

## QUOTES I LIKE THAT SUPPORT RAW EATING

**[Jana's note: Many of these quotes are from leaders of The Church of Jesus Christ of Latter-day Saints, of which I am a member. All are people I have great respect and confidence in.]**

☼ **Hyrum Smith**, Patriarch, Church of Jesus Christ of Latter-day Saints: “When God first made man upon the earth, he was a different being entirely to what he now is; his body was strong, athletic robust and healthy; his days were prolonged upon the earth; he lived nearly one thousand years, his mind was vigorous and active, and his intellectual faculties clear and comprehensive, but he has become degenerated; his life has dwindled to a span; disease preys upon his system; his body is enervated and feeble; and his mental and intellectual faculties are impaired, and weakened; and man is not now that dignified, noble, majestic, honorable, and mighty being that he was when he first proceeded from the hands of his maker. God... knows what course to pursue to restore mankind to their pristine excellency and primitive vigour, and health; and He has appointed the *Word of Wisdom* as one of the engines to bring about this thing, to remove the beastly appetites, the murderous disposition and the vitiated taste of man; to restore his body and vigour, promote peace between him and the brute creation, and as one of the little wheels in God's designs, to help to regulate the great machinery, which shall eventually revolutionize the earth, and bring about the restoration of all things... The Lord has told us what is good for us to eat, and to drink, and what is pernicious; but some of our wise philosophers, and some of our elders too, pay no regard to it... They think it too small for him to condescend to tell men what will be nutritious or what will be unhealthy. Who made the corn, the wheat, the rye, and all the vegetable substances? And who was it that organized man, and constituted him as he is found? Who made his stomach, and his digestive organs, and prepared proper nutriment for his system, that the juices of his body might be supplied; and his form be invigorated by that kind of food which the laws of nature, and the laws of God has said would be good for man?... Let men be sparing of the life of animals; it is pleasing saith the Lord that flesh be used only in times of winter, or of famine – and why to be used in famine? Because all domesticated animals would naturally die, and may as well be made use of by man, as not... Let these things be adhered to; let the saints be wise; let us lay aside our folly and abide by the commandments of God; so shall we be blessed of the great Jehovah in time and eternity; we shall be healthy, strong and vigorous; we shall be enabled to resist disease; and wisdom will crown our councils, and our bodies will become strong and powerful, our progeny will become mighty, and will rise up and called us blessed... We shall prepare ourselves for the purposes of Jehovah.” (Times and Seasons 3:799-801)

☼ A few generations ago, uncontrollable infections were the major cause of illness and death. **Dr. James O. Mason**, one of the authors of “Encyclopedia of Mormonism” and former Assistant Secretary of the U.S. Department of Health said, “Today more than two thirds of premature deaths are due mostly to chronic illness and conditions which are aided and abetted by people's own lifestyle choices.” (Deseret News, “Church News” Section, December 1992, p. 6)

☀ It is recorded that the tenth president of the LDS Church, **Joseph Fielding Smith**, had a “disdain of meat and a love of vegetables.” As his wife reported, “my husband doesn’t eat meat,” but rather “lots of fruit and vegetables.” (Quoted in Gerald E. Jones, *Concern for Animals as Manifest in Five American Churches*, Ph.D. diss., Brigham Young University (1972), p. 118)

☀ **Apostle George O. Cannon**: “The greatest boon that God has given us, and that upon which every other hinges, is life. With life we need health, the power to carry out designs of our beings upon the earth. We are told that swine’s flesh is not good, and that we should dispense with it; and we are told that flesh of any kind is not suitable to man in the summer time, and ought to eaten sparingly in the winter. The questions arises... ‘What then are we to eat if we drop swine’s flesh and eat very little beef or mutton...why, dear me, we shall starve to death.’ In conversation with one of the brethren the other day, the brother remarked ‘the diet of the poor is principally bread and meat, and if they dispense with meat, they will be reduced to very hard fare.’ I reasoned with him...that other articles of food could be raised more cheaply and in greater variety than the flesh of animals... We as a people should turn our attention to the multiplication of varieties of food in our midst. We should not confine ourselves to a few articles of diet...It is an exceedingly difficult thing for most people to break off and discontinue cherished and long standing habits...we can have a variety in diet, and yet have simplicity. We can have a diet that will be easily prepared, and yet have it healthful. We can have a diet that will be tasteful, nutritious and delightful to us, and easy to digest; and yet not wear out the lives of our mothers, wives, daughters and sisters in its preparation.” (Journal of Discourses 12:221-224)

☀ **Apostle John A. Widstoe**: “It was shown early in the history of plant science that plants contain all of the necessary food substances: proteins, fats, starches and other carbohydrates, minerals and water. Later it was discovered that the plant kingdom is the best source of the sixth necessary group of food substances, vitamins. The great Builder of the earth provided well for the physical needs of His children. Countless varieties of edible plants, vegetables, cereals, fruits and nuts are yielded by Mother Nature for man’s daily food. Some furnish one predominating food element, some another, each filling some need of the human structure, as bricks in a wall, or as promoters of proper metabolism, to secure his health. Man should partake in plenty of all edible fruits and vegetables. It is a mistake for a normal person to say: “I don’t like this vegetable or that,” and refuse to eat it. Children should be taught...to eat and enjoy all the different kinds of vegetables so that their bodies may grow in bone strength and nerve tone as well as in size. This practice should be encouraged in adults as well, for all have need of the nutritive value of fruits and vegetables.

