

## **Scriptures**

2 Nephi 9:20 O how great the holiness of our God! For He knoweth all things, and there is not anything save he knows it.

James 1:5 If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

D&C 88: 63 Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me; ask, and ye shall receive; knock, and it shall be opened unto you.

D&C 89:2 showing forth the order and will of God in the temporal salvation of all saints in the last days—

D&C 82:10 I, the Lord, am bound when ye do what I say; but when ye do not what I say, ye have no promise

## **Who are the promises of the Word of Wisdom given to?**

JS History 1:39 And he shall plant in the hearts of the children the promises made to the fathers...

D&C 88: 15 And the spirit and the body are the soul of man.

D&C 88:22 For he who is not able to abide the law of a celestial kingdom cannot abide a celestial glory.

D&C 89:3 Given for a principle with promise, adapted to the capacity of the weak and the weakest of all saints, who are or can be called saints.

## **What blessings are promised when the Word of Wisdom is obeyed?**

D&C 59:17 Yea, and the herb, and the good things which come of the earth, whether for food or for raiment, or for houses, or for barns, or for orchards, or for gardens, or for vineyards;

18 Yea, all things which come of the earth, in the season thereof, are made for the benefit and the use of man, both to please the eye and to gladden the heart;

19 Yea, for food and for raiment, for taste and for smell, to strengthen the body and to enliven the soul.

20 And it pleaseth God that he hath given all these things unto man; for unto this end were they made to be used, with judgment, not to excess, neither by extortion.

1 Corinthians 3:16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

17 If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which *temple* ye are.

1 Corinthians 6:19 What? know ye not that your body is the temple of the Holy Ghost *which is* in you, which ye have of God, and ye are not your own? 20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

Mormon 9:19 And if there were miracles wrought then, why has God ceased to be a God of miracles and yet be an unchangeable Being? And behold, I say unto you he changeth not; if so he would cease to be God; and he ceaseth not to be God, and is a God of miracles.

20 And the reason why he ceaseth to do miracles among the children of men is because that they dwindle in unbelief, and depart from the right way, and know not the God in whom they should trust.

Mosiah 2: 41 And moreover, I would desire that ye should consider on the blessed and happy state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual ... they may dwell with God in a state of never-ending happiness. O remember, remember that these things are true; for the Lord God hath spoken it.

Mosiah 4: 27 And see that all these things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength. And again, it is expedient that he should be diligent, thereby he might win the prize; therefore, all things must be done in order.

## **What are the promises predicated upon?**

D&C 88:124 Cease to be idle; cease to be unclean; cease to find fault one with another; cease to sleep longer than is needful; retire to thy bed early, that ye may not be weary; arise early, that your bodies and your minds may be invigorated.

D&C 42:43 And whosoever among you are sick, and have not faith to be healed, but believe, shall be nourished with all tenderness, with herbs and mild food, and that not by the hand of an enemy.

44 And the elders of the church, two or more, shall be called, and shall pray for and lay their hands upon them in my name; and if they die they shall die unto me, and if they live they shall live unto me.

Exodus 23:25 And ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.

Ezekiel 4: 9 Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof,

Daniel 1: 12 and let them give us pulse to eat, and water to drink.

Bible Dictionary: Pulse Occurs only in Dan. 1: 12, 16. The Heb. word denotes seeds, and may include the grains of leguminous vegetables or any other edible seeds.

D&C 89:14 All grain is ordained to be the staff of life

16 All grain is good for the food of man;

### **Fasting:**

Mark 2: 20 ...and then shall they fast in those days.

3 Nephi 13: 16 Moreover, when ye fast be not as the hypocrites, of a sad countenance, for they disfigure their faces that they may appear unto men to fast. Verily I say unto you, they have their reward.

Matthew 6:17 But thou, when thou fastest, anoint thine head, and wash thy face; 18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

### **Bread:**

Ezekiel 4:9 Take thou also unto thee wheat, barley, beans, lentiles, millet, fitches, and put them in one vessel, and make thee bread thereof

D&C 89:14, 16, 17 All grain is ordained ...to be the staff of life

16 All grain is good for the food of man;

17 Nevertheless, wheat, corn, oats, rye, and barley... barley ... for mild drinks,

Daniel 1:12 give us pulse to eat, and water to drink.

