NUTRITION & THE BODY

LESSON 1



Self-Reliance in Health Course

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We Are Created in the Image of God:

"*All human beings - male and female-are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny.*"

The Family: A Proclamation to the World

"And the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life; and man became of living soul." Genesis 2:7

"And I, God, created man in mine own image, in the image of mine Only Begotten created I him; male and female created I them." Moses 2:27

One thing we all have in common is that we are created by God, in his own image. Our body is a gift from God. Each system has a special job and knows what to do to bring balance. Learning about and caring for this gift through nutrition and lifestyle will help us fulfill our missions and purpose and experience greater joy.

This is what a doctor and prophet has to say about the body:

"We are dual beings. Each soul is comprised of body and spirit, both of which emanate from God. A firm understanding of body and spirit will shape our thoughts and deeds for good.

The marvel of our physical bodies is often overlooked. Who has not encountered feelings of low self-esteem because of physique or appearance? Many people wish their bodies could be more to their liking. Some with naturally straight hair want it curly. Others with curly hair want it straight. Occasionally some ladies, believing that "gentlemen prefer blonds," become "decided blonds."

Your body, whatever its natural gifts, is a magnificent creation of God. It is a tabernacle of flesh—a temple for your spirit. A study of your body attests to its divine design.

Its formation begins with the union of two reproductive cells—one from the mother and one from the father. Together, these two cells contain all of the new individual's hereditary information, stored in a space so small it cannot be seen by the naked eye. Twenty-three chromosomes from each parent unite in one new cell. These chromosomes contain thousands of genes which determine all of the physical characteristics of the unborn person. Approximately 22 days after these two cells unite, a little heart begins to beat. At 26 days, blood begins to circulate. Cells multiply and divide. Some become eyes that see; others become ears that hear.

Each organ is a wondrous gift from God. The eye has a self-focusing lens. Nerves and muscles control two separate eyes to make a single three-dimensional image. The eyes are connected to the brain, which records the sights seen. No cords or batteries are needed.

Each ear is connected to compact equipment designed to convert sound waves into audible tones. An eardrum serves as a diaphragm. Minute ossicles amplify sound vibrations and transmit a signal via nerves to the brain, which senses and remembers the sounds.

The heart is an incredible pump. It has four delicate valves that control the direction of blood flow. These valves open and close more than 100,000 times a day – 36 million times a year. Yet, unless altered by disease, they are able to withstand this stress almost indefinitely. No man-made material developed to date can be flexed so frequently and so long without breaking.

Each day an adult heart pumps enough fluid to fill a 2,000-gallon tank. This work is equivalent to lifting a grown man to the top of the Empire State Building while expending only about four watts of energy. At the crest of the heart is an electrical generator that transmits energy down special lines, causing myriads of muscle fibers to work together.

Much could be said about each of the other precious organs in the body. They function in a marvelous manner, beyond my time or ability to describe.

Other attributes of the body are equally amazing, though less evident. For example, backup is provided. Each paired organ has instant backup available from the other of the pair. Single organs, such as the brain, the heart, and the liver, are nourished by two routes of blood supply. This design protects the organ if harm should come to any one channel.

Think of the body's system of self-defense. To protect it from harm, the body perceives pain. In response to infection, it generates antibodies. They not only help to combat the immediate problem, but they persist to strengthen resistance to infection in the future…The skin provides protection. It also warns against injuries that excessive heat or cold might cause. It even sends signals that indicate trouble elsewhere. With fever, the skin perspires. When one is frightened, it pales. When one is embarrassed, it blushes.
The body repairs itself. Broken bones mend and become strong once again. Skin lacerations heal themselves. A leak in the circulation can seal itself.

