

WORD OF WISDOM

By Barbara Hobbs

Word of Wisdom

Class #3

*And ye shall feast upon this fruit, even
until ye are filled that ye hunger not,
neither shall ye thirst; Alma 16:172*

Word of Wisdom

Class #3

What will be covered today

1. Other scriptures re: health
2. Items known today to be detrimental to one's health
3. Where do I go from here?
4. Three Diet Plans That Agree With the WoW
5. WoW is about Absolute Surrender
6. Missionary Tool
7. Conclusion

Class Three

Wow is not the end to physical health – it is the beginning. The Lord gives us more enlightenment as we move out in faith – line upon line...

(the Lord) ...***doeth nothing save it be plain unto the children of men;*** *He inviteth them all to come unto Him and partake of His goodness;* (2N11:112-113)

Class Three

Other Scriptures re: Health

- There are some who put their full attention on the WoW excluding other words of counsel the Lord has given.
- Some have thought if they adhered strictly to the WoW they would be assured good health.
- This is not according to the last paragraph of the WoW, which says: *all saints who remember to keep and do these sayings,* **walking in obedience to the commandments** (86:3c) are eligible to the promises.
- The WoW does not stand alone in God's revealed desire for our temporal salvation/health.

Class Three

Other scriptures re: Health

Obedience to the WoW is important. But not to the exclusion of other commandments.

Examples:

DC85:38 "*See that ye -*

- Love, have charity and impart to others
- Not be: idle, covet, unclean, find fault
- Don't sleep longer than needful, retire to bed early that so not be weary; arise early so body and minds are invigorated
- Pray always.

- DC59:3-5 regarding fasting --
- Prepare food with singleness of heart, perfect fasting;

- DC119
- Be clean
- frugal – temperate, economical, thrifty
- Cease to complain of pain and sickness and distress of body;
- Take sleep in the hours set apart by God for the rebuilding and strengthening of the body and mind.

Class Three

Other scriptures re: Health

For the purposes of this class we will discuss two of these:

- Sleep
- Complaining

Class Three -- What isn't mentioned in WoW

Sleep

The National Sleep Foundation of Mexico released an analysis on sleep needs according to different age groups.

The study highlights the importance of balancing between too little and too much sleep for a healthy life.

In this study the analysis details that people who fall asleep after midnight are

- 12% more at risk of cardiovascular disease compared to those who go to sleep at 10 p.m.

It is worth noting these recommendations are a consensus among various specialists including psychologists, pediatricians, psychiatrists, and other health care providers.

Class Three -- What isn't mentioned in WoW

Sleep

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
18-25 years	7-9 hours
26 to 64 years	7-9 hours
65 and older	7-8 hours

Class Three
Other scriptures re: Health

Sleep

Getting a good night's sleep helps:

- Lessen unnecessary fear, stress, anxiety, and aggression which means more emotional stability.
- Experts recommend adults should go to bed between 10 and 11 p.m.
- Sleep is not doing nothing. Sleep is repair. Sleep is the greatest restorer of our health.

Class Three Other Scriptures re: Health Complaining

Do you ever find yourself falling into the habit of thinking negatively?

It may start as one small pessimistic thought but easily turns into a rabbit-hole of doom and gloom and before long, it's hard to see the positive in anything.

Negative thoughts can:

- Breed negativity and weaken the immune system
- Affect our relationships with others
- Drain happiness
- Make it harder to get through the day.

The more we complain in our trials the more we remain in our trials.

Class Three Other scriptures re: Health Complaining

Negative thinking has an effect on us mentally by:

- Causing low self-esteem
- Increasing anxiety and depression.

Physically negative thinking may cause:

- Chronic stress which can upset hormone balance, deplete brain chemicals
- Raise blood pressure
- Hinder recovery from illness
- Pessimism is linked to degenerative brain diseases and cardiovascular problems.

