

CHURCH POTLUCK

**SAY A REALLY GOOD BLESSING SO
THIS GARBAGE WILL NOURISH AND
STRENGTHEN US!**

Your Body is a Temple, Not a Garbage Disposal

The Lord's Law of Health

"A healthy person has a thousand dreams. A sick person has only one!"

"Get some rest. If you haven't got your health, then you haven't got anything."

– the cruel Count to Prince Humperdink, Princess Bride

Matt 9:12 They that be whole need not a physician, but they that are sick [do].

I believe it pleases our Creator when we do our best to care for His wonderful gift of a physical body. It would be a mark of rebellion to deface or defile one's body, or abuse it, or fail to do what one can to pursue a healthy lifestyle. (Oct. 2024)



Elder D. Todd Christofferson

The relationship between our bodies and our spirits

- Will of God
- Temporal salvation
- The weakest
- Designs & conspiracy



- Spiritual salvation
- Health
- Wisdom & knowledge
- Revelation
- Protection

D&C 89:2 To be sent greeting; not by commandment or constraint, but by revelation and the word of wisdom, showing forth the order and will of God in the temporal salvation of all saints in the last days—
3 Given for a principle with promise, adapted to the capacity of the weak and the weakest of all saints, who are or can be called saints.
4 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

18 And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones;
19 And shall find wisdom and great treasures of knowledge, even hidden treasures;
20 And shall run and not be weary, and shall walk and not faint.
21 And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen.

The Lord's Law of Health is vital for revelation and survival.

“A fundamental purpose for the word of wisdom has to do with revelation.”

– Boyd K. Packer

- We shouldn't have to be 'commanded!'
- To be 'compelled' is to be slothful - not wise; no reward!
- Use agency to make better choices.

<
Doctrines and Covenants 58
Doctrines and Covenants
...

lies to this land, as they shall ^acounsel between themselves and me

26 For behold, it is not meet that I should command in all things; for he that is ^acompelled in all things, the same is a ^bslothful and not a wise servant; wherefore he receiveth no reward.

27 Verily I say, men should be ^aanxiously engaged in a good cause, and do many things of their own free will, and bring to pass much righteousness;

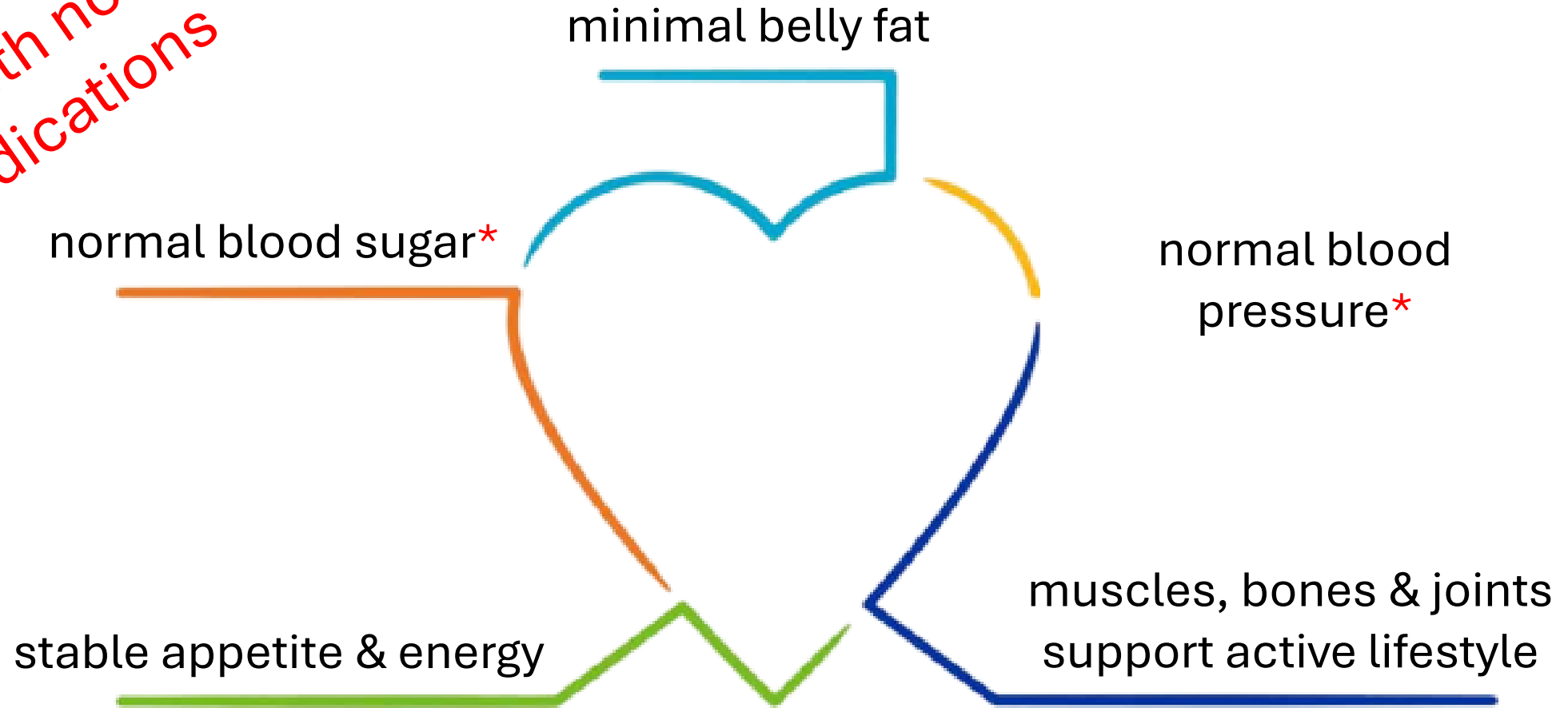
28 For the power is in them, wherein they are ^aagents unto themselves. And inasmuch as men do good they shall in nowise lose their ^breward.

29 But he that ^adoeth not anything until he is commanded, and receiveth a commandment with ^bdoubtful heart,

106

What is Metabolic Health?

**with no
medications*



The Law of Knowledge

Moro 5:5 And by the power of the Holy Ghost ye may know the truth of all things.

Jarom 1:11 Wherefore, the prophets, and the priests, and the teachers, did labor diligently, exhorting with all long-suffering the people to diligence; **teaching the law of Moses, and the intent for which it was given;** persuading them to look forward unto the Messiah, and believe in him to come as though he already was. And after this manner did they teach them.

KnoWhy / KnoHow

Forget not the “why” of the gospel.

Sometimes, in the routine of our lives, we unintentionally overlook a vital aspect of the gospel of Jesus Christ ..., We focus on *what* the Lord wants us to do and *how* we might do it, but we sometimes forget *why*.



President Dieter F. Uchtdorf
October 2011

The Lord's Law of Health

The Law of Antecedents

D&C 130:21 And when we obtain any blessing from God, it is by obedience to that law upon which it is predicated.

D&C 132:5 For all who will have a blessing at my hands shall abide the law which was appointed for that blessing, and the conditions thereof, as was instituted from before the foundation of the world.

D&C 82:10 I, the Lord, am bound when you do what I say; but when ye do not what I say, ye have no promise.”

The Lord's Law of Health



Health

Physical - health
Spiritual - revelation

Resilience

Responsive
Fit

D&C 89 Promise

Health in navel
Marrow in bones
Not weary / faint
Wisdom / treasures
Knowledge / treasures
Not destroyed

The Law of Antecedents

D&C 130:21 And when we obtain
any blessing from God, it is by obedience to
that law upon which it is predicated.

The Lord's Law of Disease



Disease

Physical - sick
Spiritual - dark

Fragile

Deut 28:21-22

Pestilence
Consumption
Fever
Inflammation
Burning

Chronic - Degenerative
Acute - Pandemic
Brittle

The Law of Antecedents

D&C 130:21 And when we obtain any [cursing]
~~blessing~~ from God, it is by obedience to that
law upon which it is predicated.



Cell Defense

Antioxidants
Anti-inflammation
Increased energy
Insulin sensitivity
Fat burning
DNA & cell repair
Cell clean up
Detox
Healthy gut

Inflammation
Disease
Cell death



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Spiritual - revelation

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D&C 89 Promise
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Gene Expression

DNA
Mitochondria
Cell Communication
Redox Signaling
Hormesis

Nrf2
AMPk
ATG
SIRT

NF- κ B
JAK/STAT
MAPK



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Lifestyle W of W

Food
Nutrition
Herbs
Exercise
Fasting
Sleep
Stress
Gut health
Oral health
Redox Clean

Ultra-Processed
Tobacco
Alcohol
Drugs



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Knowing about the Nrf2 pathways is one of the greatest breakthroughs in preventive medicine.



