

**GOSPEL DOCTRINE LESSON 22: THE WORD OF WISDOM: “A PRINCIPLE WITH A PROMISE”**  
(D&C 89)

**LESSON GOAL:** To encourage us to obey the counsel in the Word of Wisdom, as well as the Lord’s other counsel about physical health.

**TRUTHS** from *Don’t Eat the Marshmallow. . . Yet* by Joachim de Posada:

- **Delaying gratification** gives life-long success.
- Successful people **keep their promises**.
- Successful people are willing to make **choices and sacrifices** that unsuccessful people are unwilling to do.
- **Focusing on a goal**, getting **excited about reaching it**, and **delaying gratification** to reach it brings **confidence** and a sense of **calm** to the soul.

Because the Lord loves us, He gave us this earth and all that is on it for our pleasure and salvation. He also gave us our free agency and the power to choose how we would live. His commandments guide us to proper use of this world.

**D&C 49:19-21:** 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.** But it is not given that one man should possess that which is above another, wherefore the world lieth in sin. And wo be unto man that sheddeth blood or that wasteth flesh and hath no need.

**D&C 59:16-21:** . . . **the fulness of the earth is yours, the beasts of the field and the fowls of the air,** and that which climbeth upon the trees and walketh upon the earth; Yea, and **the herb, and the good things** which come of the earth, whether for food or for raiment, or for houses, or for barns, or for orchards, or for gardens, or for vineyards; Yea, all things which come of the earth, in the season thereof, are made **for the benefit and the use of man**, both to please the eye and to gladden the heart; Yea, for food and for raiment, for taste and for smell, to strengthen the body and to enliven the soul. **And it pleaseth God that he hath given all these things unto man;** for unto this end, were they **made to be used, with judgment**, not to excess, neither by extortion. And in nothing doth man offend God, or against none is his wrath kindled, save those who confess not his hand in all things, and obey not his commandments.

As originally given, the Word of Wisdom was not binding on the Church as a commandment. The Lord, in His wisdom, was patient in allowing a time and season for His people to grow up into the commandment.

**President Joseph F. Smith:** “The reason undoubtedly why the Word of Wisdom was given—as not by 'commandment or restraint' was that at that time, at least, if it had been given as a commandment it would have brought every man, addicted to the use of these noxious things, under condemnation; so, **the Lord was merciful and gave them a chance to overcome, before He brought them under the law**” (*Conference Report*, October 1913, 14).

**TIMELINE OF EVENTS RELATED TO THE WORD OF WISDOM**

Eden	<b>Eat</b> of every tree except the Tree of Knowledge
Moses 2:25	Creation of <b>beasts, fowls, fish</b>
Acts 15:29	Gentiles: <b>No ‘idol’ meat</b> , blood, things strangled
1831	<b>D&amp;C 49, 59. Beasts, fowls, plants for food</b> “To be used with judgment, not to excess.”
1833	February 27: <b>The Word of Wisdom given.</b> Acceptance by Church members was gradual.
1851	Pres. Brigham Young proposed that all Saints <b>abstain from tea, coffee, tobacco, and whiskey</b> The motion was accepted unanimously.
1882	October 13: The Lord revealed to John Taylor that <b>the Word of Wisdom was a commandment.</b>
1883	September 28: Quorum of the Twelve resolved to <b>observe the Word of Wisdom in its entirety.</b>
1883	October 11: Observance of <b>the Word of Wisdom</b> a condition to attend the <b>School of Prophets.</b>
1908	Living the Word of Wisdom required for <b>local leadership positions.</b>
1913	Living the Word of Wisdom required for <b>young men to be missionaries.</b>
1919	Living the Word of Wisdom required to <b>receive a temple recommend.</b>
1942	<b>President Heber J. Grant:</b> “We urge the Saints to quit trifling with this law and so to live it that we may claim its promises.” (General Conference October 1942)