Class Three Other scriptures re: Health Complaining

We find the answer in the scriptures:

- Hel. 5:95-97 tells us how to **change our hearts through faith and repentance.**
- Mos. 2, King Benjamin's sermon is an example of **changing our hearts by becoming aware of who we really are.**
- DC 119:9c *"Bear the burdens of body of which the Spirit of healing from the Lord in faith, or the use of that which wisdom directs does not relieve or remove, and in **cheerfulness** do whatever may be permitted you to perform – that the blessing of peace may be upon all."*

Class Three

Items known to be detrimental to one's health

Strong Drink -- Caffeine:

If indulging in tea, coffee, these strong drinks lessen our physical, mental, or spiritual powers, ... (H.O. Smith, Herald, Feb. 1931).

- Caffeine is a cousin of nicotine
- When consumed as a liquid caffeine is a strong drink. Strong = intoxicating, affecting the taste forcibly, not easily digested.
- *A drink that is made strong because of its constituent elements* (Israel A. Smith, Herald, Feb. 1949).
- Addictive beverages that replace food, water and other liquids that the body needs for good health.

Class Three

Items known to be detrimental to one's health

Caffeine's effect on the body:

- It is a stimulant
- It raises blood pressure
- Causes inflammation,
- Inhibits salivary gland activity,
- Cancer of the mouth,
- Intestinal mucous,
- Ulcers,
- and changes in the liver

Caffeine's physical side effects include --

- poor appetite, nausea, irregular heart rhythm, tremors, diarrhea, headaches, and even seizures.
- Caffeine and alcohol can lower magnesium levels – the calming mineral.

Long term side effects of caffeine

- Caffeine acts as a diuretic which increases urine output.
- It is thought to increase blood flow to the kidneys causing the kidneys to flush out water leading to chronic dehydration.
- Caffeine accelerates bone loss affecting the body's ability to absorb calcium, pregnancy complications can occur.
- Caffeine can be transferred through breast milk and may have a stimulating effect on the baby causing irritability and sleep difficulties.
- Caffeine affects the mental health by increasing anxiety, depression and insomnia

Class Three

Items known to be detrimental to one's health - Caffeine

- Dependency -- consumption of caffeine can prompt chemical changes in the brain causing one to want more and more to get the *buzz* desired. Addicting.

What is Addiction?

- A state of physiological or mental dependence on a substance, especially a substance liable to have a damaging effect. (Encarta World English Dictionary)
- **Caffeine is not only in drinks.**

Items known today to be detrimental to one's health - continued

God is the same yesterday, today and forever: and in Him there is no variableness, neither shadow of changing?

Mn.4:68. Mi. 10:7 & 14.

Not mentioned in WoW - are healthy

- Fish and Sea weeds - Cold blooded flesh

Doesn't produce heat in the our bodies and can be eaten year round. Spirulina, Kelp, Dulse.

Levitical Dietary Law

- Lev. 11:9 fins and scales – perch, tuna, cod, salmon
- 11:12 if no fins and scales don't eat - crab, shrimp, lobster
- Nuts and Seeds – unpasteurized, raw – high protein, fiber
- Dairy -- better source of calcium are leafy greens

Class Three

Foods Known to be Detrimental to Health

Pork

- Deut. 13 & Lev. 11, re: Pork is prohibited ...*though he divide the hoof, and be cloven-footed, yet he cheweth not the cud, he is unclean to you.* .
- Pork is the most commonly consumed flesh worldwide, is mass produced and re-engineered.
- Pigs will eat anything including urine, excrement, dirt, decaying flesh and vegetables.
- Pork is known to carry tapeworms, trichinosis (a parasitic disease), roundworms, pin worms, and hookworms.
- Unlike other mammals, pigs do not sweat or perspire. Perspiration is a means by which toxins are removed from the body. Since a pig does not sweat, the toxins remain within its body and in the meat.

Class Three

Items Known to be Detrimental to Health -- Pork

Dangers of eating pig 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. and inflammation of appendix and gall bladder
- Acute eczema
- Carbuncles (boils under the skin)
- Acute intestinal catarrh
- Gastro-enteritis with thyroid and para-thyroid symptoms.

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Items Known to be Detrimental to Health – Sugar

- A study published in Science, - limiting sugar intake in early life could significantly reduce the risk of developing diabetes and high blood pressure decades later.
- Today's pregnant women in the USA consume more than three times the recommended amount of added sugar, over 80 grams daily.
- Most infants and toddlers regularly consume sweetened foods and beverages, despite dietary guidelines recommending zero added sugars during these crucial early years.
- Sugar is hard on the adrenals and kidneys, commonly shows up as adrenal fatigue.