Lifestyle
W of W



Gene
Expression



Cell
Defense



Health

Note:

**The Lord's Law of Health is
Grounded in Science!**
These are the “Rules of the Cell!”

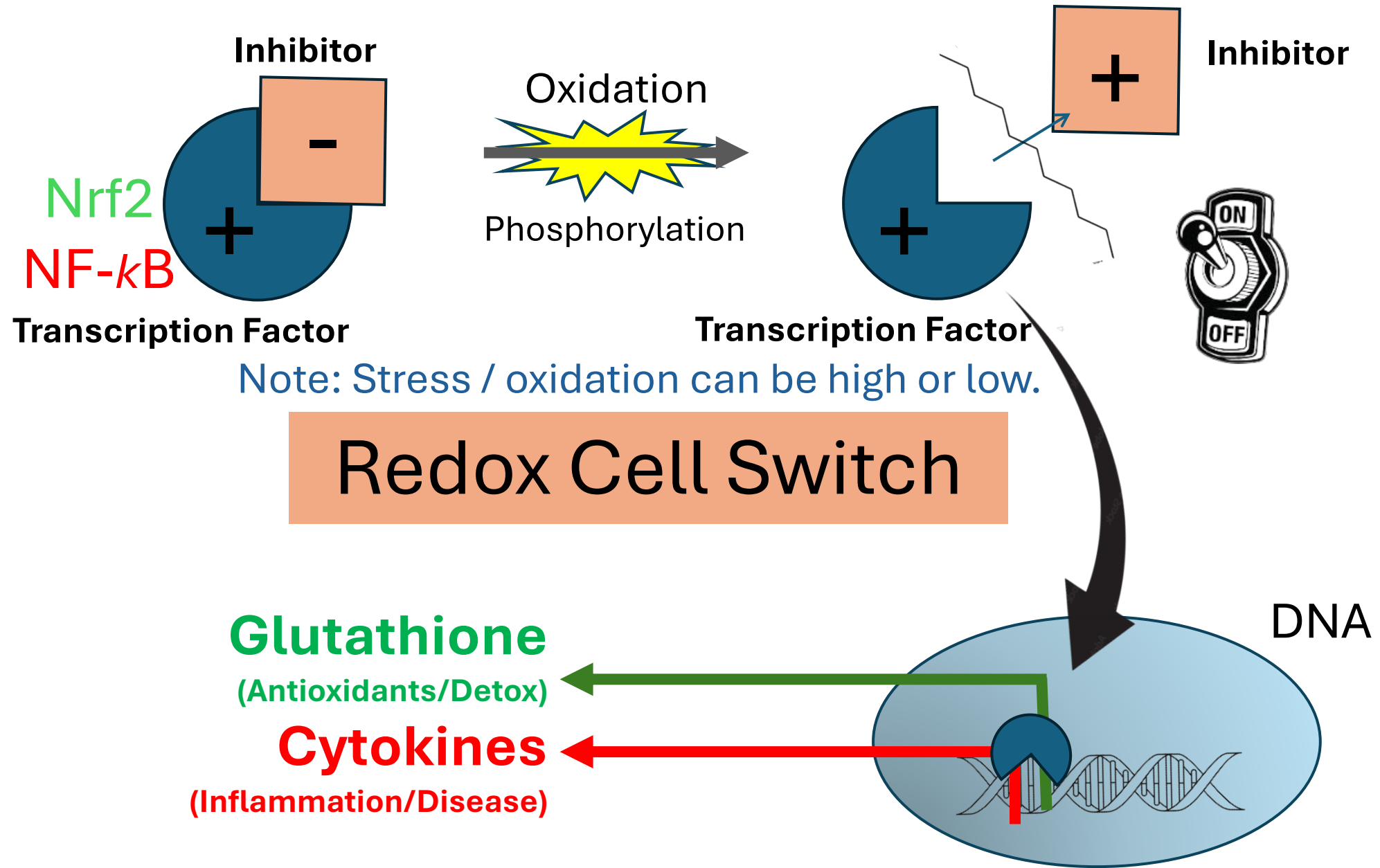
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Nrf2

High Low
Oxidation



Phosphorylation

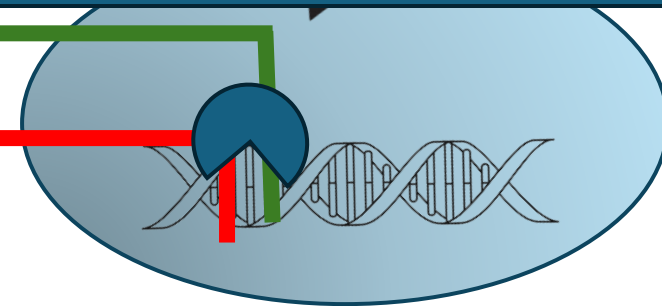
Question:



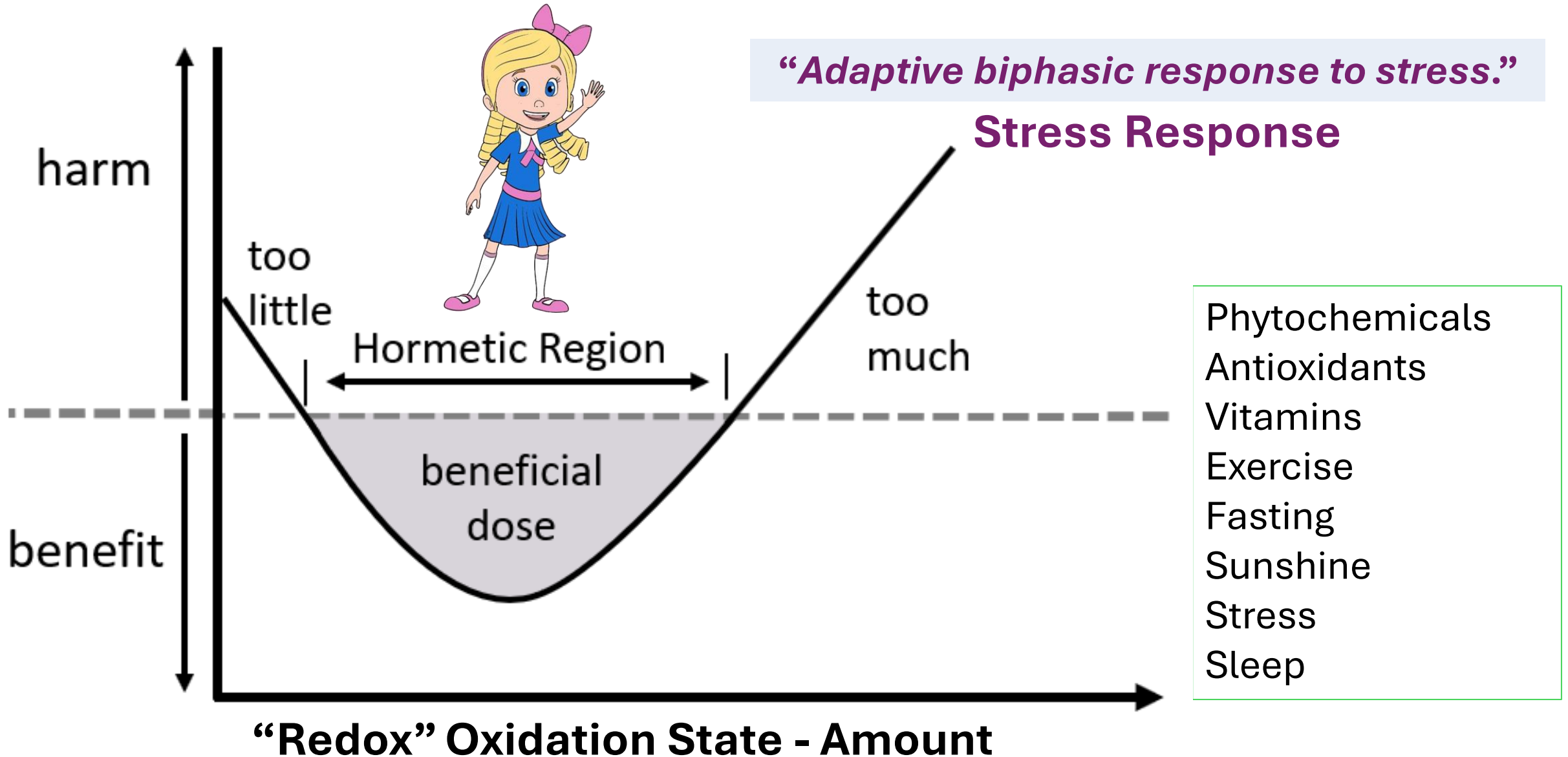
What 'flips the switch?'