## 1. WHY WAS THE WORD OF WISDOM REVEALED?

**Brigham Young:** "I think I am as well acquainted with the circumstances which led to the giving of the Word of Wisdom as any man in the Church, although I was not present at the time to witness them. The first school of the prophets was held in a small room situated over the Prophet Joseph's kitchen, in a house, which belonged to Bishop Newel K. Whitney. Over [the] kitchen was situated the room in which the Prophet received revelations and in which he instructed his brethren [the School of the Prophets]. The brethren came to that place from hundreds of miles to attend school in a little room probably no larger than eleven by fourteen. When they assembled together in this room after breakfast, **the first they did was to light their pipes**, and, while smoking, talk about the great things of the kingdom, and **spit all over the room**, and as soon as the pipe was out of their mouths, **a large chew of tobacco** would then be taken. Often when the Prophet entered the room to give the school instructions, he would find himself **in a cloud of tobacco smoke**. This, and the **complaints of his wife at having to clean so filthy a floor**, made the Prophet think upon the matter, and he inquired of the Lord relating to the conduct of the Elders in using tobacco, and the revelation known as the Word of Wisdom was the result of his inquiry" ("House of Revelation," *Ensign*, January 1993).

**Zebedee Coltrin:** "When the Word of Wisdom was first presented by the Prophet Joseph ... **there were twenty out of the twenty-one who used tobacco** and they all immediately threw their tobacco and pipes into the fire. (Minutes, Salt Lake City School of Prophets, 3 Oct. 1883, 56). ("House of Revelation," *Ensign*, January 1993).

### Alcohol Consumption:

"The American Revolution only exacerbated this reliance on alcohol. After molasses imports were cut off, Americans sought a substitute for rum by turning to whiskey. Grain farmers in western Pennsylvania and Tennessee found it cheaper to manufacture whiskey than to ship and sell perishable grains. As a consequence, the number of distilleries grew rapidly after 1780. To the astonishment of observers, Americans everywhere—men, women, and children—drank whiskey all day long. **American consumption of distilled spirits climbed precipitously, from two and a half gallons a person in 1790 to seven gallons in 1830, the highest amount of any time in American history and a figure three times today's consumption rate.**" (*Revelations in Context*, Ed. Matthew McBride, "The Word of Wisdom," 183).

### Doctrine and Covenants 89:

*Revelation given through Joseph Smith the Prophet, at Kirtland, Ohio, February 27, 1833. As a consequence of early brethren using tobacco in their meetings, the Prophet was led to ponder upon the matter; consequently, he inquired of the Lord concerning it. This revelation, known as the Word of Wisdom, was the result.*

## 2. D&C 89:1-9---THE LORD'S COUNSEL ABOUT WHAT IS NOT GOOD FOR THE BODY

1 A Word of Wisdom, for the **benefit** of the council of high priests, assembled in Kirtland, and **the church**, and also the **saints in Zion**—

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—

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

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

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

8 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**.

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

In addition to these substances, we should not:

- a. Use any substance that contains **illegal drugs**.
- b. Use any other **habit-forming substances** except under the care of a competent physician.
- c. Misuse **prescription and other drugs**.

**Elder Russell M. Nelson:** "We reach out in love to family, friends, and neighbors, who **suffer addiction**. The Church continues to help relieve this international plague, but the solution to this problem ultimately is neither governmental nor institutional. It is a matter of individual **choice and commitment**. **Agency must be understood. The importance of the will in making crucial choices must be known.** Then steps toward relief can follow" (from *Perfection Pending*).

**2010 Church Handbook:** "The only official interpretation of 'hot drinks' (D&C 89:9) in the Word of Wisdom is the statement made by early Church leaders that the term '**hot drinks**' means **tea and coffee**. Members should not use any substance that contains **illegal drugs**. Nor should members use harmful or habit-forming substances except under the care of a competent physician." (Handbook 2: 21.3.11).