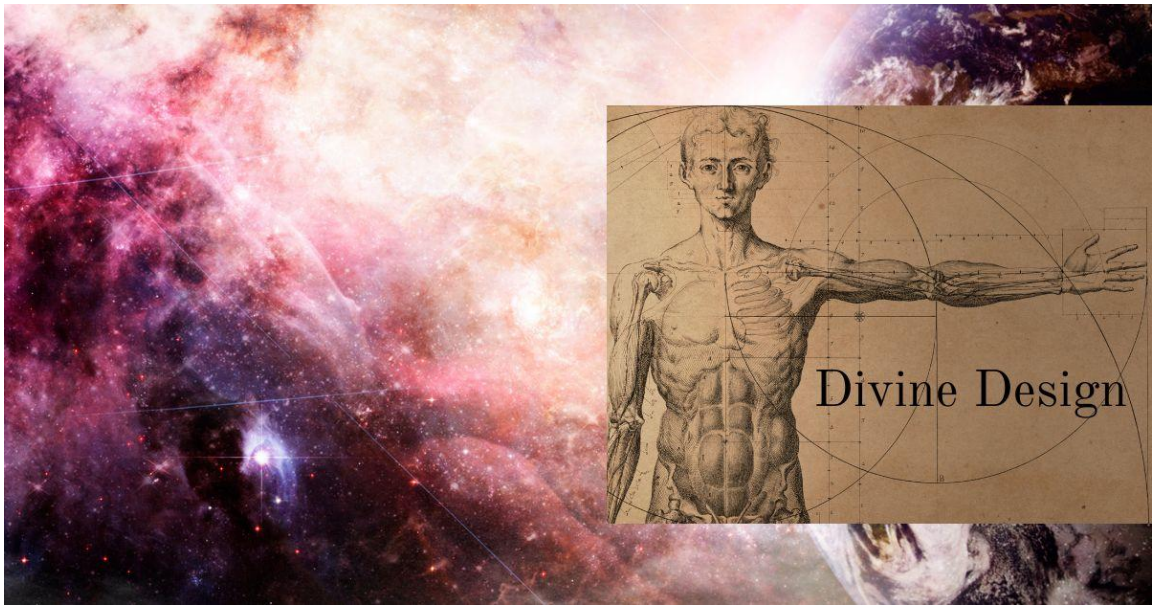
The body renews its own outdated cells. The average red blood cell, for instance, lives about 120 days. Then it is replaced by a newly regenerated cell.

The body regulates its own vital ingredients. Essential elements and chemical constituents are adjusted continuously. And regardless of wide fluctuations in temperature of the environment, the temperature of the body is carefully controlled within narrow bounds.

If these qualities of normal function, defense, repair, regeneration, and regulation were to prevail in perpetuity, life here would continue without limit. Mercifully, our Creator provided for aging and other processes which ultimately result in physical death. We often think of death as untimely or tragic. But death, like birth, is part of life. Scripture tells us that "it was not expedient that man should be reclaimed from this temporal death, for that would destroy the great plan of happiness." To return to God through the gateway of death is a joy for those who love Him.

When death claims an individual in the prime of life, we take comfort in knowing that the very laws which do not allow life to persist here are the same laws that will be implemented at the time of the Resurrection, when the body will be endowed with immortality… Spirit and body, when joined together, become a living soul of supernal worth. Indeed, we are children of God – physically and spiritually."

Russell M. Nelson, We Are Children of God, October 1998 General Conference



In this course we will take a walk through each system of the body to learn how they function and how to bring balance when they are not working optimally. Although each of us has been blessed with a body that is in the image of God, each individual is designed uniquely by a loving Heavenly Father.

Every "Body" is Different:

Often when we think of a person's uniqueness, it comes in the form of how they look, how tall they are, what color of skin, hair, and eyes they have, personality traits, and skills, etc. What is not often thought of is how unique our constitutional makeup is. Everyone has been created differently, from their DNA to their personalities and preferences, all the way down to their microbiome (bacteria in the gut). Some people have a strong constitution, they rarely get sick, and they can eat anything and continue to thrive. Others have weaker constitutions, making them more sensitive. They are subject to illness, allergies, and other health issues. This group must work harder on their health habits and be mindful of their environment. I have two sons and each one exemplifies those two constitutions.