Glutathione

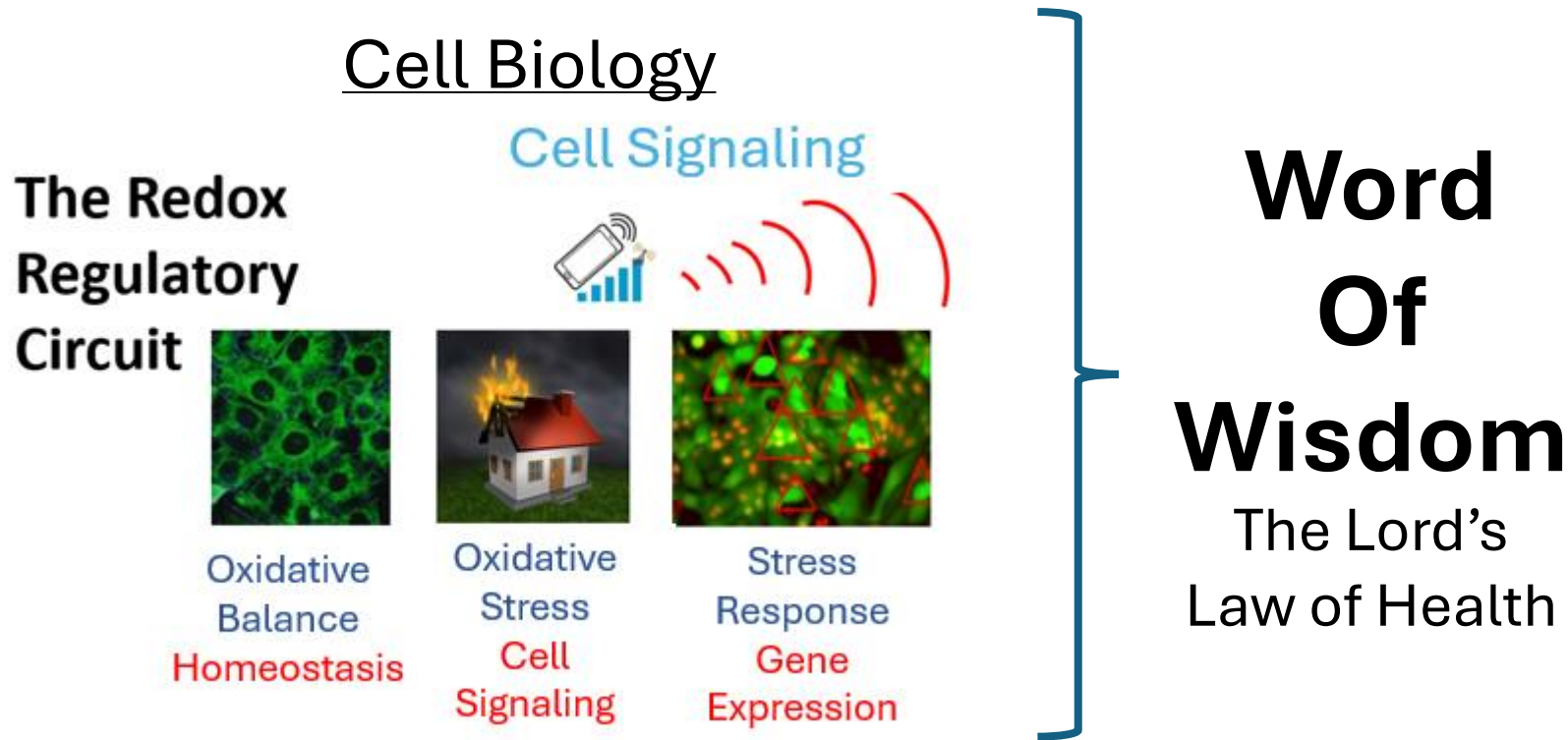
Cytokines



Hormesis – Hormetic Curve



Cellular Health, Resilience, & Antiaging



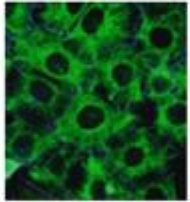
- Adaptive Response
- Stress Resilience

Note: Stress / oxidation can be high or low.

Cellular Health, Resilience, & Antiaging

Redox Cell Biology

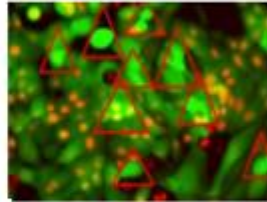
The Redox Regulatory Circuit



Oxidative
Balance
Homeostasis



Oxidative
Stress
Cell
Signaling



Stress
Response
Gene
Expression

Cell Signaling



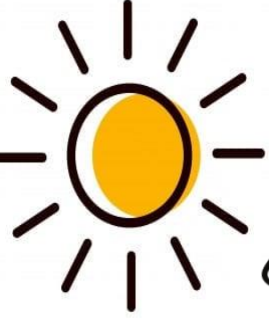
The Lord's Law of Health

Word of
Wisdom

- Diet - Whole Nutrition
 - macronutrients
 - micronutrients
- Physical activity
 - Work / Labor
- Sleep
 - early to bed
- Fasting
- Peace / Managed Stress
- Sunlight
 - Vit D; Circadian
- Gut health
- Clean

Toxic





Mitochondrial Cellular Health Functions

D&C 88:6-13

Carbs
Fats
Proteins



1

Energy &
Metabolism

2

ROS

signaling
molecules

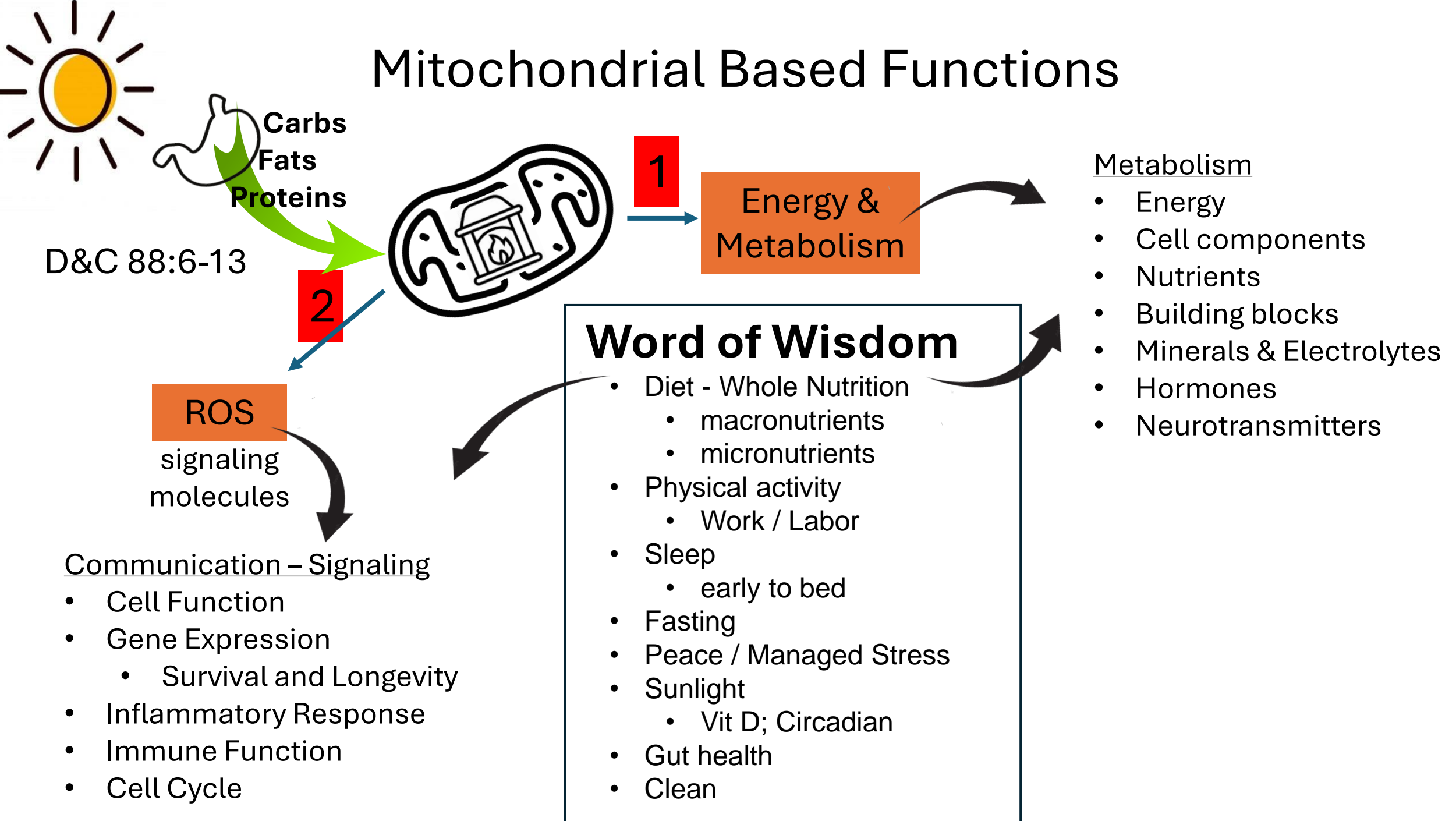
Communication – Signaling

- Cell Function
- Gene Expression
 - Survival and Longevity
- Inflammatory Response
- Immune Function
- Cell Cycle

