

Great Health Quotes

by Ronald Steriti, NMD, PhD

About this booklet

This booklet is a compilation of great health quotes.

About the Author

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Dr. Steriti advocates freedom of choice in health care and assists people in making informed decisions about natural health throughout the United States and Canada.

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Health

Life is not merely being alive, but being well.

- Martial, 66 AD, Epigrams

We know a great deal more about the causes of disease than we do about the causes of health.

- M. Scott Peck, TRLT

In nature there are neither rewards nor punishments - there are only consequences.

- Robert G. Ingersol

The greatest of follies is to sacrifice health for any other kind of happiness.

- Schopenhauer, Arthur

A wise man should consider that health is the greatest of human blessings, and learn how by his thought to derive benefit from his illnesses.

- Hippocrates

In health there is freedom. Health is the first of all liberties.

- Henri-Frederic Amiel 1828-1881

Happiness is nothing more than good health and a bad memory.

- Albert Schweitzer

Be careful about reading health books. You may die of a misprint.

- Mark Twain

Inaction, save as a measure of recuperation between bursts of activity, is painful and dangerous to the healthy organism - in fact, it is almost impossible. Only the dying can be really idle.

- H. L. Mencken (1880-1956)

I know a lot of men who are healthier at age fifty than they have ever been before, because a lot of their fear is gone.

- Robert Bly

For the rational, psychologically healthy man, the desire for pleasure is the desire to celebrate his control over reality. For the neurotic, the desire for pleasure is the desire to escape from reality.

- Nathaniel Branden

Money cannot buy health, but I'd settle for a diamond-studded wheelchair.

- Dorothy Parker (1893-1967)

Be sober and temperate, and you will be healthy. Be in general virtuous, and you will be happy.

- Benjamin Franklin (1706-1790)

It is well to be up before daybreak, for such habits contribute to health, wealth, and wisdom.

- Aristotle (384-322 BC)

Having good health is very different from only being not sick.

- Seneca The Younger, 50 AD

A young man with good health and a poor appetite can save up money.

- James Montgomery Bailey

Without health, life is not life; it is only a state of languor and suffering.

- Francois Rabelais

When we are well, we all have good advice for those who are ill.

- Terrence, 166 BC

A cough is something you yourself can't help, but everyone else does on purpose just to torment you.

- Ogden Nash, 1957

To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.

- Gautama the Buddha, 563 BC

Life is not merely being alive, but being well.

- Martial, Epigrams

The trouble about always trying to preserve the health of the body is that it is so difficult to do without destroying the health of the mind.

- G. K. Chesterton, Come to Think of It

Attention to health is life's greatest hindrance.

- Plato

Healing

The more serious the illness, the more important it is for you to fight back, mobilizing all your resources - spiritual, emotional, intellectual, and physical.

- Normin Cousins

There is no curing a sick man who believes himself in health.

- Henri Amiel, 1877

Rest, as soon as there is pain, is a great restorative in all disturbances of the body.

- Hippocrates, 400 BC

The cure for anything is salt water - sweat, tears, or the sea.

- Isak Dinesen, 1885-1962

A cheerful face is nearly as good for an invalid as healthy weather.

- Benjamin Franklin, 1706-1790

Pleasant words are a honecomb sweet to the soul and healing to the bones.

- Proverbs 16:24

To wish to be well is a part of becoming well.

- Seneca

Every human being is the author of his own health or disease.

- Sivananda

Pain is inevitable. Suffering is optional.

- M. Kathleen Casey

The man who fears suffering is already suffering from what he fears.

- Michel De Montaigne

We are healed of a suffering only by experiencing it to the full.

- Marcel Proust

A cheerful heart is good medicine.

- Bible, Proverbs 17:22

To do nothing is sometimes a good remedy.

- Hippocrates, 400 BC

There are some remedies worse than the disease.

- Publius Syrus, 50 BC

Most diseases are the result of medication which has been prescribed to relieve and take away a beneficent and warning symptom on the part of Nature.

- Elbert Hubbard

Diet

There are two great medicines: Diet and Self-Control.

- Max Bircher, 1962

To safeguard one's health at the cost of too strict a diet is a tiresome illness indeed.

- Francois de La Rochefoucauld

What some call health, if purchased by perpetual anxiety about diet, isn't much better than tedious disease.

- George Dennison Prentice

Vegetarianism is harmless enough, although it is apt to fill a man with wind and self-righteousness.

- Robert Hutchinson

Simple diet is best; for many dishes bring many diseases; and rich sauces are worse than heaping several meats upon each other.

- Pliny

Dieting is a system of starving yourself to death so you can live a little longer.

- Jan Murray

I was a vegetarian until I started leaning toward the sunlight.

- Rita Rudner

Food

Leave your drugs in the chemist's pot if you can cure the patient with food.

- Hippocrates, 420 BC

One can not think well, love well, or sleep well if one has not dined well.

- Virginia Woolf, 1929

One meal a day is enough for a lion, and it ought to be for a man.

- G. Fordyce

Most people regard eating as a means of gratifying their desire for the nice things in life. By tradition, "nice" things are supposed to be those which give pleasure and satisfy your taste buds, but nature has a different code.

- Vithaldas Modi

In general, mankind, since the improvement of cookery, eat twice as much as nature requires.

- Franklin

One should eat to live, not live to eat.

