

# HEALTH, BEST QUOTES ON

Humans look just like livestock now. We achieve a state of buttery plumpness before we've even reached sexual maturity. We experience powerful cravings for food that is slowly making us sick. We are...programmed to eat the wrong food. We aren't born calorie zombies, but that's what we have become.

—Mark Schatzker

People who don't know how to keep themselves healthy ought to have the decency to get themselves buried, and not waste time about it.

—Henrik Ibsen

Let's face it, in America today we don't have a health care system, we have a sick care system. We wait until people become obese, develop chronic diseases, or become disabled—and then we spend untold hundreds of billions annually to try to make them better.

--Tom Harkin

Health is more than the absence of disease. Health is about jobs and employment, education, the environment, and all of those things that go into making us healthy.

—Joycelyn Elders

If you ruin your body, where will you live?

--Unknown

According to the surgeon general, obesity today is officially an epidemic; it is arguably the most pressing public health problem we face, costing the health care system an estimated \$90 billion a year. Three of every five Americans are overweight; one of every five is obese. The disease formerly known as adult-onset diabetes has had to be renamed Type II diabetes since it now occurs so frequently in children. A recent study in the *Journal of the American Medical Association* predicts that a child born in 2000 has a one-in-three chance of developing diabetes. (An African American child's chances are two in five.) Because of diabetes and all the other health problems that accompany obesity, today's children may turn out to be the first generation of Americans whose life expectancy will actually be shorter than that of their parents. The problem is not limited to America: The United Nations reported that in 2000 the number of people suffering from over-nutrition—a billion—had officially surpassed the number suffering from malnutrition—800 million.

—Michael Pollan

As for food, half of my friends have dug their graves with their teeth.

--Chauncey M. Depew

Every cell and organ of your body tends to increase in function through regular exercise.

--Laurence J. Peter

You don't have to brush all of your teeth—only the ones you want to keep.

—Dentist Office Poster

Teen Pregnancy: It's like being grounded for eighteen years.

—Poster Slogan

More die in the United States of too much food than of too little.

--John Kenneth  
Galbraith

Obesity is a mental state, a disease brought on by boredom and disappointment; greed, like the love of comfort, is a kind of fear. The one way to get thin is to re-establish a purpose in life.

--Cyril Connolly

The trouble with heart disease is that the first symptom is often hard to deal with: sudden death.

--Michael Phelps

A fast word about oral contraception. I asked a girl to go to bed with me and she said 'no'.

--Woody Allen

Your body is the baggage you must carry through life. The more excess baggage, the shorter the trip.

--Arnold H. Glasow

Every day you do one of two things: build health or produce disease in yourself.

--Adelle Davis

When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot be exerted, wealth is useless and reason is powerless.

--Herophilus

Most stress is caused by people who overestimate the importance of their problems.  
--Michael Le Boeuf

Attributing overweight to overeating is hardly more illuminating than ascribing alcohol to alcoholism.  
--Dr. Jean Mayer

No disease that can be treated by diet should be treated with any other means.  
—Maimonides

Your stomach shouldn't be a waist basket.  
—Slogan

This is a diseased world in which it is impossible for anyone to be fully human. One way or another, everyone who lives in the modern world is sick or maladjusted.  
—David T. Dellinger

I don't think I'll ever grow old and say, 'What was I thinking eating all those fruits and vegetables?'  
—Nancy S. Mure

Being healthy is a way of life. It's not just about what you feed your body; it's about what you feed your mind and the social environment you keep. Make healthy food choices, exercise your body and brain, and choose your friends wisely.  
—Steve Maraboli

Poor health is not caused by something you don't have; it's caused by disturbing something that you already have. Healthy is not something that you need to get, it's something you have already if you don't disturb it.  
—Dean Ornish

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.  
—*World Health Organization*  
(1948)

It's all about balance. Balancing exercise, food, and life. No excesses.  
—Helen M. Ryan

If I'd known I was going to live so long, I'd have taken better care of myself.

—Eubie Blake

The physician who teaches people to sustain their health is the superior physician. The physician who waits to treat people until after their health is lost is considered to be inferior. This is like waiting until one's family is starving to begin to plant seeds in the garden.

—*Yellow Emperor's  
Classic on Internal  
Medicine*, 500 B.C.

All of women's aspirations—whether for education, work, or any form of self-determination—ultimately rest on their ability to decide whether and when to bear children. For this reason, reproductive freedom has always been the most popular item in each of the successive feminist agendas—and the most heavily assaulted target of each backlash.

—Susan Faludi

It's this way of thinking—that you can power through, that sleep is the easiest corner to cut—that makes sleep disturbance among the most common sources of health problems in many countries. Insufficient sleep causes many chronic and acute medical conditions that have an enormous impact on quality of life, not to mention the economy. While no one knows why we sleep, it is a universal biological imperative; no animal with a brain can survive without it.

—James Hamblin

One 2014 study of more than 3,000 people in Finland found that the amount of sleep that correlated with the fewest sick days was 7.63 hours a night for women and 7.76 hours for men....The consensus: Most adults function best after seven to nine hours of sleep a night. Going to sleep and waking up at consistent times each day is valuable too. When we get fewer than seven hours, we're impaired (to degrees that vary from person to person). When sleep persistently falls below six hours per 24, we are at an increased risk of health problems.

—James Hamblin

I am at the moment deaf in the ears, hoarse in the throat, red in the nose, green in the gills, damp in the eyes, twitchy in the joints and fractious in temper from a most intolerable and oppressive cold.

—Charles Dickens

I drive way too fast to worry about cholesterol.

—Steven Wright

To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

—William Londen

If there is one thing I'd learned about hospitals, it's that they aren't interested in healing you. They are interested in stabilizing you, and then everyone is supposed to move on. They go to stabilize some more people, and you go off to do whatever you do. Healing, if it happens at all, is done on your own, long after the hospital has submitted your final insurance paperwork.

—Eric Nuzum

I always hear parents talking about how outraged they are because their kid saw a boob or something like that on TV. I never hear anyone say that they're outraged because a cartoon character in a commercial that aired during a children's television program told them it was healthy to eat a bowl of chocolate and marshmallows for breakfast. If I had kids, I'd be outraged about that.

—Ian McClellan

The Princess attitude to food isn't about obsessively scraping the oil off your salad, saying no to crème brûlée and taking a little snack bag of spinach everywhere you go. I truly believe it's more important to consciously choose what you're going to eat and enjoy every bite – even if it's a gooey chocolate cake with extra sugary sprinkles – than to make a healthy diet such a burden that your life stretches out in front of you as a joyless, never-ending round of wafer snack breads. (Let's face it, chocolate is a divine gift to us all and should be appreciated for the mood-altering drug that it is.)

—Rosie Blythe

I don't need a personal trainer... I need someone to stalk me and threaten to kick my ass when I eat and drink stuff I'm not supposed to!

—Tanya Masse

With industry's sales and marketing machines cloaked in mantles of charitable virtue, no wonder most Americans don't realize that the junk that passes for food is in fact the biggest contributor to our health crisis, and the junk that passes for medicine keeps us just well enough to continue to spend on both the food and the medicine.

—T. Colin Campbell

It's YOUR health. Don't leave it up to someone else.

—Lisa Barger

Sorry, there's no magic bullet. You gotta eat healthy and live healthy to be healthy and look healthy. End of story.

—Morgan Spurlock

Have less; do less; say no.

—Paul Pearsall

I don't eat & drink good clean food because I want my body to look more like Taylor Swift's. Actually, I am among a rare breed of humans that knows my worth is not determined by the size of my ass. That said, I eat and drink clean food because I love myself. Besides, when I eat shitty food, I feel like shit. Period. When I eat refined sugar and a bunch of processed foods, my mind gets all foggy and my body feels lethargic.

No thanks! I mean, how am I supposed to change the world for the better feeling like that?

—Brooke Hampton

Health first, then everything else.

—Nancy S. Mure

The average hip replacement in the USA costs \$40,364. In Spain, it costs \$7,371. That means I can literally fly to Spain, live in Madrid for 2 years, learn Spanish, run with the bulls, get trampled, get my hip replaced again, and fly home for less than the cost of a hip replacement in the US.

—[facebook.com/outime.org](https://www.facebook.com/outime.org)

Always walk as if you're running late, it's healthier.

—Benny Bellamacina

There are few chemicals that we as a people are exposed to that have as many far reaching physiological affects on living beings as Monosodium Glutamate does. MSG directly causes obesity, diabetes, triggers epilepsy, destroys eye tissues, is genotoxic in many organs and is the probable cause of ADHD and Autism. Considering that MSG's only reported role in food is that of 'flavour enhancer' is that use worth the risk of the myriad of physical ailments associated with it? Does the public really want to be tricked into eating more food and faster by a food additive?

—John E. Erb

You are what you eat. What would YOU like to be?

—Julie Murphy

Would it really be so bad if you slowed your life down even a teensy bit? If you took charge of the ingredients of your food instead of letting corporations stuff you and your family, like baby birds, full of sugar, corn products, chemicals, and meat from really, really unhappy animals?

—Catherine Friend

We can, and must, develop dialogue and relatedness with our body because it's talking to us all the time. And please remember, your body loves you. It does everything it can to keep you alive and functioning. You can feed it garbage, and it will take it and digest it for you. You can deprive it of sleep, but still it gets you up and running next morning. You can drink too much alcohol, and it will eliminate it from your system. It loves you unconditionally and does its best to allow you to live the life you came here for. The real issue in this relationship is not whether your body loves you, but whether you love your body. In any relationship, if one partner is loving, faithful and supportive, it's easy for the other to take that person for granted. That's what most of us do with our bodies. It is time for you to shift this, and working to understand your cravings is one of the best places to begin. Then you can build a mutually loving relationship with your own body.

—Joshua Rosenthal

I don't understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically conservative to cut people open and put them on cholesterol lowering drugs for the rest of their lives.

—Dean Ornish

A moment on the lips, a lifetime on the hips.

—Slogan

Health and nutrition education should also be a part of the elementary curriculum. Children should learn how their bodies function, what kinds of food to eat, how to avoid illness, and what the disastrous effects of drug use will be. Maintaining children's good health is a shared responsibility of parents, schools, and the community at large. But elementary schools have a special mandate: to provide children with the knowledge, habits, and attitudes that will equip them for a fit and healthy life.

—William J. Bennett

Nothing tastes as good as skinny feels.

--Kate Moss

Exercise is the key to extending the human life span. We know enough to live 100 healthy years, but we screw it up.

--Walter Bortz

Give 5% of your time to keeping well. You won't have to give 100% getting over being sick.

--Dr. George W. Calver

We should be provided with a new body about the age of thirty or so when we have learnt to attend to it with consideration.

--Freya Stark

Eat to live, and not live to eat.

--Benjamin Franklin

The two strongest tools we have in medicine are diet and exercise.

--Linda Villarosa

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.

--Paul Dudley White

Ask many of us who are disabled what we would like in life and you would be surprised how few would say, 'Not to be disabled.' We accept our limitations.

--Itzhak Perlman

The basic freedom of the world is woman's freedom. A free race cannot be born of slave mothers. A woman enchained cannot choose but give a measure of that bondage to her sons and daughters. No woman can call herself free who does not own and control her body. No woman can call herself free until she can choose consciously whether she will or will not be a mother.

--Margaret Sanger

Since the 1960s childhood obesity increased 54%....the increases are ominous because 80% of obese teenagers will be overweight as adults.

--William Deitz, *Tufts  
New England  
Medical  
Center*

Excessive or prolonged stress, particularly in the form of frustration, fear or anxiety, is distress, and it leads to disease.

--Gail C. Christopher

We are under-exercised as a nation. We look instead of play; We ride instead of walk. Our existence deprives us of the minimum of physical activity essential for healthy living.

--John F. Kennedy

If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.

--Elbert Hubbard

A healthy body is the guest-chamber of the soul; a sick, its prison.

--Francis Bacon

Your body cannot be better than the food used each day to nourish, strengthen, and rebuild it.

--Laurence J. Peter

Health alone is victory.

--Thomas Carlyle

Health is the thing that makes you feel that now is the best time of the year.

--F. P. Adams

Health and cheerfulness mutually beget each other.

--Joseph Addison

What fools indeed we mortals are  
To lavish care upon a Car,  
With ne'er a bit of time to see  
About our own machinery!

--John Kendrick Bangs

Half the spiritual difficulties that men and women suffer arise from a morbid state of health.

--Henry Ward Beecher

Health is the greatest of all possessions; a hale cobbler is better than a sick king.

--Bickerstaff

Good health is the secret of physical and mental power. Occasionally we hear of a genius who achieved great work despite the handicap of ill health and suffering; but the strong, vigorous, clear-eyed person has the best chance in life's battles.

--Harvey A. Blodgett

There is no kind of achievement you could make in the world that is equal to perfect health. What to it are nuggets and millions?

--Thomas Carlyle

Anybody can be sick who takes the attitude of being a victim. An athlete of will is almost never sick, and when he is he gets well easily.

--William Byron Forbush

Tolerate no uncleanness in body, clothes or habitation.

--Benjamin Franklin

Early to bed and early to rise,  
Makes a man healthy, wealthy, and wise.

--Benjamin Franklin

Civilization begins with soap.

--Galveston Times

Health is, indeed, so necessary to all the duties as well as pleasures of life, that the crime of squandering it is equal to the folly.

--Samuel Johnson

He whose blood is red, whose muscles are hard, whose sleep is sound, whose digestion is good, whose posture is erect, whose nerves are steady has a good bank account in life.

--Calvin P. Kendall

Refuse to be ill. Never tell people you are ill; never own it to yourself. Illness is one of those things which man should resist on principle at the onset.

--Bulwer-Lytton

Vigorous health is worth anything it costs.

--Orison Swett Marden

Life is not merely to be alive, but to be well.

--Martial

Beauty is born of health within.

--M. V. O'Shea

The greatest wealth is health.

--Virgil

THE FOUR HORSEMEN—death, permanent disability, injuries and economic loss—ride rough-shod into many homes over the nation every day in the year, extracting their toll as the result of accidents that occur due to unsafe habits or unsafe conditions. Deaths resulting from these accidents are not counted in hundreds but ten of thousands; permanent disabilities in hundreds of thousands; injuries in millions. The tragic part of it all is that these home accidents could, in most instances, be prevented by the use of corrective measures at little cost or effort.

--*American National Red  
Cross*

Those in the United States who, by and large, have the best medical care and advice readily available to them at the least expense are the families of the specialists in internal medicine. These families use less medicine and undergo less surgery on the whole than any other group, rich or poor.

--Edward C. Lambert

Talking about our bodies is a complex and difficult matter. We are so used to covering them up, to referring to them obliquely with slang terms or in a borrowed language, to hiding even infants sex membership under blue and pink ribbons. It is difficult to become aware of those things about us which have been, and will always be, patterned by our own particular modesties and reticences.

--Margaret Mead

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

One reason, maybe, why Americans die so young—in middle age—especially in cities, is because they do not know their own bodies. They force themselves to live and do things without any psychic acquaintance with their bodies. Their instinct is deaf to the language of the body, which would tell them how to live if they would listen to it—they are absolute strangers to their own bodies, shy and self-conscious about them.

--Katharine Butler  
Hathaway

Abortion is a step beyond Contraception. They both control or interfere with Birth. I don't see how anyone who favors Contraception or considers it permissible can object to Abortion.

--Dr. Oscar Fasker

When a man loses his health, then he first begins to take good care of it.

--Josh Billings

The first wealth is health.

--Ralph Waldo Emerson

A sound mind in a sound body, is a short but full description of a happy state in this world.

--John Locke

Health is a precious thing, and the only one, in truth, meriting that a man should lay out, not only his time, sweat, labor and goods, but also his life itself to obtain it.

--Montaigne

If you would live in health, be old early.

--Spanish Proverb

### **10 GOLDEN RULES FOR GOOD HEALTH**

1. Have a checkup every year.
2. Be a non-smoker.
3. Drink in moderation.
4. Count each calorie.
5. Watch your cholesterol.
6. Learn nutritional values.
7. Find time for leisure and vacations.
8. Adjust to life's daily pressures.
9. Develop an exercise program.
10. Understand your physical assets and limitations.

--*American Health  
Foundation*

Use your health, even to the point of wearing it out. That is what it is for. Spend all you have before you die; and do not outlive yourself.

--George Bernard Shaw

There is nothing, I think more unfortunate than to have soft, chubby, fat-looking children who go to watch their school play basketball every Saturday and regard that as their week's exercise.

--John F. Kennedy

Why not cultivate health instead of treating disease?

--Unknown

Good health just doesn't take care of itself, and it is most often lost by assuming that it will.

--Unknown

Anybody who thinks money is everything has never been sick.

--Malcolm S. Forbes

The health of the people is really the foundation upon which all their happiness and all their powers as a state depend.

--Benjamin Disraeli

The health of nations is more important than the wealth of nations.

--Will Durant

An apple a day keeps the doctor away.

—English Proverb

Health is the greatest of all possessions; a pale cobbler is better than a sick king.

--Bickerstaff

If you want to know if your brain is flabby feel of your legs.

--Bruce Barton

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

--Dorothy Canfield

It is only when the rich are sick that they fully feel the impotence of wealth.

—Charles Caleb Colton

The greatest mistake a man can make is to sacrifice health for any other advantage.

--Arthur Schopenhauer

There is no finer investment for any community than putting milk into babies.  
Healthy citizens are the greatest asset any country can have.

--Winston Churchill

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

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

--Francis Bowen

It is a wearisome disease to preserve health by too strict a regimen.

--François de La  
Rochefoucauld

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

--Benjamin Franklin

Glutton: one who digs his grave with his teeth.

--French Proverb

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

--George Fordyce

They whose sole bliss is eating can give but that one brutish reason why they live.

--Juvenal

The fool that eats till he is sick must fast till he is well.

--George W. Thornbury

I saw few die of hunger; of eating, a hundred thousand.

--Benjamin Franklin

When it comes to eating, you can sometimes help yourself more by helping yourself  
less.

--Richard Armour

By eating what is sufficient man is enabled to work; he is hindered from working and becomes heavy, idle, and stupid if he takes too much. As to bodily distempers occasioned by excess, there is no end of them.

--Thomas R. Jones

The fear of life is the favorite disease of the twentieth century.

--William Lyon Phelps

If I had my way I'd make health catching instead of disease.

--Robert Green Ingersoll

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, kindly pulls us by the ear, and brings us to a proper sense of our duty.

--Richard E. Burton

We are the carriers of health and disease—either the divine health of courage and nobility or the demonic diseases of hate and anxiety.

--Joshua Loth Liebman

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

--Francis Bacon

You can't educate a child who isn't healthy and you can't keep a child healthy who isn't educated.

--M. Joycelyn Elders

The children of the baby boomers may be the most physically unfit in the history of our country.

--Leslie Godberg, *U.S.  
Department of  
Health*

Our children's lack of fitness is fast becoming an epidemic. If our children do not increase their fitness, we will see an increasing incidence of cardiovascular disease and other diseases related to sedentary lifestyles. The public will pay for this lack of fitness through higher medical bills.

--Lynn Delapp, *Assembly  
Office of Research*

This is the first time a generation has been less fit than its parents.

--Judith Rodin, Head of  
*Psychology Dept.*  
*Yale University*

Flies spread disease—keep yours zipped.

—Bumper Sticker

Attention to health is life's greatest hindrance.

--Plato

The placebo cures 30% of patients—no matter what they have.

--David Kline

The sorrow which has no vent in tears may make other organs weep.

--Henry Maudsley

In my youth, when I had a really exquisite toothache, I suddenly realized that my tooth had temporarily become the centre of the universe, that its outcries were more important than anything else, and that I would do absolutely anything to placate it. And as one gets older and starts worrying about cancer, one becomes more and more conscious of the fragility of the whole body, and with that consciousness comes a new and degrading kind of fear. It is degrading because it strengthens the desire to survive on any terms, and the desire to survive on any terms is the most base of all our instincts.

--Otto Friedrich

Health is not a condition of matter, but of Mind.

--Mary Baker Eddy

If you mean to keep as well as possible, the less you think about your health the better.

--Oliver Wendell Holmes

Exercise and recreation...are as necessary as reading. I will rather say more necessary, because health is worth more than learning.

--Thomas Jefferson

Health doesn't insure happiness; but there's not much happiness without it.

--Unknown

Health is better than wealth.

--Proverb

We make ourselves sick by worrying about our health.

--Dr. Lewis Thomas

Thousands upon thousands of persons have studied disease. Almost no one has studied health.

--Adelle Davis

Early to rise and early to bed makes a male healthy and wealthy and dead.