Metabolism

- Energy
- Cell components
- Nutrients
- Building blocks
- Minerals & Electrolytes
- Hormones
- Neurotransmitters

Mitochondrial Based Functions



Phytochemicals

- Induce 'stress response'
 - activate cell defense and repair
- Antioxidant activity
- Anti-inflammatory
- Hormone regulation
- Immune support
- Anti-cancer

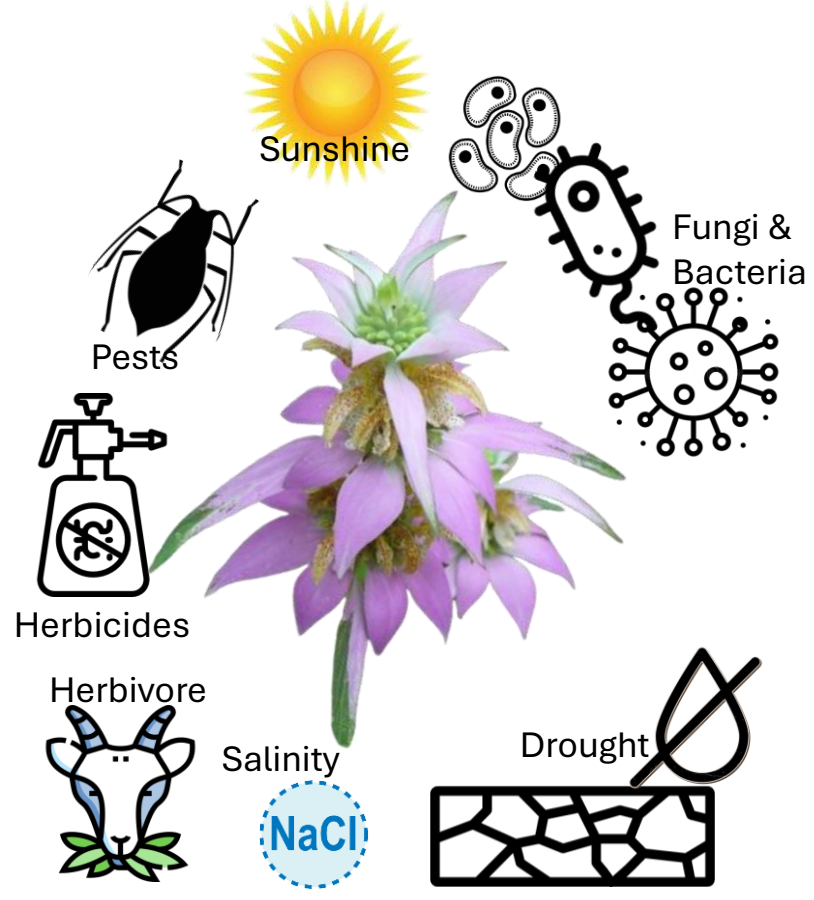


Phytochemicals

- Indu
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- Anti
- Anti
- Hor
- Imm
- Anti-cancer

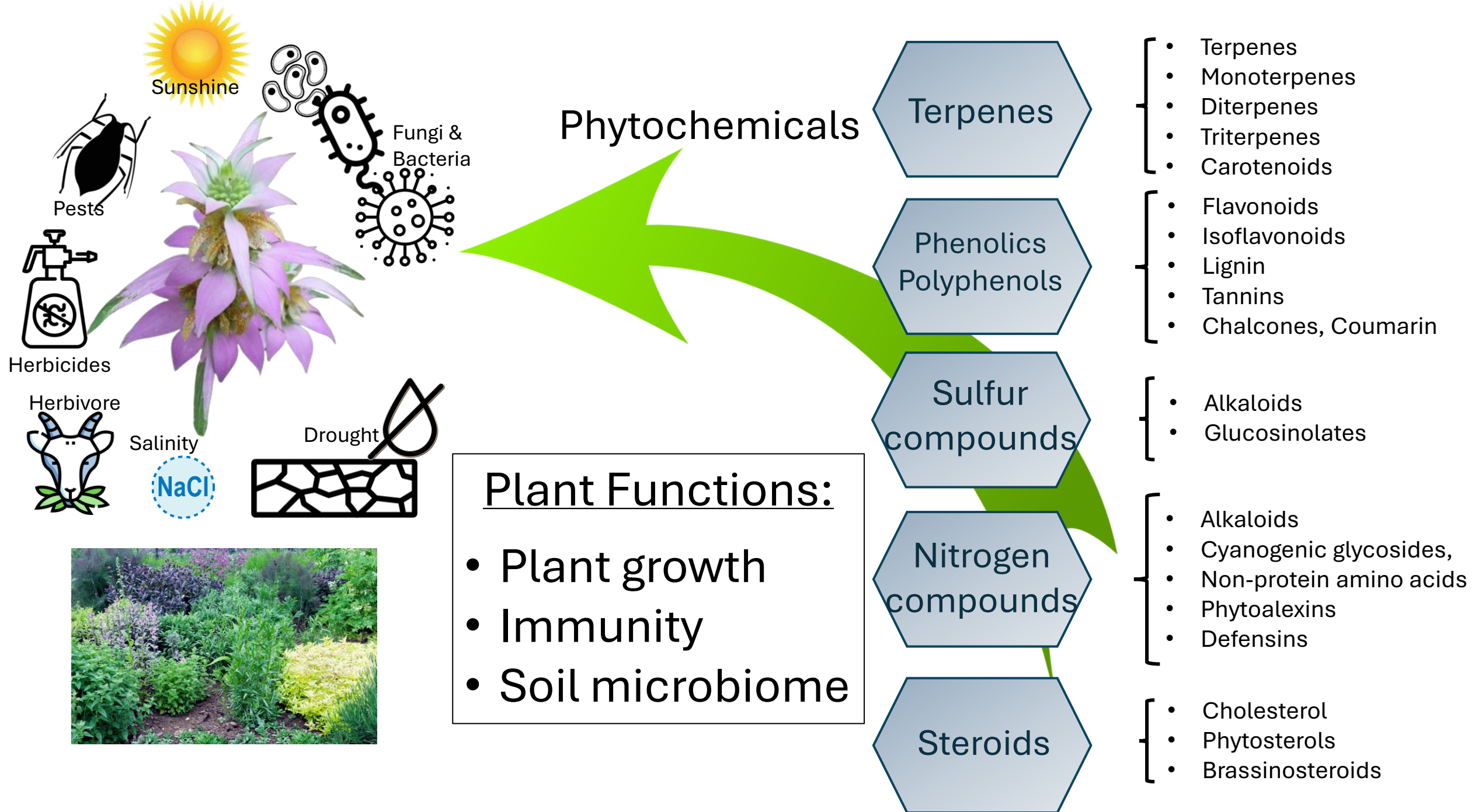
Question:
Where do phytochemicals
come from?

