



Joseph Smith and Natural Foods

John Heinerman

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As members of the Church, we are advised to live a healthy life, as outlined in the Word of Wisdom. The Prophet Joseph Smith received this revelation himself. He chose to follow these instructions by eating natural, healthy food, even without the knowledge we have today of how food and health relate to one another. Through researching the few records we have of what the earliest members of the Church ate, John Heinerman (author of Joseph Smith and Herbal Medicine) gives us fascinating insight into the diet of the pioneers and provides simple steps that we can take to implement these healthy eating habits into our own lives.

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