## Word of Wisdom rprising insights from a whole food, plant-based perspective JANE BIRCH

## Jane Birch

Discovering the Word of Wisdom: Surprising Insights from a Whole Food, Plantbased Perspective



Do you want to avoid illness, maintain your ideal weight, and achieve your highest potential, both physically and spiritually? You could be surprised to get the answers in a revelation from God called the term of Wisdom. You will discover: Might know about and really should not eat to take pleasure from maximum physical health. Whole food, plant-based diet programs haue been proven to both prevent and remedy chronic disease, help you achieve your optimum physical potential, and make it easy to reach and keep maintaining your ideal weight. You will be amazed to discover the "hidden treasures" brought to light through a means of eating backed both by background and by technology: a complete food, plant-based diet plan. In this book, you'll browse the stories of dozens of people who are experiencing the blessings of carrying out a Phrase of Wisdom diet plan, and you'll obtain concrete tips on how best to get began! But if you think you know what this revelation says, reconsider. How food is intimately connected to our spiritual well being. Learn why Latter-day time Saints all over the world are "waking up" to the term of Wisdom! How the Phrase of Wisdom was designed specifically for our day. Ways to receive the "concealed treasures" and other blessings promised in the term of Wisdom. Why consuming the foods God offers ordained for our make use of is better not just for our bodies but also for the pets and for the earth. If you believe you know what the term of Wisdom says, you may be amazed at what you have skipped. Why Latter-day Saints are succumbing to the same chronic illnesses as the rest of the population, despite not smoking, drinking, or doing drugs.



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Excellent book, precisely what I was looking for Excellent book, just what I wanted. Digestive discomfort had me eliminating one meals type after another, 1st dairy, then processed food items and meat with good results. This book gave those remedies and some more. I'm doing so far better now on a complete food plant based diet. I wish I'd found this reserve years ago. Spot ON! Loved this small enlightening book -Jane's perspective has helped me on my journey to better health and this type of focus gives consuming a spiritual purpose that is much greater inspiration than simply another diet! After 6 mos, I am more energetic, thinner, positive and content. Reluctant advocate My husband motivated the reading of this book. This publication will deepen your knowledge of what you ought to be eating and why, as well as describe the reasoning behind why we've been so slow to carefully turn our hearts to the principle with a promise which can save us from therefore lots of the ills of our standard, animal protein laden processed diet. I found the book presented healthy eating in a fresh light. I was specifically suffering from her perspective on our relationship to the animals. The doctrine has always been there waiting for us to get it, also to be blessed by pursuing it.. Awesome way to look at the word of wisdom and ... Awesome way to consider the word of wisdom also to realize that god, the father does want us to remain from animal products. Opened my Eyes and Led to a Existence of Improved Health This book is a primer for educating people on the merits of a whole food plant based diet, but it is compelling and converted me to its concepts. I had usually rationalized the meat area of the Phrase of Wisdom, but no longer will. Jane Birch adjustments the issue of why hauen't  ${f I}$  heard this before, to why haue got  ${f I}$  not paid attention to this before.  ${f I}$  simply finished reading Discovering The Word Of Wisdom. I have read all of Dr. Five Stars Love this book. really helped me understand. My goodness! I was pleased to show her that concern was addressed in this reserve. or simply the exclusion of common-sense. I've my publication to my pal to read as she has lately embarked on a paleo type diet but feeling it's not totally inline with the WOW. It gave me too much to think about, and inspired me to make some adjustments in my diet. I really like Jane's real life approach. Once we watch so many fad diets come and proceed. I'm excited to be on this journey and now include my kids. Whole Meals Plantbased From a Relious Perspective Well written and motivating! And unlike many of the pharmaceutical medications which are prescribed for the countless problems the effect of a SAD diet the medial side effects and cost of a healthy diet are generally positive and far less costly. Days gone by 7 years possess wreaked havoc on my body and time for WFPB has always been in the back of my brain. I am grateful for this book and wish that many will take the time to do their very own research and find out quicker than I did to stick to a healthy diet. It was his book, "Eat to Live" that began me on a trip of moving toward a mainly plant based, non-processed, method of eating. This book was so inspiring & really helped me understand even more about the term of Wisdom. I've already loaned it out to 2 people in my own family & they have changed their diet plans as a result. I had already made the decision t eat plant-based before reading this, but it brought all of the spiritual parts into concentrate for me. Great book! I simply cannot go now there with her or even understand how she can come to the conclusion after her extensive study of the Word of Wisdom. For many years I have believed that the term of wisdom trained us that little if any meat was the way to go and that we are encouraged to eat fruits, vegetables, and grains. But this publication fills an excellent need because many users of the Church usually do not follow this practice. A decade ago when our girl married a uegan I thought that was a little intense. I have trained with as a present to several close friends who also appreciate the information. I'ue also come to realize the hoax that the meats, dairy, and egg industries possess played on the people of the world. Countries that used to have little or no heart, cancers, diabetes, etc. Thank You Jane Birch!I had often believed that "the evils and styles of conspiring men" referred to in the term of Wisdom referred and then those businesses that promoted alcohol, cigarettes, tea, espresso, illegal drugs, and so on. How wrong I was.. This book was so inspiring & Two side effects that I didn't really expect were a lack of 30 pounds over many month and elevated energy and mental alertness. And a third is usually that intimacy with my partner is improved with no need of chemicals with their high price