Luke 14:15 ...Blessed is he that shall eat bread in the kingdom of God.

### **Honey:**

Isaiah 7:15 (2 Nephi 17:15): Butter and honey shall he eat, that he may know to refuse the evil, and choose the good.

Deut. 8: 8 A land of wheat, and barley, and vines, and fig trees, and pomegranates; a land of oil olive, and honey;

Prov. 24: 13 My son, eat thou honey, because it is good; and the honeycomb, which is sweet to thy taste

### **Salt:**

Mark 9: 49-50 Salt is good: but if the salt have lost his saltness, wherewith will ye season it? Have salt in yourselves, and have peace one with another.

### **Water:**

Daniel 1:12 give us pulse to eat, and water to drink

D&C 89:17 ...and barley for all useful animals, and for mild drinks

### **Oil:**

1 Kings 17:12 And she said, As the LORD thy God liveth, I have not a cake, but an handful of meal in a barrel, and a little oil in a cruse:

2 Chronicles 31:5 And as soon as the commandment came abroad, the children of Israel brought in abundance the first fruits of corn, wine, and oil, and honey, and of all the increase of the field; and the tithe of all things brought they in abundantly.

Mark 6: 13 And they cast out many devils, and anointed with oil many that were sick, and healed them.

### **Other Foods:**

D&C 89:10 all wholesome herbs God hath ordained for the constitution, nature, and use of man—

11 Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving.

12 Yea, flesh also of beasts and of the fowls of the air, I, the Lord, have ordained for the use of man with thanksgiving; nevertheless they are to be used sparingly;

Prov. 25: 21 If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink:

1. Identify what you do NOT want
2. Identify what you DO want
3. Focus with emotion  
(Search, ponder, pray, Seek, knock, ask  
Articles of Faith 1, 3, 4, 7, 13  
Forgiveness, Gratitude, Affirmations)
4. Live as if, Let God, Let Go
5. Be Thankful

You get what you pay for  
Pay Attention

You get what you pay attention to

In order to stop doing what you do NOT want to do,  
You have to start doing what you DO want to do.

In order to stop doing what Satan wants you to do,  
You have to start doing  
what the Lord wants you to do.

*Genuine* – That which nourishes, builds and repairs the body, mind, and spirit.

*Counter-Fit* – That which stimulates and then destroys the body, mind and spirit.

*Craving* – A hunger for the genuine.

Because the Counter-fit always mocks the genuine, whenever there is a counter-fit, there is also a genuine, near by.

## Grain – The Staff of Life

### Ann Cerney

*Nutritional studies agree that whole grains are the foundation of the food pyramid. Studies show that eating whole grain foods cause a decrease in obesity, heart disease, diabetes, cancer, osteoporosis, chronic asthma, digestion illnesses, Alzheimer's, Parkinson's, allergies, arthritis, infections, and migraines. These problems plague Americans. Food companies start with something very healthy such as whole wheat. During the processing the nutrition is depleted and harmful chemicals are added. The answer to these health problems is to make the grain foods yourself.*

Religious leaders of many faiths call all grain the "staff of life". Also, there is a connection between how well we take care of the body and our spiritual well being.

Many things could happen to stop us from getting food from the store. These might include natural disasters, drought, economic decline, or personal problems. The United States does not keep a surplus of food the way it did in the past.

Note that the foods we need to keep healthy and the ones that store for emergency preparedness are the same foods—whole grains. Unprocessed whole grains have a protective shield that keeps them fresh until cracked. Food companies cannot provide the nutrition you can make by storing grains whole and grinding them the same day you eat them.