--James Thurber

The trouble with eating Italian food is that five or six days later you're hungry again.

--George Miller

Old people shouldn't eat health foods. They need all the preservatives they can get.

--Robert Orben

Take care of health. Would you enjoy life? Take care of health; for without it, existence is, for every purpose of enjoyment, worse than a blank.

--Emma Willard

Nutritional research, like a modern star of Bethlehem, brings hope that sickness need not be a part of life.

--Adelle Davis

Our body is a magnificently devised, living, breathing mechanism, yet we do almost nothing to insure its optimal development and use...The human organism needs an ample supply of good building material to repair the effects of daily wear and tear.

--Indra Devi

Anything that says 'healthy' I stay away from. Giving up butter, for instance, means that in about two years you will be covered with dandruff.

--Julia Child

Sleep, riches, and health to be truly enjoyed must be interrupted.

--Johann Paul Friedrich  
Richter

He who keeps on eating after his stomach is full digs his grace with his teeth.  
--Turkish Proverb

The sick are the greatest threat to the healthy. Not from the strongest but from the weakest does harm come to the strong.  
--Nietzsche

Health is most worth while to conserve. I do not mean simply the abounding vigor of youth, with abundance of fresh air and exercise and with its reserves which seem to mock the warnings of elders. I mean, rather, the sustained and protected strength which is based on the conservation of physical resources and gives promise of a long life well lived. In our onward journey the ranks are rapidly thinned by the passing out of those who have had their brief stay and were soon done. When their notes matured they were unable to meet them. Nothing is sadder than these physical bankruptcies, which deprive men and women of opportunities when, with the capital of experience well invested, they should have the most ample returns.  
--Charles Evans Hughes

I take my only exercise acting as pallbearer at the funerals of my friends who exercise regularly.  
--Mark Twain

I am pushing sixty. That is enough exercise for me.  
--Mark Twain

He who does not mind his belly will hardly mind anything else.  
--Samuel Johnson

Youth thinks nothing of health, and age thinks of nothing but.  
--Unknown

A man will ask a hundred questions about the oil he puts into his car, but not one about the things he puts into his stomach.  
--Unknown

More people commit suicide with a fork than with any other weapon.  
--Unknown

The chief function of your body is to carry your brain around.  
--Thomas A. Edison

People are the only animals who eat themselves to death.

--*American Medical  
Association  
Advertisement*

Except in special cases, obesity is a voluntary illness.

--Henry M. Wriston

Sex is still the leading cause of pregnancy.

--Frederica  
Mathewes-Green

Sex education may be a good idea in the schools, but I don't believe the kids should be given homework.

--Bill Cosby

Restore human legs as a means of travel. Pedestrians rely on food for fuel and need no special parking facilities.

--Lewis Mumford

I don't exercise. If God had wanted me to bend over, he would have put diamonds on the floor.

--Joan Rivers

An emergency prepared for is not an emergency!

--James Harvitt

I saw a few die from hunger, but thousands die from eating.

--Benjamin Franklin

It is more important to know what sort of person has a disease than to know what sort of disease a person has.

--Hippocrates

To create another generation of teens who see condoms in place of convictions means an America with no sexual morality.

--James McCormick

Many patients tell me they choose their medical care based on parking.

--Marty Makary

Take rest; a field that has rested gives a bountiful crop.

--Ovid

I burned out on AIDS and did no AIDS work for a couple of years. I was so angry that people were still getting this disease that nobody can give you—you have to go out and get it!

--Harvey Fierstein

If you love living, you try to take care of the equipment.

--Sally Rand

I've been on a diet for two weeks and all I've lost is fourteen days.

--Totie Fields

It is health that is real wealth and not pieces of gold and silver.

--Mohandas Gandhi

The burden of disease falls on the poor.

--Gro Harlem Brundtland

Oatmeal is a grained based breakfast food that may help you lower your cholesterol so you can live long enough to one day get cancer.

—*TL;DR Wikipedia*

The best way to detoxify is to stop putting toxic things into the body and depend upon it's own mechanisms.

—Andrew Weil

It's bizarre that the produce manager is more important to my children's health than the pediatrician.

—Meryl Streep

Eat breakfast like a king, lunch like a prince, and dinner like a pauper.

—Adelle Davis

That old saw about laughter being the best medicine has proved resistant to scientific confirmation, though a 2010 Norwegian study seemed to indicate that a vigorous sense of humor correlated to a greater survival rate up to age 65. Other findings tout laughter's effectiveness as a reliever of stress, booster of immunity and promoter of social cohesion.

—Margaret Guroff

Happiness lies first of all in health.

—George William Curtis

The food you eat can either be the safest and most powerful form of medicine, or the slowest form of poison.

—Dr. Ann Wigmore

The best contraceptive is the word *no* - repeated frequently.

—Margaret Smith

The best doctors in the world are Doctor Diet, Doctor Quiet, and Doctor Merryman.

—Jonathan Swift

Studies have found that, compared with the intelligent, less intelligent people are more likely to suffer from some types of mental illness, become obese, develop heart disease, experience permanent brain damage from a traumatic injury, and end up in prison, where they are more likely than other inmates to be drawn to violence. They're also likely to die sooner.

—David H. Freedman

A study published in 2011 in the *American Journal of Health Education* found that 77 percent of college freshmen who 'drink to get drunk'—and what today's college student calls being 'drunk' is oftentimes something an expert would define as being in a blackout.

—Caitlin Flanagan

Be careful about reading health books. Some fine day you'll die of a misprint.

—Markus Herz

I used to eat a lot of natural foods until I learned that most people die of natural causes.

—T-Shirt Slogan

At Spelman College, a historically black, all-women's college in Atlanta, about half of last year's incoming class of some 530 students were obese or had high blood pressure, Type 2 diabetes, or some other chronic health condition that could be improved with exercise. Each year, Spelman was spending nearly \$1 million on athletics—not for those students, but for the 4 percent of the student body that played sports.

—Amanda Ripley

## **SIX BEST DOCTORS IN THE WORLD:**

1. Sunlight
2. Rest
3. Exercise
4. Diet
5. Self Confidence and
6. Friends

Maintain them in all stages of Life and enjoy a healthy life.

—Unknown

I often suggest that my students ask themselves the simple question: Do I know how to live? Do I know how to eat? How much to sleep? How to take care of my body? How to relate to other people? ... Life is the real teacher, and the curriculum is all set up. The question is: are there any students?

—Larry Rosenberg

Society is composed of two great classes: those who have more dinners than appetite, and those who have more appetite than dinners.

—Nicolas de Chamfort

Who knows the difference between education and training? For those of you with daughters, would you rather have them take sex education or sex training? Need I say more?

—Dennis Rubin

I claim that rape exists any time sexual intercourse occurs when it has not been initiated by the woman, out of her own genuine affection and desire.

—Robin Morgan

Seven days with out exercise makes one weak.

—Slogan

Take care of your body and it will take care of you.

—Slogan

You can't enjoy wealth if you're not in good health.

—Slogan

If you hang your swimsuit on the refrigerator door, the goodies inside will be easier to ignore.

—Slogan

To look the best, eat the best.

—Slogan

People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Years and Christmas.

—Unknown

A balanced diet and physical activity are vital to academic performance. A healthy diet has a direct link to increased cognitive function and memory skills, decreased absenteeism from school, and improved mood. These advantages can help students stay focused and complete their coursework.

—Matt Cartwright

It was 1976.

It was one of the darkest days of my life when that nurse, Mrs. Shimmer, pulled out a maxi pad that measured the width and depth of a mattress and showed us how to use it. It had a belt with it that looked like a slingshot that possessed the jaw-dropping potential to pop a man's head like a gourd. As she stretched the belt between the fingers of her two hands, Mrs. Shimmer told us becoming a woman was a magical and beautiful experience.

I remember thinking to myself, You're damn right it had better be magic, because that's what it's going to take to get me to wear something like that, Tinkerbell! It looked like a saddle. Weighed as much as one, too. Some girls even cried.

I didn't.

I raised my hand.

'Mrs. Shimmer,' I asked the cautiously, 'so what kind of security napkins do boys wear when their flower pollinates? Does it have a belt, too?'

The room got quiet except for a bubbling round of giggles.

'You haven't been paying attention, have you?' Mrs. Shimmer accused sharply.

'Boys have stamens, and stamens do not require sanitary napkins. They require self control, but you'll learn that soon enough.'

I was certainly hoping my naughty bits (what Mrs. Shimmer explained to us was like the pistil of a flower) didn't get out of control, because I had no idea what to do if they did.

—Laurie Notaro

For 24 years of my adult life, by choice I weighed well over 200 pounds. I say ‘by choice’ because I have never ‘accidentally’ eaten anything, so when I choose to eat too much, I have chosen to weigh too much.

—Zig Ziglar

The world may be kind or unkind, it may seem to us to be hastening on the wings of enlightenment and progress to an imminent millennium, or it may weigh us down with the sense of insoluble difficulty and irremediable wrong; but whatever else it be, so long as we have good health and a good library, it can hardly be dull.

--Earl of Balfour

Eat to live not live to eat.

—Slogan

Bigger Snacks, Bigger Slacks.

—Slogan

Run for your lives!

—Slogan

Diet cures more than doctors.

—Slogan

He who has health has hope, and he who has hope has everything.

—Arabian Proverb

Some of our major sources of information about sex come from the media. Everything from the mildest innuendo on a network sitcom to the rawest pornography on X-rated video is contributing to our perceived reality of what sex is all about. We’re continually learning about sex and modifying our constructed reality of its nature. How we act on that information may have serious consequences on our lives and the lives of others.

—Richard J. Harris

A fit, healthy body—that is the best fashion statement.

Jess C. Scott

If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with.

—Deepak Chopra

Elsewhere the paper notes that vegetarians and vegans (including athletes) ‘meet and exceed requirements’ for protein. And, to render the whole we-should-worry-about-getting-enough-protein-and-therefore-eat-meat idea even more useless, other data suggests that excess animal protein intake is linked with osteoporosis, kidney disease, calcium stones in the urinary tract, and some cancers. Despite some persistent confusion, it is clear that vegetarians and vegans tend to have more optimal protein consumption than omnivores.

—Jonathan Safran Foer

I promise you nothing is as chaotic as it seems. Nothing is worth diminishing your health. Nothing is worth poisoning yourself into stress, anxiety, and fear.

—Steve Maraboli

Compulsive eating is basically a refusal to be fully alive. No matter what we weigh, those of us who are compulsive eaters have anorexia of the soul. We refuse to take in what sustains us. We live lives of deprivation. And when we can’t stand it any longer, we binge. The way we are able to accomplish all of this is by the simple act of bolting—of leaving ourselves—hundreds of times a day.

—Geneen Roth

By choosing healthy over skinny you are choosing self-love over self-judgment. You are beautiful!

—Steve Maraboli

Very simply, we subsidize high-fructose corn syrup in this country, but not carrots. While the surgeon general is raising alarms over the epidemic of obesity, the president is signing farm bills designed to keep the river of cheap corn flowing, guaranteeing that the cheapest calories in the supermarket will continue to be the unhealthiest.

—Michael Pollan

The best six doctors anywhere  
And no one can deny it  
Are sunshine, water, rest, and air  
Exercise and diet.  
These six will gladly you attend  
If only you are willing  
Your mind they’ll ease  
Your will they’ll mend  
And charge you not a shilling.

—Wayne Fields (1900)

An over-indulgence of anything, even something as pure as water, can intoxicate.  
—Criss Jami

Surgeons can cut out everything except cause.  
—Herbert M. Shelton

It is easier to change a man's religion than to change his diet.  
—Margaret Mead

Eating crappy food isn't a reward—it's a punishment.  
—Drew Carey

Weight (too much or too little) is a by-product. Weight is what happens when you use food to flatten your life. Even with aching joints, it's not about food. Even with arthritis, diabetes, high blood pressure. It's about your desire to flatten your life. It's about the fact that you've given up without saying so. It's about your belief that it's not possible to live any other way—and you're using food to act that out without ever having to admit it.

—Geneen Roth

Our work is not to change what you do, but to witness what you do with enough awareness, enough curiosity, enough tenderness that the lies and old decisions upon which the compulsion is based become apparent and fall away. When you no longer believe that eating will save your life when you feel exhausted or overwhelmed or lonely, you will stop. When you believe in yourself more than you believe in food, you will stop using food as if it were your only chance at not falling apart. When the shape of your body no longer matches the shape of your beliefs, the weight disappears.

—Geneen Roth

Regaining health is more difficult an objective than becoming ill. Becoming ill is a random act of ignorance and regaining health is an intentional effort in frustration.  
—Richard Diaz

You don't need treatment. The fever, inflammation, coughing, etc., constitute the healing process. Just get out of their way and permit them to complete their work. Don't try to 'aid' nature. She doesn't need your puny aid—she only asks that you cease interfering.

—Herbert M. Shelton

It's true that laughter really is cheap medicine. It's a prescription anyone can afford. And best of all, you can fill it right now.

—Steve Goodier

If one's life is so unsatisfying that an unhealthy activity brings a shred of happiness, it is nigh impossible to give it up unless something that brings greater happiness can be enjoyed in its stead.

—Prem Prakash

The fact is that Chinese parents can do things that would seem unimaginable—even legally actionable—to Westerners. Chinese mothers can say to their daughters, 'Hey fatty-lose some weight.' By contrast, Western parents have to tiptoe around the issue, talking in terms of 'health' and never ever mentioning the f-word, and their kids still end up in therapy for eating disorders and negative self image.

—Amy Chua

Meditation is the ultimate mobile device; you can use it anywhere, anytime, unobtrusively.

—Sharon Salzberg

You will know if you are too acidic if you get sick often, get urinary tract infections, suffer from headaches, and have bad breath and body odor (when you do not use antiperspirant). Acidosis is the medical term for a blood alkalinity of less than 7.35. A normal reading is called homeostasis. It is not considered a disease; although in and of itself it is recognized as an indicator of disease. Your blood feeds your organs and tissues; so if your blood is acidic, your organs will suffer and your body will have to compensate for this imbalance somehow. We need to do all we can to keep our blood alkalinity high. The way to do this is to dramatically increase our intake of alkaline-rich elements like fresh, clean air; fresh, clean water; raw vegetables (particularly their juices); and sunlight, while drastically reducing our intake of and exposure to acid-forming substances: pollution, cigarettes, hard alcohol, white flour, white sugar, red meat, and coffee. By tipping the scales in the direction of alkalinity through an alkaline diet and removal of acid waste through cleansing, an acidic body can become an alkaline one.

Bear in mind that some substances that are alkaline outside the body, like milk, are acidic to the body; meaning that they leave an acid residue in the tissues, just as many substances that are acidic outside the body, like lemons and ripe tomatoes, are alkaline and healing in the body and contribute to the body's critical alkaline reserve.

—Natalia Rose

The spirit is one of the most neglected parts of man by doctors and scientists around the world. Yet, it is as vital to our health as the heart and mind. It's time for science to examine the many facets of the soul. The condition of our soul is usually the source of many sicknesses.

—Suzy Kassem

In a massive, long-term study of 17,000 civil servants, an almost unbelievable conclusion emerged: the status of a person's job was more likely to predict their likelihood of a heart attack than obesity, smoking or high blood pressure.

—Matt Ridley

Sometimes customizing is necessary because of an injury or the inability to do, for a short or long period, the kind of exercise you formerly did. When you're used to customizing for fun, doing it under duress won't seem like such an imposition. Either way, experiment until you find activities that make you happy as well as healthy. Choose your exercise using the same criteria you'd apply to choosing a date--that is, attractive to you and able to hold your interest for an hour.

—Victoria Moran

Would it not be better if they spent more money on wholesome things like oranges and wholemeal bread or if they even, like the writer of the letter to the *New Statesman*, saved on fuel and ate their carrots raw? Yes, it would, but the point is that no ordinary human being is ever going to do such a thing. The ordinary human being would sooner starve than live on brown bread and raw carrots. And the peculiar evil is this, that the less money you have, the less inclined you feel to spend it on wholesome food. A millionaire may enjoy breakfasting off orange juice and Ryvita biscuits; an unemployed man doesn't....When you are unemployed, which is to say when you are underfed, harassed, bored, and miserable, you don't want to eat dull wholesome food. You want something a little bit 'tasty'. There is always some cheaply pleasant thing to tempt you.

—George Orwell

What the sick need is teachers not treaters, health schools not hospitals, instruction not treatment, education in right living not training the sick habit. Both they and their advisors must get rid of the curing idea and the practices built up thereon.

—Herbert M. Shelton

When our emotional health is in a bad state, so is our level of self-esteem. We have to slow down and deal with what is troubling us, so that we can enjoy the simple joy of being happy and at peace with ourselves.

—Jess C. Scott

Most people throughout the world, not just in Newport Beach, care more about their faces, their boobs, their bellies, their butts, and their abs than they do their brains. But it is your brain that is the key to having the face, the breasts, the belly, the butt, the abs, and the overall health you have always wanted; and it is brain dysfunction, in large part, that ruins our bodies and causes premature aging.

—Daniel G. Amen

The most poetical thing in the world is not being sick.

—G. K. Chesterton

If you walked into your local convenience store and bought a package of cigars, you would notice that it carries a label warning of the potential dangers of cigar smoke. Yet research suggests that cigar smoking poses a hazard only to moderate to heavy cigar smokers, who comprise less than 1 percent of the adult population. More than 97 percent of American adults, however, eat animal foods, and despite much research demonstrating the connection between the consumption of animal products and disease, we are not warned of these dangers.

—Melanie Joy

And dieting, I discovered, was another form of disordered eating, just as anorexia and bulimia similarly disrupt the natural order of eating. ‘Ordered’ eating is the practice of eating when you are hungry and ceasing to eat when your brain sends the signal that your stomach is full. ... All people who live their lives on a diet are suffering. If you can accept your natural body weight and not force it to beneath your body’s natural, healthy weight, then you can live your life free of dieting, of restriction, of feeling guilty every time you eat a slice of your kid’s birthday cake.

—Portia de Rossi

It is your brain that decides to get you out of bed in the morning to exercise, to give you a stronger, leaner body, or to cause you to hit the snooze button and procrastinate your workout. It is your brain that pushes you away from the table telling you that you have had enough, or that gives you permission to have the second bowl of Rocky Road ice cream, making you look and feel like a blob. It is your brain that manages the stress in your life and relaxes you so that you look vibrant, or, when left unchecked, sends stress signals to the rest of your body and wrinkles your skin. And it is your brain that turns away cigarettes, too much caffeine, and alcohol, helping you look and feel healthy, or that gives you permission to smoke, to have that third cup of coffee, or to drink that third glass of wine, thus making every system in your body look and feel older. Your brain is the command and control center of your body. If you want a better body, the first place to ALWAYS start is by having a better brain.

—Daniel G. Amen

The skin is an integral part of the body and depends upon the general system for its supply of food and to carry away its waste. Skin health depends primarily upon the general health of the body. All attempts to deal with the skin as an independent entity, without due regard to its reliance upon the general system, must of necessity result in failure. The skin is nourished by the blood and there is no other source from which it can draw sustenance. 'Skin foods' are all frauds. These are composed chiefly of grease. No fat can be assimilated by the skin or other tissues of the body until it has first been broken down into its constituent fatty acids in the process of digestion. Even were this not true, the skin contains very little fat and these 'skin foods' would still not constitute proper nourishment for it. Blood is the only skin food.

—Herbert M. Shelton

Tell me what you eat and I will tell you who you are.

—Jean Anthelme  
Brillat-Savarin

If there had been an exercise I'd liked, would I have gotten this big in the first place?

—Jennifer Weiner

Adult obesity and overweight statistics have increased by about 50 percent since the Dietary Goals were announced. [by the federal government, in 1977] That bears repeating: a 50 percent increase in obesity/overweight correlated with a 10 percent decrease in fat content in the diet.

—Larry McCleary

If you keep on eating unhealthy food then no matter how many weight loss tips you follow, you are likely to retain weight and become obese. If only you start eating healthy food, you will be pleasantly surprised how easy it is to lose weight.

—Subodh Gupta

You only get one body; it is the temple of your soul. Even God is willing to dwell there. If you truly treat your body like a temple, it will serve you well for decades. If you abuse it you must be prepared for poor health and a lack of energy.

—Oli Hille

There is no illness that is not exacerbated by stress.

—Allan Lokos

On need of supplement & vitamins—If you eat a balanced diet, you get all the vitamins and minerals you need and you don't need any supplement and overdosing can actually be more harmful.