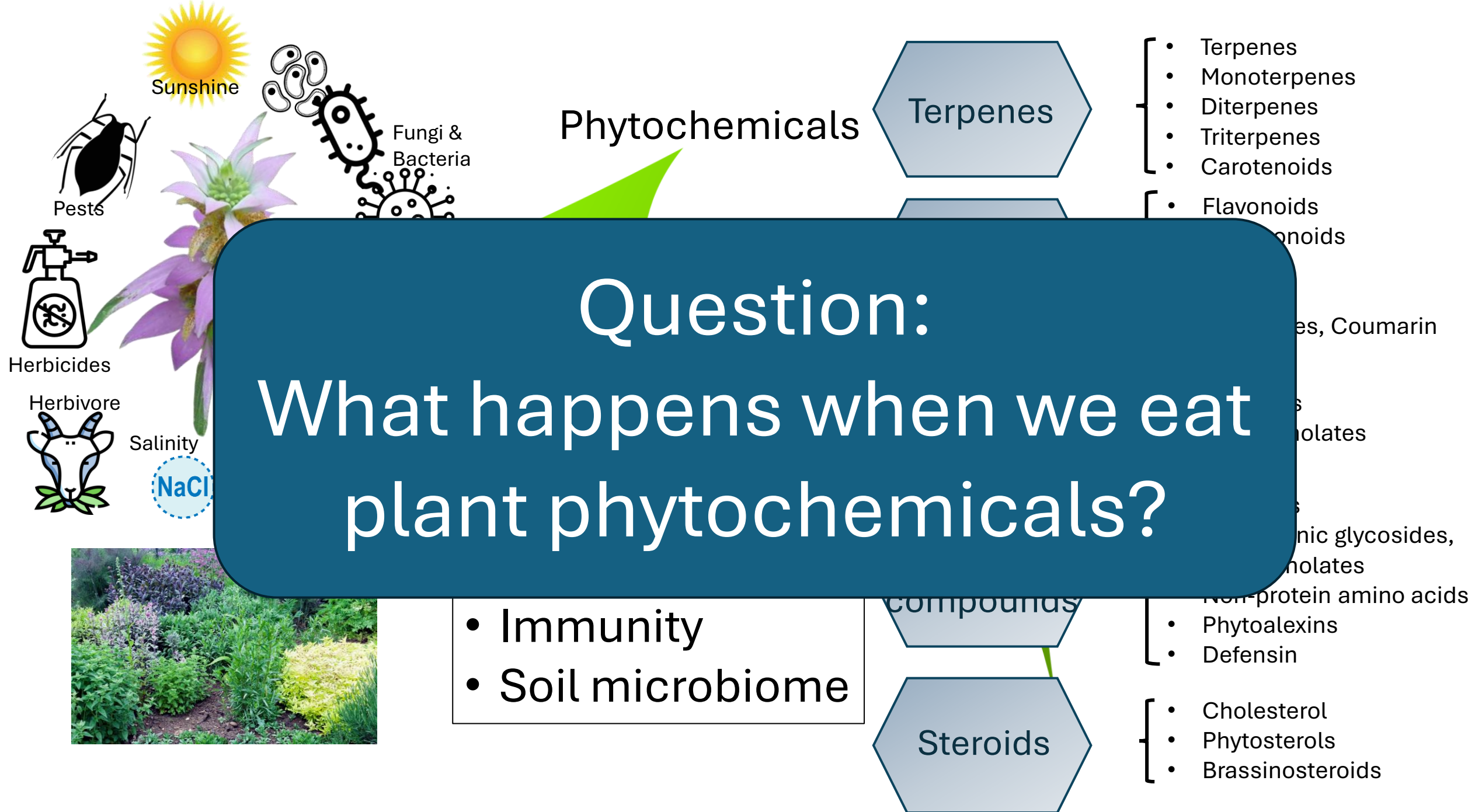




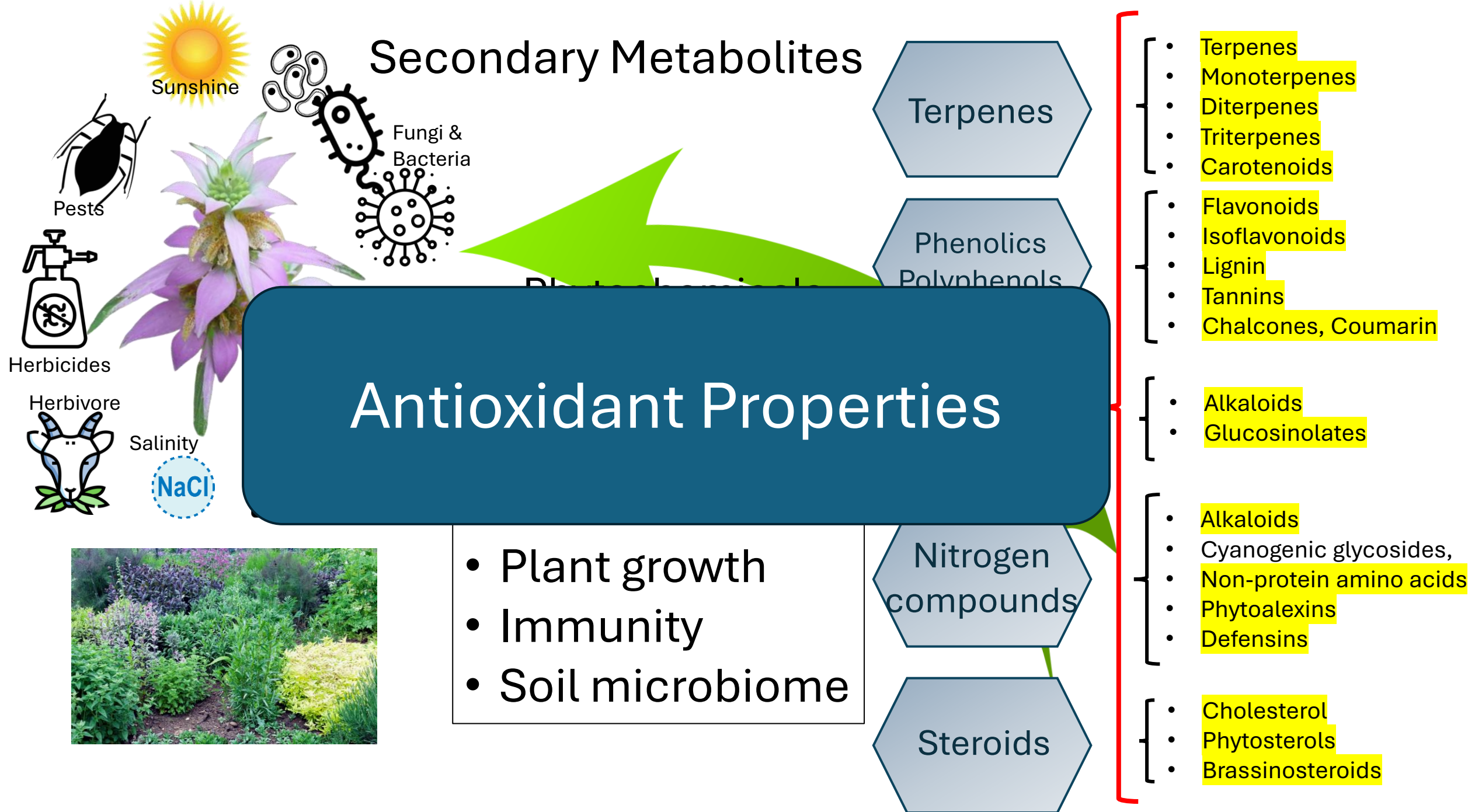
Environmental Stress







- Cholesterol
- Phytosterols
- Brassinosteroids



Secondary Metabolites

Phytochemicals

Functions:

- Plant growth
- Immunity
- Soil microbiome

Terpenes

- Terpenes
- Monoterpenes
- Diterpenes
- Triterpenes
- Carotenoids

Phenolics Polyphenols

- Flavonoids
- Isoflavonoids
- Lignin
- Tannins
- Chalcones, Coumarin

Sulfur compounds

- Alkaloids
- Glucosinolates

Nitrogen compounds

- Alkaloids
- Cyanogenic glycosides,
- Non-protein amino acids
- Phytoalexins
- Defensins

