

Walk not Faint	Abstain	Fruit	Roots	Meat
Early to Bed and Rise	Tobacco	Navel	Cheese	Tea
Wine and Strong Drink	Coffee	Moderation	Health	Drunken
Herbs	Run and not be Weary	Judgement	Plants	Sparingly
Grain	Glutton	Milk	Destroying Angel Pass	Word of Wisdom

Word of Wisdom	Early to Bed and Rise	Wine and Strong Drink	Coffee	Roots
Navel	Eggs	Cheese	Walk not Faint	Meat
Drunken	Herbs	Fruit	Moderation	Health
Abstain	Glutton	Plants	Tobacco	Sparingly
Judgement	Destroying Angel Pass	Milk	Tea	Grain

Wine and Strong Drink	Eggs	Roots	Run and not be Weary	Tea
Word of Wisdom	Meat	Coffee	Plants	Cheese
Herbs	Fruit	Health	Milk	Drunken
Abstain	Walk not Faint	Tobacco	Moderation	Judgement
Sparingly	Glutton	Destroying Angel Pass	Navel	Early to Bed and Rise