—Subodh Gupta

In newspapers, magazines and on television, the public has been warned off the very vitamins and other supplements that have been repeatedly proven to reduce illness in practically every instance. The effective use of food supplements and natural diet saves money, pain and lives... and you have been told not to do it. If you want something done right you have to do it yourself. This especially includes your healthcare. One of the most common questions about vitamin therapy is, are huge doses safe?...Yes. Megadoses of vitamins are very safe. Vitamins do not cause even one death per year. Pharmaceutical drugs, taken as directed, cause over 100,000 deaths annually. Still, it is granted that we need access to all the tools that medicine and technology can provide, when used with caution. We must also fully use our natural resources of therapeutic nutrition and vitamins. To limit ourselves to pharmaceutical medicine is like going into the ring to fight the champ with one hand tied behind our backs.

—Andrew W. Saul

People who seek psychotherapy for psychological, behavioral or relationship problems tend to experience a wide range of bodily complaints...The body can express emotional issues a person may have difficulty processing consciously...I believe that the vast majority of people don't recognize what their bodies are really telling them. The way I see it, our emotions are music and our bodies are instruments that play the discordant tunes. But if we don't know how to read music, we just think the instrument is defective.

—Charlette Mikulka

Be not sick too late, nor well too soon.

—Benjamin Franklin

The healthy man is the thin man. But you don't need to go hungry for it: Remove the flours, starches and sugars; that's all.

—Samael Aun Weor

Most anti-vaccine books claim that all shots are bad, the diseases aren't really anything to fear, and as long as you live a natural and healthy lifestyle, you don't have to worry. I think this is a very irresponsible approach to the vaccine issue. Vaccines are beneficial in ridding our population of both serious and non-serious diseases.

—Robert W. Sears

Until fairly recently, every family had a cornucopia of favorite home remedies—plants and household items that could be prepared to treat minor medical emergencies, or to prevent a common ailment becoming something much more serious. Most households had someone with a little understanding of home cures, and when knowledge fell short, or more serious illness took hold, the family physician or village healer would be called in for a consultation, and a treatment would be agreed upon. In those days we took personal responsibility for our health—we took steps to prevent illness and were more aware of our bodies and of changes in them. And when illness struck, we frequently had the personal means to remedy it. More often than not, the treatment could be found in the garden or the larder. In the middle of the twentieth century we began to change our outlook. The advent of modern medicine, together with its many miracles, also led to a much greater dependency on our physicians and to an increasingly stretched healthcare system. The growth of the pharmaceutical industry has meant that there are indeed ‘cures’ for most symptoms, and we have become accustomed to putting our health in the hands of someone else, and to purchasing products that make us feel good. Somewhere along the line we began to believe that technology was in some way superior to what was natural, and so we willingly gave up control of even minor health problems.

—Karen Sullivan

Walk 1 and Drink 8. Walk 1 km and drink 8 cups of water everyday. Pass it on!

—Clive Scarff

Moderation is the only rule of a healthful life. This means moderation in all things wholesome.

—Herbert M. Shelton

Getting healthy will always result in weight loss as a side effect, but a side effect of dieting and weight loss is often poorer health.

—Christopher Earle

A well-lived day is medicine unto itself.

—Acharya Shunya

Are you a kind of person who likes to keep all your emotions hidden from the people around you! Do you prefer restraining your feelings a little too much! In that case, you must know that too much emotional suppression can have catastrophic impact over your body.

—Abhijit Naskar

But I see nothing miraculous about it. Nothing makes one as healthy as happiness, and there is no greater happiness than making someone else happy.

—Stefan Zweig

When wealth goes only happiness goes, when health goes even the hope goes.

—Amit Kalantri

Before you worry about the beauty of your body, worry about the health of your body.

—Amit Kalantri

Eating healthy is not so much about what you eat, but what you don't eat.

—Clifford Cohen

You have the potential to make healthy choices and balance your priorities no matter where you are on your life journey.

—Michael Thomas  
Sunnarborg

The top easily preventable health problems that I see in Western societies are:

1. Eating chemically grown food.
2. Exposure to electronically generated harmonic energy from wind and solar power systems.
3. Exposure to harmonic energy from switched mode power supplies (SMPS) that come with modern electronic products.
4. Exposure to wireless radio frequency radiation (RF).
5. Light deficiency from an indoor lifestyle and Low-E double glazed windows.
6. Sound deficiency from heavily insulated homes that are devoid of natural sounds and are extremely quiet.
7. Pollen deficiency from living in man-made cities that are devoid of natural levels of pollen.
8. Natural radiation deficiency from living in homes that block natural levels of environmental radiation.
9. Open drain sickness that occurs when drain traps dry out and faulty vent valves that allow sewer gas to fill the home.
10. Drinking the wrong type of water.

—Steven Magee

According to research, people who live with animals have decreased anxiety and lower blood pressure. They have lower cholesterol. They are more relaxed and less stressed and are, overall, in better health. Unless of course you have a dog who pees uncontrollably wherever it wishes or eats your furniture to shreds.

—Mary Kubica

Life isn't a life without fitness.

—Mohith Agadi

In 1980, when researchers conducted a major study to determine if taking low-dose aspirin could reduce heart attack risk, they enrolled 22,000 men—and not a single woman. That’s despite the fact that heart disease kills as many women as men. Studies like that one led to an outcry against gender bias in medicine, and in subsequent years, the medical community has taken steps to ensure that scientific research is more inclusive.

In 1993, Congress ordered the *National Institutes of Health* (NIH) to include women in all clinical trials it funded, and today women make up about half of those participants.

—Candy Sagon

As long as high schools strive to list the number of Ivy League schools their graduates attend and teachers pile on work without being trained to identify stress-related symptoms, I fear for our children’s health. I am not mollified by the alums of my daughter’s school who return to tell everyone that the rigor of high school prepared them for college, making their first year easier than they’d anticipated.

If they make it that far.

—Candy Schulman

You can never, never, ever go wrong eating more fruit.

—Nancy S. Mure

Acting up, a peculiar phrase. It’s what people say to minimize the gravity of their condition. It implies that the offending part (heart, stomach, liver, whatever) is a fractious, bratty child, which can be brought into line with a slap or a sharp word. At the same time, that these symptoms--these tremors and pains, these palpitations--are mere theatrics, and that the organ in question will soon stop capering about and making a spectacle of itself, and resume its placid, off-stage existence.

—Margaret Atwood

Life is a balance. We tend to forget that as we go blithely from day to day. We eat and drink and sleep and assume we will always rise up the next day, that meals and rest will always replenish us. Injuries we expect to heal, and pain to lessen as time goes by. Even when we are faced with wounds that heal more slowly, with pain that lessens by day only to return in full force at nightfall, even when sleep does not leave us rested, we still expect that somehow tomorrow will all come back into balance and that we will go on. At some point, the exquisite balance has tipped, and despite all our flailing efforts, we begin the slow fall from the body that maintains itself to the body that struggles, nails clawing, to cling to what it used to be.

—Robin Hobb

The spirit of a man can survive a sick body.

—Lailah Gifty Akita

An unhealthy life is destined to end with an unhealthy death.

—Nancy S. Mure

You are made of the same minerals as the rocks--the same water as the sea. You grow in the sun. You breathe air cleansed by trees. When are you going to get the message that you're a part of Nature?

—Nancy S. Mure

Your health is a testament to your life. The better your quality of health, in all likelihood the longer your life.

—Nancy S. Mure

Pregnancy is a natural event, but you lessen the chances conception can occur with an unnatural diet.

—Nancy S. Mure

Your life, your health and your weight are 80% due to what you eat, and 20% due to activity level, sunlight exposure, stress levels and adequate rest.

—Nancy S. Mure

Eating is more than a fix, it's nature's way to nourish cells -- it's a way to extend life. Don't give a natural body unnatural food.

—Nancy S. Mure

The greatest wealth is well-being.

—Lailah Gifty Akita

Mother Nature is relentless and forward. When we do not live according to her laws, she rewards us with disease.

—Nancy S. Mure

A healthy body is a platform for flourishing a healthy mind.

—Pawan Mishra

I still need some more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently.

—Ernest Hemingway

Research shows that allowing ourselves to forgive and forget can be healthy—it reduces pains, headaches, stress, and leads to a strong immune system. So I say: Why continue to hold grudges? We will just put our health in jeopardy, and lessen the number of pages and chapters that we still need to write in our book of life.

—Kcat Yarza

We are living in times that demand more and more of our brains and muscles, of our nerves and physical energy. Only those who are strong and know how to keep it so, can stand the wear and tear. It pays to stop once in a while to look over our machinery and oil the parts that need it.

—Adrian Peter Schmidt

When the body is in trouble, we must find and eliminate the cause, not medicate the symptom.

—Nina Leavins

Flowers are conscious, intelligent forces. They have been given to us for our happiness and our healing.

We can hasten our own evolution by employing the tools offered to us by a conscious, caring Mother Nature—flowers and their essences.

Flower essences allow us to see into the soul of things—into ourselves, our world, and all living beings.

Flower essences are a response to the call of an ever-awakening humanity to minister to its spiritual needs.

Mother Nature's pharmacy has long been accessible to those who have pried open her botanical medicine chest. And to those who wish to learn her language—the language of flowers—she bestows her most wonderful secrets of perfect well-being.

In keeping with herbalism's ancient tradition of communing with the plant kingdom, flower essences have evolved as a natural expression of healing—in the simplest ways, through the simplest means.

(The) principle of magnetism is strongly operative in flower essences that vibrationally align us with the positive qualities that we seek to uncover within ourselves.

How, then, do flower essences work? Very well indeed.

—Lila Devi

Optimal nutrition is eating the right things, in the right amounts, at the right time.  
—Siim Land

Not only a man without hand is handicapped but also a man without health.  
—Amit Kalantri

We are all bodybuilders, so build the house you want to live in.  
—Rodney Page

Eat like you love your body.  
—Lailah Gifty Akita

There is revival after rest.  
—Lailah Gifty Akita

We live in a world where it is completely the norm to worry about what we put in our bodies but worry very little about what we throw in our minds. We think a hamburger is bad but a celebrity gossip magazine is completely harmless. As children you never hear ‘don’t put that garbage in your mind,’ but for our body counterpart it is common thread. There is something very wrong with this scenario.  
—Evan Sutter

Love your body. Exercise for 10-15 minutes daily.  
—Lailah Gifty Akita

Increased physical activity enhances positive energy.  
—Lailah Gifty Akita

Your productivity will double with increased physical activity.  
—Lailah Gifty Akita

Health is the greatest strength.  
—Lailah Gifty Akita

Living life with contentment is the greatest well-being.  
—Lailah Gifty Akita

Good well-being promotes good productivity.  
—Lailah Gifty Akita

In general, nine-tenths of our happiness depends on our health alone.

—Arthur Schopenhauer

A great tragedy is occurring. Millions of people are dying prematurely. These people are killing themselves and they don't even know it.

—Tim Loy

If we begin to diligently care for the environment, it will greatly improve human health.

—Lailah Gifty Akita

It seems quite pointless to waste health relentlessly in order to earn money that we shall spend on recovering health.

—Eraldo Banovac

Love is a chemical reaction, but it cannot be fully understood or defined by science. And though a body cannot exist without a soul, it too cannot be fully understood or defined by science.

Love is the most powerful form of energy, but science cannot decipher its elements. Yet the best cure for a sick soul is love, but even the most advanced physician cannot prescribe it as medicine.

—Suzy Kassem

In some cases we neglect our health, because we were never told about its value.

—Sunday Adelaja

Better health is more important than beauty and with better health comes beauty.

—Auliq Ice

As a general rule, nine tenths of happiness may be said to rest on the state of health; when this is perfect, anything and everything may be a source of pleasure; in illness, on the other hand, nothing, no matter what its nature may be, is capable of affording any real enjoyment.

—Edgar Saltus

The problem is that we are asking the wrong questions - questions based on a fundamental misunderstanding of the holistic nature of nutrition. We're asking, 'How much vitamin C are we getting?' when we should be asking, 'What foods should we be eating to support our bodies' ability to maintain health?'

—T. Colin Campbell

Contraceptives should be used on every conceivable occasion.

—Spike Milligan

...the question of portion size. When I ate Doritos or a Big Mac, I kept on eating and eating, and later experienced McRegret. So why when I ate a fourteen-week-old barred rock [heirloom breed chicken] or a grapefruit did I find it tremendously delicious and yet tremendously satisfying? If these foods tasted better, shouldn't I have just kept on gorging?

Fred Provenza believes the difference comes down to what he calls 'deep satiety.' 'Fundamentally,' he told me, 'eating too much is an inability to satiate.' When food meets needs at 'multiple levels,' it provides a feeling of 'completeness' and offers a satisfaction that's altogether different from being stuffed.

—Mark Schatzker

Our disease-care system...focuses on treating symptoms as if they were root causes, and as a result, it tends to choose interventions that completely ignore the true root causes and thus make it highly likely that symptoms will reappear.

—T. Colin Campbell

When a mother gives birth, her body is not only able to provide nourishment to her baby, but is also designed to be its own personal medicine cabinet. Breast milk is the best and most natural food you can give a child, and applying it sparingly on a baby's head, eye or skin will eliminate cradle cap, acne, rashes, dryness, and even eye infections.

—Suzy Kassem

Water, air, and cleanness are the chief articles in my pharmacy.

—Napoléon Bonaparte

Music promotes spiritual, physical and emotional well-being.

—Lailah Gifty Akita

We have some very suggestive evidence that the use of pesticides and herbicides affects our mental function and brain physiology, including increasing the incidence of Parkinson's disease up to seven times in those most heavily exposed to them. This is not exactly a surprise when we realize that pesticides are designed to be neurotoxic to the pests.

—Gabriel Cousens M.D.

Better to hunt in fields, for health unbought,  
Than fee the doctor for a nauseous draught.  
The wise, for cure, on exercise depend;  
God never made his work for man to mend.

—John Dryden

You are overfed yet under-nourished. Your body needs specific nutrients to run properly or you will get mentally and physically sick. I'm talking about illnesses such as heart disease, some cancers, diabetes and depression, for starters. So, if you're not eating the right foods—or your 'toxic waste' is inhibiting nutrient absorption—your mind will constantly 'scream' at your stomach to eat more. It does this in the form of cravings and hunger. Problem is, most people just eat more 'nutrient-dead food' and your body continues to starve and cravings spiral out of control.

—Josh Bezoni

With approximately 50% of the USA population on prescription drugs and 10% on anti-depressants, it is clear that things are going seriously wrong with human health in the modern world.

—Steven Magee

After a stressful event, we often crave comfort food. Our body is calling for more glucose and simple carbohydrates and fat... And in modern life, people tend to have fewer friends and less support, because there's no tribe. Being alone is not good for the brain.

—John J. Ratey

Let your body move. It will give voice to a language that can heal.

—Gina Greenlee

If you eat healthily most of the time you can afford to indulge yourself occasionally, but if you eat nothing but junk, you'll end up not being able to run for a bus without huffing like a steam train. (The only drawback to being super-fit is that centering your life around your quinoa intake and yoga classes often results in an overdose of smugness which may cause your social circle to shrink.)

—Rosie Blythe

I've seen how cigarettes went from being advertised in every type of media to being something found to be deadly... they can't kill me no matter how many of them I smoke but I've seen humans die from smoking them... if I were you I would stop smoking them.

—Rebecca McNutt

I've decided to be happy because it's good for my health.

—Voltaire

There is nothing healthier for a man than to walk on his own two legs

—José Saramago

It is a very remarkable and significant fact that though no man is quite well or healthy yet every one believes practically that health is the rule & disease the exception.

—Henry David Thoreau

There's no way I can care properly for my children if I don't first care for myself.

—Tez Brooks

I have learned that I always feel happier and healthier when I offer genuine love to other people.

—Seth Adam Smith

Only bacteria thrive and live well in a poorly cared for body.

—Nina Leavins

The Best Health Care Plan Is A Self Care Plan

—Nina Leavins

It's much more difficult to maintain personal hygiene if you're obese. Believe it or not, I've found items like remote controls and packages of cigarettes in people's fat rolls.

—Jan Garavaglia

Getting more exercise isn't only good for your waistline. It's a natural anti-depressant, that leaves you in a great mood.

—Auliq Ice

Medication, surgery, and medical tests are all focused on disease, not on health. Prevention is the act of moving away from the disease. Proactivity in health is seeking a high level of wellness and acting in a way that will create that reality in your life.

—Rand Olson

No one knows your body like you do. Listen to it. It will tell you what to eat, when to drink, how to sleep and which exercises you need to do. Let your own body be your most trusted personal trainer.

—Toni Sorenson

Nutrition matters for everybody, but you can't major in it at *Harvard*. Most top scientists go into other fields. Most of the big studies were done 30 or 40 years ago, and most are seriously flawed. The food pyramid that told us to eat low fat and enormous amounts of grains was probably more a product of lobbying by Big Food than real science; its chief impact has been to aggravate our obesity epidemic. There's plenty more to learn: we know more about the physics of faraway stars than we know about human nutrition. It won't be easy, but it's not obviously impossible: exactly the kind of field that could yield secrets.

—Peter Thiel

Every time you work out you strengthen your body. Every time you don't you weaken it.

—Toni Sorenson

It's rare to be depressed and be in prime health. Healthy people tend to be happy people.

—Toni Sorenson

Among the most sacred gifts you can give your child is the gift of health. This gift is best given by example.

—Dr. Rand Olson

Your personal health is your greatest possession; the most significant foundation of any future you will have.

—Bryant McGill

People who are dependent are merely using alcohol as a crutch to get through the day. Yet doctors and scientists are still treating 'alcoholism' as if it is the problem, when it has nothing to do with the problem. They might as well be studying 'scratchism' for people who have a chronic itch.

—Chris Prentiss

Healthy eating isn't about counting fat grams, dieting, cleanses, and antioxidants; It's about eating food untouched from the way we find it in nature in a balanced way; Whole foods give us all that we need to perfectly nourish ourselves.

—Pooja Mottl

You know what feels good to most of us when obstacles, stresses and concerns consume us? Eating a dozen, warm chocolate chip cookies.

Sure, there's always a time for chocolate chip cookies, but they aren't a solution to our problems. Neither is skipping the gym. Abandoning yet another weight loss attempt because life got too hard shouldn't be an option. It's no doubt annoying to have to count calories and keep burning calories when the world is going to hell around us, but it's important to keep perspective if you're actually going to be successful in losing weight. The perspective is that even through the pain and discomfort from a death, move, job loss, or general stress might last weeks, months, or even years, it is all temporary. Good health is, too.

—Shawn Weeks

The problem is we are not eating food anymore, we are eating food-like products.

—Alejandro Junger

It is not what you say, but how you say, that's important. 99% Fat Free product seems more healthy than a product with 1% Fat.

—Manoj Arora

Proper physical exercise increases your chances of health, and proper mental exercise increases your chances for wealth. Laziness decreases both health and wealth.

—Robert T. Kiyosaki

The Dalai Lama, when asked what surprised him most about humanity, said:

Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.

—Dalai Lama XIV

Healthy people sleep eight hours,  
Wealthy people sleep four hours.

—Amit Kalantri

All foods are not created equal. Some foods are deficient in minerals and key nutrients, while other foods are packed with a powerhouse of valuable nutrients that can change your life, your health, and your body in a truly incredible way.

—David Wolfe

If men could get pregnant, abortion would be a sacrament.

--Florynce Kennedy

The majority of women commit the strategic error of attempting to excel in a maximum of fields in order to satisfy all their customers' needs. This phenomenon is particularly true of working wives. Through a mixture of guilt and vanity they wear themselves out trying to combine their roles of working women and perfect housewives. Thus they run the risk of compromising part of the capital essential to the smooth running of their business—their health.

--Christiane Collange

Where there is ignorance, sickness will thrive.

—Osamu Tezuka

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

You may not appreciate the presence of good health, but you will definitely regret the absence of good health, because health is happiness.

—Amit Kalantri

'Look,' said Tyrena. 'In twentieth-century Old Earth, a fast food chain took dead cow meat, fried it in grease, added carcinogens, wrapped it in petroleum-based foam, and sold nine hundred billion units. Human beings. Go figure.'

—Dan Simmons

You replace every molecule of every cell in your body within the course of only one year. I am not being flip when I refer to the 'new you.' It is quite literally possible, no matter how bad you are feeling or eating today, to be utterly transformed in just 365 days. But it won't take you that long. You can be feeling significantly better in just a couple of days and make lasting changes to your health within a month.

—Woodson Merrell

At lunch you order steamed vegetables because you're remembering that you have a heart too. You feel humbled by your heart, it works so hard. You want to thank it. You give your heart a little pat

—Aimee Bender

Living for the satisfaction of only one part of my body (my mouth) [is] unholy.