**Priesthood Bulletin, February, 1972:** "With reference to cola drinks, the Church has never officially taken a position on this matter, but the leaders of the Church have advised, and we do now specifically advise, against the use of any drink containing harmful habit-forming drugs under circumstances that would result in acquiring the habit. **Any beverage that contains ingredients harmful to the body should be avoided.**"

**Spencer W. Kimball:** "I never drink any of the cola drinks and my personal hope would be that no one would. However, **they are not included in the Word of Wisdom** in its technical application ... I personally do not put them in the class as with the tea and coffee because the Lord specifically mentioned them [the hot drinks]. (*Teachings of SWK*, 202).

### 3. **D&C 89:10-17**---THE LORD'S COUNSEL ABOUT WHAT IS GOOD FOR THE BODY

10 And again, verily I say unto you, **all wholesome herbs** God hath ordained for the **constitution, nature, and use of man**

11 Every **herb** in the season thereof, and every **fruit** in the season thereof; all these to be used **with prudence** and **thanksgiving**.

12 Yea, **flesh** also of beasts and of the fowls of the air, I, the Lord, have ordained for the use of man **with thanksgiving**; nevertheless, they are to be used sparingly;

**D&C 78:19:** And he who receiveth all things **with thankfulness** shall be made glorious; and the things of this earth shall be added unto him even an hundred fold, yea, more.

13 And it is pleasing unto me that **they should not be used, only in times of winter, or of cold, or famine.**

14 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;

15 And **these** hath God made for the use of man **only** in times of famine and excess of hunger.

16 All **grain** is good for the food of man; as also the **fruit** of the vine; that which yieldeth fruit, whether in the ground or above the ground—

17 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.

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"It is noted from these verses that **all grains** can be used both for man or for beast, but certain grains are best for certain animals. The 17th verse says that specifically **wheat is for man, corn for the ox, oats for the horse, and rye for fowls and swine**. In the light of this very definite statement, a series of experiments carried out by the Experiment Station, at Madison, Wisconsin, (Wis. Bul. 275) are extremely interesting. These experiments deal with only certain phases of the statement above cited but the results are quite conclusive.

1. **Swine** were fed on a ration that was composed, in a large measure, of **wheat**. After about nine months on this ration they began to lose weight, finally showing difficulty in moving about, labored breathing, and muscular twitching. The motor cells of the spinal cord were shrunken and appeared to be under pressure. The experiment distinctly shows that **wheat fed alone over long periods of time, is not healthful for swine**.
2. In experiments with **chickens fed on wheat**, there was an increase in the death rate, and when on corn the death rate appeared slightly larger, although the ones that lived in both cases appeared healthy and vigorous and laid fertile eggs. In the poultry producing section of Belgium it is customary to **feed the fowls almost exclusively on a rye diet, and the results obtained are very favorable**.
3. No work in these experiments was done with oats and horses; still **oats are the best horse feed known**.
4. The work with **cows** is significant, for it was done with both wheat and corn. The authors of this bulletin stated, 'In all the work a chemically balanced ration from the **wheat plant** and its product has **never produced normal calves**, while a ration from the **corn plant** has always **produced vigorous offspring**.' When only the products of the wheat were fed, the calves were born blind, weak and lived only a short time. Products from the **corn plant** proved extremely successful in the production of **vigorous calves**.

These experiments do prove that when a ration is balanced entirely from one single grain plant the results on the animals were disastrous, except in the one case where corn was fed to cows. **A contemplation of these things ought to fill one with a greater faith in the inspiration of Joseph Smith, and this great revelation on the 'Word of Wisdom.'**" (C.Y. Cannon, "New Proof for the 'Word of Wisdom'," Dept. of Animal Husbandry, BYU, *Improvement Era*, 1924, Vol. Xxvii. January, 1924. No. 3.)

#### 4. D&C 89:18-21---PROMISED BLESSINGS FOR OBEDIENCE TO THE WORD OF WISDOM

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.