Most fruits should be eaten raw, fully ripe, and ‘in the season thereof’. Fruits and vegetables should be eaten in liberal amounts by young and old.

The foods used by many careless or uninformed modern civilized people yield a shortage, in greater or lesser degree, of many necessary food factors, especially of vitamins and minerals. This is because so much of the food of so-called civilized man today is preserved, salted, sugared, purified, polished, pickled, canned, extracted, distilled, concentrated, heated, dried, frozen, thawed, stored, packaged, processed and refined!” (The Word of Wisdom, a Modern Interpretation)

☀ **Kenneth Johnson**: “Affluence has even made our health problems worse. The countries too poor to produce or import animal products do not have the degenerative disease that plague the Western world. Preventable heart disease takes a terrible toll in money and lost lives. One man in nine now develops prostate cancer. One woman in eight now develops breast cancer, and the statistics for both cancer of the prostate and breast are worsening each year. Yet we still hope for the quick fix. A huge industry now spends millions of dollars to fashion magic bullets against chronic and deadly degenerative diseases. Sound noble? It might be, except for the fact that they don’t work and we already have the knowledge to prevent many of these medical problems. The answer doesn’t involve a pill or a quick fix. What it involves is a different food plan.”

“All of the vitamins and minerals that a healthy adult needs are readily available in plant food...Many of these essential vitamins are destroyed during the production of highly processed foods. Although foods are sometimes “enriched” by adding vitamins after processing, the closer we get to the unprocessed purity of the original plant food, the better chance we have of furnishing our bodies with proper amounts of vitamins.”

“Statistics show that the way we eat is largely responsible for 60 percent of all deaths in the United States. Those statistics bear an important message: cancer is preventable.

“Cancer begins with a single cell out of control. It takes years for its berserk reproduction to reach the size that enables detection. For example, a malignant breast lump would likely have been growing ten years to reach the size that would be noticed on self-breast examination...Palliation with chemotherapy, new drugs and radiation have not made a great difference in outcome. This is true about cancer of the breast, esophagus, stomach, gallbladder, liver, pancreas, prostate, ovary, kidney and lung. Much misery, suffering and expense can be avoided, if our efforts and health dollars are spent on prevention programs and education. As President Ezra Taft Benson so clearly stated, ‘We need a generation of people who eat in a healthier manner.’ We have the information we need in the Word of Wisdom – the rest is up to us. (The Word of Wisdom Food Plan – A Medical Review of the Mormon Doctrine, pg 30-31, 44, 55, 56)

☀ **President Ezra Taft Benson**: “The more food we eat in its natural state and the less it is refined without additives, the healthier it will be for us.” (“Do Not Despair,” Ensign 4:66 (1974))

“To a significant degree, we are an overfed and undernourished nation digging an early grave with our teeth, and lacking the energy that could be ours because we overindulge in junk foods...We need a generation of young people who, as Daniel, eat in a more healthy manner than to fare on the ‘kings meat’ – and whose countenances show it.” (Teaching of Ezra Taft Benson, p. 476-477)

“There is no question that the health of the body affects the spirit, or the Lord would never have revealed the Word of Wisdom...Disease, fever and unexpected deaths are some of the consequences directly related to disobedience...To a great extent, we are physically what we eat. Most of us are acquainted with some of the prohibitions of the Word of Wisdom, such as no tea, coffee, tobacco, or alcohol. But what need additional emphasis are the positive aspects – the need for vegetables, fruits, and grain. We need a generation of people who eat in a healthier manner.” (“In His Steps”, Ensign, p. 5)

☀ **President Heber J. Grant**: “No man who breaks the Word of Wisdom can gain the same amount of knowledge and intelligence in this world as the man who obeys that law. I don’t care who he is or where he comes from, his mind will not be as clear, and he cannot advance as far and as rapidly and retain his power as much as he would if he obeyed the Word of Wisdom.” (Conference Report, April 1925)

“I think that another reason I have very splendid strength for an old man is that during the years we have had a cafeteria in the Utah Hotel I have not, with the exception of not more than a dozen times, ordered meat of any kind. I have endeavored to live the Word of Wisdom and that, in my opinion, is one reason for my good health.” (Conference Report, April 1937)