—Lisa Morrone

Teeth are alive, and given the proper environment, they can regenerate; this is why internal factors that nourish the teeth are so important.

—Nadine Artemis

Just as a warrior must anticipate his enemy's behavior and reactions and understand the dangers, and just as a hunter must know the behavior patterns of animals that he hunts, in order for us to heal, to achieve and maintain a state of mental and physical health, we must be in touch with our body and be aware of the symptoms of illness. Our ability to heal, and the healing process itself, should never be taken for granted. Vanity often keeps us from accepting that we'll all inevitably face cycles of being weaker and stronger, sicker and healthier.

—Ori Hofmekler

You have a great body. It is an intricate piece of technology and a sophisticated super-computer. It runs on peanuts and even regenerates itself. Your relationship with your body is one of the most important relationships you'll ever have. And since repairs are expensive and spare parts are hard to come by, it pays to make that relationship good.

—Steve Goodier

You may think that you are well, but you will not secure health until you think thoughts that produce health. You may persistently affirm that you are well, but so long as you live in discord, confusion, worry, fear and other wrong states of mind, you will be sick; that is, you will be as you think and not what you think you are. You may state health in your thought, but if you give worry, fear and discord to that thought, your thinking will produce discord. It is not what we state in our thoughts, but what we give to our thoughts that determine results.

—Christian D. Larson

In a fast, the body tears down its defective parts and then builds anew when eating is resumed.

—Herbert M. Shelton

Illness of any kind is hardly a thing to be encouraged in others. Health is the primary duty of life.

—Oscar Wilde

Even the simple act of tuning the radio to a music program can lift our spirits and show the world 'I'm not going to give up.'

—Shirley Corder

In a recent report, researchers identified the phenomenon of the ‘Great Crossover’: American women are having children, on average, a year earlier than they are (again, on average) getting married. And the results for American children are not pretty.

--Megan McArdle

The longer you spend dating around, the more likely it is that you’ll become pregnant by someone you’re not intending to marry, forcing the unhappy choice between an abortion, adoption, and single parenthood.

--Megan McArdle

The birth-control pill (or colloquially, the pill) is an oral contraceptive that allows women to worry solely about getting STDs.

—*TL;DR Wikipedia*

Our health is what we make of it—give it attention and it improves, give it none and it subsides.

—John F. Demartini

I believe that human beings are designed to be physically active and that not doing so creates energy imbalances within the body that ultimately contribute to obesity and other health problems. As evidence, over 500,000 people die each year from diseases linked to physical inactivity and obesity. Furthermore, rates of hypertension, hypercholesterolemia, type 2 diabetes, and certain forms of cancer have all tripled over the past 30 years corresponding to decreasing levels of daily physical activity and increasing rates of obesity.

—Nina Cherie Franklin

A healthy choice for your overall health and well-being is one of a happy and positive disposition.

—Steve Maraboli

Put your Body First!

—Catherine Piot

Thinking about working out burns 0 calories, 0 percentage of fat and accomplishes 0 goals!

—Gwen Ro

Excellence in health means devoting your life to ending poverty.

—Patch Adams

Food, like your money, should be working for you!

—Rita Deattrea Beckford  
M.D.

A feeble body makes a feeble mind. I do not know what doctors cure us of, but I know this: they infect us with very deadly diseases, cowardice, timidity, credulity, the fear of death. What matter if they make the dead walk, we have no need of corpses; they fail to give us men, and it is men we need.

—Jean-Jacques Rousseau

Here is the problem: Poor Americans consume too little healthcare, especially preventive healthcare. Other Americans—often rich Americans—consume too much healthcare, often unwisely, and sometimes to their detriment. The American healthcare system combines famine with gluttony.

—Otis Webb Brawley

As I learned about the consequences of my food choices and as I recognized that I didn't have to eat animals, and that eating animals caused the animals to suffer, it caused an enormous footprint on our planet, and it wasn't healthy, it made since to go vegan. And, it's one of the best decisions I've ever made, and I think most people who've decided to go vegan share a similar experience. It's very empowering. And, when I went vegan I actually started eating a wide variety of foods I had never tried before. Different ethnic foods. You also start combining things in different ways, you start becoming more creative in the kitchen. But I went vegan just because it seemed to make sense, and it was aligned with my own values, because I didn't want to support this system that was so abusive to animals, and wasting and squandering so many scarce resources on our planet. And it was also healthier, so it was in my interest to eat food that was plant-based instead of animal-based. Living a vegan lifestyle makes a lot of sense.

—Gene Baur

Few of us are aware that the act of eating can be a powerful statement of commitment to our own well-being, and at the same time the creation of a healthier habitat. Your health, happiness, and the future of life on earth are rarely so much in your own hands as when you sit down to eat.

—John Robbins

I reckon being ill as one of the great pleasures of life, provided one is not too ill and is not obliged to work till one is better.

—Samuel Butler

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.

—Doug Larson

I have looked through the list of illnesses, and did not find cares or sad thoughts mentioned among them. That is a mistake, surely.

—Georg Christoph  
Lichtenberg

Human milk is like ice cream, penicillin, and the drug ecstasy all wrapped up in two pretty packages.

—Florence Williams

Happily we are learning that the mind has to do with the misdeeds of the body, and that there are no more valuable therapeutic agents than cheerfulness, happiness, and hope.

—Olive Thorne  
Miller (1889)

Eat right, exercise regularly, die anyway.

—Poster Slogan

As a people, we have become obsessed with Health. There is something fundamentally, radically unhealthy about all this. We do not seem to be seeking more exuberance in living as much as staving off failure, putting off dying. We have lost all confidence in the human body.

—Lewis Thomas

In order to change we must be sick and tired of being sick and tired.

—Unknown

A sad soul can kill you quicker than a germ.

—John Steinbeck

He who takes medicine and neglects to diet wastes the skill of his doctors.

—Chinese Proverb

Physical ills are the taxes laid upon this wretched life; some are taxed higher, and some lower, but all pay something.

—Lord Chesterfield

The... patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop.

—Quentin Regestein

Joy and Temperance and Repose  
Slam the door on the doctor's nose.

—Henry Wadsworth  
Longfellow

Diseases of the soul are more dangerous and more numerous than those of the body.

—Cicero

People who are always taking care of their health are like misers who are hoarding a treasure which they have never spirit enough to enjoy.

—Laurence Sterne

To feel keenly the poetry of a morning's roses, one has to have just escaped from the claws of this vulture which we call sickness.

—Henri Frederic Amiel

The longer I live the less confidence I have in drugs and the greater is my confidence in the regulation and administration of diet and regimen.

—John Redman Coxe  
(1800)

Almost everything will work again if you unplug it for a few minutes, including you.

—Anne Lamott

Fresh air impoverishes the doctor.

—Danish Proverb

Men usually take better care of their boots than of their stomachs.

—James Lendall Basford  
(1882)

When it comes to eating right and exercising, there is no 'I'll start tomorrow.'  
Tomorrow is disease.

—Terri Guillemets

We drink one another's health and spoil our own.

—Jerome K. Jerome

An illness of the mind is an illness of the body, and vice versa.

—Terri Guillemets

Sickness—nature’s vengeance for violating her laws.

—Charles Simmons  
(1852)

I think you might dispense with half your doctors if you would only consult Dr. Sun more.

—Henry Ward Beecher

If one’s bowels move, one is happy; and if they don’t move, one is unhappy. That is all there is to it.

—Lin Yutang

Health is not valued until sickness comes.

—Thomas Fuller

Adam and Eve ate the first vitamins, including the package.

—E. R. Squibb

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

The doctor of the year 2014 will work shoulder to shoulder with the teacher. He will see to it that education shall train and develop the whole child, instead of just the expanded bulb at the top of him, leaving the rest of him to shift for itself in the intervals that remain. The new medicine will make schooling a thing of the open air instead of stuffy rooms, of fields and gardens instead of printed pages, of deeds instead of words.... Perhaps by 2014 teachers may recognize that it is as important for a child to correctly bound and describe his liver as the countries of Europe, or the States of the Union, and to know at least as much of his own interior as he does of that of Hindustan. Education for life will include a sound, working knowledge of the body machine that he has to live and work with; of what food fuels will best and most economically supply it with energy; how its bearings are to be watched and its gears regulated; and how to make roadside repairs.

—Woods Hutchinson  
(1914)

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

—George Dennison  
Prentice (1860)

My own prescription for health is less paperwork and more running barefoot through the grass.

—Terri Guillemets

An imaginary ailment is worse than a disease.

—Yiddish Proverb

Health is a large word. It embraces not the body only, but the mind and spirit as well;... and not today's pain or pleasure alone, but the whole being and outlook of a man.

—James H. West

From the bitterness of disease man learns the sweetness of health.

—Catalan Proverb

I am pretty sure that, if you will be quite honest, you will admit that a good rousing sneeze, one that tears open your collar and throws your hair into your eyes, is really one of life's sensational pleasures.

—Robert Benchley (1932)

Stretching oneself too thin is the disease of modern life—letting oneself get too thick, the other.

—Terri Guillemets

A bad cold wouldn't be so annoying if it weren't for the advice of our friends.

—Kin Hubbard

Sometimes I think our ancestors would laugh through their tears if they could see how we eat. We eat mostly from colorful boxes and cans. We spray our vegetables and fruits with deadly chemicals, then ship them half-way around the world before we eat them. It's been a grand experiment in the wonders of technology, but what a price we're paying in our health! Many scientific experiments have now demonstrated that if we simply return to eating more traditional, natural foods, the body often begins to heal itself. And, it's becoming impossible to heal personal symptoms, unless they are understood in relationship to the need to heal the planet.

—Kristina Turner

It is part of the cure to want to be cured.

—Seneca

To avoid sickness eat less; to prolong life worry less.

—Chu Hui Weng

There is something in sickness that breaks down the pride of manhood.

—Charles Dickens

Did God who gave us flowers and trees,  
Also provide the allergies?

—Yip Harburg

People with diseases like AIDS and cancer feel an urgency in straightening out their lives, examining their purpose, and confronting the reality of death. Ironically, in spite of the physical and emotional pain they experience, many of these patients express gratitude for this opportunity. The encounter with their own mortality changes their priorities in life, their values and aspirations. For many, it makes them truly cherish life and the ability to give and receive love.

—Jeff Seibert

Everyone should be his own physician. We ought to assist and not force nature. Eat with moderation what agrees with your constitution. Nothing is good for the body but what we can digest. What medicine can produce digestion? Exercise. What will recruit strength? Sleep. What will alleviate incurable ills? Patience.

—Voltaire

My definition of fitness is to be able to carry out all of the activities in life that you desire, plus have a physical reserve at the end of the day to do something besides lie down and flip the remote. If you can do all that, if you're functional, then you're fit. It doesn't matter if you have great abs or can bench-press your body weight. Those things have nothing to do with real life.

—James Glinn

The mind has great influence over the body, and maladies often have their origin there.

—Jean Baptiste Molière

Doctors don't know everything really. They understand matter, not spirit. And you and I live in the spirit.

—William Saroyan

If you do everything you should do, and do not do anything you should not do, you will, according to the best available statistics, live exactly eighteen hours longer than you would otherwise.

—Logan Clendening

Health is merely the slowest possible rate at which one can die.

—Interent Meme

If you don't take care of yourself, the undertaker will overtake that responsibility for you.

—Terri Guillemets

Every living thing depends for its existence upon some other form of life—or death. Were it not for the pale, underground flowers of the soil, the bacteria, the grass could not live. If it were not for the grass, the browsing beasts of the field could not live. If it were not for the beasts of the field and the ripened seeds or roots of the grass, man could not live.

—Woods Hutchinson

It's not the work which kills people, it's the worry. It's not the revolution that destroys machinery it's the friction.

—Henry Ward Beecher

You can get fit. You can address yourself to the engine of the body, and drive it and drive it until you are sanctified with shining sweat and glossy with endorphins. Self-medication through exercise. Working out *works*, at least for some of us: It temporarily settles the rogue brain. Many's the time, sitting in the gym, on the factory floor of fitness, trembling between sets on some comically inhuman-looking machine, that I've wondered, *Who else is down here because they're just barely keeping it together?* (Raise your hand, the nutcase doing burpees in the corner.)

—James Parker

As the journalist Nina Teicholz has demonstrated, lots of food companies have paid for research that supported their parochial concerns. (Vegetable-oil producers, for example, helped to prosecute the case against saturated fat through groups like the *Wesson Fund for Medical Research*.) "There has been a lot of bad science in the field of nutrition and many 'big Tobaccos,'" Teicholz wrote.

—Daniel Engber

If you want to know if your brain is flabby, feel your legs.

--Bruce Barton

Sugar can be as addictive as tobacco and is likely responsible for dental cavities, obesity, and diabetes....Purveyors of health foods and 'natural foods' enthusiasts are unanimous in their statements that white sugar is toxic.

—Jean Mayer

Much nutrition research suffers from a fatal flaw: It relies on short-term studies to examine chronic, long-term problems.

—Gary Taubes

During residency, I worked hospital shifts that could last 36 hours, without sleep, often without breaks of more than a few minutes. Even writing this now, it sounds to me like I'm bragging or laying claim to some fortitude of character. I can't think of another type of self-injury that might be similarly lauded, except maybe binge drinking. Technically the shifts were 30 hours, the mandatory limit imposed by the *Accreditation Council for Graduate Medical Education*, but we stayed longer because people kept getting sick. Being a doctor is supposed to be about putting other people's needs before your own. Our job was to *power through*.

—James Hamblin

Sleep deprivation is clearly linked to heart disease and strokes. Beyond that, the vitamin/caffeine/amino-acid concoctions known collectively as energy drinks have been implicated in thousands of emergency-room visits in recent years; energy-drink-related ER visits doubled from 2007 to 2011, according to the *U.S. Substance Abuse and Mental Health Services Administration*.

—James Hamblin

Half a million women die each year around the world in pregnancy. It's not biology that kills them so much as neglect.

—Nicholas D. Kristof

Abuse in any form by either party is wrong, duh, but whine to me when violence against men is the same as violence against women, because newsflash, it's not. The risk that men pose to women is not the same as the one we pose to men, statistics prove that. Y'all have to worry about a crazy girlfriend keying your car, we have to worry about a crazy guy KILLING us.

—Katie Miller

Those who think they have not time for bodily exercise will sooner or later have to find time for illness.

—Edward Stanley, Earl  
of Derby

Exercise is bunk. If you are healthy, you don't need it; if you are sick, you shouldn't take it.

--Henry Ford

In nothing do we more nearly approach the gods than in giving health to men.

—Cicero

The relationship between the soundness of the body and the activities of the mind is subtle and complex. Much is yet to be understood. But we know what the Greeks knew: That intelligence and skill can only function at the peak of their capacity when the body is healthy and strong; that hardy spirits and tough minds usually inhabit sound bodies.

--John F. Kennedy

Stay fit to fight. Your body is your ultimate weapons system. Physical fitness for your body is essential for mental fitness.

--General David Petraeus

Exercise the heart and lungs, and the brain will follow. We know this as adults, that it shouldn't be our lot in life to be chained to a desk and hunched over in our work. And yet we have purposely imposed these same cramped and contorted conditions on our children, as the basis of their intellectual development. What were we thinking? When math scores go down, it's all too tempting to add more math to a student's work week. But that narrow utilitarian focus, confusing more with better, and serious with smart, is ultimately destructive if it comes at the expense of students' overall fitness. It's a basic evolutionary truth that our bodies are meant to be used—physical activity is not just an adjunct to a functioning brain, the awkward relic of a distant hunter-gatherer phase, but a necessary component of high performance and a fundamental source of lifelong happiness.

—*The Globe and Mail*  
Editorial

To lengthen thy Life, lessen thy meals.

—Benjamin Franklin

The groundwork of all happiness is health.

—Leigh Hunt

The sovereign invigorator of the body is exercise, and of all the exercises walking is the best.

—Thomas Jefferson

Quit worrying about your health. It'll go away.

—Robert Orben

A man's health can be judged by which he takes two at a time—pills or stairs.

—Joan Welsh

The human body is the best picture of the human soul.

—Ludwig Wittgenstein

When I was in Lithuania a few years ago, I visited a nursery and I was told, 'All these children are unwanted.' So I think it is better that that situation be stopped right from the beginning -- birth control. Of course, abortion, from a Buddhist viewpoint, is an act of killing and is negative, generally speaking. But it depends on the circumstances. If the unborn child will be retarded or if the birth will create serious problems for the parent, these are cases where there can be an exception. I think abortion should be approved or disapproved according to each circumstance.

—Tenzin Gyatso, the  
14th Dalai Lama

I get my exercise running to the funerals of my friends who exercise.

—Barry Gray

I remember the first time I was sick. I had gone to play with a boy, Luis León, and on the patio he threw a wooden log at my foot, and this was the pretext they used at home when my leg began to grow thin. I remember they said that it was a white tumor or paralysis. I missed a lot of school [Frida spent nine months in bed, and and at seven she wore (polio) booties]. I do not remember a lot, but I continued jumping, only not with the right leg anymore. I developed a horrible complex, and I hid my leg. I wore thick wool socks onto the knee, with bandages underneath. This happened when I was seven years old, and my papa and my mama begun to spoil me a lot and to love me more. The foot leaned to the side, and I limped a little. This was during the period when I had my imaginary friend. (9 September 1950)

—Frida Kahlo

Prevention is better than cure.

—Erasmus

America's health care system is second only to Japan ... Canada, Sweden, Great Britain ... well, all of Europe. But you can thank your lucky stars we don't live in Paraguay!

—Homer Simpson

The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame, in diet and in the cause and prevention of disease. They may even discover the germ of old age. I don't predict it, but it might be by the sacrifice of animal life human life could be prolonged. Surgery, diet, antiseptics—these three are the vital things of the future in preserving the health of humanity. There were never so many able, active minds at work on the problems of diseases as now, and all their discoveries are tending to the simple truth—that you can't improve on nature.

—Thomas Edison (1903)

What if the cure for cancer is trapped inside the mind of someone who can't afford an education?

—Unknown

What's the two things they tell you are healthiest to eat? Chicken and fish. You know what you should do? Combine them, eat a penguin.

—Dave Attell

If you're poor, your health care's going to suck, your housing is going to suck, your infrastructure is going to suck...if you're poor, everything sucks.

--John Hope Bryant

Why should we take advice on sex from the pope? If he knows anything about it, he shouldn't!

--George Bernard Shaw

I thought society would do the right thing. Now I look around and I think—society never does the right thing. Sometimes people do the right thing. Sometimes one person makes a difference. But civilization has rules, and I've learned them well—never be helpless, never be sick, never be poor.

—Christina Dodd

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

—Buddha

The healthier people are, the more they are willing to admit to their limitations and so the more open they are to the possibility of improvement.

—Robin Skynner

You're FAT—and don't try to sugarcoat it, because you'll just eat that, too.

—Phillip C. McGraw

One minute of anger weakens the immune system for 4 to 5 hours. One minute of laughter boosts the immune system for 24 hours.

—Unknown

We all know that girls who compete in sports perform better in school, are physically healthier and have a stronger self-esteem.

—Louise Slaughter

Your first sniff of cocaine can be your last. A first-timer's body isn't used to the drug, and cardiac arrest is a possible reaction.

--Dr. Paul D. Thompson

Tobacco use directly causes more than 300,000 deaths in America each year, killing 13 times as many people as hard drugs do.

--Dr. Kevin R. Cooper

Alcoholism and other drug addiction is a disease which is primary, chronic, progressive and fatal. It is a disease in itself and is not just a symptom of some other underlying disorder. It is not yet curable, however, treatment often results in complete and permanent remission. The earlier it is treated, the better.

--*Northern Illinois  
Council on  
Alcoholism &  
Substance Abuse*

Long quaffing maketh a short life.

--John Lyly

Intemperance is the physician's provider.

--Publilius Syrus

There is this to be said in favor of drinking, that it takes the drunkard first out of society, then out of the world.

--Ralph Waldo Emerson

Alcoholic joys are brief—the results are lasting.

—Unknown

Worrying about smoking cigarettes can be beneficial—it takes your mind off lung cancer.

—Unknown

Here...is why you should not smoke. Smoking cigarettes is likely to shorten your life....Smoking directly causes or contributes to the three main causes of American deaths: heart disease, cancer and accidents.

Though many smokers justify the continuation of their habit on the ground that it is too late to quit because the damage has already been done, the facts show otherwise. Ten to fifteen years after stopping smoking, your risk of dying prematurely comes close to that of those who have never smoked. Although those who quit before age forty benefit most, the risk of death and disability from smoking declines at any point that you quit....In addition there are immediate benefits of quitting: a decline in the oxygen-robbing carbon monoxide in the blood, improved sleep, the disappearance of headaches and stomachaches caused by smoking, enhanced stamina, keener senses of taste and smell and, after a few years, the disappearance of smoker's cough.

