

## Word of Wisdom for Dummies—Lesson 3

by Barbara Wilkinson

The next portion of the Word of Wisdom talks about eating grains:

**86:2c All grain is ordained for the use of man and of beasts, to be the staff of life,**

- I. **not only for man,**
- II. **but for the beasts of the field,**
- III. **and the fowls of heaven,**
- IV. **and all wild animals that run or creep on the earth;**

**and these [referring back to ‘all grains,’ which is the subject of this paragraph] hath God made for the use of man only in times of famine and excess of hunger.**

First of all notice that all animals, as well as people, are to use grains as their staff of life. Many animals don't do that, they eat other animals. This was not God's original plan and not what he desires. It makes me wonder if Satan can influence animals too?

Many Americans have made large quantities of meat their staff of life. This is unfortunate because consuming large quantities of meat has caused a lot of major health problems. Much of this problem is caused by the high fat content of the meats. A high fat diet of any kind of fats is detrimental to our health.

You will find that if you eat 5-9 servings of fresh fruits and vegetables and meat sparingly (only about 3 oz per day) you will still be hungry. If you follow DC 86:2c, you will meet that “excess hunger,” with grains and cereals.

Look at the Pyramid of Food at the end of this lesson and you will see that is what Nutritionists are telling us to do. The largest quantity of foods to be eaten is breads and cereals. The Pyramid of Food suggests 8-11 servings. Everyone screams, ‘I would be fatter than a pig if I ate that much bread.’ Not so, the problem isn't the bread, but what we put on it. We never eat it alone, but with lots of butter, jam, meat, or something else on top of it or as cakes, cookies or donuts which are loaded with sugar and fat. To test this idea I went on a diet and followed God's plan. I ate lots of fresh fruits and vegetables, only 3 oz of meat or poultry, and whenever I was hungry, I ate a slice of 100% whole wheat bread without anything on it. I ate lots of bread, I didn't keep count, I just ate it if and when I got hungry. I also ate some pasta and whole grain cereals for breakfast. I didn't gain weight I lost weight. That was nice because I needed to lose weight. To keep from losing weight I had to increase the amount of breads and cereals I ate.

Our problem is we are eating highly processed white breads that are deficient in nutrients. When it says ALL grain is to be the staff of life, it is referring to all parts of the grain, as well as, all kinds of grain.

White bread and flour has had the bran (roughage which is needed for proper elimination) removed, also the germ (the most nutritious part of the grain). All that is left is the starchy part of the grain, without the nutrients needed to properly digest it. Therefore, I recommend

that you eat only 100% whole grain breads and cereals. If the bread wrapper doesn't say 100% whole wheat or 100% whole grain, it is just white bread flavored with a little whole grains and coloring added to make it look like whole grain. There are several good whole grain breads on the market, so find one your family likes. Or better yet, make your own if you have the time. I make my own, but I also eat various kinds of store whole grain breads because I like a variety. Try to find one that does NOT contain hydrogenated fat or oils, because hydrogenation causes many health problems.

The Word of Wisdom goes on to say:

**86:3a 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.**

This section emphasizes what I said before, all types of grains are good for us to eat. That means oats, barley, wheat and rye, etc. This section then discusses eating fruit of the vine. Why this is in this section I don't know, it seems to be out of place and I've never understood why it was there. Maybe that is something I need to study out, with prayer and fasting, to understand it. Again, the Lord is indicating that all fruit, either above or below the ground is good for food. This can be referring to such things as potatoes, turnips etc., because I can't think of any 'fruits,' as we know them, that grow under the ground.

**86:3b 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, and also other grain.**

This portion indicates that there are certain grains that are best for different species. This doesn't mean that the only grain man should eat is wheat, and the ox should eat only corn, etc. It just means that one specific grain is more nutritious or more available for that specific animal. It is interesting that we are told that barley is for ALL useful animals. I'm not a farmer, so I don't know, but I don't think barley is used much for animal feed these days. Maybe farmers should look into that, it might produce a better quality animal. Maybe cattle shouldn't be fattened up on corn? Could that be some of the reason why it is causing so many medical problems? I have heard that pigs fattened up on rye are much leaner than those fed other grains; but pigs fed *only* rye died of malnutrition.

It was interesting to me that barley was for mild drinks. I know that tea made from unhulled barley helps with arthritis. The only other drink I know of that is made with barley is beer, and because of its alcoholic content, I wouldn't call it a mild drink.

There are wonderful promises associated with keeping the Word of Wisdom. But notice that first of all you are to keep the Word of Wisdom AND obey the commandments if you want these promises. I have found that often God requires that we keep the commandments as well as do other things if we want to receive a given promise.

**86:3c And all Saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive**

- I. **health in their navel,**
- II. **and marrow to their bones,**
- III. **and shall find wisdom**
- IV. **and great treasures of knowledge,**
- V. **even hidden treasures;**
- VI. **86:3d and shall run and not be weary,**
- VII. **and shall walk and not faint;**
- VIII. **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.**

Health to their navel, I believe, refers to a healthy pregnancy. Marrow to their bones, I believe, refers to healthy blood. The promise of wisdom is interesting. I have known very brilliant people that didn't seem to have one ounce of wisdom. So this isn't referring to great intelligence but to making wise choices.

Finding treasures of knowledge indicates that you can be on the cutting edge of knowledge in the area of your expertise. Hidden treasures means you will be lead to see things other people don't see. This can be in the scriptures or in secular understandings, too.

Run and not be weary and walk and not faint. This is something we all should appreciate. Don't we do a lot of 'running through life.' There doesn't seem to be time to go slow and accomplish all that needs to be accomplished. This, I think, is suggesting we will be a high energy person, who doesn't poop out after doing a little work. I know I find this true of me. When we go into the holidays and eat all those high calorie, low nutrition foods, like cakes, pies, and other sweets, my energy level drops drastically. I'm an admitted "sugarholic," so I have to work hard stay away from those things not mentioned in the Word of Wisdom. When I do, I can run and not be weary, when I don't I drag along until I get off the junk food.

The last promise is that the destroying angel will pass by you. That means you will have a strong immune system that can resist the deadly diseases. Some of those deadly diseases are because we aren't eating properly, as God tells us to. There are many health problems associated with eating a highly processed diet. Many of these problems are so severe that they literally kill us. The introduction to the Word of Wisdom says it is given because of the evils and designs of conspiring men. We need to be aware that we have the most food available in the world, but we don't have the lowest death rate or the best health in the world. That is because we aren't eating the food the way the Lord told us to and we are suffering for it; the destroying angel isn't passing us by. In the worksheet I have suggested you look at the wealth of information available about the quality of our foods. As you read some of the information out there, you will find that the Lord knew what He was talking about when He said that there are evils and designs among men. Their main purpose is to make money and if that gives us food stuffs that are less than perfect... so be it.

Around World War I nutritionists realized that our men weren't very well nourished, so they decided to set up a food plan for us to follow. They started with the Basic 4, which was used for years. But it has changed several times since then and each time they changed

it, it came closer and closer to God's nutritional plan. The latest is the Food Guide Pyramid which I have included. It is very close to what the Lord suggested, indicating that the Lord knew what He was talking about: