

Word of Wisdom

Class #2

*Hearken ... and come unto the Holy One
of Israel and feast upon that which
perisheth not, neither can be corrupted;
and let your soul delight in fatness.*

2Nephi 6:101-102

Word of Wisdom

Class #2

My Testimony

What this class will cover

DC 86:1-3

- Evils and designs which do and will exist in the hearts of conspiring men in the last days
- Foods mentioned in the WoW to consume and not to consume.
- The Word of Wisdom is timely no matter when it was given.
- Prudence and thanksgiving

Word of Wisdom
Class #2

DC86:1a

Behold, verily thus saith the Lord unto you, in consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days.

I have warned you, and forewarn you, by giving unto you this word of wisdom by revelation,

Class Two

Evils and designs

aka--Fraud

- Fraud existed from the beginning of time. In earlier days it was simple and crude. Knowledge was limited. The appeal was to ignorance and superstition. Today fraud tactics are more refined and subtle.

Class Two

Evils and designs Fraud

In 1874 a bill was introduced in the U.S. Congress to protect the public against food and drug adulteration, it was defeated through the efforts of powerful combinations of men whose financial interests were involved.

The bill was reintroduced and rejected many times until 1906 when it became law.

Numerous attempts since to get around the law have been tried.

Attempts to strengthen the law through legislation have repeatedly failed.

Class Two

Evils and designs

aka—Fraud

- The food industry has robbed us of nutrition. They have persuaded us to buy refined and processed, artificial non-foods and drinks – devoid of all vitamins, minerals, fiber, all to accentuate the lusts of the flesh.
- The media has perpetuated these lusts for the more obvious addictive vices.
- The media has caused us to lose some control over the education of our children.
- Our nutrition education tends to come from ads, labels, carefully crafted articles with sources that have little or no training in preventive approaches based on good nutrition.

Class Two

Evils and designs aka--Fraud

- Research studies are produced with grants from food companies that want only good reports to reach the public.
- Convenience and ease have become idols.
- Government law is making it harder for the food industry to lie to the public by requiring ingredients be clearly printed on labels.

However, reading labels often requires the use of a dictionary and a magnifying glass.

The small print on labels make it easy for the consumer to purchase something only later to find out it's got things in it injurious to one's health.

Class Two

Evils and designs aka--False advertising

"My people are destroyed for lack of knowledge (Hosea 4:6)

- Use of *buzz* words like *whole grain* (means it contains the whole bran and germ) or *natural* or more often used today - *organic* (FDA organic is not 100% organic but can have 10% non-organic substances in it).
- Canned goods with flashy labels bear no relationship in price or quality.

Class Two

Evils and designs aka--False advertising

Unfortunately there is no end to the list of nutrition-less aka non-food products pushed on the public and purchased by today.

Advertising makes them look inviting but such non-foods produce disease rather than health, and are only marketed for profits to the producers.

People who push these products have no concern for the illnesses that affect infants, children, and adults who consume them.

Class Two

Evils and designs

aka--Adulteration

At first adulteration was more overt - ie. Adding white gypsum powder to white flour or potatoes soaked in water to add weight.

Some examples today:

- Olive oil blended with cheaper oils and offered as *pure* olive oil.
- Glucose or high fructose corn sweetener or corn syrup mixed with honey and sold as *pure honey*. Antibiotics fed to bees.
- Maple syrup is often a solution of beet sugar artificially colored and flavored.

Class Two

Evils and designs

aka--Adulteration

Making of inferior food so attractive in looks that it may be sold as premium quality.

Some examples

- Old meat made to look fresh by adding sodium sulphite
- Canning or drying inferior meats, fish, eggs, or veggies and selling them as 1st class.
- Tomato paste made not of tomatoes but colored and flavored to resemble the real thing

A dangerous variation and common today in food adulteration is the production of candies, gum, crackers, breads mixed with drugs supposed to relieve some disorder of the body.