Because of this, one person's health habits are not going to have the same results as another. For example, if all four of my children come down with a cold each one will require a different remedy to aid their body in healing. One just needs frequent hot baths and liquids, one will take a lot of herbs, one just needs an essential oil, and one needs all

the above. This is important to remember when addressing health; what works for one person may not work for another. This is true for the diet as well as dealing with illness. Because every "body" is different, we will be exploring a variety of ways to help the body heal and function optimally, thus bringing about better health and vitality.

Another factor to keep in mind is that some health concerns are given to us from the Lord, to allow us opportunities to learn and grow, sometimes for ourselves and sometimes for others. All health and healing are dependent on the Lord's will for each of us.

Healing From The Inside Out

All conditions exist in the body because of some kind of imbalance that can be caused from improper diet, negative thoughts, feelings, trapped emotions, environmental toxins (pollutants, harsh chemicals – including cleaning detergents and personal care products, second hand smoke, pharmaceuticals, vaccinations, electromagnetic radiation, etc., etc. this list could go on and on) and in some cases from God, to allow us opportunities to learn and grow, sometimes for ourselves and sometimes for others.

"We glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope." Romans 5:3-4

"And we know that all things work together for good to them that love God, to them who are the called according to his purpose." Romans 8:28



Nutrition and The Body

Each of us were created by a loving Heavenly Father, He likewise created everything these bodies would need for nourishment and protection. I find it fascinating that plants are so

closely created like our own bodies, they have life force running through their veins that give oxygen and nourishment to the entire plant, similar to our own blood and they pro-create just as we do. This is no mere coincidence, plants were meant to give our bodies nutrients, vitamins, minerals and when needed, medicine, to keep the proper balance so they can perform their functions correctly.

"*And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be meat, and the leaf thereof for medicine.*" Ezekiel 47:12

When we consume fresh fruits, vegetables, herbs, grains, nuts, and seeds, we are nourishing our bodies with the life force it needs for proper function. When we consume man made products, food that has been refined and/or added to or covered with harmful chemicals the body does not receive the nutrients it needs for proper function as well as adding toxins to the systems, therefore creating an imbalance. This imbalance can cause illness, disease, and other problems within the body.

Feelings and Emotions

Negative thoughts, feelings and emotions can also bring imbalance in the body. Many studies have been done on the effects negative words and music can have on water and plants, so wouldn't it make sense that our bodies are even more inclined to be affected by them. Our thoughts and words carry power in them, so much that our physical body can either be healed by the positive or manifest disease with negative. Feelings Buried Alive Never Die by Karol Truman goes into great detail about how our feelings and emotions affect our health and relationships and what we can do to overcome them.

How to Bring Balance

There is so much information pouring out from all areas; books, websites, television, health clinics, schools, programs, etc. on how we should care for our bodies and bring about balance for optimum health. I have fallen into some of the "fads" of our day, but the Lord has always brought me back to this thought: He has created everything we will ever need for health, healing, sustainability, life force, and balance in our life.

Elder L. Tom Perry, a late modern-day apostle of the Lord said this regarding the creation, "*Now the creation of the world was complete. There was a place for man to live. The waters, the dry land, the night and day, the plant and animal life -- all were created for the benefit of mankind. The supply system had been completed. All that man would ever need from the beginning of time to the very end, if he was industrious, would be supplied him.*" As A Man Soweth, General Conference April 1976

So back to the question of How to Bring About Balance? Clean up your diet, only partake of those things the Lord has created and placed upon the earth for our benefit and use.

Use herbs as a way to get the proper nutrients to areas of the body that are weakened. It is important to note that our bodies were created to know exactly what to do to heal. Herbs, essential oils, food, and other natural remedies merely support and aid the body with the healing process. Our bodies truly are amazing creations!