and potential bad side effects. Great reference for the associates of the Church of Jesus Christ Wonderfully written, this book takes different facets of the counsel given in medical code which was given by revelation to Joseph Smith, the prophet of the restoration, over 150 years ago, and elucidates why we have to be much more attentive to the do's which were proscribed for the reason that early commandment. Why it offers taken us as Latter-day Saints, so many years to align our activities with the clear doctrine that this revelation contains, is usually a puzzle if you ask me as well as others who truly study the meaning and intent of these prophetic phrases. I reluctantly browse the publication, knowing it most likely was just another book to create me experience guilty about my eating lifestyle. Must read! It was a wonderful and compelling browse. I'm thankful my husband is up to speed. McDougals books during the past, as well as related books and was effectively WFPB ahead of having children. Brought me fantastic insights to my Religious Health Code. No good sense . . . However throughout the book the writer makes an extremely strong force for a purely uegan diet because this is the lifestyle she has adopted for herself and she's come to trust that is the best method to live the term of Wisdom. I appreciate the practical and understanding outlook. Not once offers any prophet or church leader ever suggested we have to not consume eggs or milk products, and generally they have stayed from the main topics meat consumption aswell. It is greater to eat overcooked, non-organic, canned vegetables than to consume organic, grass-fed beef from so-called "happy" cows. End Quote.This book is hands down my favorite. And, even if you're a Uegetarian or Near-Vegetarian (like myself), the writer isn't viewing the holistic watch of the eco-program and our place in it to state the least. I will stop here, have adopted the typical American diet (SAD) and now they will have these chronic diseases in increasing quantities. This book had such a profound influence on me that I have completely changed my lifestyle and I feel much better due to it! Well writtten but pushes too much for a vegan lifestyle I really enjoyed scanning this book. Nevertheless she was especially conflicted when it found the scripture seeking to scold those that don't eat meat. Sad to see such narrowmindedness of a WFPB Diet plan pushed and super-imposed upon the Word of Wisdom; Excellent book. Quoting web page 163 from the publication: "The current epidemic of weight problems and chronic disease isn't due to people consuming nonorganic vegetables! As far as  ${ t I}$  know the current prophet has never said one word about meat usage, and definitely has never said anything about going vegan. I personally think that cows and chickens were put on this earth to provide us eggs and dairy products. The way we ought to live for better health. Exceptional! The method we have to live for better wellness. This book provided answers. Highly recommend. Any conclusions the writer has come to concerning this have come through her study on the current science about nutrition some of which says that eggs and dairy are like liquid meat. For a long time I looked for an in-depth book about the Word of Wisdom. In 2014 I finally discovered it in Jane Birch's writings. I consider myself a "nutri-tarian" a term coined by Dr. Joel Fuhrman..Many thanks for writing this and being so relatable.. Already, I've improved energy and health living this way.and then come and go again, study lands firmly back on the principles of the term of Wisdom. We shouldn't be too surprised about this. After all, God made us and it just follows that He made the best foods to aid appropriate functioning of our bodies. I highly recommend Jane's reserve and encourage readers to observe personal inspiration that may come as they consider their person needs. But after heart and prostate cancer problems and much research of the literature I've adopted a complete foods plant structured diet.



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