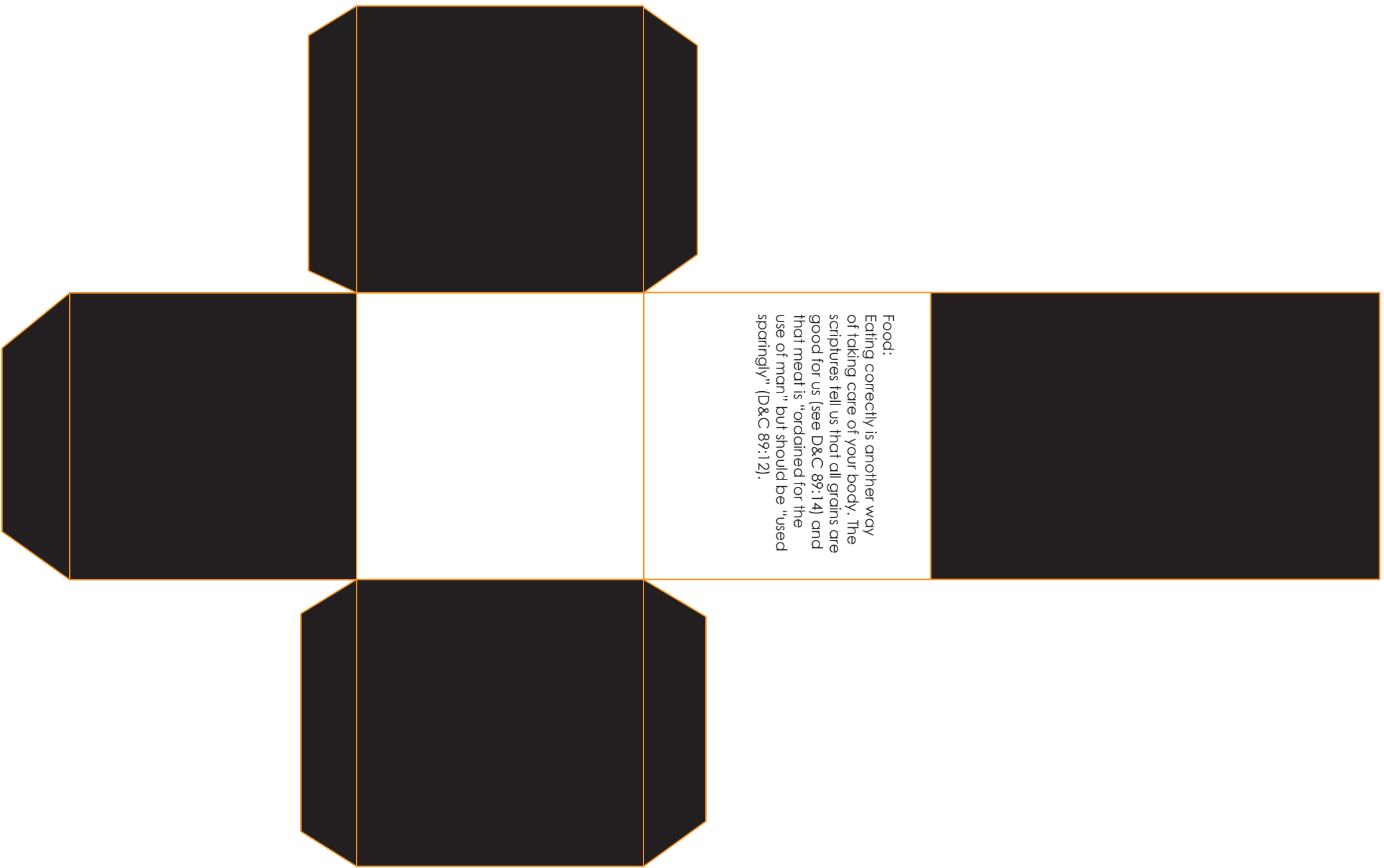




Food:
Eating correctly is another way
of taking care of your body. The
scriptures tell us that all grains are
good for us (see D&C 89:14) and
that meat is "ordained for the
use of man" but should be "used
sparingly" (D&C 89:12).