Forgive others, let things go, think positive thoughts, look at others through God's eyes, love one another and that includes loving and forgiving yourself.

Our Savior is the great healer and has overcome everything, so He knows how to succor and heal us emotionally, spiritually, and physically. Turning to Him will bring healing whether it be with peace for your situation or physical and mental health restored. Miracles are still upon the earth today and happen only through the Savior.

"It's true that our prayers for healing in this life are not always answered in the way we hope, but they are never ignored. The time for healing will come, just as the darkness of night always gives way – at the right time – to the glorious sunrise." Dieter F. Uchtdorf, I Will Heal Them, Liahona, Feb. 2025

Foundation of Health



I recently had a new home built and watched the construction process, starting with a solid foundation and ending with a beautiful, well-built structure that I could live in safely and comfortably. There is an order to follow when building a home, you cannot put a roof on before walls and walls cannot go up until a strong foundation is laid. The foundation is made of cement so it is strong and can hold the entire home securely. Once a foundation is laid, walls are put up, then a roof, then plumbing, electricity, and ventilation systems are put

in place. I see that same pattern of order emerge in all areas of creation, including that of the body.

The foundation that we lay for a strong and healthy body is the food we consume.

Nutrition

There is a lot of confusion about what a healthy diet looks like. We are bombarded with messages on what is the best way to eat; from eating mainly protein, to avoiding animal products all together, each one contradicting the other.

Here are few examples of books I own that teach different methods of nutrition:

- Dr. Christopher's Herbal Home Healthcare (Mucusless Diet)
  - ✓ No dairy, meat, salt, eggs, sugar, flour, or any processed foods
  - ✓ Do not "break-the-fast" until noon
  - ✓ Whole grains (sprouted, low heat only), nuts and seeds
  - ✓ Vegetables and fruit
- Your Health, Your Choice by Dr. M. Ted Morter
  - ✓ 45% cooked vegetables
  - ✓ 30% raw vegetables and fruit
  - ✓ 25% whatever else you want
  - ✓ Does not matter when, but first thing in your stomach each day should be fruit
  - ✓ Decrease caffeinated drinks and stimulants
- The China Study (Whole food, plant based)
  - ✓ Avoid animal-based products
  - ✓ Minimize refined carbohydrates, vegetable oils, and fish
  - ✓ Eat plenty of fruits, vegetables, legumes, nuts, and whole grains.
- In Defense of Food by Michael Pollan (Eat food. Not too much. Mostly plants.)
  - ✓ Do not eat anything your great grandmother wouldn't recognize as food
  - ✓ Avoid processed food
  - ✓ Eat mostly plants, especially leaves
  - ✓ Grass fed animal products that have not be given medications or GMO foods
  - ✓ Eat a variety of foods
  - ✓ Eat well-grown food from healthy soils (no pesticides and synthetic fertilizers)
  - ✓ Eat wild foods when you can
  - ✓ Have a glass of wine with dinner
  - ✓ Eat three meals a day – no snacking
- Eat to Live by Joel Fuhrman, M.D. (Whole Foods Plant Based)
  - ✓ 90% of diet should be unrefined plant foods. 10% can be whatever you want

- ✓ Use animal products as condiments
- ✓ Eat mainly vegetables, ½ cooked and ½ raw, then fruits and legumes, then seeds, nuts and avocados
- ✓ 10% or less should be whole grains, potatoes, poultry, oil, eggs, fish, and dairy
- ✓ Rarely eat beef, sweets, cheese, and processed foods

- Nourishing Traditions by Sally Fallon (Traditional Foods)
  - ✓ Consume foods in their whole state (no refined or processed foods)
  - ✓ Consume animal products that are from grass fed, pastured animals in the traditional way there were treated
  - ✓ Consume raw dairy as a living food, avoid pasteurized products
  - ✓ Culture foods for gut health
  - ✓ Cook your food from scratch

What are your thoughts after reading this list of different diets that have brought great health for the people that teach them and many they have mentored?