Class Two

Evils and designs

aka--Fake Food

- **Sushi** – either bought at grocery stores or restaurants -- overpriced, in a 2016 study it was found a majority of sushi products were labeled as made with "*white tuna*"- no such thing. The fish used comes from Africa, "escolar" known to cause gastrointestinal disorders/is a laxative.
- **Salmon** - "*farm raised*" has many unhealthy practices. Labeled "Atlantic".
- **Bottled Juices** – made from concentrates and highly pasteurized. China produces 90% of the apple juice to the world. China does not regulate farming practices so farmers can use whatever water source they can ie. sewer water, heavy metal contaminated water.
- **Other fruit juices** are often cut with apple juice concentrate.

Class Two

Evils and designs aka--Fake Food

- **Parmesan cheese** – if it's "*shelf stable*" its most likely not "*pure*" cheese, has fillers such as rice flour or wood dust aka powdered cellulose, which is legal to use. Pure Parmesan cheese only comes from Italy.
- **Rice**, majority of white rice comes from China. It's been reported that a large amount of plastic is found in rice.
- **Lobster** – is not cheap, may be shrimp instead.
- **Coffee** – cut/mixed with twigs and roasted barley
- **Tea** same as coffee, cut with sawdust and leaves from other plants to make the tea last longer. Teabags made with plastic.
- **Spices** ie nutmeg mixed with pepper and corn; Oregano containing leaves from other plants.

Class Two

Evils and designs aka— Preservatives

- Meant to prevent decomposition of perishable substances like meat, fish, veggies.
- Formaldehyde (cauliflower, broccoli), salicylic acid, boric acid.
- Benzoate of soda and Sulphur dioxide gas, banned in many countries, are still used today in the food industry.
- Robert F. Kennedy, with his proposed health initiatives could significantly impact the American food industry by prioritizing the removal of artificial additives deemed potentially harmful – such as chemical colorings, preservatives, and synthetic flavor enhancers.

Refined Foods

- Highly processed which changes foods from their natural condition, taking out nutrients, killing enzymes and vitamins. Examples: **white** flour, rice, pastas, brown bread...
- Prepared or packaged cereals which are very expensive in comparison with the whole grain, and are devitalized – stripped of vit. & minerals to be shelf-stable.
- Chemical colorings, synthetic flavor enhancers are added to satiate the lusts of the flesh only.

Class Two **aka--Distorted Public Taste**

Evils and designs

Leads to treatment of foods which may be detrimental to our health. To make foods more appealing to the eye.

Some examples:

- Bleaching of wheat by using chlorine, nitrogen trioxide or other harmful chemicals yielding white products.
- Dried fruits, naturally discolored by the sun and air in the process of drying are bleached with sodium dioxide gas.
- Ketchup and other condiments are usually colored with dyes to make them more appealing.
- Milk being sold in *grades* ie Grade A.

Class Two

Evils & Designs of the Food Industry

Making use of Fads to charge more \$

Gluten free – it's become popular to be on a gluten-free diet however, most g-f products contain

- High amounts of sugar which is unhealthy.
- Unhealthy additives.
- May contain more sodium
- Lack whole grains, usually using refined flours
- Lack fiber
- High in calories
- Low magnesium and B Vitamins.

Vegetarian aka Plant based - as *soy* used to be now *pea protein* - moderation and temperance.

By the way – buffalo's do not have wings!

Class Two Evil Designs of the Food Industry

Exploitation of Labor

- Workers in agriculture are exposed to long hours,
- Low pay,
- Toxic chemical substances. (Natl Geog/Iceberg lettuce.)

"and surely, blood shall not be shed, only for meat, to save your lives; and the blood of every beast will I require at your hands." Gen. 9:11

From He Walked the Americas page 91.

"In Michigan, according to Dakodah...along this trail toward the sunset trod the Master's golden sandals.... Do not kill unless you are hungry and then ask the animal's forgiveness, and explain your great need to him before ever you pull the bow-string. This was a rule that never a Red Man would be so rash as to violate."

Animal welfare concerns

- Many facilities prioritize profit above humane treatment
- Animals are often confined to small/congested spaces where they are unable to express natural behavior, these conditions lead to more disease.

