

# Word of Wisdom food plan - a medical review of the Mormon doctrine

**Cedar Fort - Maritime Mormon: September 2007**



Description: -

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Meditations.

World War, 1939-1945 -- Transportation

Railroads -- United States

Cullen, Paul.

Travel

Water -- Pollution -- Middle West

Runoff -- Middle West

Herbicides -- Environmental aspects -- Middle West

Water quality -- Middle West

Mormon Church -- Doctrines.

Health -- Religious aspects -- Mormon Church.

Medicine -- Religious aspects -- Mormon Church.

Nutrition -- Religious aspects -- Mormon Church.

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Notes: Includes bibliographical references and index.

This edition was published in 1993



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Tags: #Wheat #for #Man

## Sunday School Lesson 22

Revelation given through Joseph Smith the Prophet, at Kirtland, Ohio, February 27, 1833, known today as the Word of Wisdom

## Sunday School Lesson 22

Now, just to find it. Forty years ago when Widtsoe sought the truth, he relied on faith in the Word of Wisdom revelation. He rolled off the responsibility to the twelve.

### The Word of Wisdom Food Plan: A Medical Review of the Mormon Doctrine by Kenneth E. Johnson, M.D. (1993)

And there we covenant to keep these sacred things sacred. Advertisements which promote beer, wine, liquors, coffee, tobacco, and other harmful substances are examples of what the Lord foresaw.

### By Study and Also By Faith: On Living Right

It is not strange that many truths are revealed in stages or degrees. And the Saints as a whole were much more temperate than nineteenth-century persons generally. They were protected from the ravages of atherosclerosis by their plant-centered diet, low in fat and cholesterol.

### By Study and Also By Faith: On Living Right

What must we do to promote better health and prevent early death from these diseases? More of the home-grown wine was consumed in the Mormon settlements than church officials had hoped, and in 1900 Church members were counseled to dig up their vineyards. These same studies cite the caffeine content of other sources: A Cadbury chocolate bar has 15 mg of caffeine one would need to eat more than 8 Cadbury chocolate bars to equate to a cup of coffee. I do wear white shirts We have a lot of these types of counsels in the church that are not official doctrine.

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