Let's now look at God's law of health and nutrition as found in Doctrine and Covenants 89 - called the Word of Wisdom in my faith:

"..verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature, and use of man – Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving. 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;…all grain is ordained for the use of man and of beasts, to be the staff of life."

This law also counsels against the use of addictive substances such as coffee, tea (*Camellia Sinensis* plant; black, white, oolong, match and green tea), alcohol, and tobacco.

Ways that the physical body can impact the spirit:
"Remarkable as your body is, its prime purpose is even of greater importance – to serve as tenement for your spirit. … "Your spirit acquired a body at birth and became a soul to live in mortality through periods of trial and testing. Part of each test is to determine if your body can become mastered by the spirit that dwells within it. … "If you yield to anything that can addict, and thus defy the Word of Wisdom, your spirit surrenders to the body. The flesh then enslaves the spirit. This is contrary to the purpose of your mortal existence. And in the process of such addiction, your life span is likely to be shortened, thereby reducing the time available for repentance by which your spirit might attain self-mastery over your body." Russell M. Nelson,"Self-Mastery," Ensign, Nov. 1985, 30–31

This one comes from the Bible:
"He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth; and wine that maketh glad the heart of man, and oil to make his face to shine; and bread which strengtheneth man's heart." Psalm 104:14-15

I have found a pattern throughout my life and in the scriptures that shows the way God works. He is simple. Reading some of these books on nutrition overwhelmed me with their complexity. I have even followed some of them in the name of health and found my body lacking in strength and vigor, and every time I came back to His simple law of consuming fresh fruits, vegetables, herbs, grains, nuts, and seeds. While consuming animal products as well as "junk food", and sweets sparingly, my body has been nourished and given the life force it needs for proper function.

I just want to emphasize that I am not perfect, but I also do not worry about what we eat. I only purchase and keep in my home whole foods and when we go out to eat or to gatherings, we just eat what we want. We will still go out for ice cream or donuts for a fun family night, but we make it a special occasion, not all the time. I have incorporated many methods from the books I've read, and I love the 80% nutritive rich foods to 20% what you want. Please understand the Lord does not want us to be fanatical about our diets, but He does want us to be healthy so that we can be happy and have the strength to fulfill the missions He has sent us here to perform.

"There are many good fruits to be plucked, to be eaten, to be enjoyed. We believe in enjoying good food. We think that these good things are given us of God. We believe in getting all the enjoyment out of eating that we can; and, therefore, we should avoid gluttony, and we should avoid extremes in all our habits of eating." Jesus the Christ by James Talmage

If you or a loved one is experiencing major health problems, then you very well may need to follow one of the outlined diets above or one of the many others that are out there. This is where self-reliance comes into play as you use your light of Christ to discern truth and determine what will be best for you as you counsel with the Lord.

Eat a Variety of Foods for Optimum Health

We have all heard about the "scurvy" sailors of the past who got this disease on long voyages. They would lose their teeth, get spots on the skin, and even die. It was finally discovered that the cause of the disease was a lack of certain nutrients in the body, vitamin C in this case. Before then, vitamins were unknown. This paints a picture of the importance of a variety of foods in the diet, especially fruits and vegetables.

There are certain nutrients our bodies need every day for optimum health that can be found in the "Word of Wisdom" list of foods that God has created for our use and consumption.

