

The Restoration Women's Council is pleased to introduce this new Internet study class: **Word of Wisdom for Dummies**, by Barbara Wilkinson. Barbara is a third or fourth generation latter day saint on both sides, born in Independence, Missouri, has lived in many places in the world, and has now returned to live in Independence.

Barbara has an impressive background for teaching this subject. She has a Masters degree in Home Economics, a Masters also in Human Nutrition, and the classwork for a PHD in Food Science and Nutrition. She is the author of several books, including **Word of Wisdom, God's Nutritional Plan**. Even more impressive, she has faced the challenge we all can identify with of changing her family's eating habits.

In this class, Barbara shows how today's scientific understandings of nutrition grow ever closer to the Lord's counsel given in 1833. Her lessons include many scripture references (all emphasis added by the author); and many web sites where you can get additional information on specific aspects of nutrition.

Not everyone interprets all parts of the Word of Wisdom the same way. As you study, do as the author suggests: "Read several sources . . . so you get different opinions and make up your mind what you think is the truth and therefore the best way to eat. Then you need to ask God if your understanding is correct."

On this we can all agree, that the Word of Wisdom was given to us out of the kindness of our Heavenly Father's heart for a physical and spiritual blessing. We need to study it, pray about it, and apply it in our daily lives.

There will be three lessons and three worksheets added to this site monthly, September through December. The first month includes:

- Word of Wisdom for Dummies, Lesson 1
- Word of Wisdom Worksheet 1
- Food Guide Pyramid and Serving Sizes