--Jane E. Brody

The mortality rate of cigarette smokers and non-smokers is 100 percent. The only difference is the timing.

—Unknown

Cancer cures smoking.

—Unknown

Drunkenness is the ruin of a person. It is premature old age. It is temporary death.

--Saint Basil

Temperance is the control of all the functions of our bodies. The man who refuses liquor, goes in for apple pie and develops a paunch, is no ethical leader for me.

--John Erskine

Jellinek's disease (alcoholism) is responsible for:

- 50 percent of all auto fatalities
- 80 percent of all home violence
- 30 percent of all suicides
- 60 percent of all child abuse
- 65 percent of all drownings

It is estimated that when a woman contracts the disease, her husband leaves her in nine out of ten cases; when a man contracts it, his wife leaves in one out of ten cases.

--Kathleen Whalen  
Fitzgerald

Alcoholism is tragically high on the list of our nation's health problems. Five million Americans are alcoholics. They bring incalculable grief to millions of families. They cost their families, their employers and society billions of dollars.

--Lyndon Baines Johnson

The number of people who die every day from cigarette smoking is the same as if two jumbo jets crashed each day and not a single person walked away alive.

--C. Everett Koop, M.D.  
Former United  
States Surgeon  
General

Let's not be too critical of the tobacco industry. After all, it has found a cure for old age.

--Lloyd Clark

Every day in the United States 3,009 young people begin to smoke—that's more than a million new smokers each year.

--Dr. Randolph D.  
Smoak, Jr.

We have allowed death to change its name from Southern rope to Northern dope. Too many black youths have been victimized by pushing dope into their veins instead of hope into their brains.

--Jesse Jackson

A major error of the current drug classification system is that it treats alcohol and nicotine—two the most harmful drugs—essentially as nondrugs.

--Edward M. Brecher

Almost anything can be preserved in alcohol, except health, happiness, and money.

--Mary Wilson Little

You cannot live with active alcoholism without being profoundly affected.

--Janet Geringer Woititz

The true evil of drink lies in the disillusion: that the initial pleasure very soon evaporates, leaving a demoralizing craving for more, which is not even temporarily pleasurable. Which then leads to deterioration of the faculties of both body and mind; plus a bewildering lack of co-operation between the two.

--Caitlin Thomas

When you drink a little bit, alcohol seems like Popeye's spinach working through your system. It makes you stronger, smarter, funnier, bigger.

It's all an illusion, of course—but it feels absolutely real while you're in the middle of it, from the inside looking out.

Keep drinking though, and that illusion will shatter like a crystal bowl dropped 50 stories onto solid marble. And if you imbibe booze way beyond your capacity to handle it, Popeye's spinach turns into crippling kryptonite.

Your ability to think and reason short-circuits. You can't even speak, as your tongue triples in weight and your words begin to slur. Your coordination abandons you, and you're having as much trouble walking in a straight line as you did when you were 18 months old...Just know that when you drink to a certain point, there's always a chance that when you surrender to the kryptonite, it won't just make you sound silly or give you a splitting headache—it will kill you.

--Richard Roeper

### **A CIGARETTE SPEAKS TO A PRETTY GIRL**

I'm just a friendly cigarette  
Don't be afraid of me:  
Why all the advertisers say  
I'm Harmless as can be.  
They tell you I'm your 'Best Friend' (I like that cunning lie)  
And you say you'll walk a mile for me.  
Because I'll satisfy.  
So come on girly, be a sport.  
Why longer hesitate?  
With me between your pretty lips  
You'll be quite up to date.  
You may not like me right at first  
But very soon I'll bet—  
You'll find you just can't get along,  
Without a cigarette.  
You've smoked one package  
So, I know I've nothing to fear.  
When once I get a grip on girls,  
They're mine for life my dear!  
Your freedom you begin to lose.  
The very day I meet,

When I convinced you it was harmless  
To smoke a cigarette.

The colors fading from your cheeks.  
Your fingertips are stained,  
And now you'd like to give me up,  
But sister, 'You're chained.'  
You even took a drink last night,  
I thought you would ere long,  
For those whom I enslave, soon lose  
Their sense of right and wrong.  
You're pale and thin and have a cough  
The doctor says T.B.  
He says you can't expect to live  
Much longer, thanks to me.  
But, it's too late to worry now;  
When you become my slave,  
You should have known the chances  
Were you'd fill an early grave.  
And now that I have done my part  
And I have done it well,  
I'll leave you with my partner,  
DEATH,  
He'll come for you farewell...

--Written by a 14-Year-  
Old Girl in *Better  
Homes and  
Gardens*

Smoking cures weight problems. Eventually.

—Steven Wright

Health is what my friends are always drinking to before they fall down.

--Phyllis Diller

People develop drinking problems through a chemical process: each time they drink, the endorphins released in the brain strengthen certain synapses. The stronger these synapses grow, the more likely the person is to think about, and eventually crave, alcohol—until almost anything can trigger a thirst for booze, and drinking becomes compulsive.

—John David Sinclair

It never occurred to me to stop using drugs. The classic agony of addiction. You can't stop and you can't go on. The pain of living without drugs was as bad as the pain of living with drugs. When you use drugs in such a willful way, you're transgressing some elemental code. You're destroying yourself, and body and soul recoils at it....Unfortunately...there is only one conclusion, and that is death (by misadventure).

--Marianne Faithfull

It is common knowledge that smoking is considered one of the nation's leading causes of preventable death, but it's less widely known that cigarettes are also the leading cause of fatal fires.

--Ed Markey

The public health authorities never mention the main reason many Americans have for smoking heavily, which is that smoking is a fairly sure, fairly honorable form of suicide.

—Kurt Vonnegut

I have a hard time defending the production of candy, given that it is basically crack for children and makes them dependent in unwholesome ways.

—Steve Almond

The use of tobacco, alcohol, and other drugs is not an isolated behavior. It is linked to a host of other unhealthful adolescent problems such as suicide, school failure, family conflict, teen pregnancy, and criminal acts. The tendency of schools is to address each problem separately—as if they were not connected. It is essential that schools and local groups work together in well-coordinated partnerships.

—James R. Smith

- Cigarettes kill 390,000 Americans every year, a death toll equivalent to that which would result from three 747s crashing every day of the year.
- Smoking is the principal cause of preventable death in this country. The effects of passive exposure to smoke are estimated to account for nearly 50,000 additional deaths a year.
- Each day more than 3,000 children and adolescents start smoking. They consume nearly a billion packs of cigarettes a year.
- 1.7 million boys ages 12 to 17 had used chewing tobacco within the previous year.

—*Journal of American  
Medical  
Association*

Alcohol and nicotine are considered ‘gateway drugs’ because they invariably are the precursors to using all the ‘other bad stuff’ available to children on the streets. They are addictive and can lead to grievous illness. And their use by children is illegal. Thus, when parents wink at their use by children—on the permissive theory that their progeny are merely ‘feeling their oats,’ ‘being part of the ‘gang,’ or ‘just growing up’ or have the misguided belief that children should experiment with alcohol at home, ‘to learn to drink sensibly’—they are implicitly making them scofflaws, in addition to setting the stage for potential personal disaster in the family.

—Thomas A. Shannon

During my research in the Los Angeles area, I interviewed a couple of gang members. They said that the schools are doing some really neat things, but that the problem they have in terms of prevention and intervention is they target mainly kids in the sixth grade. That’s too late.

—Carlos Jimenez

I destroyed my body for a peace of mind I never got.

—*www.HealthyPlace.com*

Alcoholism or addiction is a disease because it fits the definition of disease. It is progressive and chronic, and left untreated, it will kill.

—Irene Tomkinson

Drink per drink, alcohol is more dangerous to young women than it is to young men, even after adjusting for differences in height and weight. Alcohol abuse appears to damage girls’ brains differently and more severely than the same degree of alcohol abuse affects same-age boys.

--Leonard Sax

Good Parents think that alcohol is dangerous for young people and that riotous drunkenness and its various consequences have nothing to recommend them. These parents enforce the law and create a family culture that supports their beliefs....Get-Real Parents think that high school kids have been drinking since Jesus left Chicago, and that it’s folly to pretend the new generation won’t as well. The horror stories (awful accidents, alcohol poisoning, lawsuits) tend to involve parents who didn’t do it right—who neglected to provide some level of adult supervision, or who forgot to forbid anyone to get in a car after drinking.

—Caitlin Flanagan

The point of college binge drinking today is that there are no limits. Blacking out isn't a mistake; blacking out is the goal.

—Caitlin Flanagan

Go to a parent meeting on some topic like 'Teens and Drinking' and you're likely to get an earful about how to keep your teen drinker safe. Teach her to recognize signs of alcohol poisoning in her friends; tell her it's always okay to call 911; advise her to check in on conked-out partygoers every 15 minutes or so to make sure they're just sleeping it off and not unconscious. The message doesn't involve any moral or emotional imperatives; it has to do only with not ending up dead or in jail.

—Caitlin Flanagan

College drinking, including extreme heavy drinking, has been a tradition since the 19th century. Because of this, it can be hard to convince middle-aged people that something has changed. But the consistent—at times urgent, at times resigned—report from college officials is that something has gone terribly awry and that huge numbers of students regularly transform the American campus into a college-themed spin-off of *The Walking Dead*. They vomit endlessly, destroy property, become the victims or perpetrators of sexual events ranging from the unpleasant to the criminal, get rushed off in ambulances, and join the ever-growing waiting lists for counseling. Depression and anxiety go hand in hand with heavy drinking, and both are at epidemic proportions on campus.

—Caitlin Flanagan

Fraternities are part of an industry that has tremendous risk and a tremendous history of rape, serious injury, and death, and the vast majority share common risk-management policies that are fundamentally flawed. Most of them are awash in alcohol. And most if not all of them are bereft of any meaningful adult supervision..... The fraternity system is the largest industry in this country directly involved in the provision of alcohol to underage people.

--Douglas Fierberg

In 2011, at least a third of middle school and high school students who smoked cigars used flavored little cigars. Six states—Florida, Georgia, Maryland, Massachusetts, Rhode Island and Wisconsin—already have youth cigar smoking rates that are the same or higher than youth cigarette smoking.

—Tom Frieden

Most of the time, all that separates a class president and a gang leader is numbers: a zip code, a paycheck, or a drug dealer's phone number.

—Thomm Quackenbush

We are, all of us, crippled and twisted. Most of us strive desperately to keep our grotesqueries out of sight and mind. Our suffering is transformed by an alchemy of the soul into addiction, ulcers, strokes, hatred, even war.

—Keith Ablow

One day in my pharmacology class, we were discussing the possibility of legalizing marijuana. The class was pretty evenly divided between those that advocated legalizing marijuana and those that did not. The professor said he wanted to hear from a few people on both sides of the argument. A couple students had the opportunity to stand in front of the class and present their arguments. One student got up and spoke about how any kind of marijuana use was morally wrong and how nobody in the class could give him any example of someone who needed marijuana. A small girl in the back of the classroom raised her hand and said that she didn't want to get up, but just wanted to comment that there are SOME situations in which people might need marijuana. The same boy from before spoke up and said that she needed to back up her statements and that he still stood by the fact that there wasn't anyone who truly needed marijuana.

The same girl in the back of the classroom slowly stood up. As she raised her head to look at the boy, I could physically see her calling on every drop of confidence in her body. She told us that her husband had cancer. She started to tear up, as she related how he couldn't take any of the painkillers to deal with the radiation and chemotherapy treatments. His body was allergic and would have violent reactions to them. She told us how he had finally given in and tried marijuana. Not only did it help him to feel better, but it allowed him to have enough of an appetite to get the nutrients he so desperately needed.

She started to sob as she told us that for the past month she had to meet with drug dealers to buy her husband the only medicine that would take the pain away. She struggled every day because according to society, she was a criminal, but she was willing to do anything she could to help her sick husband. Sobbing uncontrollably now, she ran out of the classroom. The whole classroom sat there in silence for a few minutes. Eventually, my professor asked, 'Is there anyone that thinks this girl is doing something wrong?' Not one person raised their hand.

—Daniel Willey

Binge drinking when younger has been linked to a host of problems when you are older, including an increased risk of heart disease and cancer. Even more sobering, the hippocampus and frontal brain structures don't mature until about age 25, so if you drank a lot before then, you may have inhibited your brain's functional development.

—Joe Kita

‘An apple a day keeps the doctor away.’ Which is bad, because what if you get sick? Don’t eat apples.

—Unknown

First health, then wealth, then pleasure, and do not owe anything to anybody.

--Catherine the Great

A heat motivation for losing weight is how rare it is to find a fat person over the age of 80.

—Unknown

Typically, people who exercise, start eating better and becoming more productive at work. They smoke less and show more patience with colleagues and family. They use their credit cards less frequently and say they feel less stressed. Exercise is a keystone habit that triggers widespread change.

—Charles Duhigg

Now, a recent study from cardiologists at the University of Maryland, has shown that laughter may have a beneficial effect on the heart.

—Allen Klein

Imagine life as a game in which you are juggling some five balls in the air. You name them work, family, health, friends and spirit—and you’re keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls—family, health, friends, and spirit—are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life.

--Brian Dyson

Slow down and focus on quality time. Stop letting your timesaving gadgets, apps and technology take over the natural rhythms in your life. Turn them off. Turn the volume down. Get away from them. Go outside. Take a walk every day. Meditate. Have a conversation with a loved one. Break the pandemic hurry sickness. ‘Slow’ is not a negative word.

—Dr. Bill Thomas

Anatomy is destiny.

--Sigmund Freud

Anybody who is 25 or 30 years old has physical scars from all sorts of things, from tuberculosis to polio. It's the same with the mind.

--Moses R. Kaufman

A vigorous five mile walk will do more good for an unhappy, but otherwise healthy adult than all the medicine and psychology in the world.

—Paul Dudley White

Exercise alone provides psychological and physical benefits. However, if you also adopt a strategy that engages your mind while you exercise, you can get a whole host of psychological benefits fairly quickly.

—James Rippe

Mental Health is measured through motivation to live; the more plans you have and the more significant they are, the more healthy you are.

—Mark Brightlife

A bulimic person's shame may lead her to try to hide not only her eating-disorder behaviors but also her basic needs and yearnings. She may wish that her needs and desires did not exist and may try to act as if she does not need or want anything or anyone. When that attempt inevitably fails, she may wish that others could magically read her mind and respond to her needs and wants without her having to ask for anything. To avoid the shame of expressing her needs and desires, she turns to food, rather than relationships, for comfort.

—Sheila M. Reindl

A bulimic person may be so disconnected from her experience that she does not even know what she needs or wants. If she does not know, needing something or someone only confirms her sense that she is weak and inadequate. She believes her needs are not legitimate, and therefore finds it difficult to seek care or engage with any care she does manage to seek. In fact, she is likely to greet others' expressions of concern with contempt, the very contempt with which she views herself.

—Sheila M. Reindl

The high IQ has become the American equivalent of the Legion of Honor, positive proof of a child's intellectual aristocracy...It has become more important to be a smart kid than a good kid or even a healthy kid.

—Sam Levenson

Obesity is a mental state, a disease brought on by boredom and disappointment.

—Cyril Connolly

Cereal eating is almost a marker for a healthy lifestyle. It sets you up for the day, so you don't overeat.

—Bruce Barton

I recently had my annual physical examination, which I get once every seven years, and when the nurse weighed me, I was shocked to discover how much stronger the Earth's gravitational pull has become since 1990.

—Dave Barry

Chronic disease is a foodborne illness. We ate our way into this mess, and we must eat our way out.

—Mark Hyman, M.D.

Someone has to stand up and say the answer isn't another pill. The answer is spinach.

—Bill Maher

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.

—Doug Larson

If you plant Twinkies in your body garden, how do you expect to harvest health?

—Terri Guillemets

If they made toothpaste addictive, a lot more people would have clean teeth.

—*theChive*

The human body seems indestructible when we are young. However, it is incredibly fragile and must be care for if it is to serve us for a lifetime. Too often, the abuse it takes during early years (from drugs, improper nutrition, sporting injuries, etc.) becomes painful handicaps during later years.

—James C. Dobson

An unhealthy life is destined to end with an unhealthy death.

—Nancy S. Mure

When the body is in trouble, we must find and eliminate the cause, not medicate the symptom.

—Nina Leavins

The keys to health and weight-loss: stress reduction, sleep, deep breathing, clean water, complete nutrition, sunshine, walking, stretching, meditation, love, community, laughter, dreams, perseverance, purpose, humility, action.

—Bryant McGill

He who cures a disease may be the skillfullest, but he that prevents it is the safest physician.

—Thomas Fuller

75% Eats 25% Feats.

—Kyle Barger

I'd wear any of my private attire for the world to see. But I would rather have an open flesh wound than ever wear a band aid in public.

—Lady Gaga

The real question of physical and moral health in a man as well as in animals is how well he is able to do his work and enjoy his life, and how fit he is yet to survive.

--Lin Yutang

Most people want to work, and are miserable when they cannot. The ills of unemployment go well beyond the loss of income; people who lose their job are more likely to suffer from mental and physical ailments. 'There is a loss of status, a general malaise and demoralization, which appears somatically or psychologically or both,' says Ralph Catalano, a public-health professor at UC Berkeley. Research has shown that it is harder to recover from a long bout of joblessness than from losing a loved one or suffering a life-altering injury. The very things that help many people recover from other emotional traumas—a routine, an absorbing distraction, a daily purpose—are not readily available to the unemployed.

—Derek Thompson

There's no dignity, no decency, or health today for men that haven't got a job. All other things depend on work today.

—Nevil Shute

Obesity is a double victory for consumerism. Instead of eating little, which will lead to economic contraction, people eat too much and then buy diet products—contributing to economic growth twice over.

—Yuval Noah Harari

This country is just beginning to feel that it is at war. The sugar shortage is one of the greatest blessings that ever happened to the people of this country, and if it will have done nothing better than to teach us that we can do without sugar, the war will have paid for itself.... The Lord never intended the child to develop a sweet tooth. He knew it would be a bad tooth.... Sugar is the curse of this country.

—Harvey W. Wiley  
(1918)

Employees are shielded from being healthcare consumers because they rely on their employers' priorities and judgment instead of their own to select insurance.

—Archelle Georgiou

## **ALCOHOL FACTS**

Alcohol is an empty calorie food (just calories no nutrients like vitamins, minerals or protein). Although beer has a very small amount of B vitamins and red wine has traces of iron, they don't add much to our diets.

1 1/2 ounces (1 jigger) of hard liquor contains 75-110 calories. 12 ounces of beer, 170 calories, 3 1/2 ounces of wine (average wine glass), 85-150 calories.

The liver, bone marrow, and brain are the organs most likely to be injured by heavy drinking. Taking vitamins, minerals and other nutrients WILL NOT prevent alcohol damage to these organs. (Even if you do eat right, drinking will still affect these organs.)

Since many teenagers are still growing, the toxic effect of alcohol on the body can be more severe than in adults.

Drinking problems are found not only with low income people. Drinking problems increase with social class and education levels.

Excess alcohol can cause our body to not absorb the nutrients it needs from food, even if you do stop to eat.

Drinking beer, wine or liquor while you're pregnant can cause birth defects in your baby.

—*Cornell Cooperative  
Extension 4-H  
Teen Nutrition  
Education  
Program*

...meat is an important protein; meat is bad for you; the best way to lose weight is to eat a high-protein diet; the best way to lose weight is to eat a vegan diet; juicing is good for you; juice cleanses are pointless; someone with my blood type should eat only lamb, mutton, turkey, and rabbit and avoid chicken, beef, ham, and pork; bacon is ok; bacon is bad for you; consuming fat helps you lose weight; all fats should be avoided or used minimally; yogurt helps your digestion; yogurt has no impact on your digestion; calcium from dairy is good for you; dairy is bad for you; gluten is no problem for people without celiac disease; everyone should be gluten free; kale is a superfood; too much kale can actually cause a thyroid condition causing you to gain weight; and using non-natural toothpaste can cause bloating of up to five pounds. Just eating fruits and vegetables? .....You could probably be fine if you ate nothing but spinach all day, unless it's the spinach that was part of the recent salmonella recall. Fruits are okay, but some fruits, like bananas are so high in natural sugar you might as well eat a piece of cake. What's that? You're still eating, regular, processed sugar, the kind that's actually in a cake???... how are you still standing?? Should I call an ambulance? ...So enjoy your new diet of berries and water, people- unless you're allergic to strawberries... And don't forget about GMOs!! And don't drink just any water either: tap water is poison, but beware BPA's in your bottled water too. Also, try to get the type of bottled water that addresses your imbalanced pH levels, because while you may not know it yet, most of us are too acidic and not alkaline enough!! Well, there you have it! Make sense? After all, I've given you the secret to everything. It's obvious what you should do now. Could it be any clearer? You're welcome.