- Vitamins – Deficiency in these can be the cause of disease and illness.
- Minerals – Naturally occurring inorganic compounds that are not produced by plants themselves but are present in the plant as they have taken them up through the soil. Plant minerals are absorbable in the human body whereas taking a mineral supplement will go right through without absorption. Have you ever eaten an "enriched" food (cereal for example) or taken a supplement and your urine came out bright yellow with a strong scent? What you are seeing, and smelling is the body not absorbing the synthetic vitamins and minerals. Green leafy vegetables and root vegetables have a good variety of absorbable minerals in them.
- Essential fats – Fatty acids the human body cannot produce on its own, mainly omega -3 and omega-6. These can be found in many food substances including vegetables but are mainly consumed in seeds and nuts like chia, flaxseed, and walnuts.
- Amino Acids – Compounds that help in the formation of muscles and tissues and half of which the body cannot produce but must get from other sources. These are found in meat, fish, legumes, nuts, and eggs.

Other nutrients the body does not depend on to live but play a vital role in a balanced, thriving body.

- Antioxidants – Target free radicals which can help with cancer prevention. Found in dark leafy greens, berries, grapes, garlic, and pepper.
- Polyphenols – Hormone balancing. Found in vegetables such as cabbage, cauliflower, legumes, grapes, and berries.
- Flavonoids - Help your body function more efficiently while protecting it against everyday toxins and stressors. Found in berries, grapes, citrus fruits, dark chocolate, onions, and dark leafy greens.
- Carotenoids - Nutrient for vision, plays a critical role in cell growth and in maintaining healthy organs like the heart, lungs, and kidneys. Found in orange, yellow, and red foods as well as spinach and kale.

There are thousands of phytonutrients but only a handful have been studied so simply eating a variety of colored fruits and vegetables can ensure you are getting these "non-essential" nutrients into your body.

A Word About Animal Products

The Lord speaks through his scriptures about blessing us with the gifts of the earth for our use, including animals, but they are to be used with "prudence" and "thanksgiving".

The definition of prudence in the 1828 dictionary reads, *"Prudence implies caution in deliberating and consulting on the most suitable means to accomplish valuable purposes, and the*

exercise of sagacity in discerning and selecting them. Prudence differs from wisdom in this, that prudence implies more caution and reserve than wisdom."

Here is what God's word says about using animals:

"And it pleaseth God that he hath given these things unto man (beasts, fowls, herbs, food, all things that come of the earth); for unto this end were they made to be used, with judgement, not to excess, neither by extortion." Doctrine & Covenants 59:20

"Now the Spirit speaketh expressly, that in latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; speaking lies in hypocrisy…forbidding to marry, and commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth." 1 Timothy 4:1-3

Each of us should ponder these verses and even go on your own search through God's word to learn about his gifts of the earth and how we should use them. The light of Christ will direct what is best for yourself and family.

If we are to be prudent in our use of animals, we should understand that they are not raised or treated the same way now as they were in biblical times, and we should inform ourselves of how the current food industry works. Man has tinkered with much of the food God has created for us, turning it into a junk food.

"*In consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days, I have warned you, and forewarn you, by giving unto you this word of wisdom by revelation.*" Doctrine & Covenants 89:4

Milk for instance has a totally different composition once it has been stripped, pasteurized, and homogenized, turning it from a whole, nourishing food, to a "manmade" product that can cause problems in the body. Most of the resources listed below will go into details about this but I do want to mention the more you have control over your food, the better it will be for your body. This would include growing your own garden, preparing your meals from scratch when possible, having chickens for fresh eggs or purchase locally from those who raise chickens, shop at Farmer's Markets, local farms and the organic section of your grocery store, purchase meat that has been pastured and not injected with pharmaceuticals, use raw dairy, etc.

While it is important to make changes where you can, do not stress about it or get too fanatical. Part of the Lord's counsel on food was to receive it with thanksgiving. I believe when we do the best we can with our time, resources and means, the Lord can make up for what our food may lack. We can pray that the Lord will bless our food to work in our bodies as He intended it to. This does not mean we pray that a Cheeto will work like a carrot in our body, but that the meat you purchased at the grocery store that was fed GMO grains and injected with hormones will nourish and not harm. That the conventional

produce you purchased because you could not afford organic will act in your body as the organic version will, etc.

