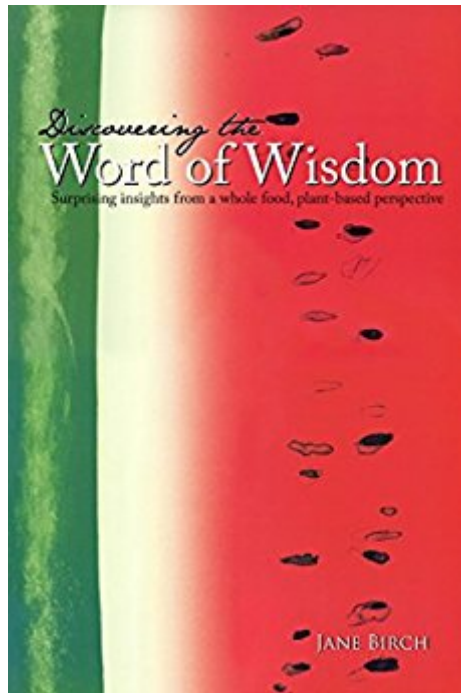


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Discovering The Word Of Wisdom: Surprising Insights From A Whole Food, Plant-based Perspective



Synopsis

Do you want to avoid illness, maintain your ideal weight and reach your highest potential, both physically and spiritually? You might be surprised to find the answers in the Mormon Word of Wisdom. But if you think you already know what this divine revelation says, think again. You'll be amazed to discover the "hidden treasures" brought to light through what has now been proven to be the healthiest human diet, a way of eating supported both by history and by science: a whole food, plant-based (WFPB) diet. WFPB vegetarian diets have been proven to both prevent and cure chronic disease, help you achieve your maximum physical potential, and make it easy to reach and maintain your ideal weight. In this book, you'll read the stories of dozens of people who are enjoying the blessings of following a Word of Wisdom diet, and you'll get concrete advice on how to get started! You will discover: What we should and should not eat to enjoy maximum physical health. How food is intimately connected to our spiritual well being. Why Latter-day Saints are succumbing to the same chronic diseases as the rest of the population, despite not smoking, drinking, or doing drugs. How the Word of Wisdom was designed specifically for our day. How you can receive the "hidden treasures" and other blessings promised in the Word of Wisdom. Why eating the foods God has ordained for our use is better not just for our bodies but for the animals and for the earth. If you believe you know what the Word of Wisdom says, you may be amazed at what you have missed. Learn why Mormons all over the world are "waking up" to the Word of Wisdom!!

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Customer Reviews

I hesitate at giving ANYthing 5 stars. Is it the greatest book ever written on the Word of Wisdom? I don't know, I haven't read them all. Should you buy it? Yes, I feel that every Latter-day Saint or anyone who cares about their physical and spiritual well-being would benefit from this book. As one who has studied the Word of Wisdom for many years and experimented with many different perspectives, this book gets it right. The book may challenge your traditions and cultural norms, but if you care more about what is correct more than what is comfortable, then you might want to consider the perspective of "Discovering the Word of Wisdom". As one who was raised deep in the Bar-B-Q culture of Texas, my diet was typical and my perspective was based on cultural and family traditions. I loved eating meat, I enjoyed the rich flavors and even the ritual of cooking it. It seemed good, innocent and a blessing to partake of what God had provided. However the scriptures and words of latter-day apostles shows a better way that is more pleasing to the Lord. This book not only validated my own discoveries but challenged me in some other areas that I had not considered. If you would have told me 10 years ago that I would be living a whole food, plant-based diet, I would have called you crazy. If the word "impossible" is in your mind when it comes to that idea, I challenge you to read "Discovering the Word of Wisdom" and see if you feel the same way. If you have never looked at the Word of Wisdom from this perspective, I encourage you to take a look for yourself. Either way, you'll be better informed. I wish I would have had this information years ago, I've already been recommending it to my family and friends and I'll recommend it to you as well.

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