Class Two

Evil Designs of the Food Industry

Environmental impact

- Deforestation
- Water pollution - use of fertilizer and pesticides in crop production contaminating water resources
- Greenhouse gas emissions.

Corporate control and monopolies

- A few large companies dominate the food industry leading to a concentration of power that can stifle competition.

Economic inequality and access to healthy food

Many low income communities do not have access because of

- limited choices
- high prices to nutritious food options.

Class Two - Evil Designs GMO

Genetically Modified aka GMC, GM or Biotech Crops

Plants used in agriculture, the DNA has been modified using genetic engineering methods.

In most cases, the aim is to introduce a new trait to the plant which does not occur naturally in the species.

Examples include:

- Resistance to certain pests
- Diseases or environmental conditions
- Reduction of spoilage
- Resistance to chemical treatments ie herbicides
- Improving the nutrient profile of the crop

GMO is the fastest adopted crop technology in the world.

- Safety concerns led 38 countries including 19 in Europe to officially prohibit GMO cultivation.
- Products do not have to be labeled GMO

Some foods found to contain micro-plastics are:

- dairy products, plant based nuggets, rice, Himalayan pink salt, tea bags, bottled water, apples, ready-to-eat salads, root vegetables, sea food, honey.

Fluoride

- News recently exposed current research findings of higher fluoride levels linked to lower IQ scores in children.
- Utah among the first to bar fluoride in water. Florida and Ohio thinking on it.

Class Two

Evils and designs

Some foods marketed as healthy have no nutrition in them.

10 common culprits sneaking in unwanted sugars, fats, empty calories in your diet:

- **Veggie chips** – processed veg. powder, deep fried, unhealthy fats and excessive salt.
- **Granola** – added sugar, oils, artificial additives.
- **Smoothies** – excessive added sugar, artificial flavors, unhealthy fats.
- **Fruit flavored yogurts** – high added sugar.
- **Energy bars** – unhealthy fats, additives.
- **Low fat salad dressings** – to compensate for fats, excessive amount of sugar, salt, artificial additives.
- **Fruit juices** – no fiber, concentrated sugar.
- **Protein bars** – fats, sugar, artificial additives.
- **Low calorie snacks** – artificial sweeteners, unhealthy additives, refined ingredients.

Make your own.

Class Two

Evils and designs

Questions we should be asking ourselves:

We are told in scripture we are to -

Love thy neighbor as thyself

- Do we love ourselves?
- Are we obeying this commandment?
- To answer these two questions -- if we consume things we know are detrimental to our physical, mental, emotional, and spiritual wellbeing?
- What about the effect on others? Our ability to do God's work to reach others.
- Only God knew what the results would be of greedy desires, negligence and infiltrations of the adversary that destroy our bodies and His Spirit within us. He gave the WoW to warn us, for our benefit and wellbeing.

Class Two

What is mentioned in the WoW to be avoided --

When we think on the WoW don't think of it in terms of **do's and don'ts** remember it is given for the **benefit of man** –

Jere. 29:11 **God has only good intentions for us.**

Again A. Oakman on the WoW: ... *So many of us so much of the time have looked upon the WoW as a negative commandment – and it isn't.*

It is a positive commandment.

Brethren ... God is concerned that we function at our maximum capacity.

Class Two What is mentioned in the WoW to be avoided DC 86:1b-e

That inasmuch as any man drinketh wine or strong drink among you, behold, it is not good, neither meet in the sight of your Father, only in assembling yourselves together, to offer up your sacraments before Him.

And behold, this should be wine; yea, pure wine of the grape of the vine, of your own make.

And again, strong drinks are not for the belly, but for the washing of your bodies.

And again, tobacco is not for the body, neither for the belly, and is not good for man, but is an herb for bruises, and all sick cattle, to be used with judgment and skill.

And again, hot drinks are not for the body or belly.

Class Two

Definitions

Food – a substance that when taken into the body --

- builds,
- repairs,
- nourishes the tissues and cells of the body,
- provides heat and
- supplies energy for the processes of life.

Every food is composed of nutrients, each with a specific set of functions.