Steroids

- Cholesterol
- Phytosterols
- Brassinosteroids



Sunshine



Fungi &
Bacteria



Pests



Herbicides

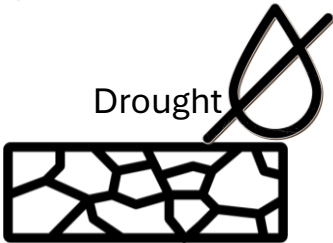


Herbivore

Salinity



Drought



Secondary Metabolites

Phytochemicals & Detox from Fruits/Vegetables

Sulphorophane

Apples

Oranges

Lemons

Grapefruit

Pears

Rhubarb

Mango

Avocado

Peach

Nectarine

Grapes

Dates

Figs

Apricot

Spinach

Beets

Lettuce

Chicory

Mizuna

Corn

Peas

Carrots

Potato

Tomato

Blueberries

Raspberries

Plum

Pumpkin

Squash

Green beans

Watermelon

Cantaloupe

Honeydew

Strawberries

Oregano

Basil

Cardamon

Cinnamon

Cloves

Pepper

Bok choy

Collards

Turnips

Leeks

Garlic

Chives

Onion

Broccoli

Chinese

cabbage

Horseradish

Watercress

Cauliflower

Cabbage

Brussels

sprouts

Arugula

Kale

Kohlrabi

Daikon

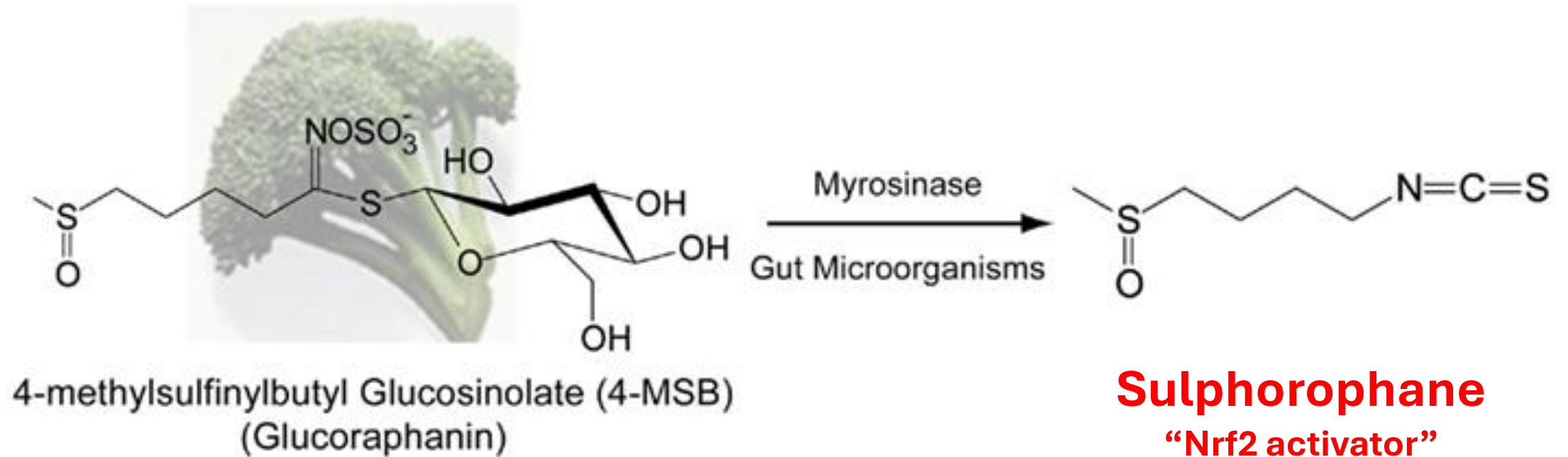
Red radish

Cruciferous vegetables

Cruciferous vegetables, have the highest concentration of glucoraphanin, the precursor to sulforaphane

In plants, glucoraphanin deters insect predators and acts as a selective antibiotic.

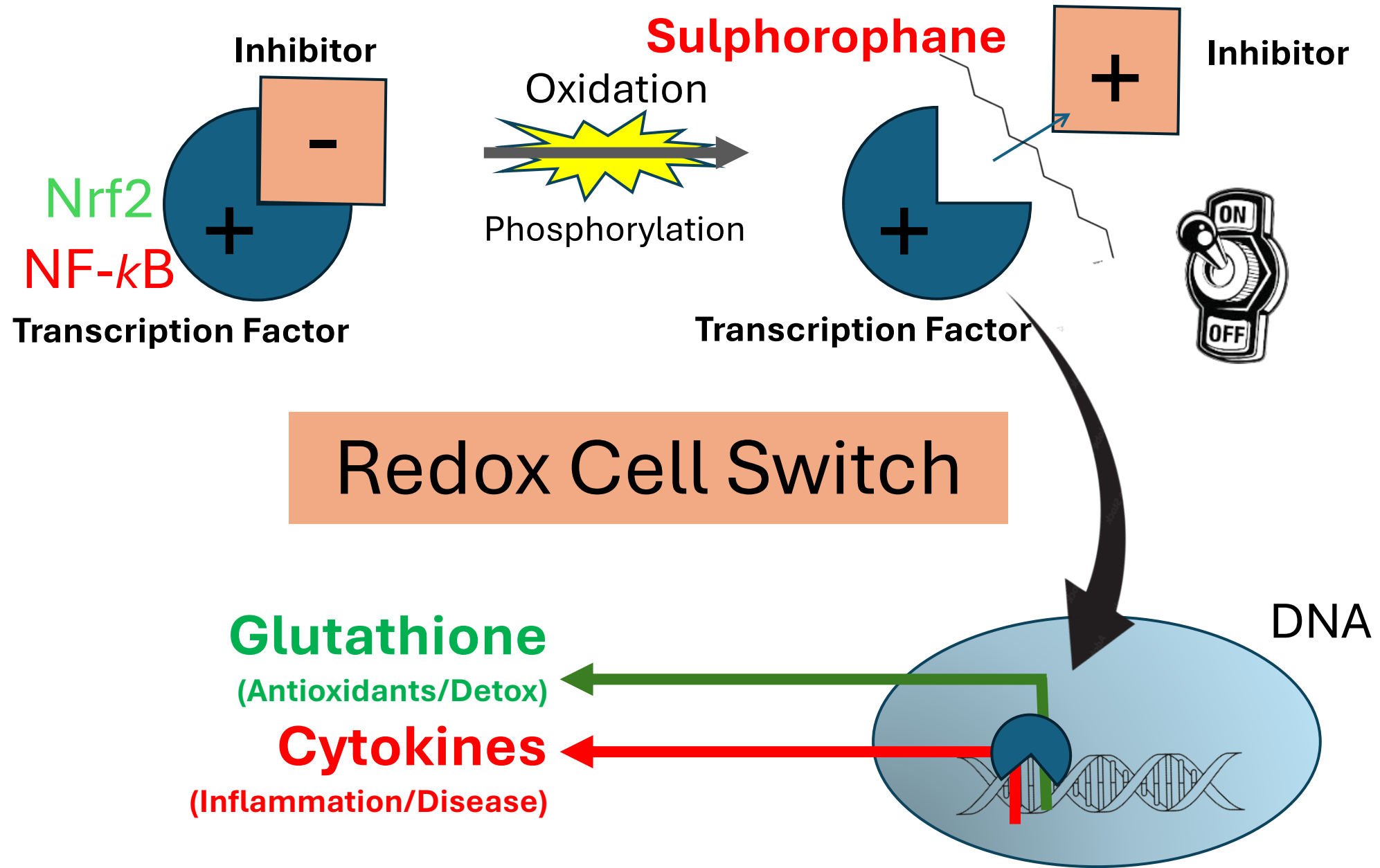
In humans, sulforaphane mimics oxidative stress, and is a Nrf2 activator.



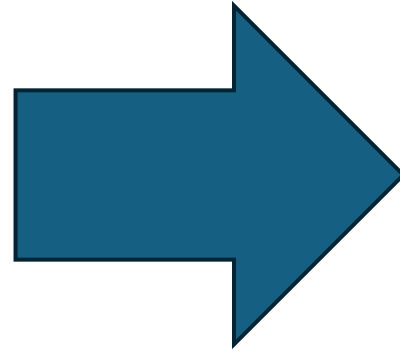
Boddupalli. Induction of Phase 2 antioxidant enzymes by broccoli sulphoraphane. *Frontiers in Genetics* 3(7):7 Jan 2012.

Fahey, et al. Sulforaphane Bioavailability from Glucoraphanin-Rich Broccoli: Control by Active Endogenous Myrosinase. *PLoS One*. 2015 Nov 2;10(11):e0140963.

O'Mealey, et al. Sulforaphane is a Nrf2-independent inhibitor of mitochondrial fission. *Redox Biol*. 2017 Apr11:103-110.



Processed Foods



Ultra-Processed Foods

- Mechanically processed & altered
 - fractionated – minimal whole food
 - bleached, fried (seed oils), etc.
 - hyperpalatable – engineered taste/texture
 - energy dense / nutrient poor
 - Food science - chemical additives
 - taste, appearance, handling
 - preservatives for increased shelf life
 - enriched w/ synthetic vitamins
 - Consumer-grade
 - hidden confusing names
 - sophisticated packaging
 - aggressive marketing
 - convenience ready (> 50% of diet)
- Anti-foaming
 - Bulking
 - Carbonating
 - Colors
 - Emulsifiers
 - Flavor enhancers
 - Foaming
 - Gelling
 - Glazing
 - Salts
 - Sweeteners
 - Thickeners

WALLET CUTOUT CARD

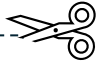


Ultra-processed Defined

Substances with no nutritional value, and with no or rare culinary use. Includes various sugars, modified oils, proteins, and starches.

