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).

5 Promised Blessings

RUN AND NOT BE WEARY,
HEALTH, WISDOM, TREASURES OF KNOWLEDGE, and the destroying angel shall pass us by

1. **Not to consume alcohol**
   - 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.

2. **Eat healthfully**
   - 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.

3. **Avoid illegal drugs, tobacco, and coffee**

4. **Reduce stress**
   - People who run and not be weary find health, wisdom, and treasures of knowledge.

5. **Increase physical activity and eat healthfully**
   - Benefits of making lifestyle changes:
     - INCREASING levels of PHYSICAL ACTIVITY
     - EATING HEALTHFULLY

Risks

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