—Lauren Graham

If it came from a plant, eat it. If it was made in a plant, don't.

—Michael Pollan

More than half of Americans over 50 report waking up too early and not returning to sleep, and over 40 percent acknowledge they aren't getting enough shut-eye—something that could be impairing brain function, according to a new report from the Global Council on Brain Health. The report notes that seven to eight hours of sleep each night can help maintain cognitive function as we age. On the other hand, too little sleep can contribute to depression and even dementia, particularly in older people, according to recent studies.

—*AARP Bulletin*

A longitudinal study of German and Australian health care found that people who'd had pets for at least five years went to the doctor less than others, saving their countries \$5.2 billion and \$2.2 billion, respectively, in 2000.

—Bruce Headey and  
M. Grabka

Money, achievement, fame, and success are important, but they are bought too dearly when acquired at the cost of health.

--Unknown

The chief condition on which, life, health and vigor depend on, is action. It is by action that an organism develops its faculties, increases its energy, and attains the fulfillment of its destiny.

—Colin Powell

We trust something in a grocery store and assume it's good. We don't learn about the most precious thing in life—the food we put in our body. Educate yourself!

—Paul Prudhomme

Social scientists and psychologists are conducting research studies that clearly show that when we behave and act as if we are happy, confident, healthy or in love, we become happy, confident, healthy and in love.

—Cynthia Sue Larson

Many believe that ongoing stress during early childhood—from grinding poverty, neglect, parents' substance abuse and other adversity—can smolder beneath the skin, harming kids' brains and other body systems. And research suggests that can lead to some of the major causes of death and disease in adulthood, including heart attacks and diabetes.

—Lindsey Tanner

Must be out-of-doors enough to get experience of wholesome reality, as a ballast to thought and sentiment. Health requires this relaxation, this aimless life.

—Henry David Thoreau

Regimen is superior to medicine.

—Voltaire

Of all the home remedies, a good wife is best.

--Kin Hubbard

The research shows that marriage is a predictor of greater well-being, social support, and financial stability; lower depression; and better physical health.

--Robert Nohr, Ph.D.

The easiest way to get a healthy body is to marry one.

—Slogan

On average, people who get married and stay married enjoy almost twice as much wealth as those who never marry. This economic shelter is probably one reason that married couples report being happier than single ones. But it's not the only one. Married people are healthier on average, and they live longer. They also report better mental health. And for all those people who say that they'd hate to get married and give up their terrific sex life, married people generally report having more sex and higher levels of satisfaction with their sex life. While people who marry earlier get less of an income boost, on average, they actually report being happier with their marriages than those who wait.

--Megan McArdle

The way you argue with your spouse could be tied to your health woes. New research from the *University of California, Berkeley* and *Northwestern University* says spouses (especially husbands) who rage with anger during a fight are more likely to develop cardiovascular problems, such as chest pain or high blood pressure. Those who stonewall, shutting down emotionally, were more likely to develop muscular issues, such as pain in the back or neck.

—Candy Sagon

An employee with a good family life is healthier and more productive.

--Sylvia Sepielli

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

—M. Scott Peck

Every time you sleep with a boy you sleep with all his old girlfriends.

--U.S. Government Aids  
Advertisement

Get at least eight hours of beauty sleep—nine if you're ugly.

—Betty White

Every human body has its optimum weight and contour, which only health and efficiency can establish. Whenever we treat women's bodies as aesthetic objects without function we deform them.

—Germaine Greer

We are living longer, and we need to live better.

—Donna Shalala

The smart phone is cutting into teens' sleep: Many now sleep less than seven hours most nights. Sleep experts say that teens should get about nine hours of sleep at night; a teen who is getting less than seven hours a night is significantly sleep deprived. Fifty-seven percent more teens were sleep deprived in 2015 than in 1991. In just the four years from 2012 to 2015, 22 percent more teens failed to get seven hours of sleep....Teens who spend three or more hours a day on electronic devices are 28 percent more likely to get less than seven hours of sleep than those who spend fewer than three hours, and teens who visit social-media sites every day are 19 percent more likely to be sleep deprived. A meta-analysis of studies on electronic device used among children found similar results: Children who use a media device right before bed are more likely to sleep less than they should, more likely to sleep poorly, and more than twice as likely to be sleepy during the day....Sleep deprivation is linked to myriad issues, including compromised thinking and reasoning, susceptibility to illness, weight gain, and high blood pressure. It also affects mood: People who don't sleep enough are prone to depression and anxiety.

—Jean M. Twenge

Prying the phone out of our kids' hands will be difficult, even more so than the quixotic efforts of my parents' generation to get their kids to turn off MTV and get some fresh air. But more seems to be at stake in urging teens to use their phones responsibly, and there are benefits to be gained even if all we instill in our children is the importance of moderation. Significant effects on both mental health and sleep time appear after two or more hours a day on electronic devices. The average teen spends about two and a half hours a day on electronic devices. Some mild boundary setting could be keep kids from falling into harmful habits.

—Jean M. Twenge

Always laugh when you can. It is cheap medicine.

--Lord Byron

True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.

--Wilhelm von Humboldt

I believe the recipe for happiness to be just enough money to pay the monthly bills you acquire, a little surplus to give you confidence, a little too much work each day, enthusiasm for your work, a substantial share of good health, a couple of real friends, and a wife and children to share life's beauty with you.

--J. Kenfield Morley

Employment is nature's physician, and is essential to human happiness.

—Galen

Measure your health by your sympathy with morning and Spring. If there is no response in you to the awakening of nature, if the prospect of an early morning walk does not banish sleep, if the warble of the first bluebird does not thrill you, know that the morning and spring of your life are past. Thus you may feel your pulse.

--Henry Thoreau

Of all the self-fulfilling prophecies in our culture, the assumption that aging means decline and poor health is probably the deadliest.

--Marilyn Ferguson

The term 'nature-deficit disorder' has recently entered the popular vocabulary....It was coined by the author Richard Louv to explain a wide range of behavior problems in children who spend less time outdoors but now is invoked as the root cause of an even wider range of both physical and emotional ailments in people of all ages who are disconnected from nature.

--Dr. Andrew Weil

Few people know how to take a walk. The qualifications are endurance, plain clothes, old shoes, an eye for nature, good humor, vast curiosity, good speech, good silence and nothing too much.

—Ralph Waldo Emerson

As the Christmas season kicks into high gear and we're surrounded by gorgeously decorated fir trees and songs of yuletide gay, it's easy to forget that the holidays represent a grim time in terms of health statistics. You're more likely to die of natural causes from Dec. 25 through New Year's Day than at any other time of the year....

It holds true for all ages except for children and for numerous conditions including heart disease, respiratory problems and cancer....The possibility of reduced staffing at medical facilities or even that patients hold back on seeking medical care during the season being factors causing the jump in deaths....it could be that terminally ill patients may be hanging on to spend the holiday with their loved ones.

—Ariana Eunjung Cha

Milk consumption has already been identified as an aggravating factor in the acne 'epidemic' among adolescents, and preliminary successes have been reported with reduced milk consumption. It is even more important that excessive milk consumption can promote diseases commonly associated with a Western lifestyle.

--Bodo Melnik

We think in youth that our bodies are identical with ourselves and have the same interests, but discover later that they are heartless companions who have been accidentally yoked with us, and who are as likely as not, in our extreme sickness or old age, to treat us with less mercy than we would have received at the hands of the worst bandits.

--Rebecca West

Exercise. Exercise. Exercise. It remains the single most potent anti-aging medication known to humankind.

--Gail Sheehy

Exercise is the current anti-aging process. The most powerful thing we can do today is to get people to take a walk...that's a tangible, proven thing.

--Walter Bortz

After you're older, two things are possibly more important than any others: health and money.

—Helen Gurley Brown

It's strange. I was in the hospital with a back operation. What's that thing—Medicare? Man, I didn't have to pay for anything! But you have to live to see it. Sixty-five? It's like gold sprinkling from the sky.

—George Foreman

I never fell in love with exercise, but you have to do it for the rest of your life. I did it to become champ, and now I do it to stay alive. It is a death sentence without it.

—George Foreman

All that really matters is that the people you love are happy and healthy. Everything else is just sprinkles on the sundae.

—Paul Walker

Cancer is the great equalizer. Economics, race, ethnicity, geography—when it comes to cancer, we're all the same.

—Jon Huntsman, Sr.

Aging is an adventure. It's a frightening adventure because health becomes an issue. Growing old is not for pussies – you've got to have courage.

—Helen Mirren

There's already a huge disparity between the lifespans of rich and poor Americans, and critics of new longevity research worry the gap may only grow wider. A 2016 report from the Brookings Institution found that, for men born in 1920, there was a six-year difference in life expectancy between men at the top 10% and bottom 10% of their earnings ladder. For men born in 1950, the difference was 14 years. For women, the gap grew from 4.7 to 13 years. In other words, advances in medicine haven't helped low income Americans nearly as much as their wealthier counterparts.

—Elmo Keep

Delaying retirement by just one year is associated with an 11 percent lower risk of mortality among healthy adults.

—*National Institute on Aging*

At least half the illnesses of mankind will disappear once our food supplies are raised from fertile soil and consumed in a fresh condition.

—Albert Howard

If you hold moist soil for 20 minutes, the soil bacteria begin elevating your mood. You have all the anti-depressant you need in the ground.

—Craig Chalquist

Advances in medicine and agriculture have saved vastly more lives than have been lost in all the wars in history.

--Carl Sagan

Keeping a vegetable garden is worth a medicine cabinet full of pills.

—*seniorresource.com*

If we talk about the environment...we have to talk about environmental racism—about the fact that kids in South Central Los Angeles have a third of the lung capacity of kids in Santa Monica.

—Danny Glover

There are 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 Elwood Bly

To be well dressed you must be well naked.

—Oscar de la Renta

Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need. You may expect to be well.

—James Freeman Clarke

The popular media and conventional wisdom, including the medical profession's traditional approach to nutrition, have created and continue to perpetuate this problem through inadequate, outdated dietary counseling. Attempts to universalize dietary therapies so that one-diet-fits-all influences the flawed claims against meats and fats, thereby encouraging overconsumption of grains. Government-sponsored guides to healthy eating, such as the USDA's food pyramid, which advocates six to eleven servings of grains daily for everyone, lag far behind current research and continue to preach dangerously old-fashioned ideas. Because the USDA's function is largely the promotion of agriculture and agricultural products, there is a clear conflict of interest inherent in any USDA claim of healthful benefits arising from any agricultural product. Popular beliefs and politically motivated promotion, not science, continue to dictate dietary recommendations, leading to debilitating and deadly diseases that are wholly or partly preventable.

--Ron Hoggan

In 2014, one in 16 Americans visited the ER for home injuries that resulted from, among other things, fumbling knives (the cause of at least 249,000 injuries), ladders (at least 105,000), and cookware (at least 22,000). One of the main causes of these accidents? A wandering mind....By one estimate...people daydream through nearly half their waking hours.

—Jake Pelini

They're [Baby Boomers] not the only ones focusing on health. Talk to Americans of any generation and they are likely to mention health as one of their priorities. This has widely developed in tune with technological advances. As companies create more devices that monitor health data, such as fitness trackers and GPS watches, people like to see their healthy ambitions visually represented by the results. Lifestyle, once simply a technical term, has become something of a personal obsession, with—you guessed it—specialty gym memberships, spin classes, organized dance clubs, and the corner yoga studios becoming the best social tickets in town.

—*Synchrony Financial*

The quality of your relationships at age 50 is a better predictor of your future health than your cholesterol levels. And while alcoholism and smoking are top health threats, loneliness ranks nearly as high.

—Robert Waldinger,  
M.D.

If you sit and have a conversation about something you're worried about, your body literally calms down—your blood pressure might come down, your stress hormone levels might go down. There's some evidence that it's not so much stress but how you manage stress that may play a big role in who ages and who doesn't.

—Robert Waldinger,  
M.D.

According to data compiled by the *National Alliance on Mental Illness* and *American Foundation for Suicide Prevention*, approximately 1 in 5 adults in the U.S. experiences mental illness in a given year. Three quarters of all chronic mental illness begins by the age of 24. Nearly 60% of adults with a mental illness did not receive mental health treatment services. On average, there are 123 suicides per day. Men are four times more likely than females to die by suicide.

—Fred Dobry

25% of college students experience mental health disorders. Young men are more at risk for substance abuse, isolation and violence.

50% of college students don't seek help for their mental health. Young men are less likely to seek help than young women.

Oftentimes ineffective coping mechanisms like drugs and alcohol are being used to self-medicate a mental health issue.

—Fred Dobry

Seventy-five percent of people have their first episode of a mental health disorder by age 18. The average amount of time between someone having their first episode and seeking help is about seven years. That's a really long time to further develop ineffective coping mechanisms and have a dysfunctional life.

—Ross Szabo

Little Linda, a darling child with golden curls in an irresistible dimple, discovered suddenly that she had a stomach-ache in the middle of the pastor's Sunday sermon. 'Mummy,' she whispered, 'I am terrible sick.' 'Control your self until the service is over,' urged her mother. Linda did her best, but it was strictly no soap.

'I'm going to be sick all over the pew in a minute,' she promised. Her mother, now thoroughly frightened, said, 'Well, if you must, tip toe out of church and go around to the bushes in the garden and then come back when you feel better.'

Linda was back in the pew in less than a minute. Her triumphant mother whispered, 'I knew it was just your imagination. You couldn't have been sick out in the garden and gotten back so quickly.' 'I didn't have to go to the garden, Mummy,' said dear little Linda. 'I found a box right in the back of the church marked 'For the sick.'

—Bennet Cerf

The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.

—Buddha

We teach physical health from Kindergarten throughout the rest of a person's life. We typically don't teach mental health at all.

—Ross Szabo

The food and the diet thing is one way to start yourself onto a healthy lifestyle, but if you don't move, if you don't start exercising you're gonna deteriorate.

—Warren Cuccurullo

Obesity, diabetes, heart disease, kidney disease, and liver disease are all two to three times more common in individuals who have a family income of less than \$35,000 than those who have a family income greater than \$100,000. Among low-educated, middle-aged whites, the death rate in the United States—alone in the developed world—increased in the first decade and a half of the 21st century. Driving the trend is the rapid growth in what the Princeton economists Anne Case and Angus Deacon call 'deaths of despair'—suicides and alcohol—and drug-related deaths.

—Matthew Stewart

Money may be the measure of wealth, but it is far from the only form of it. Family, friends, social networks, personal health, culture, education, and even location are all ways of being rich, too.

—Matthew Stewart

Exercise is done against one's wishes and maintained only because the alternative is worse.

—George A. Sheehan

Meat consumption is just as dangerous to public health as tobacco use... It's time we looked into holding the meat producers and fast-food outlets legally accountable.

—Neal Barnard

The surest road to health, say what they will,  
Is never to suppose we shall be ill—  
Most of those evils we poor mortals know,  
From doctors and imagination flow.

—Charles Churchill

I have nightmares about patients down an infinite hall, each with a problem worse than the last. In my short career, I've seen a baby take her last breaths. I've watched a woman, bleeding uncontrollably after giving birth, lose consciousness as I worked, a pool of her blood expanding at my feet. I've heard a woman, after having both legs traumatically severed, saying goodbye to her father, assuming she wouldn't survive. I could go on. We know we signed up for it. But keep in mind, when you're tempted to be angry with your doctor, that we are under stress, too.

—Joanne Jarrett, M.D.

Tired of being fat & ugly...join Main Street gym & just be ugly.

—Internet Meme

If you are diagnosed with cancer, which expert should you see first?

1. A medical specialist
2. A money manager

Surprisingly, option two might give you the best hope for surviving the disease with your health—and your wealth—intact. Not only are cancer patients two and a half times as likely to declare bankruptcy as healthy people, but those patients who go bankrupt are 80 percent more likely to die from the disease than other cancer patients, according to studies from the Fred Hutchinson Cancer Research Center in Seattle. 'For many patients, when they get the bills, it can be as bad as some of the side effects of the disease or the treatment,' says the center's Gary Lyman, M.D.

—Peter Moore

The healthy man does not torture others—generally it is the tortured who turn into torturers.

—Carl Jung

I have long recognized a link between fitness and mental health and I think we need to encourage young people to take part in sports and team activities because we know it has such positive results.

—Tipper Gore

Several studies also show that experiencing racism might be part of the reason black women are about 50 percent more likely than white women to have premature babies and about twice as likely to have low-birth-weight babies. Researchers think the stress they experience might cause the body to go into labor too soon or to mount an immune attack against the fetus. This disparity, too, does not appear to be genetic: Black women from sub-Saharan Africa and the Caribbean are less likely to have preterm births than African American women are, possibly because they've spent less time living in America's racist environment.

—Olga Khazan

While approximately one in every 400 children and adolescents have Type I diabetes; recent Government reports indicate that one in every three children born in 2000 will suffer from obesity, which as noted is a predominant Type II precursor.

—Tim Holden

Predominantly black neighborhoods tend to become what researchers call ‘food swamps,’ or areas where fast-food joints outnumber healthier options. (Food deserts, by contrast, simply lack grocery stores.) One study in New York found that as the number of African Americans who lived in a given area increased, so did the distance to the nearest clothing store, pharmacy, electronics store, office-supply store. Meanwhile, one type of establishment drew nearer: fast-food restaurants.

—Olga Khazan

Never order food in excess of your body weight.

—Erma Bombeck

If the *World Health Organization* identifies a new disease, or if a laboratory produces a new medicine, it can’t immediately update all the human doctors in the world. Yet even if you had billions of AI doctors in the world—each monitoring the health of a single human being—you could still update all of them within a split second, and they could all communicate to one another their assessments of the new disease or medicine. These potential advantages of connectivity and updatability are so huge that at least in some lines of work, it might make sense to replace all humans with computers, even if individually some humans still do a better job than the machines.

—Yuval Noah Harari

The tobacco control movement provides a good model for how to achieve massive societal changes. In 1965, over 50 percent of men and 34 percent of women smoked. By 2010, only 23.5 percent of men and 17.9 percent of women were smoking (CDC 2011). These numbers represent one of the twentieth century’s most important public health achievements.

—Anthony Biglan

In my entire high school career, my school has not had any mandatory education on consent, appropriate conduct or how to report inappropriate incidents. All of my education has been from outside sources: parents, books, videos online. There is really no centralized curriculum on what we should be teaching...so we don’t all agree on what is and what isn’t consent.

—Jackson Teetor, High School Senior

The evidence does not support abstinence-only interventions as the best way to keep young people from unintended pregnancy.

—Jonathan Klein

Life expectancy in the United States is falling significantly behind other developed nations, as a rise in deaths due to drugs, alcoholism and suicide is offsetting the longer life spans of healthy seniors, according to two studies published this summer in the medical journal BMJ.

The U.S. ranked last in life expectancy among developed nations through 2015, and is the only one of 18 countries with an average life span that is less than 80 years. Japan ranked first with a life expectancy of 84 years. Several European nations along with Canada and Australia topped the American life expectancy, 78.9 years. A related study found that a rapid rise in drug-related early deaths was part of the reason—but only part. ‘There are increasing death rates from stress-related conditions,’ said lead author Steven H. Woolf, M.D., of *Virginia Commonwealth University*. For example, we’re seeing an increase in death rates from alcohol-related illnesses, increases in the suicide rate. We’re seeing a pervasive trend where mortality rates are climbing for Americans.’

—AARP Bulletin (2018)

I concentrate on exercises from the waist down, since that is the laziest part of a woman’s body.

—Tina Louise

‘Morning larks’ live longer. ‘Night owls,’ people who tend to stay up late, have a 10 percent higher risk of dying sooner than ‘morning larks,’ their earlier-rising counterparts. There could be health consequences—higher rates of diabetes, psychological disorders and neurological disorders—for night owls trying to live in a morning lark world.

—Kristen Knutson

Without health life is not life; it is only a state of languor and suffering—an image of death.

—Buddha

Research has...shown that virginity pledges and abstinence-only education don’t actually beget abstinence.

—Kate Julian

I thought the dryer made my clothes shrink. Turns out it was the refrigerator.

