal resting rate), arrhythmias (irregular heart beat), as caffeine stimulates the cardiac muscle.
- Caffeine can cause coronary disease (reduction of blood flow to the heart), heart disease and high blood pressure (aka the silent killer).
- There is an increase in myocardial infarction (interruption of cardiac blood supply) among coffee drinkers.
- There is a 60% increase in heart attacks associated with consumption of one to 5 cups/day and 120% increase with more than 5 cups per day.

Effects on the Gastro Intestinal System

- Coffee increases hydrochloric acid in the stomach causing hyperacidity. This accounts for the burning sensation reported by ulcer patients. There is a 72% greater chance of developing ulcers in coffee drinkers compared with non-users.
- Aggravates symptoms of peptic ulcer.
- Coffee drinkers are twice as likely to develop cancer of the pancreas than non-users.
- It affects how your body absorbs iron, leading to anemia. Strong coffee takes twice as much iron from being absorbed and using cream worsens the effect.
- *Tannic acid* in caffeinated tea combines with the iron to form a non-digestible complex which passes out of the body.
- Accumulates in the body as liver disease.
- Possible stimulating factor in stomach cancer.
- Stimulates the secretions of the small intestine.
- Stimulates water secretion can cause nausea and loose stools.

- Causes a hypoglycemic (decrease in blood sugar) response in the presence of glucose and elevates blood glucose.
- Caffeine alters the metabolic status of human beings and can increase your metabolic rate (energy expended at rest) by 10 to 25%.

Effect on Respiratory System

- Causes rapid breathing and shortness of breath.
- 150 to 250 mg. of caffeine stimulates the respiratory center by sensitizing it to carbon dioxide.

Effect on Kidneys, Bladder and Prostate

- There is a correlation between coffee/cola and bladder cancer.
- Under conditions of stress from dehydration, temperature changes, and decreased food intake, caffeine is even more toxic.
- Alcohol and caffeine have been shown to be physiological antagonists - when alcohol is consumed there is an increase in caffeine intake.
- It is a diuretic, causing frequent urination.
- There is a correlation between national coffee ingestion and prostate cancer.

Birth Defects and Congenital Malformations

- Caffeine crosses the placenta to the baby and even into the breast milk.
- Birth defects may include: cleft palate, digital and joint defects, absence of a jaw, unusual smallness of a lower jaw, blood tumors, club feet and delayed skeletal development.
- In England, *Ectrodactyly* (a congenital absence of all or part of the fingers or toes) has been connected to heavy caffeine consumption during pregnancy.
- In large doses it has been shown to be a mutagen (physical or chemical agent that increases the rate of genetic mutation) in animals, plants, and bacteria.
- Caffeine may also cause abortion.

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The Side-Effects of Caffeine *Continued*

Miscellaneous Side Effects

- Caffeine stimulates thyroid hormone secretion.
- It has immunosuppressant properties.
- It predisposes women to fibrocystic breast disease which involves lumps, thickenings, and nodules in the breasts, and it increases the risk of breast cancer.

Withdrawal Symptoms of Caffeine

How do you know if you are addicted to caffeine? Stop using it for two or three days. You will experience the following symptoms:

- Headaches, about 18 hours after your last consumption.
- Drowsiness and almost overwhelming malaise
- Lethargy
- Runny nose and nausea
- A cottony feeling in the mouth.
- Nervousness and irritability
- Insomnia
- Depression and inability to work effectively.

These withdrawal symptoms can last up to two weeks or more depending on how much you have consumed at your age.

What Do I Drink?

The most obvious question you are probably asking yourself right now is: *if I cannot drink coffee, tea, alcohol, soft drinks, or chocolate -/ cocoa what else is there to drink?*

First of all is the obvious: fresh spring water. Everyone should drink 1/2 their body's weight in ounces of water daily to provide the body with needed fluids. After strenuous exercise on a hot day, nothing quenches thirst like water. The juice of a fresh lemon in a glass of hot water is a good way to start the day and will also help you lose weight.

Fresh fruit/vegetable juices, one of your best investments is a juicer, use the money you save from purchasing coffee/colas and other caffeinated drinks. Most health food stores have natural cereal beverages to replace coffee that are pleasant tasting. Some popular ones are: *Sipp*, *Caffix* and *Pero*.

What About Caffeine-Free, Decaf beverages or soft drinks?