I started using *grainmix* in 1989 as a result of getting deathly sick. I was a 38 year old mother of six children and getting deathly sick for a whole year caused me to panic. I was more scared of trying to cope that I was of dying. I wanted so much to live and be a healthy mother. I suffered extreme nausea, weakness, fever and chills. I went from one doctor to another and only got worse. Finally my sister Kate who had severe asthma told me the answer. Her allergist told her to make all foods from scratch. He said, "read the labels and do not eat additives". The main cause of her reaction was sulfites. I thought we were crazy for saying that foods had poison. She had such a dramatic improvement from the diet that I decided to try it. Behold I got better too. People thought we were crazy. Now it is common knowledge that people have a sulfite reaction. So many people died that they had to ban it from restaurants unless it is posted.

We sometimes get the same reaction, "crazy" when we suggest that the grocery store processed foods may not always be available. We need to store whole grains and make our own food.

*Grainmix* is a combination of the basic grains. These include barley, oats, millet, brown rice, and rye. These are combined with equal amounts of wheat. (Spelt or Kamut can replace the wheat.) I also add amaranth, buckwheat and Quinoa. Look at each and learn a little about how to use them whole. The grains come in many forms of refinement. Less refinement is better nutrition.

Here is how I have them set up so I can use them easily. I have each grain separate because sometimes I like to use them this way especially brown rice. I have each grain labeled on top so I can use them without having to get them out and put them back. I put the information on the top of each can.

1. **Amaranth**, a small grain used by the ancient Incas, has the highest content of lysine. Lysine is the amino acid that wheat lacks. When using wheat it is suggested to add  $\frac{1}{4}$  amaranth to make a whole protein. Amaranth has as good a protein as meat, milk, or fish. Amaranth seeds contain twice as much calcium as milk contains. It is a gluten-free grain making it quite a necessity for gluten intolerant people.

2. **Barley** comes in different forms. The least processed is sprouting barley used to sprout in the nursery flats full of soil. The form used in grainmix is the hulled barley. For sprouting in a jar use hulless barley. Do not use pearled barley. It is as processed as white rice. Barley is the grain used to make beer. For those addicted to beer, make your own barley water and this gives you the needed nutrition to overcome alcoholism. Barley water also helps people with asthma. It is wonderful for lowering cholesterol. Barley contains niacin.

3. **Buckwheat** is also gluten-free and contains all 8 amino acids. Not to be confused with wheat. It is not wheat at all, or not even a grain, but a seed. It is good for circulation. I have a problem with varicose veins so I add buckwheat to my mix.

4. **Corn** is used as a grain when it is dry and ground into flour for tortillas, corn bread, muffins, chips, or popcorn. The nutrition of corn is lacking in B3 (niacin) which is added back in tortillas by the use of limestone potash. Yellow corn is high in the carotenoid called lutein. Lutein protects against heart disease and macular degeneration.

5. **Kamut** is a wonderful grain used to replace wheat in the grainmix and many recipes. It is larger than wheat and higher in protein, magnesium, zinc, and vitamin E. It does contain gluten but many gluten sensitive people can tolerate it better than wheat. Kamut is an ancient grain used by the Egyptians. It was lost for years until Kamut was rediscovered in 1950 by a farmer from Montana who brought it back from Egypt. Now who knows how old it was and it grew. Kamut most closely replaces durum wheat for use in pastas.

6. **Millet** is birdseed but not just for the birds. It is soothing to the stomach making all the other grains easier to digest. It is one of baby's first foods. It can be cooked and mashed like mashed potatoes. Millet is high in manganese which helps prevent gallstones and kidney stones. It helps the body absorb calcium.

7. **Oats** help cholesterol by protecting the HDL and lowering the LDL levels. Oats combined with vitamin C have a synergistic effect on lowering cholesterol. Use hulled oat groats for flour. For sprouting use hullless oats. If you must use processed oats use the steel cut oats.

8. **Quinoa** is a gluten-free grain that is high in nutrition. It has the unique combination of magnesium and riboflavin that helps the blood vessels in the brain. It is recommended for relief of migraine headaches. The day after I was studying this grain, my daughter called with a severe migraine that would not stop even with Lori tab. I said, "Go to the health food store and get some Quinoa." She remembered how to make it into a cereal type drink from living in Peru on her mission. She prepared it and the relief came. The headache was gone.