Class Three

Items Known to be Detrimental to Health – Sugar

- American Heart Assoc. recommends no more than 9 tsp. of added sugar per day for men, 6 tsp. for women, teens and children. And no sugar for children under 2 years.
- *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 Science study (mentioned previously) co-author Paul Gertler of UC Berkeley and the National Bureau of Economics Research.
- In the USA people with diabetes incur annual medical expenditures of about \$12,000 on average.

Class Three ---- Where do I go from here?

It may seem overwhelming, some beginning steps which might be right for you, there is no "*One size fits all*":

- Meditate/ponder where you are now, where do you want to be? And are you willing to make the effort for change?
- Pray for direction
- Make small changes, choose one food at a time or pick a few new recipes and incorporate them into your meal plans
- Start cooking from scratch – a lost skill
- Internet can be a great help
- Ask others – find a friend or enlist family
- Study the WoW yourself, experiment on the Word
- Books: the Happy Herbivores Guide to Plant Based Living or How to Transition to the Life Saving Whole-Food, Plant Based Diet.
- Check with your healthcare practitioner
- Smoothies

Class Three -- Where do I go from here? Three Diet Plans That Agree With the WoW

DASH – Dietary Approaches to Stop Hypertension

- Is a nutritional intervention for lowering blood pressure.
- It emphasizes high intake of fruits, veggies, low or nonfat dairy, nuts, seeds, lentils, beans and whole grain; limits consumption of red or processed meats, sweets, soda, and sodium.

Mediterranean Diet

- Emphasizes plant-based foods, unprocessed cereals, legumes, veggies, fruit, moderate consumption of fish and dairy – mostly cheese and yogurt, low amounts of red meat. Olive oil is primary fat.

Class Three -- Where do I go from here?

Three Diet Plans That Agree With the WoW

- **MIND –Mediterranean Intervention for Neurodegenerative Delay**

Is specifically designed to combat cognitive decline. This diet combines elements of the Mediterranean Diet of fruits, veggies, whole grains, and healthy fats along with the DASH Diet focusing on reducing blood pressure.

- **Key features:** emphasis on real foods which are necessary to reduce inflammation, facilitate weight loss, improve health, enhance insulin resistance, lower elevated fat levels and slow artery clogging.
- **Components** are 10 brain-healthy food groups: leafy green veggies, other veggies, nuts, berries, legumes, whole grains, seafood, poultry, and olive oil.

Class Three

WoW is about Absolute Surrender

What is absolute Surrender?

- **Definition of absolute** – unconditional, unlimited yielding, giving up to someone of greater importance aka God.
- **Definition of surrender** - to yield to the power of another, to give, to resign in favor of another.

We have been asked to *give Him our hearts*, our all, this applies to our temporal lives, as well.

Class Three

WoW is about Absolute Surrender What is absolute Surrender?

Characteristics of Absolute Surrender are:

- humility,
- meekness,
- patience,
- sacrifice,
- yielding,
- keeping His commandments
- and resignation to the will of God.

Class Three

WoW is about Absolute Surrender What is absolute Surrender?

Examples of Absolute Surrender can be found in Matt.6:33 which says: *Seek not the things of this world; but seek ye first to build up the kingdom of God, and to establish his righteousness, and all these things shall be added unto you.*

Other examples include: Hel. 3:115-130. Mos. 7:28-9:29, DC 81:3b, Alma 10:28, and Col. 3, and the best example is Jesus.

Class Three

WoW is about **Absolute Surrender**

God knew we would treat lightly this prophetic guidance (WoW) and other scriptures relating to our health.

No one can legislate our *free will* to choose to consume non-foods, not Robert F. Kennedy and God chooses not too!