☀ **President George Albert Smith**: His son-in-law recorded, “In the summer he eats no meat, and even in the winter months he eats very little.” (Quoted in Gerald E. Jones, Concern for Animals as Manifest in Five American Churches, Ph.D. diss., Brigham Young University (1972), p. 111)

☀ **President Joseph F. Smith**: In a statement later quoted by two other prophets, President Smith taught that our relationships with nature are akin to our relationship with God: “We are a part of life and should study carefully our relationship to it. We should be in sympathy with it, and not allow our prejudices to create a desire for its destruction. The unnecessary destruction of life begets a spirit of destruction which grows within the soul. It lives by what it feeds upon and robs man of the love that he should have for the works of God. It hardens the heart of man and makes him prey upon the social welfare which he should feel for the happiness and advancement of his fellowman. The unnecessary destruction of life is a distinct spiritual loss to the human family. Men can not worship the Creator and look with careless indifference upon his creation. The love of all life helps man to the enjoyment of a better life. It exalts the spiritual nature of those in need of divine favor...Love of nature is akin to the love of God; the two are inseparable.” (Quoted in Gerald E. Jones, Concern for Animals as Manifest in Five American Churches, Ph.D. diss., Brigham Young University (1972) p. 107-8)

☀ “On a diet of raw plant foods, the diseased cells heal, the emaciated ones recuperate, the inactive regain their vitality...Raw nutrients spread throughout the body, relax the organs, and grant health, strength, vigor, long life and success.” (**Wolfe, Arlin & Dini** – American authors, Nature’s First Law; The Raw Food Diet)

☀ “I have lived primarily on sprouted seeds, beans, grains and nuts for more than two decades. Not only have I healed my body of colitis and arthritis following such a regimen, but I have also achieved a greater level of vitality and health than I had even as a child – and I am no child at seventy-seven. And my hair has returned to its natural brown color, too!” (**Ann Wigmore**, D.D. [1909-1994] – teacher, author, living foods proponent quoted from The Sprouting Book)

☀ “There is nothing more difficult to take in hand, more perilous to conduct or more uncertain in its success than to take the lead in the introduction of a new order of things.” “Where the willingness is great, the difficulties can not be great.” (**Niccolo Machiavelli** [1469-1527] – Florentine statesman)

☀ “Our bodies are our gardens, to which our wills are gardeners.” (**William Shakespeare** 1564-1616] – English poet, playwright)

- ☀ “Sprouts and immature greens are the most nutritious of live, raw, organic foods that are available on this planet.” (**Victoras P. Kulvinskis**, M.S. – author, Survival into the 21<sup>st</sup> Century)
- ☀ “God said, ‘Behold! I have given you every herb bearing seed which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed. To you it shall be for meat.’” (The Bible, **Genesis 1:29**)
- ☀ “A raw and living food diet is loaded with enzymes, crammed with vitamins and minerals, abundant in oxygen, complete with available proteins, and is especially high fiber.” (**Brian R. Clement** – Hippocrates Health Program)
- ☀ “The vast majority of all cancers, cardiovascular diseases, and other forms of degenerative illness can be prevented simply by adopting a plant-based diet.” (**T. Colin Campbell**, Ph.D. – nutritional biochemist, Cornell University, Ithaca, N.Y. former Senior Science Advisor to the American Institute for Cancer Research)
- ☀ “Nothing will benefit human health and increase chances for survival of life on earth as much as the evolution to a vegetarian diet.” (**Albert Einstein** [1879-1955] – German-born American physicist)
- ☀ “One farmer says to me: ‘You cannot live on vegetable food solely, for it furnishes nothing to make bones with,’ walking all the while he talks behind his oxen, who, with vegetable made bones, jerk him and his lumbering plow along in spite of every obstacle.” (**Henry David Thoreau** [1817-1862] – American author, poet, naturalist)
- ☀ “My refusing to eat meat occasioned an inconveniency, and I have been frequently chided for my singularity. But my light repast allows for greater progress, for greater clearness of head and quicker comprehension.” (**Benjamin Franklin** [1706-1790] – American statesman, inventor and author)
- ☀ “Diabetes is not necessarily a one-way street. Early studies suggest that persons with diabetes can improve and, in some cases, even cure themselves of the disease by switching to an unrefined vegan diet.” (**Andrew Nicholson**, M.D. – Physicians Committee for Responsible Medicine)
- ☀ “Now does not nature produce enough simple vegetarian food for thee to satisfy thyself? And if thou art not content with such, canst thou not by mixture of them make infinite compounds?” (**Leonardo Da Vinci** [1425-1519] – Italian artist, sculptor, scientist, inventor)
- ☀ “Raw food is the most natural, alive and nutrient-rich food there is and until you give your body and mind the fuel they need to thrive, there is no telling how joyful, gorgeous, confident, clever, sexy, energetic, charismatic and all-round fabulous you could be.” (**Fresh-network.com**)
- ☀ “The life you have led doesn’t need to be the only life you’ll have.” (**Anna Quindlen**)