9. **Rice** comes in many varieties. Each of these varieties can be processed. I recommend brown long grain. I know it has a shorter shelf life, but after studying the difference in nutrition, it is worth rotating. Rice is gluten-free. It does not sprout so it must be cooked. Use it in grainmix or cook it whole.

10. **Rye** has a unique substance that is a natural appetite suppressant. It is therefore recommended for obesity. It has water binding capacity in the colon. It is recommended for IBS or other colon problems. It also regulates estrogen.

11. **Spelt** is not a hybrid. Yet it has gluten so it can be used in all ways to replace wheat. It has double the carbohydrates as wheat has and is therefore good for athletes. It stimulates the immune system.

12. **Wheat** has been hybrid for ease in harvesting. It is very nutritious if used whole. If you read labels, most prepared products are made from wheat flour. Even if the label says, "organic wheat flour" This means refined white flour. Much nutrition has been depleted in the processing and the synthetic vitamins have been added. Use whole wheat when purchasing products. Or even better make your food yourself from grainmix.

*Grainmix 5* is available in 50 lb. bags or by the pound. The 5 basic grains included are barley, oats, millet, brown rice, and rye. When making flour, use  $\frac{1}{2}$  *grainmix* with  $\frac{1}{2}$  wheat. Spelt or Kamut can be used to replace the wheat. Many people like to do this because Spelt and Kamut are not hybrid and are more nutritious. Any of these three can be used for the wheat portion. I like to add amaranth, buckwheat, and quinoa to the mix. We have tried adding corn and don't like it. Use corn in other ways. Try a few pounds of *grainmix* first to see how to use it. We sell it in 50 lb bags or by the pound.

For future preparedness and nutrition today, buy it in bulk bags and put in buckets with food grade diatomaceous earth. Use ½ cup diatomaceous earth per one hundred pounds of grain. This is a healthy ground earth that keeps the bugs out. We canned many cans in 2002 with oxygen packets. I learned later that oxygen packets are not needed for grains and reduce grains' ability to sprout. Grains store better in a consistent cool temperature and dark place. We have shelves in the basement store room. It is even better to have a root cellar or under-the-porch storage. Store 400 pounds of grains per person per year. This means 200 pounds of wheat, Kamut, or spelt and another 200 pounds of an equal amount of the other grains. If you have a health problem make sure you have enough of the healing grain for your need.

*For more information, visit [Grainmix.com](http://Grainmix.com) or email [grainmix@gmail.com](mailto:grainmix@gmail.com)*



