

THE LORD HAS GIVEN US A LAW OF Health

One of the great blessings we received when we came to earth was a physical body. Our bodies are holy and so important that the Lord calls them temples of God (see 1 Corinthians 3:16). He also tells us that none of His commandments are temporal but that all His “commandments are spiritual” (D&C 29:35). So His commandments concerning our physical health are also for our spiritual good (see D&C 89:19–21).

Because our Heavenly Father wants us to take care of our bodies, He revealed essential information on how to do so. Much of this information is found in Doctrine and Covenants 89 and is known as the Word of Wisdom.

Here we learn several things we should and should not do to keep our bodies healthy. The spirit of this law is to consume nutritious foods and to refrain from anything that is habit forming or harmful to our bodies. Among the things the Lord commands us not to take into our bodies are alcohol and tobacco, which are drugs (see D&C 89:5–8). We should not use any drugs except when they are necessary as medicine. Those who misuse legal or illegal drugs need to seek help so their bodies can become clean again and free from addiction. A clean body is more receptive to the Holy Ghost.

The Lord also counsels us against

the use of “hot drinks” (D&C 89:9). Prophets have explained that this means coffee and tea, which contain harmful substances. We should avoid all drinks, whether hot or cold, that contain harmful substances.

We should also avoid anything that is harmful to our bodies, such as overeating or refusing to eat enough healthy foods to maintain our health.

In addition to the things we should not do, the Word of Wisdom tells us

things that we should do. Several of those things are shown here.

Those who obey the Lord’s law of health “shall receive health in their navel and marrow to their bones; and shall find wisdom and great treasures of knowledge, even hidden treasures; and shall run and not be weary, and shall walk and not faint” (D&C 89:18–20). ■

For more information, see *Gospel Principles* (2009), 167–72; and *True to the Faith* (2004), 186–88.



In the Word of Wisdom and other scriptures, the Lord has revealed health guidelines:

1. Fruits, vegetables, and wholesome herbs are to be used "in the season thereof" and "with prudence and thanksgiving" (see D&C 89:10–11).



2. Meat and poultry have been "ordained for the use of man with thanksgiving; nevertheless they are to be used sparingly" (D&C 89:12).



3. "All grain is good for the food of man" (D&C 89:16).



4. We should not "labor more than [we] have strength" (D&C 10:4).



5. We should develop proper sleeping habits so "[our] bodies and [our] minds may be invigorated" (D&C 88:124).

Nutritious meals, regular exercise, and appropriate sleep are necessary for a strong body."

President Thomas S. Monson,
"That We May Touch Heaven,"
Ensign, Nov. 1990, 46.