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)

Class Three

WoW is about **Absolute Surrender**

The Lord blesses those who are willing to believe His word:

And thus we see that the Lord began to pour out His Spirit upon the Lamanites because of their easiness and willingness to believe in His word. (Hel.2:163)

- Absolute Surrender is accomplished when we are doing the will of God, fulfilling our calling - the full measure of our existence.
- It is critical to the covenant we made and renew at sacrament.
- It is crucial for Zion.
- For everything! God can't refuse the intercession of His servants to deliver His people when they prove loyal and comply with His will!

Summary class 3

1. Other scriptures re: health – walking in obedience to the commandments to love, be productive, have charity and pray always to name a few.
2. Sleep and complaining
3. Items known today to be detrimental to one's health – non-foods such as caffeine, sugar and pork.
4. Where do I go from here?
5. Three Diets – DASH, Mediterranean and MIND
6. Absolute Surrender
7. WoW a missionary tool
8. Conclusion

Class Three

The WoW is a real missionary tool!

- Have you shared that wonderful revelation with your friends?
- Living out the principles given to the best of your knowledge is a witness that won't go unnoticed.
- We have been given health information that has been proven by science to be of truth and value not only to us but to the world.

Class Three

The WoW is a real missionary tool!

What if you use it as a missionary tool and you are asked about:

- Matt. 15:10 which says – *Not that which goeth into the mouth defileth a man; but that which comes out of the mouth, this defileth the man.*

In reading the previous verses we see Jesus was speaking about the Pharisees and Scribes in regard to their rebellion of heart in legalizing the Mosaic Law.

Jesus was not abolishing the Law but, was making the point that obeying the letter of the law isn't as important as what is in the heart.

Class Three

The WoW is a real missionary tool!

- What about Acts 10 and 11?

Peter in his dream was told to consume unclean animals

– we realize in this experience Peter was led to take the gospel to the Gentiles.

The gospel had not been preached previously to the Gentiles but only to the Jews.

Peter was to take the Word to another group of people God loves!

It was not about food but about souls.

Class Three

The WoW is a real missionary tool!

- And in Ether 4:20?

It states that the Jaredites raised cattle and swine to eat.

They were from the tower of babel, before the Mosaic Law was given to the Jews. Jaredites were not Hebrew.

There are many more scriptures that can be used, these are just a few examples. As with any missionary endeavor trusting the Holy Spirit's direction is our recourse.

Class Three --- Conclusion

My people are destroyed for lack of knowledge; (Hos.4:6)

- The WoW is "**milk**", given for the weak and weakest to understand. By starting there we should continue and grow, gaining "**meat**" through further study and prayer.
- The principles of DC86 should cause us to be cautious concerning how we treat our bodies.
- Let's not think of it as *don'ts* and *do's* or *less important*, *not complete* or too controversial.
- Ask the Lord about the WoW.
- **Our obligation** – is to maintain the safeguards essential to protecting our physical stewardship. With the many health problems among us the WoW has practical application today
- DC 28:8 tells us that spiritual blessings follow keeping commandments.
- We read in scripture to love the Lord with all our heart and love our neighbor as ourselves... do we love ourselves?-

Conclusion -- PROMISE

For thus saith the Lord, I the Lord, am merciful and gracious unto those who fear Me, and delight to honor those who serve me in righteousness and in truth unto the end;

Great shall be their reward and eternal shall be their glory; and unto them will I reveal all mysteries; yea, all the hidden mysteries of My kingdom from days of old; and for ages to come will I make known unto them the good pleasure of My will concerning all things pertaining to My kingdom;

Yea, even the wonders of eternity shall they know, and things to come will I show them, even the things of many generations; their wisdom shall be great, and their understanding reach to heaven; and before them the wisdom of the wise shall perish, and the understanding of the prudent shall come to naught;

For by My Spirit will I enlighten them, and by My power will I make known unto them the secrets of My will ; yea, even those things which eye has not seen, nor ear heard, nor yet entered into the heart of man. DC76:2

Class Three --- Conclusion

When we put into practice all that we know about the WoW;

When we put aside our own selfish desires, make our bodies obedient to us not vice-versa;

When we choose to be ***obedient to every word of God*** because it pleases Him and we want to please Him;

When we study and do all the commandments with the attitude of absolutely surrendering to His will -

Then these promises will be fulfilled in us.

THANK YOU

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