Use prudence and thanksgiving in all the Lord has blessed us with.

Conclusion

There is so much information pouring out from all areas: books, websites, social media, television, health clinics, schools, programs, etc. on how we should care for our bodies and bring about balance for optimum health, many contradicting another. I have fallen into some of the "fads" of our day, but the Lord has always brought me back to this thought:

God has created everything we will ever need for health, healing, sustainability, life force, and balance in our life. He is a God of simplicity, not complication.

Let us keep this in mind as we explore more about food and herbs as medicine.

Assignment

Work on incorporating a variety of fruits and vegetables in your diet. Here are some tips I've used through the years for family:

- Make food powder and "sprinkles" to incorporate easily into dishes you are already making or eating. Dry leafy greens, vegetables, herbs and other foods, then blend into a powder. Put in a spice jar to sprinkle away on foods. I store squash and carrot powder in glass jars and add a tablespoon or so to pancakes and waffles, smoothies, soups, sauces, etc. For pumpkins and carrots, I cook and puree before dehydrating.
- Add pureed fruits and vegetables to dishes you are already making and eating.
- Make a rainbow chart and check off each color as you eat to ensure you are getting variety of colors in the diet. This is a fun “game” to use with children.

Study and seek the Lord’s will for yourself and family regarding your diet and lifestyle. Use any of the books mentioned in this lesson, these resources or any others you feel directed to.

Resource for Further Learning

Not sure where to begin with changing your diet? Here are some great resources for taking the step to a whole foods diet.

- https://www.100daysofrealfood.com/
- https://traditionalcookingschool.com/health-and-nutrition/how-to-transition-to-a-real-food-traditionally-prepared-diet
- https://nourishingtraditions.com/
- https://naturallivingfamily.com/blog/

- https://draxe.com/

Learn more about the body and spirit.

- *Fearfully and Wonderfully Made* by Dr. Paul Brand (explore more about how our bodies are created and function with the analogy of the "body of Christ":
  - Cells = Body of Christ, working together
  - Bones = laws, commandments & doctrines of the gospel = strength and freedom
  - Skin = love and charity (warmth)
  - Movement; muscles, ligaments, joints & nerves = free agency, order of hierarchy
- *Atlas of the Human Body by* Takeo Takahashi (my favorite anatomy book for those who need a visual of the systems of the body)
- Human Art: Understanding Your Own Personal Design https://humanartpersonality.com/
- Feelings Buried Alive Never Die by Karol Truman
- You Can Heal Your Life by Louise Hay
- A Better Way to Think by H. Norman Wright
- The Emotion Code by Dr. Bradley Nelson
- Finding Healing Through Jesus Christ - The Church of Jesus Christ of Latter-day Saints https://www.churchofjesuschrist.org/?lang=eng
- We Are Children of God by Russell M. Nelson https://www.churchofjesuschrist.org/study/general-conference/1998/10/we-are-children-of-god?lang=eng
- For the Strength of Youth: Your Body is Sacred https://www.churchofjesuschrist.org/study/manual/for-the-strength-of-youth/06-body?lang=eng
- The Sanctity of the Body: article by Susan W. Tanner https://www.churchofjesuschrist.org/study/general-conference/2005/10/the-sanctity-of-the-body?lang=eng
- **Spiritual Truths about The Body, D&C 33-39**: For man is spirit. The elements are eternal, and spirit and element, inseparably connected, receive a fulness of joy; And when separated, man cannot receive a fulness of joy. The elements are the tabernacle of God; yea, man is the tabernacle of God, even temples; and whatsoever temple is defiled, God shall destroy that temple. The glory of God is intelligence, or, in other words, light and truth. Light and truth forsake that evil one. Every spirit of man was innocent in the beginning; and God having redeemed man from the fall, men became again, in their infant state, innocent before God. And that wicked one cometh and taketh away light and truth, through disobedience, from the children of men, and because of the tradition of their fathers.