**Joseph F. Smith:** "Are these glorious promises not sufficient to induce us to observe this Word of Wisdom? Is there not something here that is worthy our attention? Are not "great treasures" of knowledge, even "hidden treasures," something to be desired? But when I see men and women addicting themselves to the use of tea and coffee, or strong drinks, or tobacco in any form, I say to myself, **here are men and women who do not appreciate the promise God has made unto them**. They trample it under their feet, and treat it as a thing of naught. They despise the word of God, and go contrary to it in their actions. Then when affliction overtakes them, they are almost ready to curse God because he will not hear their prayers, and they are left to endure sickness and pain" (*Gospel Doctrine: Selections from the Sermons and Writings of Joseph F. Smith*, compiled by John A. Widtsoe, 1939, 366).

#### 5. THE BODY IS A SACRED TEMPLE

**1 Cor. 3:16-17:** Know ye not that **ye are the temple of God**, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for **the temple of God is holy, which temple ye are**.

**1 Cor. 6:19:** What? know ye not that **your body is the temple** of the Holy Ghost which is in you, which ye have of God, and **ye are not your own**?

**David A. Bednar:** "**Our physical bodies. . . are temples of God**. Consequently, you and I must carefully consider what we take *into* our temple. . . **The Word of Wisdom is about readiness and receptiveness to receive revelation**. And secondarily, the Word of Wisdom also produces physical benefits. **Just as only worthy persons are permitted to enter into the house of the Lord, so we should likewise be careful to take into our bodies only those things that will positively affect us both spiritually and physically**" (*Ensign*, September 2001, 14).

**Susan W. Tanner:** **The scriptures declare that the body is a temple**. It was Jesus Himself who first compared His body to a temple (John 2:21). Later Paul admonished the people of Corinth, a wicked city teeming with all manner of indecency: "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are" (1 Cor. 3:16-17).

**What would happen if we truly treated our bodies as temples?** The result would be a dramatic increase in chastity, modesty, **observance of the Word of Wisdom**, and a similar decrease in the problems of pornography and abuse, for **we would regard the body, like the temple, as a sacred sanctuary** of the Spirit. Just as no unclean thing may enter the temple, we would be vigilant to keep impurity of any sort from entering the temple of our bodies.

Likewise, we would keep the outside of our bodily temples looking clean and beautiful to reflect the sacred and holy nature of what is inside, just as the Church does with its temples. **We should dress and act in ways that reflect the sacred spirit inside us**. (*"The Sanctity of the Body,"* October 2005 General Conference).

**David O. McKay:** How strong is the man, how admirable in structure, who had health throughout his body, whose organs are in good condition! The healthy man, who takes care of his physical being, had strength and vitality; **his temple**, if you please, is a fit place for his spirit to reside in. (*Gospel Ideals*, 362).

**Jeffrey R. Holland:** "We should all be as fit as we can be—that's good Word of Wisdom doctrine. That means eating right and exercising and helping our bodies function at their optimum strength. We could probably all do better in that regard." ("To Young Women," CR October 2005).

**John A. Widstoe:** The experiences on earth are not transient, but impressed eternally upon the constitution of man. The eternal body inherits the sum of all personal earth experiences. Such being the case, **the care of the body becomes paramount**. Nothing must be done to mar the beauty or full expression of the imperishable body, which is to be man's eternal companion. (*Program of The Church of Jesus Christ of Latter-day Saints*, 35).

**Joseph Smith:** "We came to this earth that we might have a body and present it pure before God in the Celestial Kingdom. **The great principle of happiness consists in having a body**. The Devil has no body, and herein is his punishment" (*The Words of Joseph Smith*, ed. Andrew F. Ehat and Lyndon W. Cook [1980], 60).

**Gordon B. Hinckley:** **The body is sacred.** It was created in the image of God. It is something to be cared for and used for good purposes. (*November 2006 General Conference, "The Body is Sacred"*).

**Elder Richard L. Evans:** "It isn't unusual—indeed it is expected—that the maker of any machine should send a set of instructions on how best to use and care for it, and this our Father in heaven has done for us, mentally, morally, physically, spiritually. In the gospel are instructions from our Maker.

**"We have only one body. It is irreplaceable, indispensable, sacred.** It has to last a mortal lifetime. With it and the spirit within, we think, we plan, we work, we feel, we live our mortal lives. It is a miracle and most amazing: the housing for the spirit, the mind, the intelligence of man; the instrument through which we think, plan, and pursue life's purpose.