A chemical used in making decaffeinated coffee (TCE - trichloroethylene) has been known to cause liver cancer. The National Cancer Institute has warned against using three possible substitutes for TCE: *Replacing a chemical with carcinogenic risk with another chemical of unknown risk may result in a more hazardous alternative.* In other words, all the side effect of the chemicals used in decaf coffee are still unknown.

Caffeine free soft drinks and sugar-free soft drinks still have substitutes and chemicals. It is best to try to develop a taste for healthy beverages. Think about how much beverage you consume every day and in a lifetime. It's the fluid your body uses to trigger every chemical reaction and enzyme activity in your body. If you do not think a few chemicals in the beverages you consume make any difference in how you feel, try putting 1% water in your gas tank and see how well your car runs.

IT's More Than Drink

Foods containing caffeine are just as harmful.

- Chocolate anything, alternative is Carob.
- Candy, sweets, deserts like cakes, cookies, tiramisu, mousse.
- Chocolate coated fruit, nuts
- Syrup, dark or milk chocolate, mocha
- Dairy and egg products.
- Meats, entrees, side dishes
- Even supplements if they advertise they increase energy can contain caffeine.

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What isn't mentioned in 86 but is in other scripture:

Sugar

- A study published in Science, reveals striking evidence that limiting sugar intake in early life could significantly reduce the risk of developing diabetes and high blood pressure decades later. By examining data from Britain's post-WW2 sugar rationing program, researchers uncovered that children who experienced sugar restrictions during their first 1000 days after conception had up to 35% lower risk of developing type 2 diabetes and a 20% less risk of hypertension as adults.
- The timing of this research is particularly relevant given current concerns about sugar consumption. Today's pregnant women in the U.S.A. consume more than three times the recommended amount of added sugar, over 80 grams daily. Meanwhile most infants and toddlers regularly consume sweetened foods and beverages, despite dietary guidelines recommending zero added sugars during these crucial early years. (More info see WW@ sugar rationing British WW2 Rations...a Healthier diet than now.)
- *Sugar early in life is the new tobacco, and we should treat it as such by holding food companies accountable to reformulate baby foods with healthier options and regulate the marketing and tax sugary foods targeted at kids*, suggests study co-author Paul Gertler of UC Berkeley and the National Bureau of Economics Research.
- In the US. people with diabetes incur annual medical expenditures of about \$12,000 on average. Furthermore, earlier diagnosis of diabetes significantly reduces life expectancy—for every decade earlier that diabetes is diagnosed, life expectancy drops by three to four years.
- Today, the American Heart Assoc. (AHA) recommends no more than 9 teaspoons of added sugar per day for men, 6 tsp. for women, children and teens shouldn't consume more than 6 tsp. daily. No sugar for children under 2.
- Sugar is hard on adrenals, kidneys.

Obey commandments = absolute surrender

What is absolute surrender?

- ⇒ **Definition of A** = unconditional, unlimited, yielding, giving up, to someone of greater importance, God.
- ⇒ **Surrender** = to yield to the power of another, to give up to resign in favor of another.

He's asked us to give Him our Hearts, our all, this applies to our temporal lives as well.

- ⇒ **Examples of A.S.** Hel 3:115-130, Mos. 728-9:29 , DC 81:3b, Alma 10:28, Matt. 6:38, and Col. 3:1-5, and best example = Jesus.
- ⇒ **Characteristics of A.S.** = humility, meekness, patience, sacrifice, yielding, keeping His commandments and resignation to the will of God.
- ⇒ **A.S, is accomplished when** we are doing the will of God, fulfilling our calling, the full measure of our existence. It is critical to everything, the covenant we made and renew at sacrament, Zion, everything.

O that thou hadst hearkened to my commandments! Then had thy peace been as a river and thy righteousness as the waves of the sea. (1N6:25, Isa. 48:18)

(DC81:3) a). *I give unto you a new commandment, that you may understand my will concerning you, or, in other words, I give unto you directions how you may act before me, that it may turn to you for your salvation.* b). *I, the Lord, am bound when ye do what I say, but when ye do not what I say, ye have no promise.*

While we are in the line of duty (doing the task given us) God can and will take care of us in the midst of the gravest dangers and perplexities. If God be for us who is against us? (Elbert A. Smith, Square Blocks pg. 149).

- ⇒ God can't refuse the intercession of His servants to deliver His people when they prove loyal and comply with His will!

Administration

- ⇒ The Lord instituted administration and empowered His priesthood with the same healing power He had.
- ⇒ We may utilize this ministry to our mental, emotional, physical and spiritual needs when circumstances in our lives either by our own neglect to be obedient to God's word or situations occurring out side of our control.