—Internet Meme

More than 20 percent of college students experienced stressful events in the past year that were associated with mental health problems, including harming themselves and suicidal thoughts or attempts....Some of the most common reasons college students seek help from mental health experts are academic stress, relationship concerns, conflict with their family or social group, or identity issues. Triggers that are often under-appreciated but frequently play a large role in feelings of stress or depression include substance abuse, shape or weight concerns, lack of structure and a feeling of not having a clear direction moving forward.

—Dr. Laura Chang

A good laugh and a long sleep are the two best cures for anything.

—Irish Proverb

Every time we try to eat healthy, along comes Christmas, Easter, summer, Friday or Tuesday and ruins it for us.

—Internet Meme

It's useful that our pee changes color according to how hydrated we are.

—Internet Meme

It's so hard to lose weight when you have an over active knife and fork.

—*facebook.com/auntyacid*

Hospitals are human factories. We are created there and go back there if we have any defect.

—*theChive*

Sleep. It's as elusive as leprechaun gold, and twice as valuable. The number of health conditions linked to poor or inadequate sleep is almost endless, with obesity, diabetes and heart disease topping the list.

—Jessica Migala

The leading cause of death among teenagers is road traffic accidents, and in this regard, even the slightest dose of insufficient sleep can have marked consequences, as we have discussed. When the *Mahotomedi School District* of Minnesota pushed their school start time from 7:30 to 8:00 a.m., there was a 60 percent reduction in traffic accidents in drivers sixteen to eighteen years of age.

—Matthew Walker

Telling a teenager the facts of life is like giving a fish a bath.

—Arnold H. Glasow

Many young men are not being taught the impact that sexual assault has on a woman. They are inundated by sexual imagery in the media, and often come to the (incorrect) conclusion that having sex is not a big deal. This, no doubt, is why the number of sexual assaults is so high.

I am also shocked by adults who feel that rape is an inappropriate topic to discuss with teenagers. According to the *U.S. Department of Justice*, 44 percent of rape victims are under the age of 18 and 46 percent of those victims are between the ages of 12-15. It makes adults uncomfortable to acknowledge this, but our inability to speak clearly and openly about sexual issues endangers our children. It is immoral not to discuss this with them.

—Laurie Halse Anderson

Junk food has overwhelmed traditional diets pretty much everywhere in the world, and at an astonishing speed. This revolution is making massive numbers of people fat and sick....Many people are scarcely acquainted with the feeling of hunger anymore. The new pattern is a series of solitary snacks that we often hardly notice or enjoy as they pass through our gullet.

—Bee Wilson

Today a third of all the calories consumed by an American adult comes from chips, protein bars, and the like. Soft drinks have had an especially pernicious impact: In America, consumption of them took a big leap in the '70s, and with that came unprecedented rates of obesity.

—Laura Shapiro

Nothing looks better in your 50s than sunscreen in your 20s.

—Jennifer Garner

Health does not always come from medicine. Most of the time, it comes from peace of mind, peace in the heart, peace in the soul. It comes from laughter and love.

—*tinybuddha.com*

In ancient China, the Taoists taught that a constant inner smile, a smile to oneself, insured health, happiness and longevity. Why? Smiling to yourself is like basking in love; you become your own best friend. Living with an inner smile is to live in harmony with yourself.

—Mantak Chia

A 2017 study published in *JAMA Internal Medicine* reported that 74 percent of the variation in life expectancy across counties is explained by health-related lifestyle factors such as inactivity and smoking, and by conditions associated with them, such as obesity and diabetes—which is to say, by patients themselves. If this is true across counties, it should be true across countries too. And indeed, many experts estimate that what providers do accounts for only 10 to 25 percent of life-expectancy improvements in a given country. What patients do seems to matter much more.

—David H. Freedman

Medicine is for people, not for profits.

—George Merck II  
(1952)

Marie Maynard Daly (1921-2003) became the first African-American woman in the United States awarded a PhD in chemistry, from Columbia University in 1947. Her pioneering work investigated the links between cholesterol and heart disease and the effects of cigarette smoking on the lungs.

—Susan Dominus

No matter what the law says, women will continue to get abortions. How do I know? Because in the relatively recent past, women would allow strangers to brutalize them, to poke knitting needles and wire hangers into their wombs, to thread catheters through their cervixes to fill them with Lysol, or scalding-hot water, or lye. Women have been willing to risk death to get an abortion. When we made abortion legal, we decided we weren't going to let that happen anymore. We were not going to let one more woman arrive at a hospital with her organs rotting inside of her. We accepted that we might lose that growing baby, but we were not also going to lose that woman.

—Caitlin Flanagan

Sleep is an under-appreciated factor in education and health disparities. Understanding the origins of these disparities is fundamental to beginning to reduce them.

—Emma Adam

We are becoming less socially connected. We have evidence from census data that there has been an increase in the number of people who are living alone, and there are declining marriage rates and increasing rates of childlessness. We know that lacking social connection puts us at greater health risk.

—Julianne Holt-Lunstad

Exercise is the most potent and underutilized antidepressant and it's free.

—Dr. Tim Sharp

Many of the women and men studying loneliness express a similar sense of mission about their research. Loneliness, says Louise Hawkley, a senior research scientist at the *University of Chicago*, 'is a universal human experience, and being the social animals that we are, there must be implications when those social connections are not satisfied.' There is a human need to be embedded, connected, integrated in a social network, she notes. When that social network is missing, 'the consequences are very real in terms of mental and physical health.'

—Lynn Darling

Coffee owes its global ascendancy to a fortuitous evolutionary accident: The chemical compound that the plant makes to defend itself against insects happens to alter human consciousness in ways we find desirable, making us more energetic and industrious—and notably better workers. That chemical of course is caffeine, which is now the world's most popular psychoactive drug, used daily by 80 percent of humanity. (It is the only such drug we routinely give to our children, in the form of soda.) Along with the tea plant, which produces the same compound in its leaves, coffee has helped create exactly the kind of world that coffee needs to thrive: a world driven by consumer capitalism, ringed by global trade, and dominated by a species that can now barely get out of bed without its help.

—Michael Pollan

As a symptom of deteriorating mental health, experts say, 'school refusal' is the equivalent of a four-alarm fire, both because it signals profound distress and because it can lead to so-called failure to launch—seen in the rising share of young adults who don't work or attend school and who are dependent on their parents.

—Kate Julian

Over the past two or three decades, epidemiologists have conducted large, nationally representative studies screening children for psychiatric disorders, then following those children into adulthood. As a result, we now know that anxiety disorders are by far the most common psychiatric conditions in children, and are far more common than we thought 20 or 30 years ago. We know they affect nearly a third of adolescents age 13 to 18, and that their median age of onset is 11, although some anxiety disorders start much earlier (the median age for a phobia to start is 7). Many cases of childhood anxiety go away on their own—and if you don't have an anxiety disorder in childhood, you're unlikely to develop one as an adult. Less happily, the cases that don't resolve tend to get more severe and to lead to further problems—first additional anxiety disorders, then mood and substance-abuse disorders.

—Kate Julian (2020)

Anxiety travels in families because it is contagious—from spouse to spouse, from child to parent, and especially from parent to child. More than half of children who live with an anxious parent end up meeting the criteria of an anxiety disorder themselves.

—Kate Julian

To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

—William Londen

Almost two-thirds of human diseases originate in animals. Measles, first described in the ninth century, is thought to have come from cattle. HIV most likely leapt into our world via monkeys and apes in the 20th century. The most terrifying epidemics of the past generation—West Nile virus, SARS, MERS, Ebola—began when an animal pathogen found its way into a human.

—Maryn McKenna

Medical studies confirm it. They found that people dealing with a serious health crisis (like cancer, spinal cord injury or debilitating chronic pain) who found a higher sense of meaning in their plight also experienced better emotional well-being. How? By switching from nursing their personal sense of tragedy to encouraging empathy with others who might have it worse. That's why so many volunteers feel deep joy in what they're doing.

—Sari Harrar

Good relationships keep us happier and healthier, period. A sense of joy seems to reach into our cells, reducing corrosive forces like inflammation and stress that break down multiple body systems over time like your joints, your cardiovascular system, your brain.

—Robert Waldinger,  
M.D.

The combination of simple postures with deep breathing can make you feel happier. It brings more oxygen to your brain, stimulates our vagus nerve, which calms the anxious mind and, over time, can create beneficial brain changes, too.

—Amy Weintraub

Be with those that bring out the best in you, not the stress in you.

—*PreventDisease.com*

Before you heal someone, ask him if he's willing to give up the things that made him sick.

—Hippocrates

## **JUST GO TRAIN**

You don't get better on the days when you feel like going. You get better on the days when you don't want to go, but you go anyway. If you can overcome the negative energy coming from your tired body or unmotivated mind, you will grow and become better. It won't be the best workout you have, you won't accomplish as much as what you usually do when you actually feel good, but that doesn't matter. Growth is a long term game, and the crappy days are more important.

—Georges St. Pierre

Train like an athlete.

Eat like a nutritionist.

Sleep like a baby.

Win like a champion.

—Gym Poster

You can accomplish so much for the world if you keep well and strong.

—John D. Rockefeller

Of the 3.1 million Americans who cannot afford health insurance, more than half are people of color, and 30 percent are Black. This is no accident. In the decades after the Civil war, the white leaders of former slave states deliberately withheld health care from Black Americans, apportioning medicine more according to the logic of Jim Crow than Hippocrates. They built hospitals away from Black communities, segregated Black patients into separate wings, and blocked Black students from medical school. In the 20th century, they helped construct America's system of private, employer-based insurance, which has kept many Black people from receiving adequate medical treatment. They fought every attempt to improve black people's access to health care, from the creation of Medicare and Medicaid in the '60s to the passage of the *Affordable Care Act* in 2010.

—Ed Young

Long-term exposure to pollution from cars and trucks causes more than 50,000 premature deaths a year in the United States, according to a 2013 study.

Respiratory conditions aggravated by pollution can increase vulnerability to other illnesses, including infectious ones.

—Derek Thompson

Three-quarters of us are overweight, and 6 out of 10 of us suffer from chronic illnesses such as diabetes, heart disease, asthma and hepatitis. Does our cheap food have anything to do with that?...In 1950, about 10 percent of Americans were overweight or obese; that percentage jumped to 44 percent by the '60s and to some 72 percent today. Along came Weight Watchers—when Jean Nidetch published the first *Weight Watchers* cookbook in 1966, a million and a half copies flew off the shelves. And yet, though Weigh Watchers has been joined by dozens of other diet systems in the intervening years, we have not stopped growing.

—Ruth Reichl (2020)

A natural silence longer than 15 minutes is rare in the United States and all but gone in Europe. Even remote wilderness areas and national parks are frequently crisscrossed by jets, shrinking the average noise-free interval to less than five minutes during daylight hours.

This noise pollution is harming animals. A study last fall at *Queens University Belfast* found that human-made sounds threaten the feeding, migration and communication of more than 100 species of mammals, birds, fish, reptiles and amphibians. But noise pollution is also bad for our own health. It can lead to high blood pressure, heart disease, heart attacks, stress and insomnia. In 2011, the *World Health Organization* concluded that 340 million Western Europeans (roughly equivalent to the U.S. population) lost at least one million years of healthy life each year because of traffic-related noise.

—Pete McBride

There is a name for the youth athlete who has too many coaches, too much training, and who treats sports as a full-time job: the overserved athlete. And many of the players in this category are suffering physically and emotionally.

—Ruth S. Barrett

Hollywood's priority to stay thin, look young and be picture-perfect revolts me. If I'm not eating right or exercising enough, I'll do something about it. But I'm not going to diet and exercise all day long just to look a certain way.

—Drew Barrymore

The greatest weapon against stress is our ability to choose one thought over another.

—William James

The human body essentially recreates itself every six months. Nearly every cell of hair and skin and bone dies and another is directed to its former place. You are not who you were last November.

—Donald Miller

Countries with higher cigarette-usage rates have longer life expectancies, not because smoking prolongs life but because it is more popular in wealthier nations. This tendency to draw faulty conclusion about individual health using data about large geographical regions is called the ecological fallacy.

—Ed Yong

In 1848, the Prussian government sent a young physician named Rudolf Virchow to investigate a typhus epidemic in Upper Silesia. Virchow didn't know what caused the devastating disease, but he realized its spread was possible because of malnutrition, hazardous working conditions, crowded housing, poor sanitation, and the inattention of civil servants and aristocrats—problems that require social and political reforms. 'Medicine is a social science, 'Virchow said, 'and politics is nothing but medicine in larger scale.'

—Ed Yong

Rape is one of the most terrible crimes on earth and it happens every few minutes. The problem with groups who deal with rape is that they try to educate women about how to defend themselves. What really needs to be done is teaching men not to rape. Go to the source and start there.

—Kurt Cobain

Pampering is vital to your well-being, and that self-care mindset is likely to endure. Whether it is taking long bubble baths, tinkering in the workshop, enjoying herbal tea, trying to write a song, rewatching a favorite old movie or seeing noon come while still in your robe, 'being good to yourself offers a necessary reprieve from whatever horrors threaten us from out there,' says Isabel Gillies.

—David Hochman

If you can't get out, bring nature in. Even video and sounds of nature can provide health gains to those shut indoors, says Marc Berman of the *University of Chicago's Environmental Neuroscience Lab*. 'Listening to recordings of crickets chirping or waves crashing improved how our subjects performed on cognitive tests.'

—David Hochman

10-year-old: Why do people eat salads?

Me: They want to be healthy. Do you want to try one?

10-year-old: No, I want to be happy.

—James Breakwell

Your health is directly related to lifestyle—nutrition, physical activity, a healthy weight and restorative sleep.

—Jacob Mirsky, M.D.

When researchers followed subjects for seven years, they found that participants who slept less than six hours a night had a 20 percent greater risk of heart attack over the course of the study. If you wake up every morning to your alarm clock's warning, take that as your body's signal that you're not getting enough sleep.

—Nicole Pajer

A 2019 study found the participants who regularly slept for nine or more hours had a 34 percent higher incidence of heart disease. Sleeping for that duration may signify an underlying condition such as sleep apnea, which may increase the risk of CVD.

—Nicole Pajer

Traffic is...a significant source of air pollution, which has been shown to increase blood pressure, lower oxygen levels in your blood and provoke inflammation....Studies indicate that even low concentrations of fine particulate matter in the air can increase the risk of cardiac arrest, and long-term exposure can age blood vessels prematurely and lead to a faster calcium buildup in the coronary arteries.

—Nicole Pajer

'The average person takes in probably 50 percent more sodium than needed, which raises blood pressure, increases the risk of stroke and leads to fluid retention, especially in susceptible people who have cardiovascular issues,' [Joseph] Carrozza says. Salty snacks such as chips are one obvious culprit, but a significant majority of processed and prepackaged foods are loaded with sodium: Six thin slices of sandwich meat can contain half of your daily recommended sodium intake, and a single slice of pizza has about 640 milligrams of sodium. Even a slice of bread can be loaded with the stuff.

—Nicole Pajer

Make fruit an ongoing part of your snacking routine. Not only is it low in sodium, many fruits—particularly bananas, citrus fruits, apricots...as well as raisins and prunes, are high in potassium, which naturally aids in balancing out high sodium levels and reducing the risk of high blood pressure. (Vegetables help do the trick, too.)

—Nicole Pajer

One of the cruelest aspects of dementia is the stigma that surrounds it. Feelings of shame or hopelessness can cause people to resist getting diagnosed, or to refuse treatment. Although there is currently no cure for Alzheimer's disease, there's a lot that people can do to delay symptoms and improve their quality of life. If people only knew about them, we could significantly save treatment costs, and we could save lives.

—Sarah Lock

## **SIX KEY BEHAVIORS CAN DELAY THE ONSET OF ALZHEIMER'S**

- Maintaining social ties
- Challenging the brain
- Managing stress
- Exercising regularly
- Eating right
- Getting restorative sleep

—*Global Council on  
Brain Health*

My mom was sixteen when she had me and we both almost died, I was a second kid, she had my brother when she was fifteen. And we both almost died and the doctors told her to abort me and I think that a lot of people gave her that advice. So when I grew up I think I had a sense of being a burden. And I think a lot of kids actually have that sense.

—Lacey Sturm

What is wrong with looking muscular? Muscles are beautiful. Strength is beautiful. Muscle tissue is beautiful. It is metabolically, medically, and philosophically beautiful. Muscles retreat when they're not used, but they will always come back if you give them good reason. No matter how old you get, your muscles never lose hope. Few cells of the body are as capable as muscle cells are of change and reformation, of achievement and transcendence... Women need muscle, as much as they can muster. They need muscle to shield their light bones, and they need muscle to weather illness. And being strong in a blunt way, a muscleheaded way, is easier than being skilled at a sport. It is a democratic option, open to the klutzes and the latecomers, and women should seize the chance to become cheaply, fowzily strong, because the chance exists, and let's be honest, we don't have many. Being strong won't make you happy or fulfilled, but it's better to be sullen and strong than sullen and weak.

—Natalie Angier

The body of the average woman is 27 percent fat, that of the average man 15 percent fat. The leanest elite female athletes may get their body fat down to 11 or 12 percent, but that is nearly double the percentage of body fat found on the elite male athlete.

—Natalie Angier

Panicking and hiding away [from Alzheimer's] is really unhelpful. What we want is for people to be as open as they can, open within themselves and within their families, so that they can be supported in the things they can't do, and be helped to live a relatively full life. Support makes a great deal of difference.

—Gill Livingston, M.D.

This simple questionnaire can help determine if a child has a learning vision problem....Parents and teachers need to be familiar with the symptoms that students with poorly developing vision suffer:

- Complaining of headaches with near work
- Running words together when reading
- Having burning, itchy, or watery eyes
- Skipping or repeating lines when reading
- Tilting head or closing one eye when reading
- Copying from the chalkboard with difficulty
- Avoiding near work or reading materials
- Claiming 'I can't before trying
- Using time poorly
- Having difficulty completing assignments on time
- Writing up-or downhill
- Misaligning digits in columns of numbers
- Having low reading comprehension
- Holding reading materials close
- Omitting small words when reading
- Not keeping attention on reading
- Having poor memory
- Knocking things over, clumsiness
- Losing belongings frequently

—*The College of  
Optometrists in  
Vision  
Development*

Alzheimer's is characterized by a progressive memory loss that robs its sufferers of many of the gifts that we all take for granted—speech, understanding, treasured memories, recognition of loved ones—and leaves them utterly dependent on caregivers.

—John Colapinto

11 yo came to me with some nitty gritty sex questions tonight and as I was answering them 9 yo waltzed in and said, 'I know what you're talking about and I'm not embarrassed. I'm going to get a period and it's going to make me moody but guess what? I'm already moody so who cares?'

—Carly Kimmel

Research has shown that sports and activities that have an aesthetic component to them, where the way one appears is part of how one is being evaluated or judged, tend to have higher rates of eating disorders. Not only higher than in the general population but higher than even in other sports where the rates are already high....Going to the gym doesn't cause the eating disorder, but when the preoccupation with an ideal body shape or weight becomes someone's driving force, or when there's an over emphasis placed on one shape or weight, then that can create a climate that contributes to disordered eating.

—Dr. Sari Shepphird

Body builders or weightlifters run the risk of falling into the category of orthorexia, which is when someone is unhealthily obsessed with being healthy. They are really preoccupied with eating food or engaging in activities that it feels like will help drive them towards health, and then paradoxically actually end up becoming more unwell. That's the crux of the illness. It's never enough.

—Dr. Elizabeth  
Wassenaar

Marriage is hard. Divorce is hard. Choose your hard.  
Obesity is hard. Being fit is hard. Choose your hard.  
Being in debt is hard. Being financially disciplined is hard. Choose your hard.  
Communication is hard. Not communicating is hard. Choose your hard.  
Life will never be easy. It will always be hard. But we can choose our hard.  
Pick wisely.

—Internet Meme

I went on that new 14-day diet, and all I lost was two weeks.

—Sheila Kay

Teens and young adults go online for health information more often than to download music, play games, or chat, according to a survey by the *Kaiser Family Foundation*. About 68 percent of people ages 15-24 (22 million of the 32 million young people in United States) have found health information online. Thirteen million search for sexual health information. The survey indicates that young people use the Internet to find health information because they do not have an already established relationship with a doctor, and they want to do some exploring without anyone knowing about it. Half of the young people surveyed go online to find information about a specific disease. Forty-four percent have researched pregnancy, birth control, AIDS, or sexually transmitted diseases. Thirty-nine percent say they have changed their personal behavior because of online health information.

—*www.edbriefs.com*

Anorexia is a way to feel you control one thing in your life—eating. When you have anorexia, you feel like you're the fattest cow who ever lived.

—Dawn Langstroth

I was raised in a small town called Critz, Virginia. It was so small that our school taught Driver's Ed and Sex Ed in the same car.