Used almost exclusively in industrial manufacture of ultra-processed foods.

Ultra-Processed Ingredients to Avoid



Sugars

- Glucose
- Corn syrup
- High-fructose corn syrup / HFCS
- Dextrose
- Maltose
- Molasses
- Agave
- Fruit nectar
- Juice concentrate
- Brown rice syrup
- Beet syrup
- Corn sweetener
- Fruit juice

Oils

- Seed oil
- Interesterified
- Vegetable oil
- Corn oil
- Soybean oil
- Canola oil
- Cottonseed oil
- Sunflower oil
- Peanut oil
- Safflower oil
- Hydrogenated
- Partially hydrogenated
- Margarine

Proteins

- Hydrolyzed proteins
- Soy protein isolate
- Hydrolyzed soy isolate
- Wheat gluten
- Textured vegetable protein
- Hydrolyzed corn protein
- Sodium caseinate
- Casein protein
- Milk protein isolate
- Milk protein concentrate
- Hydrolyzed casein

Starches

- Corn
- Modified corn starch
- Modified food starch
- Corn starch
- Corn syrup solids
- Corn flour
- Maltodextrin
- Potato flour
- Wheat and wheat flour
- Rice flour
- Tapioca flour
- Dextrin

Unprocessed & Minimally Processed

Processed & Ultra-Processed



Increased Healthspan

Less Intervention



Shortened Less-healthy Lifespan

More Intervention



- Fruit
- Vegetables
- Nuts / Seeds
- Whole grains, cereals
- Meat
- Legumes
- Dairy

- No added salt, sugar, fats
- Drying
- Crushing
- Grinding
- Fractioning
- Roasting
- Boiling
- Pasteurization
- Refrigeration
- Freezing
- Packaging
- Fermentation

- White bread
- Crackers (simple)
- Refined flour/grain
- Juices
- Yogurt (flavored)
- Pizza
- French fries
- Cereals
- Canned fruits
- Pasta

- Soft drinks
- Fast foods
- Breakfast cereals
- Packaged snacks
- Frozen meals
- Frozen desserts
- Processed meats
- Cookies, crackers, chips, cakes, pastries, pretzels,
- Condiments, sauces, dressings
- Candy
- Syrups, jams



Nov 24 – Jan 20

Effect of preservatives

School biology project

Sara Lee



Pepperidge
Farm

Home made

Dietary Guidelines?

Food Industry Lies (ref: D&C 89:4)

- Modified food is equal to natural whole food.
- Added chemicals (preservatives, colorants) are neutral and harmless.
- Refined flours in limited amounts do not negatively impact cellular health.
- ‘A carb is a carb is a carb;’ ‘all calories are equal.’
- Fructose in corn syrup is the same as fructose in fruits.
- Cane sugar and synthetic sugar (glucose syrup) are equal.
- Synthetic starch from corn is the same as starch found in fruits and vegetables.
- Low fat diets are universally healthier.
- Refined seed oils are healthy; saturated fat is unhealthy.
- Enriching modified foods (i.e., flour, pasta...) restores complete nutrition.
- Food quality can be determined by looking at the food label, ‘nutritional facts.’

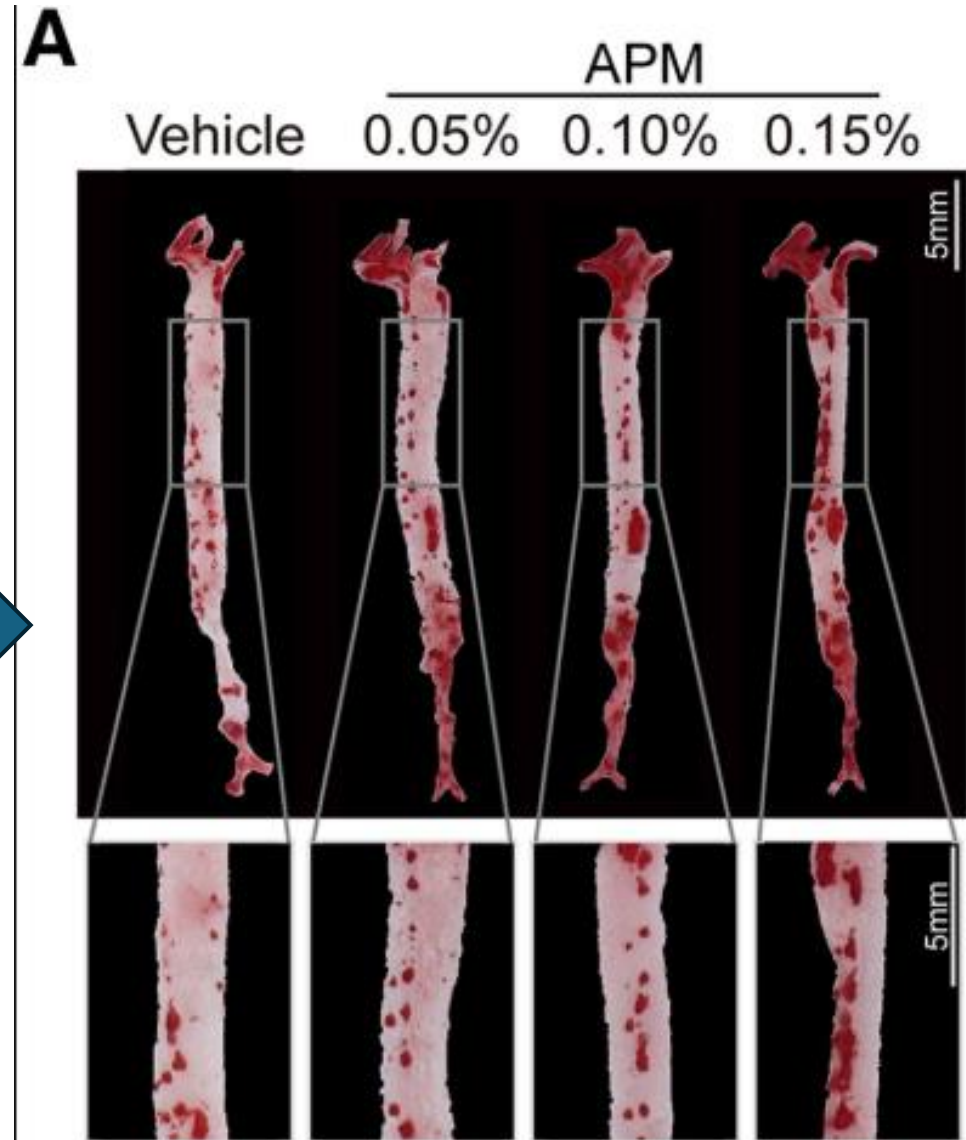
Question: What about diet drinks?

**Exacerbation of
atherosclerosis by
APM supplementation**



“Sweetener aspartame aggravates atherosclerosis through insulin-triggered inflammation.”

- Wu, et al. Cell Metabolism, Feb 2025



Diet Soft Drink Consumption is Associated with an Increased Risk of Vascular Events in the Northern Manhattan Study

[Hannah Gardener](#)^{1,✉}, [Tatjana Rundek](#)¹, [Matthew Markert](#)¹, [Clinton B Wright](#)¹, [Mitchell S V Elkind](#)^{2,3}, [Ralph L Sacco](#)^{1,4,5}

INTRODUCTION

An association between sugar-sweetened soft drinks and obesity, insulin sensitivity, and hypertension may be attributed to their high caloric and sugar load, and lack of nutrients.^{1–3} The popularity of sugar-sweetened soft drinks and rising rate of obesity underscore the need for healthier beverages. Artificially-sweetened “diet” soft drinks have been marketed as healthier alternatives due to their lack of calories. However, recent studies suggested that diet soft drink consumption may also be associated with health consequences, particularly type 2 diabetes and the metabolic syndrome,^{4–6} risk factors for cardiovascular disease (CVD), ischemic stroke, and all-cause mortality.^{7–11}

The American Journal of Clinical Nutrition

Volume 119, Issue 3, March 2024, Pages 669-681

Sugar-sweetened or artificially-sweetened
beverage consumption, physical activity, and
risk of cardiovascular disease in adults: a
prospective cohort study

Conclusions

Higher SSB intake was associated with CVD risk regardless of physical activity levels.
These results support current recommendations to limit the intake of SSBs even for
physically active individuals.