- **Proteins** - promote growth and repair tissues
- **Carbs and fats** - provide energy to permit these tissues to function and heat to keep them warm and alive.
- **Vitamins and minerals** - regulate body processes and determine the extent of growth, repair, and activity that takes place.
- **Water** – technically water may qualify as a mineral.

Normally we should be drinking $\frac{1}{2}$ our body's weight in ounces of water daily – excluding other drinks.

Food

Although each nutrient has specific functions, no one nutrient really occurs alone in nature or acts alone in the body.

- **Proteins** always have fats and carbs with them in natural foods.
- **Carbs**, even very nearly pure ones such as honey, carry proteins with them and often fats.
- **Fats** never occur completely alone some contain proteins with them.
- And each of these basic nutrients carries with it some of the **vitamins and minerals** with which it works when it occurs naturally in foods.
- Even the driest food is part water. Wheat flour is about 1/8th water, and soda crackers baked from it retain about a 4% moisture content.

Class Two

Definitions

- **Constitution** - state of being or temperament of the human body.
- **Sparingly** - frugally, moderate, seldom, not frequently.
- **Famine** – scarcity of food; dearth, want of provisions sufficient for the inhabitants of a country.
- **Excess** - exceeds measure or limit, goes beyond a just line, beyond necessity to what is wanted.

Class Two

What is mentioned to be avoided

Definitions

Strong drink

- **Strong** - full of spirit, intoxicating, affecting the taste forcibly, not easy to digest.
- *"A drink that is made strong because of its constituent elements."* (Israel A. Smith, HH, Feb. 1949)
- Addictive beverages that replace food, water and other liquids that the body needs for good health.
- (H.O. Smith in Herald, Feb. 24, 1931): *if indulging in tea, coffee, tobacco, strong drinks, or any other form of narcotics lessens our powers physically, mentally or spiritually, and the consensus of opinion seems to indicate that they do thus affect us, the one who indulges in these things is not serving God with all his might, mind, and strength.*

Class Two

What is mentioned to be avoided

Wine (alcohol) or strong drink

Most of us do not have an issue with recognizing alcohol as a strong drink and the recognition of it's being injurious to one's health.

- Wine aka alcohol, by definition, is not a food. It contains no nutrition with which to rebuild or repair cell waste; no sugar, starch, mineral matter, fats or vitamins, all essential in maintaining the body in good health. One is magnesium, the calming mineral, alcohol lowers magnesium levels.
- Alcohol acts as a narcotic upon the brain. It depresses or numbs mental activities.
- Taken in small amounts it gives the drinker a feeling of well-being, anxieties disappear.
- The detriments are to the emotions and the brain, causing a lessening of judgment, perception of the bounds of safety, impairment of the higher mental faculties.

Class Two

What is mentioned to be avoided

Tobacco

- History of use of tobacco dates back to Columbus landing in Americas, as explorers noticed the Native American Indians smoking leaves of tobacco plants.
- USA produces almost 6 trillion cigarettes yearly.
- USA is the 5th largest producer in the world, in 2022 producing 203,000 tons of unmanufactured tobacco.
- CDC reported in 2011 that 443,000 Americans die yearly from smoking and exposure to 2nd-hand smoke.

Tobacco's Effects on the body include

- **Respiratory system:**

hoarseness, daily cough and phlegm, chest illnesses such as bronchitis, asthma and a heightened risk of lung infections ie. TB, heart rate increasing, and raised BP.

- **Digestive system:**

Loss of appetite, inhibits salivary gland activity, cancer of the mouth, intestinal mucous, ulcers, and changes in the liver.

Class Two

What is mentioned to be avoided -- Hot drinks

- **Drinks thermally hot, by heat:** tea, coffee, cocoa and any other drink that is served and drunk before the heat applied has been dissipated. All such heated drinks, must be considered *hot drink*, at least while the heat persists.
- Dozens of studies in recent years have shown a correlation between the consumption of hot drinks and the risk of burnt tongue and mouth and esophageal cancer.
- Most common type of cancer is e. cancer and most deadly, it's the 6th leading cause of death. Not just from hot drinks, smoking and alcohol consumption also contribute.

