Great Health Quotes

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Foreward

In this book you will find many wonderful quotations about health, healing, disease, doctors, and medicine. Some are thoughtful, others serious, and a few are humorous. It is my hope that by reading these quotations the reader will gain a deeper understanding of health and healing.

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Chapter 1. Diet

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

Not only don't diets work, they're actually designed to fail. It's not you or your lack of will power that's the problem. It's that diets by their very nature simply don't work.
- Bob Schwartz

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

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

There are two great medicines: Diet and Self-Control.
- Maximilian Bircher-Benner, 1962

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
A diet is when you watch what you eat and wish you could eat what you watch.
- Hermione Gingold

"How long does getting thin take?" Pooh asked anxiously.
- A. A. Milne: Winnie-the-Pooh
Chapter 2. 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

Silence in times of suffering is best.
- Dryden

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

As in the body, so in the soul; they are oft most desperately sick who are least sensible of their disease, while he that fears each wound as mortal, seeks a timely cure, and is healed.
- A. Warwick

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

The disease and its medicine are like two factions in a besieged town; they tear one another to pieces, but both unite against their common enemy - Nature.
- Jeffrey

It is with disease of the mind, as with those of the body; we are half dead before we understand
our disorder, and half cured when we do.
- Colton

Sickness and disease are in weak minds the sources of melancholy; but that which is painful to the body may be profitable to the soul. Sickness puts us in mind of our mortality, and, while we drive on heedlessly in the full career of worldly pomp and jollity, it kindly pulls us by the ear and brings us to a proper sense of duty.
- Burton

It is in sickness that we most feel the need for sympathy which shows how much we are dependant upon one another for comfort, and even necessities. Thus disease, by opening our eyes to the real- ities of life, is an indirect blessing.
- H. Ballou

There are some remedies worse than the disease.
- Publius Syrus, 50 BC

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

Diseases are the Price of Ill Pleasures.
- Thomas Fuller

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
All diseases run into one: old age.
- Emerson, 1840

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

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
Chapter 3. 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, in New York Times Magazine

Cur'd yesterday of my disease, I died last night of my physician.
- Matthew Prior, The Remedy Worse than the Disease

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.
Physicians are like Kings - They brook no contradiction.
- John Webster, 1613

God heals, and the doctor takes the fee.
- Benjamin Franklin, Poor Richard's Almanac

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 a good idea to "shop around" before you settle on a doctor. Ask about the condition of his Mercedes. Ask about the competence of his mechanic. Don't be shy! After all, you're paying for it.
- Dave Barry

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
Chapter 4. Food

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

The only way to keep your health is to eat what you don't want, drink what you don't like and do what you'd druther not.
- Mark Twain

When you don't have any money, the problem is food. When you have money, it's sex. When you have both, it's health. If everything is simply jake, then you're frightened of death.
- J. P. Donleavy

Old people shouldn't eat health foods. They need all the preservatives they can get.
- Robert Orben
Health food may be good for the conscience but Oreos taste a hell of a lot better.
- Robert Redford

Food is an important part of a balanced diet.
- Fran Lebowitz

My doctor told me to stop having intimate dinners for four. Unless there are three other people.
- Orson Welles

One of the disadvantages of wine is that it makes a man mistake words for thoughts.
- Samuel Johnson

More die in the United States of too much food than of too little.
- John Kenneth Galbraith, The Affluent Society

If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.
-Hippocrates c. 460 - 377 B.C.
Chapter 5. 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

To cease smoking is the easiest thing I ever did. I ought to know because I've done it a thousand times.
- Mark Twain

Pain is inevitable. Suffering is optional.
Suffering is not a prerequisite for happiness.
- Judy Tatelbaum

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
Chapter 6. Health

Life is not merely being alive, but being well.
- Martial, c. AD 66 Epigrams

We know a great deal more about the causes of physical disease than we do about the causes of physical health.
- M. Scott Peck, TRLT

In nature there are neither rewards nor punishments - there are 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

Ill-health, of body or of mind, is defeat... Health alone is victory. Let all men, if they can manage it, contrive to be healthy.
- Thomas Carlyle (1795-1881) Sir Walter Scott

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
Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.
- Heave

Our body is a well-set clock, which keeps good time, but if too much or indiscreetly tampered with, the alarm runs out before the hour.
- Joseph Hall

Everything in excess is opposed to nature.
- Hippocrates

To be stupid, selfish, and have good health are three requirements for happiness, though if stupidity is lacking, all is lost.
- Gustave Flaubert

It's no longer a question of staying healthy. It's a question of finding a sickness you like.
- Jackie Mason

Health nuts are going to feel stupid someday, lying in hospitals dying of nothing.
- Redd Foxx

Thousands and thousands of people have studied disease. Almost no one has studied health.
- Adelle Davis

To become a thoroughly good man is the best prescription for keeping a sound mind and a sound body.
- Francis Bowen

There's a lot of people in this world who spend so much time watching their health that they haven't the time to enjoy it.
- Josh Billings

It is no measure of health to be well adjusted to a profoundly sick society.
If this country [America] is to survive, the best-fed-nation myth had better be recognized for what it is: propaganda designed to produce wealth not health.