- Franklin

They are as sick that surfeit with too much, as they that starve with nothing.

- Shakespeare

Food is an important part of a balanced diet.

- Fran Lebowitz

Disease

The biggest disease today is not leprosy or tuberculosis, but rather the feeling of being unwanted.

- Mother Theresa

When the patient loves his disease, how unwilling he is to allow a remedy to be applied.

- Pierre Corneille, Le Cid

When a man is laboring under the pain of any distemper, it is then that he recollects there is a God, and that he himself is but a man.

- Pliny

Sickness is a sort of early old age; it teaches us diffidence in our earthly state.

- Pope

Unhealthy places and decadent times infect us by their contagion.

- Joubert

Diseases are the penalties we pay for overindulgence, or for our neglect of the means of health

. - Bulwer

All diseases run into one: old age.

- Emerson, 1840

Diseases are the Price of Ill Pleasures.

- Thomas Fuller

We forget ourselves and our destinies in health, and the chief use of temporary sickness is to remind us of these concerns.

- Ralph Waldo Emerson (1803-1882)

We are more apt to catch the vices of others than their virtues, as disease is far more contagious than health.

- Charles Caleb Colton: Lacon, 1.247

A healthy body is a guest-chamber for the soul; a sick body is a prison.

- Francis Bacon

We should always presume the disease to be curable, until its own nature prove it otherwise.

- Peter Mere Latham

It is more important to know what kind of patient has the disease than what kind of disease the patient has.

- Sir William Osler

The processes of disease aim not at the destruction of life, but the saving of it.

- Frederick Treves, 1905

Doctors

A doctor would promise life to a corpse if it could swallow the pills.

- Napoleon

One of the first duties of the physician is to educate the masses not to take medicine.

- William Osler

The art of medicine consists of amusing the patient while nature cures the disease.

- Voltaire

Some people think that doctors and nurses can put scrambled eggs back into the shell.

- Dorothy Canfield Fisher

He cures most in whom most have faith.

- Galen

Oh, the powers of Nature! She knows what we need, and the doctors know nothing.

- Benvenuto Cellini, 1860

The great secret of doctors, known only to their wives, but still hidden from the public, is that most things get better by themselves; most things, in fact, are better in the morning.

- Lewis Thomas, NY Times Magazine

Cur'd yesterday of my disease, I died last night of my physician.

- Matthew Prior

Doctors cut, burn, and torture the sick, then demand of them an undeserved fee for such services.

- Heraclitus, 500 BC

As long as we are liable to die, and desirous to live, a physician will be made fun of, but he will be well paid.

- La Bruyere, 1688

Physicians are like Kings - They brook no contradiction.

- John Webster, 1613

God heals, and the doctor takes the fee.

- Benjamin Franklin

Some patients, though conscious that their condition is perilous, recover their health simply through their contentment with the goodness of the physician.

- Hippocrates

Honor a physician with the honor due unto him for the uses which ye may have of him: for the Lord hath created him.

- Ecclesiasticus 38:1

My doctor is wonderful. Once, in 1955, when I couldn't afford an operation, he touched up the X-rays.

- Joey Bishop

It is true that I am carrying out various methods of treatment recommended by doctors and dentists in the hope of dying in the remote future in perfect health.

- George Santayana

More Booklets

Dr. Steriti has written several booklets on natural health, including:

Tips for New Mothers

Healthy Skin, Hair and Nails Naturally

Sports Nutrition for Athletes

A Guide to Diets

What Foods to Buy at an Organic Market or Health Food Store

How to Choose a Good Multiple

Great Health Quotes

An Introduction to Naturopathy and Naturopathic Medicine

Alternative and Nutritional Lab Tests

These booklets can be ordered by sending \$5 per booklet with a self-addressed, double-stamped envelope to:

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How to Find a Naturopath

What is Naturopathy?

Naturopathy is a term made popular in the early 1900's to describe a system of medicine that emphasizes natural therapies including herbs, homeopathy, hydrotherapy, nutrition, diet, and manipulation.

What is Naturopathic Medicine?

Naturopathic medical schools have four-year full-time programs that teach both naturopathy and conventional Western diagnosis and treatment. Graduates are trained to become primary care physicians in licensed states.

There are currently four naturopathic medical schools in the United States and one in Canada: Bastyr, National, and Southwest Colleges of Naturopathic Medicine, The University of Bridgeport, and the Canadian College of Naturopathic Medicine.

Currently Alaska, Arizona, British Columbia, Connecticut, Hawaii, Maine, Manitoba, Montana, New Hampshire, Ontario, Oregon, Utah, Vermont and Washington have naturopathic medical licensing laws.

Where do I find a naturopath?

Check the American Association of Naturopathic Physician's web site:

www.naturopathic.org

Top Ten Reasons to See a Naturopath

1. It's part of your healthy life-style.
2. You are taking a lot of supplements, but aren't sure if they are right for you.
3. You want advice from a specialist that is well trained in natural therapies.
4. You want to make an informed decision about your health.
5. You want a natural health program designed for you.
6. You are confused by contradictory health claims.
7. You have vague complaints but aren't sick enough to see a medical doctor or use drugs.
8. You are concerned about the long-term side effects of drugs.
9. You have an uncommon health problem which has many specialists baffled.
10. The drugs you are taking cause side effects which are worse than the original problem.