Don't dissipate it; don't impair any part of it. Keep it clean and functioning. **Don't quibble about words, about what is counsel and what is commandment. Don't rationalize.** Don't clutter life with what is sure to distress and embarrass and lose peace and cause problems. Find what is good, and do it. Find what isn't good, and leave it alone" (*Improvement Era*, June 1967, 33).

## 6. THE WORD OF WISDOM IS A LAW OF HEALTH

**D&C 88:124:** 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, that ye may not be weary; arise early, that your bodies and your minds may be invigorated.

**L. Tom Perry:** As members of The Church of Jesus Christ of Latter-day Saints, **we possess sacred knowledge** from revealed truth about the relationship between the body and the spirit. D&C 88:15 states, "The spirit and the body are the soul of man." To bless us both physically and spiritually, the Lord also revealed to us **a law of health**, telling us **which foods and substances are good for the body and which are not.** (*Let Him Do It with Simplicity*, Oct.2008)

**Spencer W. Kimball:** **When we pray for health, we must live the laws of health** and do all in our power to keep our bodies well and vigorous. (*Teachings of SWK*, 122).

**Gordon B. Hinckley:** **People are becoming increasingly health conscious.** We have a running start on the world, a code so simple and easily understood. Not long ago I met Dr. James E. Enstrom of the University of California at Los Angeles. He is not a member of the Church. He speaks with complete objectivity. His studies indicate that actuarially speaking, **Latter-day Saints live about 10 years longer than their peers.** Who can set a price on 10 years of life? What a remarkable and wonderful blessing is this Word of Wisdom. (October 1997 General Conference).

**Thomas S. Monson:** "Nutritious meals, regular exercise, and appropriate sleep are necessary for a strong body, **just as consistent scripture study and prayer strengthen the mind and spirit"** (*Conference Report*, Oct. 1990, 60).

**President Brigham Young:** "Instead of doing two days' work in one day, wisdom would dictate to [the Saints] that if they desire long life and good health, they must, after sufficient exertion, **allow the body to rest before it is entirely exhausted.** When exhausted, some argue that they need stimulants. . . . But instead of these kind of stimulants, they should recruit by rest" (*Discourses of Brigham Young*, sel. John A. Widtsoe [1941], 187).

**Heber J. Grant:** "No man who breaks the Word of Wisdom can gain the same amount of knowledge and intelligence as the man who obeys the law. I don't care who he is or where he comes from, **his mind will not be as clear**, and he cannot advance as far, as rapidly and retain his power as much as if he obeyed the Word of Wisdom" (Cr, Apr. 1925)

## 7. SATAN WOULD DESTROY GOD'S LAW

**Bishop John H. Vandenberg:** "The chief targets of these conspiring men are **our bodies and our agency.** Satan sought from the beginning to destroy the bodies of the children of men and to assume **power over their minds and actions** . . . He has cunningly sought to popularize and sophisticate the use of substances that destroy the body or make the mind and body a slave to that substance. Satan has reverted to an ancient strategy with which he not only hopes to attack the body, but also **to rob man of his agency.**" ("The Evil Designs of Men"; *Improvement Era*, January 1969, 50).

**President Ezra Taft Benson:** "My young brothers and sisters, in all love we give you warning that **Satan and his emissaries will strive to entice** you to use harmful substances because, they well know if you partake, **your spiritual powers will be inhibited, and you will be in their evil power.** Stay away from those places or people which would influence you to break the commandments of God. **Keep the commandments of God, and you will have the wisdom to know and discern that which is evil.**" (TofETB, 478).

**Ezra Taft Benson:** "**The Lord foresaw . . . today** when motives for money would cause men to conspire to entice others to take noxious substances into their bodies. **Advertisements**, which promote beer, wine, liquors, coffee, tobacco, and other harmful substances are examples of what the Lord foresaw. **But the more pernicious example of an evil conspiracy. . . is those who induce young people into the use of drugs"** (*Ensign*, May 1983, 53).