Class Two Foods Mentioned Good to Consume

DC86:2a-3b

And again, verily I say unto you, All wholesome herbs God hath ordained for the constitution, nature, and use of man, every herb in the season thereof, and every fruit in the season thereof.

All these to be used with prudence and thanksgiving.

Yea, flesh also, of beasts and of the fowls of the air, I, the Lord, hath ordained for the use of man, with thanksgiving.

Nevertheless, they are to be used sparingly; and it is pleasing unto me that they should not be used only in times of winter, or of cold, or famine.

Class Two

...All these to be used with prudence and thanksgiving.

Prudence:

- Implies caution, exercises discernment.
 - Differs from wisdom, more caution & reserved than wisdom.
 - Foreseeing & avoiding evil, devising and executing good.
 - Carefulness
 - Frugality
 - Conservatism
 - Determination
 - Vigilance
 - Calculation
 - Presence of mind
-
- **Thanksgiving** – expressing gratitude for favors or mercies. We are to be thankful in all circumstances.
 - DC59:4a *Inasmuch as ye do these things, with thanksgiving, with cheerful hearts, and countenances, ...all things which cometh of the earth are made for the benefit and use of man to strengthen the body and to enliven the soul.*

And again, verily I say unto you, All wholesome herbs

What is an Herb?

- **Herb:** a plant or vegetable with a soft or succulent stalk or stem which dies to the root every year. Includes all the grasses and numerous plants used for culinary purposes.
- Herbs and vegetables are food for the body.
- They contain vitamins such as A, E, K, and Calcium; minerals like iron, magnesium, zinc, phosphorus and copper.
- Daniel 1:1-20 pulse use of beans, peas, seeds and uncooked grains.

Class Two Foods Mentioned Good to Consume

Wholesome Herbs

Herbs can also be used medicinally, but in smaller amounts than would be used as food.

- Examples: Dandelion, Echinacea, Mullein, Wild Lettuce.

There are herbs that are poisonous. The Lord intends that we should distinguish between those that are wholesome and those that are not.

- Rhubarb, for example, is an herb that combines wholesome with danger. It is one of the most deadly of plants if we eat the leaves or drink a tea made from them. The stems, however are good for food if the stalk is cut about 1 1/2 inches below the leaf to avoid getting harmful substances from the leaves, esp. Oxalic acid.

This is where prudence comes into play.

Fruit of the vine

- Above and under the ground and has seeds - tomato, squash, cucumbers, berries, pumpkin...

Class Two Foods Mentioned Good to Consume

Wholesome Herbs

"Fruit in season"

Some have interpreted this to mean to use foods just as they come from field and orchard and at no other time unless they can be kept without processing.

Actually, the statement says nothing about when foods should be used – only about when the Lord provided them.

Consistently through the scriptures *season* has referred to the time in which the Lord has provided for our needs.

- Deut. 28:12 speaks of *the Lord giving rain in His season.*
- Job 5:26 tells of a *shock of corn coming in His season.*
- D&C 59:4 speaks of *all things that come from the earth in the season thereof.*

God's challenge to us is to harvest the foods *in the season in which He has provided them* and to care for them in such a way that the nutrients they contain at harvest are available as much as possible at the time they are served.

Class Two Foods Mentioned Good to Consume Flesh

Yea, flesh also, of beasts and of the fowls of the air, I, the Lord, hath ordained for the use of man, with thanksgiving.

Nevertheless, they are to be used sparingly; and it is pleasing unto me that they should not be used only in times of winter, or of cold, or famine.

Class Two Foods Mentioned Good to Consume Flesh

- **Sparingly** - frugally, moderately, seldom, not frequently.
- **In winter, cold, famine.**
- Flesh is heat producing that makes it beneficial for winter and cold.

The WoW does not say we have to be vegetarian, however, all plants have protein in them.

