

Blessings of the Word of Wisdom

"All saints who remember to keep and do these sayings . . . shall find wisdom and great treasures of knowledge, even hidden treasures" (Doctrine and Covenants 89:18, 19).



SUBSTANCES TO **avoid**

ILLEGAL DRUGS, TOBACCO, COFFEE

TEA **ALCOHOLIC DRINKS**

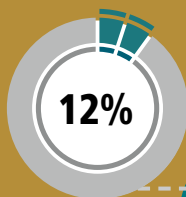
RUN AND NOT BE WEARY,

HEALTH, WISDOM, TREASURES of KNOWLEDGE, and

the destroying angel shall pass us by

5 PROMISED blessings

10 GRAMS (2.4 tsp) of **ALCOHOL** consumed **PER DAY** is associated with a 12-percent increase in the risk of



BREAST CANCER.

ALCOHOL-RELATED CARDIOVASCULAR DISEASES caused an estimated

593,000 DEATHS

globally.



80 percent of cases of

HEART DISEASE AND STROKE CAN BE PREVENTED

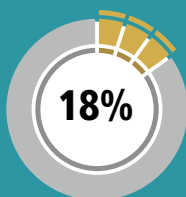
by making lifestyle changes: **INCREASING** levels of **PHYSICAL ACTIVITY** and **EATING HEALTHFULLY.**

Risks

Benefits



18 percent of all deaths can be attributed to **POOR DIET** and **SEDENTARY LIFESTYLE.**



People who ate 8 or more servings of fruits and vegetables a day were 30 percent **LESS LIKELY TO HAVE HAD A HEART ATTACK OR STROKE.**