Grain – “the staff of life” D&C 89:14

Primitive vs Modern



1. Sprouted / soaked
2. Whole - complex
3. Vitamins & minerals
4. Low antinutrients
5. No herbicides

1. Not Sprouted / soaked
2. Refined - simple
3. Bleached
4. High antinutrients
5. Herbicides

Phytochemicals

- Phenolic acids
- Flavonoids
- Carotenoids
- Phytosterols
- Tocopherols
- Tocotrienols
- Alkylresorcinols

Antinutrients:

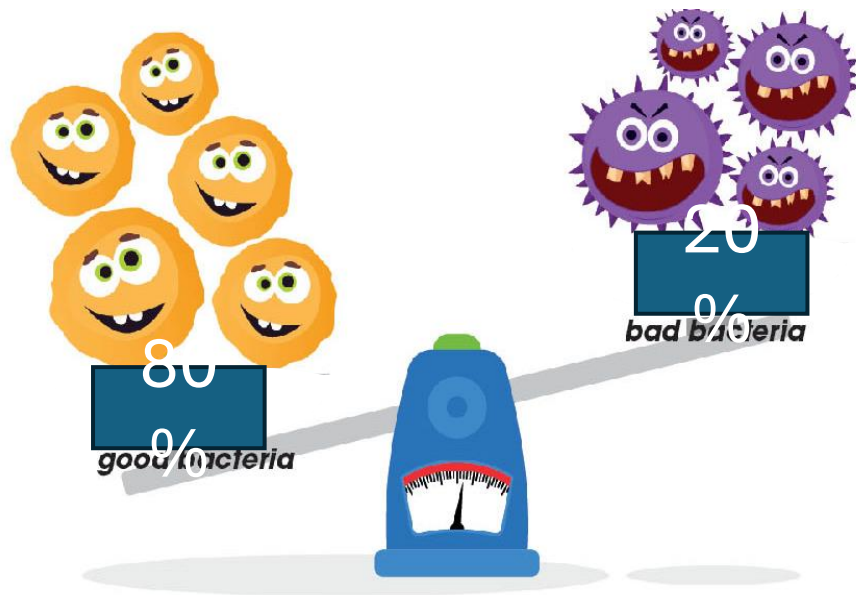
- phytate, oxalate, lectins, glucosinolates, gluten

Water (soaking) activates enzymes which break down antinutrients; releases minerals; bioavailable



Breakdown:

- Phytase
- Oxalate oxidase
- Myrosinase
- Endopeptidases / endoproteases
- Fermentation
- Water soaking
- Boiling - heat

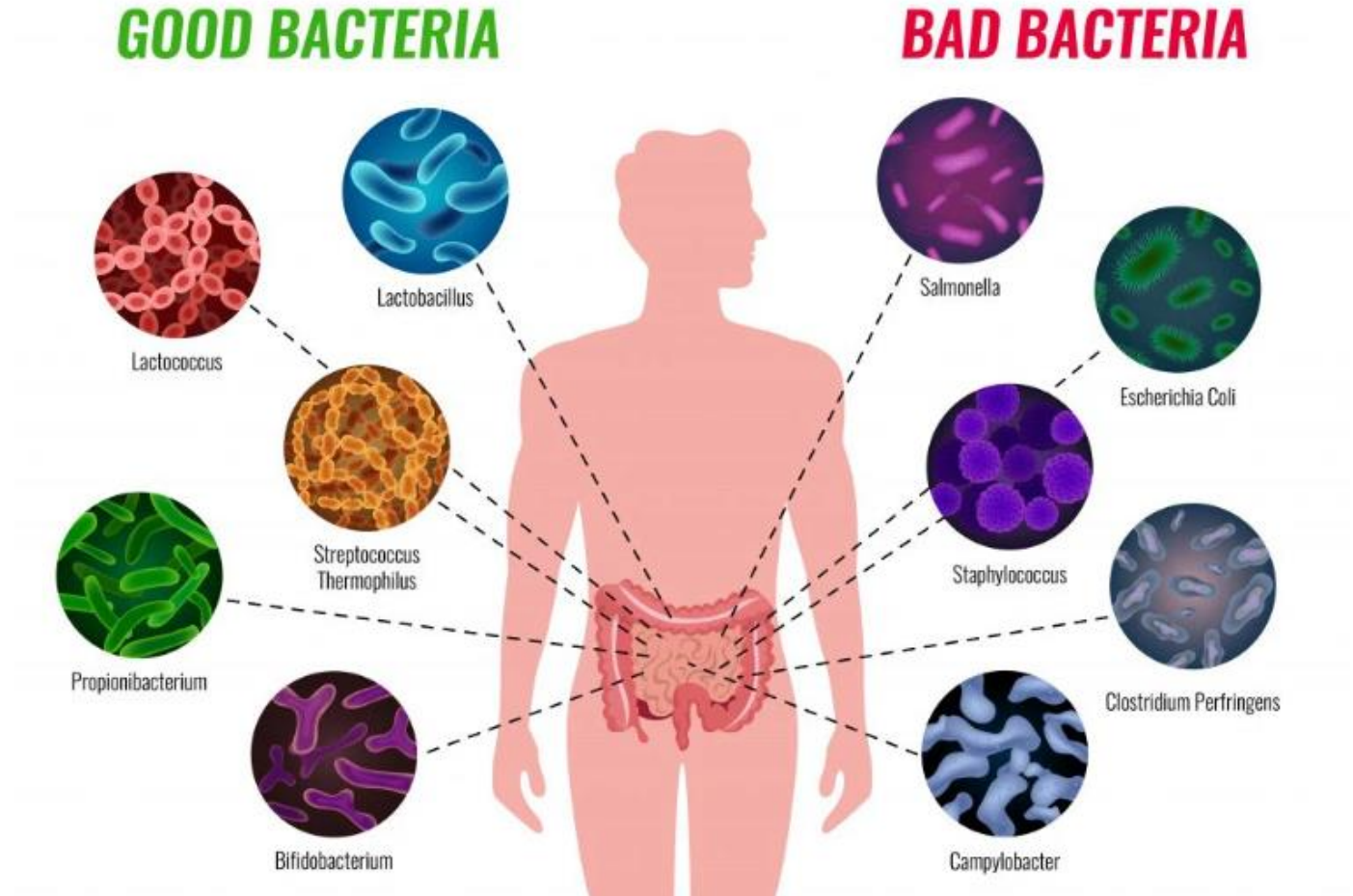


**Healthy bacteria overpower
bad bacteria**

Symptoms of Dysbiosis

- Diarrhea
- Constipation
- Gas & bloating
- Burping
- Abdominal discomfort
- Fatigue / tiredness
- Inflammation

The 80/20 Rule



Q: How to favor probiosis over dysbiosis?

Prebiotics: Non-digestible fiber (insoluble/soluble); growth of healthy bacteria.

Probiotics: Live microorganisms beneficial to gut and overall health.

Dysbiotic: Unhealthy bacteria - imbalance in the gut microbiome.

Foods that contribute to probiosis:

- Chia seeds
- Fruits & berries
- Legumes
- Nuts/seeds
- Grains: whole

Foods that contribute to dysbiosis:

- Refined carbs
- Sugar
- Refined grains
- Processed foods
- Low fiber

Gut-Brain Axis

Serotonin
Gamma-aminobutyric acid (GABA)
Dopamine
Norepinephrine
Acetylcholine
Short-chain fatty acids

Pre vs. Probiotics

Prebiotics



Bananas



Mushrooms



Flaxseeds



Garlic



Cabbage



Onion



Asparagus



Cocoa

Probiotics



Sauerkraut



Raw cheese



Sour Pickles



Tempeh



Yogurt



Kimchi



Sourdough

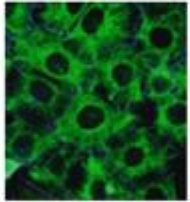


Kefir

Cellular Health, Resilience, & Antiaging

Redox Cell Biology

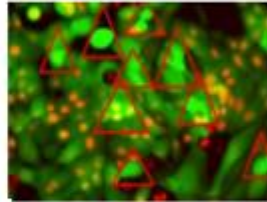
The Redox Regulatory Circuit



Oxidative
Balance
Homeostasis



Oxidative
Stress
Cell
Signaling



Stress
Response
Gene
Expression

Cell Signaling



Word Of Wisdom

The Lord's
Law of Health

- Diet - Whole Nutrition
 - nutrients
 - antioxidants
 - vitamins/minerals
- Sleep
- Physical activity
- Work / Labor
- Fasting
- Gut health
- Peace / Managed Stress
- Temperature changes
- Circadian - Light
- Redox Clean

Redox Poisons (Un)Clean



“Word of Wisdom” - Lifestyle