# the staff of life



Joy Ercanbrack, Feb 2007

- amaranth** Amaranth is an ancient Aztec grain, celebrated as a source of energy and muscle-building fortitude. Considered as important as corn and beans for sustaining life, amaranth was also used for Aztec religious practices. When Cortez arrived, he ordered the amaranth fields be burned—the result was weakened warriors and the fall of their empire. Amaranth is packed with essential amino acids. Gluten-free, it can be easily ground into light flour. Pop the amaranth kernel in a hot skillet to use as a salad garnish or add extra taste to bread and rolls.
- barley** Barley has large amounts of protein, niacin, thiamine and potassium and is a rich source of both soluble and insoluble fiber. Barley also has components that can inhibit fat and cholesterol absorption in the intestine. This results in lower cholesterol, especially LDL (bad) cholesterol. Barley is considered a comfort food because it can fill you up and delay feelings of hunger.
- buckwheat** Buckwheat is no relation to wheat, but is in fact a cousin to the rhubarb plant. Buckwheat flour is one of the best sources of protein in the plant kingdom. The proteins in buckwheat are the best-known source of complex carbohydrates. Buckwheat contains a high proportion of all eight amino acids, which the body does not manufacture, but are deemed essential for overall health. Because it is gluten-free, it's a great substitute for flour and is popular in pancakes and quick breads.
- corn** Corn is a native grain of the American continents. The Mayan, Aztec, and Inca Indians first grew it more than 5,600 years ago. The early pilgrims might have died during their first winter had not the Native Americans showed them how to use corn. Corn, a wonderful grain, has excellent dietary fiber and roughage that compares to bran flakes.
- flax** Flax seeds have a nutty taste, are high in fiber, and are powerful natural cholesterol controllers. In a 2 tablespoon serving size the fiber content is 1.33 grams of soluble fiber and 2.67 grams of insoluble fiber—a noted health-giving digestive aid. Ground flaxseed is also a good source of Omega 3 fatty acids.
- kamut** With a natural buttery flavor, kamut has up to 40 percent higher protein levels than the national average for wheat. Compared to wheat, it is higher in eight out of nine minerals, including magnesium and zinc. It contains more of the natural antioxidant selenium, has 30 percent more vitamin E and up to 65 percent more amino acids, including more lipids and fatty acids. Because of its higher percentage of lipids, which produce more energy than carbohydrates, Kamut has been described as the "high energy grain." Kamut tastes amazing in waffles and pancakes and is delicious as a cracked hot cereal.
- millet** Two-thirds of the world's population depends on millet, while here in the U.S. we grow millet mainly for birdseed and to feed livestock. This tiny light yellow seed has the most complete protein and more iron than any other true cereal grains. It is gluten free and rich in phosphorus, amino acids and B vitamins. Obviously, millet is nutritious for humans as well as birds. It is easily digested because it is high alkaline ash content. When cooked with a little water, millet is light and fluffy; add more water and it becomes mushy like polenta or mashed potatoes.
- oat groats** Oats are a wonderful source of complex carbohydrates, are low in fat, and are cholesterol free. They are a good source of both soluble and insoluble fiber and B vitamins. Including oatmeal in your diet is a proven effective way to lower blood cholesterol and can reduce the risk of heart disease, cancer, and diabetes as well. Groats is an old Scottish word that describes an oat kernel with the hull removed. Use your home mill to grind groats into fresh oat flour. Oat flour added to your favorite pancake, biscuit, or bread recipe adds wonderful flavor and wholesome nutrition.
- oatmeal**
- quinoa** Pronounced "keen-wa," this little grain has been called a super grain by nutritionists because it is considered to furnish all essential nutrients for living. Quinoa has more than three times as much calcium and twice as much phosphorus as wheat, plus more high quality proteins than any other grain and all the essential amino acids. Dating back to 3000 B.C., this South American grain is grown in three varieties white, black, and red—each with a unique flavor. One of the easiest ways to prepare quinoa is to mix it with rice. It also makes a satisfying hot cereal served with fresh berries and milk. Try adding cooked quinoa to a vegetable stir-fry or as a salad topping. Quinoa can also be ground into flour for gluten-free baking.
- rye** Rye has been around since the Middle Ages, but because of its heavy and course texture it was primarily a grain for the poor. Many people think they don't like rye bread because of the strong taste. Traditional rye bread is seasoned with caraway seed which causes the strong flavor and is really not the rye at all. Rye is a wonderful grain containing a substantial concentration of nutrients including protein, iron, eleven B vitamins, vitamin E, various minerals and trace elements. Rye also has the highest percentage of the amino acid lysine. Because of all the nutrients, rye now has the reputation for building muscle and promoting energy and endurance.
- spelt** Spelt contains 30 percent more protein, more fat, and has a higher mineral content and more amino acids than wheat. It has considerable B vitamins, magnesium and fiber. It's also water soluble, which makes it easier for your body to absorb the nutrients. Spelt is excellent for food storage because it has an incredibly strong hull, which protects the grain from pollutants and insects.
- wheat** Wheat contains thirteen B vitamins, vitamin E, protein, essential fatty acids and important trace minerals. It also contains high amounts of gluten and protein that provides the elasticity necessary for bread making. Hard red wheat is high in protein and is excellent for its ability to be stored long term. Hard white wheat is a relatively new variety of wheat that is high in iron and quickly growing in popularity. The slightly sweet taste, light texture (which makes it more easily digestible than red wheat), and creamy color after baking make it easy to introduce whole wheat flour into breads for children and people who traditionally have eaten only white bread.