And whoso forbiddeth to abstain from meats, that man should not eat the same, is not ordained of God. For behold the beasts of the field and the fowls of the air and that which cometh of the earth, is ordained for the use of man, for food, and for raiment, and that he might have in abundance, ...woe be unto man that sheddeth blood or that wasteth flesh and hath no need. DC49:3

4 kinds of flesh: *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.(1Cor. 15:39)*

Class Two Foods Mentioned Good to Consume Flesh

- Flesh such as beef/chicken/pork are given drugs - antibiotics, hormones, veterinary meds., and consume pesticides through the feed given them.
- Factory/packing plants are breeding grounds for bacteria – close quarters and cages/pens animals are kept in, and because of the use of processing aids, contaminants such as solvents, resins, packaging contaminants, and microplastics are found.
- Lest you think in the following I am picking on beef -- chicken and pork are scavengers, they clean the earth. They, along with sea creatures such as lobster and shrimp, are the earths garbage collectors. By consuming these we are cleaning the earth of toxins and waste. Why not save energy and consume the toxins and waste of the earth instead?

Class Two Foods Mentioned Good to Consume Flesh -- Beef

What happens when you consume too much meat?

- It is commonly known today that the consumption of large quantities of beef is not good for the human body. The upsurge in cases of heart disease and cancer have proven this to be the case.
- A recent study using 475,000 middle aged adults in U.K. from 2005-2013 found consumption of beef daily increases the risk of heart disease by 15%, diabetes by 30%
- Meat is slow in producing energy. Consuming beef takes 3 to 4 hours for digestion to be completed, and meat requires more energy to digest. This means energy and glucose will not reach the brain or muscles right away causing sleepiness, brain fog or fatigue.

Heart disease leads to cognitive decline.

What happens when you consume too much meat?

- High protein diets are hard on the kidneys causing production of more concentrated urine leading to dehydration. Dehydration affects energy levels, the skin, increases food cravings, muscle cramps, headaches and poor mental function.
- High consumption of beef can increase urinary loss of calcium affecting the bones.
- Constipation and hemorrhoid issues as meat has no fiber.
- Age related macular degeneration, because saturated fat in meat is harmful to tiny blood vessels in the eyes.

Class Two

Foods Mentioned Good to Consume Flesh - Beef **What happens when you consume too much meat?**

- Some chemicals in processed meats are harmful for the eyes.
- Overconsumption of meat can make you tired if you aren't digesting it properly. It adversely affects gut bacteria needed for digestion and health.
- Body produces ketones released through the breathe causing the breath to smell like acetone.
- In a study found in the Journal of Chemical Senses, it was found that non-meat eaters had body odor that was judged as significantly more attractive, more pleasant and less intense than meat eaters.

Class Two

DC86:2c-3b

All grain is ordained for the use of man and of beasts, to be the staff of life, not only for man, but for the beasts of the field, and the fowls of heaven, and all wild animals that run or creep on the earth; and these hath God made for the use of man only in times of famine and excess of hunger.

All grain is good for the food of man, as also the fruit of the vine, that which yeieldeth fruit, whether in the ground or above the ground.

Nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls, and for swine, and for all beasts of the field, and barley for all useful animals, and for mild drinks, as also other grain.

Class Two

Foods Mentioned Good to Consume

All Grains:

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 and Kamut - lower in gluten

Durum - pasta

Emmer - hybrid between two types of wheat

Ecnkorn - grown in S.E. Russia,

- **Other grains:**

Quinoa, Amaranth, Rice (brown), Millet, Oats, Teff, Sorghum are all gluten free.

Rye, Farro, Barley & Corn (is not a vegetable).

Whole grains are excellent *Complex Carbohydrates*. Processed grains should be avoided.

Class Two

Foods Mentioned Good to Consume

All Grains:

Carbs to avoid: white anything! ie. flour products including rice, pasta, bread...

White flour is the result of the commercial milling process and is almost entirely devoid of nutritional value, a non-food! After bleaching the wheat kernels they "add" vitamins and minerals back in.

Benefits of Complex Carbs

- High fiber content which helps regulate blood glucose levels and insulin response.
- Provides energy longer.
- Keeps the body nourished longer.
- Takes longer for digestion so you are not as hungry so often.
- Adds bulk to bowel movements which helps prevent constipation and hemorrhoids.