- Adelle Davis, 1954

In a disordered mind, as in a disordered body, soundness of health is impossible.

- Marcus Tullius Cicero, "Tusculanarum Disputationum," Bk. III.

Tis healthy to be sick sometimes.
- Henry David Thoreau (1817-1862)

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.
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.
- Buddha (Siddhartha Gautama), 563-483 BC

Life is not merely being alive, but being well.
- Martial, Epigrams

The beneficent effects of the regular quarter-hour's exercise before breakfast is more than offset by the mental wear and tear involved in getting out of bed fifteen minutes earlier than one otherwise would.
- Simeon Strunsky, The Patient Observer

Our body is a machine for living. It is organized for that, it is its nature. Let life go on in it unhindered and let it defend itself, it will do more than if you paralyze it by encumbering it with remedies.
- Leo Tolstoy, War and Peace

Health indeed is a precious thing, to recover and preserve which we undergo any misery, drink bitter potions, freely give our goods: restore a man to his health, his purse lies open to thee.
- Robert Burton, The Anatomy of Melancholy

It is better to lose health like a spendthrift than to waste it like a miser.
- Robert Louis Stevenson, Virginibus Puerisque

Health is the soul that animates all the enjoyments of life, which fade and are tasteless without it.
- William Temple

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

There is a wisdom in this beyond the rules of physic: a man's own observation what he finds good of and what he finds hurt of is the best physic to preserve health.
- Francis Bacon

Attention to health is life's greatest hindrance.
- Plato
Chapter 7. Medicine

Medicine is not merely a science, but an art.
- Paracelsus, 1525

Formerly, when religion was strong and science weak, men mistook magic for medicine, now, when science is strong and religion weak, men mistake medicine for magic.
- Thomas Szasz

Financial ruin from medical bills is almost exclusively an American disease.
- Roul Turley

America's health care system is neither healthy, caring, nor a system.
- Walter Cronkite

A prescription is a physician's guess at what will best prolong the situation with least harm to the patient.
- Ambrose Bierce: The Devil's Dictionary

We have not lost faith, but we have transferred it from God to the medical profession.
- George Bernard Shaw

Medicine, the only profession that labors incessantly to destroy the reason for its own existence.
- James Bryce, speech (1914)

The true miracle of modern medicine is diabolical. It consists of making not only individuals, but whole populations survive on inhumanly low levels of personal health.
- Ivan Illich

The chances are that we may be relying on scientific truth the error of which may well be recognized in a few years time.
- Marcel Proust
We Americans live in a nation where the medical-care system is second to none in the world, unless you count maybe 25 or 30 little scuzzball countries like Scotland that we could vaporize in seconds if we felt like it.

- Dave Barry

To array a man's will against his sickness is the supreme art of medicine.

- Henry Ward Beecher
Chapter 8. Miscellaneous

Money may buy the husk of things, but not the kernel. It brings you food but not appetite, medicine but not health, acquaintances but not friends, servants but not faithfulness, days of joy but not peace or happiness.
- Ibsen, Henrik

When dealing with the insane, it is best to pretend to be sane.
- Herman Hesse

We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons.
- Alfred E. Newman

We live in an age when pizza gets to your home before the police.
- Marder, Jeff

Never continue in a job you don't enjoy. If you're happy in what you're doing, you'll like yourself, you'll have inner peace. And if you have that, along with physical health, you will have had more success than you could possibly have imagined.
- Rodan of Alexandria

Time is an illusion, lunchtime doubly so.
- Douglas Adams

The only way to be happy is to love to suffer.
- Woody Allen

I keep the telephone of my mind open to peace, harmony, health, love and abundance. Then, whenever doubt, anxiety or fear try to call me, they keep getting a busy signal - and soon they'll forget my number.
- Edith Armstrong

The statistics on sanity are that one out of every four Americans is suffering from some form of
mental illness. Think of your three best friends. If they're okay, then it's you.

- Rita Mae Brown
About the Author

Dr. Ronald Steriti is a graduate of Southwest College of Naturopathic Medicine and currently is researcher for Jonathan V. Wright at the Tahoma Clinic and Meridian Valley Lab.

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Dr. Steriti has published several books.

Complementary and Alternative Medical Lab Testing (CAM Labs)

CAM Labs contains summaries of the published research on lab tests, primarily from PubMed trials on humans. Each chapter (disease) begins with a brief summary of conventional lab tests, followed by additional lab tests, including diabetes, insulin resistance, metabolic syndrome, inflammation, etc. There are sections on endocrine hormones (thyroid, adrenal, sex steroids) and environmental medicine (toxic heavy metals). The nutritional assessments section includes minerals, vitamins and amino acids.

Nutritional Genetics

Nutritional Genetics is a very brief review of nutritional genetics (nutrition and genetics) with a summary the published research, primarily from PubMed. Part 1 is an introduction with sections on vitamins and nutrients and metabolism. Part 2 describes nutritional genetics labs. Parts 3 - 6 have sections on diseases with references.

Dr. Steriti's books are available on Smash Words.

CAM Labs and Nutritional Genetics.