



Joseph Smith and Herbal Medicine

John Heinerman

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"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." Joseph Smith, founder of the LDS Church

Renowned scholar John Heinerman has always been impressed with the prophet Joseph Smith's ability to understand the relationship of food to health. In this latest volume of nutrition, Dr. Heinerman explores the values of using herbs and following the Mormon health code known as the Word of Wisdom in maintaining physical and emotional well-being.

When the Word of Wisdom was revealed to Joseph Smith in the 1830s many scholars scoffed at its contents. But the inspired tenants of this code have become amazingly evident as medical research uncovers more medical truths with each passing year.

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