Class Two

Foods Mentioned Good to Consume

...I, the Lord, stretched out the heavens, and builded the earth as a very handy work; and all things therein are mine; and it is my purpose to provide for My saints, for all things are mine; **but it must needs be done in mine own way, And, behold, this is the way, that I, the Lord, have decreed to provide for My saints;** That the poor shall be exalted, in that the rich are made low; **for the earth is full, and there is enough and to spare;** yea, I prepared all things, and have given unto the children of men to be agents unto themselves. DC101:2

Class Two

Foods Mentioned Good to Consume

All Grains

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

- When wheat was first harvested for consumption it grew wild, man cultivated it and then hybridized it as a way of gaining higher yields, making it disease and insect resistant and heat tolerant.
- Wheat has been the subject of mutation-breeding using gamma and X-ray, ultra violet light, and harsh chemicals since the 1930's.
- In 1955 production of wheat began to increase. Technology increased along with Scientific Crop Management came the use of -
 - **Synthetic nitrogen**, fertilizer and herbicides which kill weeds (a weed is an herb growing where you don't want it to grow).
 - **Fungicides**, aka pesticides
 - **Growth regulators** which improve the size and fight against pathogens and manage stress tolerance.
 - **Hybridization**, cross pollinating plant species.

Class Two

Foods Mentioned Good to Consume

All Grains

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

Hybridization

- In the 1920's research began into hybridization.
- 1930's farmers used hybrid corn for the first time. With the goal being to increase crop yield, faster growth rate and uniformity.
- In the early 1980's with the *Green Revolution*, modern bread wheat was cross-bred to contain higher amounts of gluten to "*improve*" breads and pastas.
- GMO - In 2010 Monsanto developed GMO and wheat production began in India. While not FDA approved, there have been cases in 2013 and 2019 of GMO wheat plants being found in the U.S.A.

Class Two

Foods Mentioned Good to Consume

All Grains

Whole Wheat

- Has 26 vitamins and minerals plus bran for fiber.
- The *Bran* in wheat 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* is rich in vitamins also, but is removed along with the germ to insure longer shelf life.

Class Two

The Word of Wisdom is timely no matter when it was given.

Today-

- Infectious (germ caused) diseases are diminishing but, degenerative diseases are increasing.
- Death rate in infants is decreasing while the death rate in later life at a younger age is increasing.
- Cancer, heart disease, stomach ulcers, and diabetes are increasing in civilized countries.
- Colorectal cancer is rising in young adults ages 20-49 years and expected to be the leading cause of death by 2030.
- According to the American Cancer Society this year an estimated 150,000 Americans will be diagnosed with Colorectal Cancer and approximately 53,000 will die from it.
- The CDC estimates that $\frac{1}{2}$ of adults have Hypertension aka High Blood Pressure. HBP is a silent killer, many do not know they have it until a doctor's visit for some other issue.

Class Two Why all this illness?

- Failure to listen to the science of nutrition. For as we eat so is the composition of our blood stream (*marrow to our bones* – the natural healing agent to the body)
- The American diet as with many, if not all, civilized countries is not close to the diet of 50 years ago. The typical American diet contains 50 - 70% ultra processed food and is deficient in necessary vitamins, calcium, minerals and fiber. It consists of: meat, processed and purchased white or brown bread (not whole grain), refined cereals, potatoes, sweets while crowding out fresh, raw fruits and veggies or at best to a minimum.
- The results are poor health ie. Constipation, obesity, nervous irritability, poor digestion, general weakness or fatigue, lower vitality -- due to unbalanced food and other imperfect health habits.
- Those who follow poor health habits in their youth will find they have to be more conscientious as the mature to take care of their health

Summary of Class Two

Handout:

- Evils and designs which do and will exist in the hearts of conspiring men in the last day.
- Foods mentioned in the Wow to consume and not to consume
- The Word of Wisdom is timely no matter when it was given.
- Prudence and thanksgiving
- Beef
- Today's wheat
- On the handout not covered: Guidelines for storing spices and herbs and Cooking with herbs.
- Testimony by W.H.Kemple verifying the promises made by our Lord in the WoW.