## 8. THE WORD OF WISDOM IS A SPIRITUAL LAW

**D&C 93:33-34:** For man is spirit. The elements are eternal, and **spirit** and element, inseparably connected, receive a fulness of joy; **And when separated, man cannot receive a fulness of joy.**

**Boyd K. Packer:** “The Word of Wisdom does not promise you perfect health, but it teaches how to keep the body you were born with in the best condition and your mind alert to **delicate spiritual promptings** . . . Surely the Word of Wisdom was given so that you may keep the **delicate sensitive spiritual part** of your nature on proper alert. Learn to “listen” to your feelings. You will be guided and warned and taught and blessed” (Ensign, May 1996, 18-19).

**Ted L. Gibbons:** “Among other things, the Word of Wisdom is evidence that **the relationship between our bodies and our spirits is both intimate and significant.** The repeated scriptural counsel about caring for and protecting our bodies—counsel given from Old Testament times to the dispensation of the fullness of times—must in part tell us that **damaging our bodies will also damage our spirits.** ([www.ldsgospeldoctrine.net/D&C](http://www.ldsgospeldoctrine.net/D&C) Lesson 22).

**Elder Boyd K. Packer:** “If someone 'under the influence' [of harmful substances] can hardly listen to plain talk, how can they respond to **spiritual promptings** that touch their most delicate feelings? As valuable as the Word of Wisdom is as a law of health, it may be much **more valuable to you spiritually than it is physically.**” (Ensign, Nov 1979, 20).

**President Ezra Taft Benson:** “There is no question that the health of the body **affects the spirit** or the Lord would never have revealed the Word of Wisdom” (Teachings ETB, 248).

**Ted Gibbons:** “I just purchased a (relatively) new van. I have the key. With that key I can use the vehicle to transport my family to placed we desire to be. **Without the key, I would be severely limited.** The Geo Metro my wife drives will not transport my family anywhere in one trip. **The Word of Wisdom is such a key,** one that will enable you to transport yourself to a condition where you can participate in **extraordinary spiritual blessings.**”

## 9. CONCLUSION

The Lord has given us the Word of Wisdom because He loves us and is concerned for our physical and spiritual well-being. The Word of Wisdom is more than a code of physical health; it is also a key to great spiritual blessings. As we follow this counsel, the Lord will fulfill His promises to bless us physically and spiritually.

**Nancy Jensen:** My personal testimony of the Word of Wisdom has been greatly strengthened this year (2016-2017). Although I always considered myself to be keeping the Word of Wisdom perfectly because I didn't smoke or drink, **a more careful, prayerful study and implementation of the revelation completely changed the direction of my life.** I wondered why I was not enjoying the blessings of strength, speed and endurance, despite "perfectly" keeping the Word of Wisdom. I had suffered the effects of a debilitating, degenerative disease, Ankylosing Spondylitis, for 30 years, although I didn't get a proper diagnosis until this year. By the summer of 2016, I could hardly walk a block because of inflammation in my tendons, it hurt my arms just to hold a book, and the three hours of sitting at church were filled with back and hip pain.

**As I have changed my diet to strictly contain *only* those foods recommended in the Word of Wisdom in their most wholesome forms, mobility, energy, digestion and immunity improved markedly.** Muscle, joint, and headache pain dropped dramatically within a week. Morning stiffness completely disappeared. I have been able to avoid expensive arthritis drugs with unpleasant side effects. Today I can hike for an hour at a moderate pace, I have completely regained use of my left arm and my right is improved, and I have dropped a size in clothing while actually eating more food. As an added benefit, it's been easy and inexpensive to rebuild our food storage now that we do not rely on animal products and highly processed foods. ([thepianoisgrand@gmail.com](mailto:thepianoisgrand@gmail.com))

**Because of my understanding of the Word of Wisdom:**

### **What am I willing to change?**

- What is one thing I want to stop?
- What is one thing I want to start?
- What is one thing I want to adjust?