--Mary Sue Terry

Though you can't see it happening, every minute of the day we lose about 30,000 to 40,000 dead skin cells off the surface of our skin. So just in the time it took you to read this far, you've probably lost about 40,000 cells. That's almost 9 pounds (4 kilograms) of cells every year!

—kidshealth.org

[To improve sleep] be consistent. As much as your schedule allows, try to go to bed around the same time every night....Drown out the noise beyond your bedroom with ear plugs or a white-noise machine. A box fan can also work.

—Kristen Knutson

Getting light during the day can help you sleep deeply during the night. But at bedtime, make the room as dark as possible with black-out curtains, or wear an eye mask....People who exercise are more likely to sleep better.

—Phyllis Zee

It is as important for children to grow up fit as it is to grow up smart.

—Arnold  
Schwarzenegger

There are 200 medical conditions that are worsened by alcohol, including the obvious, such as liver disease, as well as some that are not so obvious, like cancers, especially oral cancers. Others include high blood pressure, immune system disorders, stroke risk and diabetes. Alcohol even contributes to wrinkles by impairing your skin's antioxidant defense system. And the notion that alcohol helps of sleep is bass-ackward—it may make us drowsy, but it wrecks the quality of our sleep.

—George F. Koob

Feeling frustrated and sometimes even exhausted from listening? Whether it happens suddenly or gradually overtime, hearing loss can affect you physically and emotionally. Being unable to hear impacts your ability to communicate with your loved ones, here in noisy environments, cock on the phone, and may force you to become more reliant on your family members.

—Dr. Maura Cosetti

The crisis of children having children has been eclipsed by the greater crisis of children killing children.

—Marian Wright  
Edelman

The air of...cities is unhealthy. Children are sickly. So every day or two...they are given vitamin pills. That helps them to keep going till their vacation. It enables them to inhale the gasoline fumes and soot without too much harm. It helps to build up their little bones, gives body to their thin blood, resilience to their nerve cells. In short we try with vitamins to replace the sea air, the chlorophyll of the trees, the evening croaking of the frogs in the ponds, the homemade bread, the milk still warm from the cow and the eggs brought in fresh from the henhouse.

—Jean Dutourd

I would never go to see a male gynecologist. That would be like having your car worked on by a garage mechanic who never owned a car.

—Carrie Snow

Intemperance in eating is one of the most fruitful of all causes of disease and death.

—Catharine E. Beecher  
and Harriet  
Beecher Stowe  
(1869)

There is small danger of being starved in our land of plenty; but the danger of being stuffed is imminent.

—Mrs. Sara J. Hale  
(1835)

The pervasive and infuriating history of redlining has had its effects on access to hospitals. In almost every major urban center in America, there's an area with the inner city hospital that is vastly under resourced relative to hospitals elsewhere in the city. This is a direct consequence of century-old policies that caused divestment from certain majority Black neighborhoods. So if you're a Black person in America today, you're three to four times more likely to die in childbirth than if you're white, irrespective of education or income; in New York City, you're 8 to 12 times more likely to die. In part, that's because of the difference between access to resources for someone living in the Bronx vs. the upper East Side.

—Ted Scheinman

Food for all is a necessity. Food should not be a merchandise, to be bought and sold as jewels are bought and sold by those who have the money to buy. Food is a human necessity, like water and air, and it should be as available.

—Pearl S. Buck

Health is not simply the absence of sickness.

—Hannah Green

A candle burnt at both ends may shed a brighter light, but the darkness that follows is for a longer time.

—Coco Chanel

We currently have a system for taking care of sickness. We do not have a system for enhancing and promoting health.

—Hillary Rodham  
Clinton

In this society, dominated as it is by the profit-seeking ventures of monopoly corporations, health has been callously transformed into a commodity—a commodity that those with means are able to afford, but that is too often entirely beyond the reach of others.

—Angela Y. Davis

We are fast moving toward an aristocracy of health.

—Alice Tisdale Hobart

France, like every other Western country except the United States, as long accepted the principal that comprehensive healthcare is the right of every citizen. No Frenchman need ever fear that catastrophic illness will wipe him out financially. How long, do you suppose, will it take us, in the United States, to catch up?

—Suzanne Massie

Laughter is by definition healthy.

—Doris Lessing

Where there is laughter there is always more health than sickness.

—Phyllis Bottome

Leisure, some degree of it, is necessary to the health of every man's spirit.

—Harriet Martineau  
(1837)

There is nothing better for the spirit or the body than a love affair. It elevates the thoughts and flattens the stomachs.

—Barbara Howar

Money isn't everything, your health is the other ten percent.

—Lillian Day

What you eat today walks and talks tomorrow.

—Lynne Alpern and  
Esther Blumenfeld

We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are.

—Adelle Davis

In the country of pain we are each alone.

—May Sarton

Poverty is the number-one killer of children in the United States. Doctors don't say so, at least not in so many words, because poverty isn't a medical affliction—it's an economic and social one. It kills all the same.

—Theresa Funicello

Rape is not aggressive sexuality, it is sexualized aggression.

—Audre Lorde

Bad judgment and carelessness are not punishable by rape.

—Pearl Cleage

Anyone who cares about the Earth—really cares—must stop eating animals.

—Linda McCartney

If you rest, you rust.

—Helen Hayes

Someone asked me how the guy who donated his heart to me was doing.

—*BuzzFeed.com*

I got ‘very drunk’ during a Passover celebration at the age of 7, laying the groundwork for a pattern of alcohol dependence throughout [my] youth and adulthood. When I drank, I didn’t know what drama I would find, but I knew it was drama that I would feel. I needed it. I looked forward to it. It was always my way out. I have been raped, multiple times, because I was too drunk to say the words ‘Please. Stop.’ It was always awful, and it was always wrong, and I came out of each event quiet and ashamed.

—Selma Blair

Writing in the journal, *Annals of Internal Medicine*, university researchers say they examined lifestyle, health, and biographical data relating to 171,616 people in Great Britain who were part of the *U.K. Biobank* collection effort, and the result was a resounding win for Team Coffee Drinkers.

Among their findings, after looking at data compiled over a seven-year study period:

1. Men and women between the ages of 37 and 73 who drank between 1.5 and 3.5 cups of coffee each day had up to a 30 percent lower chance of dying from any cause during the study period than those who did not.
2. The more coffee people drank up to that limit, whether caffeinated or not, the lower their risk of death.

—Bill Murray, Jr. (2022)

Treadmills started out as torture devices. In 1818, a civil engineer invented the ‘tread-wheel’ as a way to reform convicts. Prisoners would spend grueling 8-hour shifts climbing the paddle wheel like a StairMaster, which turned gears that pumped water or crushed grain—leading to the eventual name ‘treadmill.’

—<https://en.wikipedia.org>

Houseplants affect our psychological and physical health.

People and plants are naturally connected. Humans have an inherent connection to plants and other living things, according to what's known as the biophilia hypothesis, an idea popularized in 1984 by naturalist and writer E.O. Wilson. Since then, more than three decades of research spanning the globe have confirmed the hypothesis and shown that natural environments have a sizable effect on increasing positive emotions and decreasing negative ones.

—Lala Tanmoy Das

For over 50 years, the sugar industry has funded research that minimizes its negative impact on health. The University of San Francisco found evidence that in 1965, Harvard scientists were paid to blame cardiovascular disease entirely on saturated fat and not sugar. According to USF researchers, studies were reviewed before being published, 'the investigators knew what the funder expected, and produced it... and the practice continues.'

—Josh Davis

Leading a sedentary lifestyle with prolonged sitting can build up excess fat around your internal organs.

—Joseph Henson,  
Charlotte L.  
Edwardson, Bruno  
Morgan, Mark A.  
Horsfield, Kamlesh  
Khunti, Melanie J.  
Davies, Thomas  
Yates

An impressive 44 percent of people 80 or older say they do strength training—making them as serious about muscles as the youngest. Many correctly equate muscle strength with mobility and independence.

—Susan Friedman, M.D.

We should measure the prosperity of a nation not by the number of millionaires but by the absence of poverty, the prevalence of health, the efficiency of public schools, and the number of people who can and do read worthwhile books.

—W. E. B. DuBois

My husband and I both have the common cold. He's requested a priest and his family to be by his bedside. I'll get right on that as soon as I finish the laundry, wash the dishes and shovel the driveway.

—<https://americasbestpics.com>

Poor sleep is associated with several woes. Physical-health problems can include insulin resistance and obesity. As for mental health, studies have found a link between lack of sleep and feelings of hopelessness, anxiety, depression and suicide. Sleep deprivation also seems to increase risky behaviors among teens, such as use of alcohol, tobacco and other drugs.

—*The Economist* (June 25, 2022)

More sleep boosts academic performance. A study of 29 schools in seven states found that attendance and graduation rates improved after start times were moved to after 8:30 am.

—*The Economist* (June 25, 2022)

Walk away from arguments that lead you to anger and nowhere. Walk away from people who deliberately put you down. Walk away from the practice of pleasing people who choose to never see your worth. Walk away from any thought that under-mines your peace of mind. Walk away from judgmental people, they do not know the struggle you are facing and what you have been through. Walk away from your mistakes and fears, they do not determine your fate. The more you walk away from things that poison your soul, the healthier your life will be.

—Dodinsky

Couples who share moments of humor and affection and who sync up biologically—like the proverbial two hearts beating as one—enjoy better health prospects and live longer than their more quarrelsome counterparts.

—Claudia Hasse and Robert Levenson

Overturing Roe requires another law be passed that ensures men bear equal responsibility for pregnancies. Call it the 'Personal Responsibility Act.' Using DNA as a verification, paternity for every embryo should be established and the male responsible obliged by law to support the woman and the child through the child's majority, including medical costs, living costs, education—all the costs a father normally assumes for his child. In addition, the child should have a full share of the father's estate if and when the father dies. If women cannot decide whether or not to carry a child, fathers should not be able to decide whether or not to support the woman and the child. It's about time men assumed responsibility for the consequences of their pleasure.

—Robert Veitch

Men, if you are over 50, leave the young girls alone and find a woman who understands the signs of a Stroke.

—Carolyn Hackett

Nature has given us all the pieces required to achieve exceptional wellness and health, but has left it to us to put these pieces together.

—Diane McLaren

Taking cocaine increases the chance of having a heart attack within the hour by 2,400%.

—*theChive*

Don't forget to drink water and get sunlight. You're basically a house plant with more complicated emotions.

—Internet Meme

For citizens of a wealthy country, Americans of every age, at every income level, are unusually likely to die, from guns, drugs, cars, and disease....The U.S. has more guns and gun violence than any other rich country. We have more drug overdose deaths than any other high-income country—both overall and on a per capita basis. The U.S. has a higher death rate from road accidents than Canada, Australia, Japan, South Korea, and the European Union. Even on a per miles-driven basis, the U.S. still has a higher death rate than much of Europe.

—Derek Thompson

As of 2017...U.S. students for 50 years made remarkable test score gains in math and steady ones in reading. Gaps between white students and students of color closed by one half or more...and progress was made toward closing the achievement gap between the 'haves' and the 'have nots.' The differential growth could be due to enhanced brain development before birth and in early childhood. Brains are muscles that, like other muscles, are affected by a child's nutrition, infections and exposures to air pollution, lead poisoning another environmental risks. Well-nourished children protected from disease and harmful chemicals enjoy healthier bodies, grow taller, run faster and have a greater mental capacity.

—Paul E. Petersen & M.  
Danish Shakeel

40 percent of premature deaths (premature meaning before you turn 75) are related to lifestyle choices. By the time you turn 60 years old, 75 percent of your health outcomes are determined by your choices.

—Dr. Michael Roizen

Research suggests that the psychological and social aspects of aging—that is, issues like loneliness and stress—can influence your biology, including how cells age and become susceptible to cancer. The take away: staying connected and managing chronic stress could help prevent cancer.

—Nicole Pajer

Americans are world leaders in the category of sitting on our butts. One pedometer analysis found that the typical American barely takes 5,000 steps a day. This was significantly fewer than residents of other countries in the study, including Australia (9,695 steps), Switzerland (9,650 steps), and Japan (7,168 steps). When you combine all of the sitting with America's array of calorie-dense food options, you get another feature of American exceptionalism: our obesity rates. At 40 percent among adults, the U.S. obesity rate is double the average of most European countries and eight times higher than Korea's or Japan's. Although the precise relationship between weight and health is contentious, the non-partisan Commonwealth Fund has stated bluntly that America's obesity levels are responsible for roughly one-fifth of deaths among American adults ages 40 to 85.

—Derek Thompson

Americans, as we get older, know that strength declines rapidly. By the time people are in their 60s and 70s, they're pretty frail, but [some] remain fairly physically active as they age because they're doing stuff. They have to lift things and carry things and do stuff that keeps them strong. And the end result is that they maintain that strength. Age doesn't naturally lead to frailty. Sure, none of us is as strong and swift at 63 as we were at 23, but the reason so many seniors in the developed world become so weak is, basically, because they believe loss of strength is inevitable and they give up on exercise. That belief is [a] myth. The most pernicious, the most serious, the most problematic, the most concerning way in which we think about exercise in the Western world is that as people get older it's kind of normal to be less physically active. As a result of this false belief, many older Americans stop exercising, which leads them to become less fit, which in turns causes them to exercise even less. It's a vicious circle that leads to what scientists term 'sarcopenia,' or loss of muscle mass and strength.

—Daniel Lieberman

'Breakfast is the most important meal of the day.'

This was a slogan made up by the originators of the Kellogg's company more than 100 years ago, not really based on any science. More detailed scientific studies in the last 100 years have mostly disagreed on it, and it depends more on the person and their personal and eating habits. But it's definitely false to simply say that breakfast is the most important meal.

—*BuzzFeed.com*

Nearly 1 in 10 high school students admitted they had tried to take their own life in the previous 12 months, according to a survey published by the *Centers for Disease Control and Prevention*, and 1 in 5 had seriously considered it.

Suicide rates among adolescents had risen nearly 53 percent between 2010 and 2020; it was now the second-leading cause of death for people ages 10 to 18. Then came the pandemic, and the lockdowns, and the isolation, and the increased reliance on virtual schooling and socializing. And everything got worse....Today, organizations from the *CDC* to the *American Academy of Pediatrics* and the *U.S. Surgeon General's Office* agree: We're in the throes of a mental health crisis for young people ages 10 and up.

—Stephen Perrine (2022)

Teens and tweens...have super powers that most older adults can only begin to understand. Superpowers granted to them by an array of social media apps on their smartphones....All of these smartphone apps and more give them the power to communicate with others anywhere, at any hour of the day, anonymously if they'd like—and often against the wishes of adults.

But as social media allows kids to reach out, it also others to reach them. Bullies, once limited to playgrounds and schoolyards, can now harass vulnerable children anywhere, at any time. Algorithms dictate what kids see on social media, feeding them a daily diet of content about their deepest passions, fears and insecurities. Scammers and sexual predators find it easy to access children: *The National Center for Missing and Exploited Children* (NCMEC) reported a 97.5 percent increase in 'online enticement—essentially, adults trying to lure children into sexual acts—from 2019 to 2020

—Stephen Perrine (2022)

When you compare the rates of increase in mood disorders in children and teens in 2009—before most teens were daily users of social media—to 2019—the last full year before COVID-19 made things even worse—the increases are generally between 50 percent and 150 percent. Self harm among young teen girls, in particular, is up about 180%. Boys and girls both have higher rates of anxiety and depression, but girls have suffered the greater impact. When kids have access to social media one to two hours per day, there is often no correlated increase in poor mental health. But as daily usage increases to three or more hours, increases in mental illness often become quite sharp.

—Jonathan Haidt

If you're a kid who has an identity that's not very represented in your offline world—say, you're the only Goth kid, you're the only violin player, you're the only gay kid—then your social network is probably critically important to your mental health. There are kids out there for whom social media has probably saved their lives.

—Megan Moreno, M.D.

The teeth of cavemen, anthropologists have marveled, were incredibly straight. Crooked teeth appear in the archaeological record only when our ancestors transitioned from chewing raw meat and vegetables to eating cooked and processed grains. Our jaws are now smaller and weaker from disuse, our teeth more crooked and crowded.

—Sarah Zhang

Eat poorly and don't exercise and your risk of heart disease, lung cancer, stroke, diabetes, and dementia skyrockets. Enjoy an occasional cheat day? Miss a couple days of workouts? Once a year, eat a quart of ice cream in one sitting? (Okay, maybe that's just me.)

Over the long haul, no big deal.

The key is to consistently—not perfectly, but consistently—make healthy choices that help prevent chronic disease and set you up for a long life. Don't smoke. Don't drink to excess. Get a good night's sleep. Eat a healthy diet. Exercise a few times a week.

Simple stuff. You know what to do. The key is actually doing it.

—Jeff Haden

Olfaction has always been our underdog sense. It's both primitive and complex, which makes it hard to study and harder still to transfer to our increasingly digital existence. Our scientific understanding of how smell works lags so far behind our grasp of hearing and (especially) vision, and smells cannot at this point be recorded or emailed or Instagrammed....The nose—or rather, the clump of sensory neurons high inside your nostrils—boasts about 400 receptor types. In 2004, Richard Axel and Linda Buck were awarded the Nobel Prize in physiology or medicine for discovering the genes that encode these receptors, which sit on the surfaces of specialized neurons, allowing them to shoot information down leggy axons much deeper into the brain, to one of the two olfactory bulbs where smells are processed. But we still can't fathom which odors many of the individual receptors recognize, let alone how they work in concert.

—Abigail Tucker

We should begin to think about aging well in our 20-30s as what we do then can impact our health in our later years. I compare it to investing. The sooner you begin, the greater your return in the long run. Healthy eating, regular, consistent exercise, social activities, and religious engagement! And by all means spend time on a yearly basis with a counselor! Getting rid of baggage and issues earlier in life make for a healthier future.

—Sylvia Smith

[The] study, Music as Medicine, [from the British Academy of Sound Therapy] tested 7,581 participants and found that 89 percent believed music to be essential for their health and wellbeing, so there's no doubt that it plays an important part in our daily lives.

While 90.15 percent participants used music to relax, 81.80 percent used it to make them feel happy, 46.5 percent to process and/or release sadness, and 32.53 percent to aid concentration.

The best music for relaxation had a slow tempo, simple melody and no lyrics, with an optimum listening time of 13 minutes—and many benefits were reported, including 'decreased muscle tension, negative thoughts disappearing, feeling peaceful and contented and being able to sleep better'.

—Helena Asprou

High-tempo music was...found to enhance performance during exercise—when women training heard pop songs with over 170 beats per minute, scientists found they began to put in more effort, particularly during endurance activities, such as running or cycling.

—Helena Asprou

When I was young I decided to go to medical school. At the entrance exam, we were asked to rearrange the letters PNEIS and form the name of an important human body part which is most useful when erect. Those who answered SPINE are doctors today, while the rest are on Facebook.

—Internet Meme

In Japan, a lot of people used face masks in public even before the pandemic as a precaution to not make OTHER PEOPLE sick. The consideration the Japanese people have regarding other people's wellbeing is admirable.

—*BuzzFee.com*  
Contributor

What doesn't kill you mutates and tries again.

—Internet Meme

Kombucha: The fermented tea could quench your thirst and improve your mood. Kombucha is packed with probiotics, and the live microorganisms appear to have antidepressant effects. Other fermented foods, including tempeh, miso, kimchi, and sauerkraut, could have similar impacts on mood. Eating fermented foods leads to a more diverse set of bacteria in the gut, [and] that tends to calm down our overactive immune systems. Fermented foods are one of the food categories that can have a big impact on mental health.

—Dr. Drew Ramsey

Cinnamon: A little cinnamon has big benefits on mood because it's loaded with antioxidants, combats inflammation, and protects against neurodegenerative diseases like dementia. It also appears to have a positive effect on mood, so go ahead and sprinkle the flavorful spice on toast or add it to coffee for a pinch of happiness.

—Jodi Helmer

Gun violence is a public health crisis that affects far more than the victims and perpetrators. The trauma ripples out to touch so many others. There are the dead, their dreams for the future dissolved. The families and friends torn apart by grief at the loss of a loved one. Communities that mourn for future leaders, thinkers and doers who will never have the chance to realize their potential.

There is more, of course. The simmering fear that comes with the certain knowledge that a mass shooting can happen anywhere. The anger at a government that is unable or unwilling to act forcefully to protect lives. The frustration at those who perpetuate the myth that more guns in more hands would improve anything or who throw up their hands and say nothing can be done.

—*The Virginian-Pilot &  
Daily Press*  
Editorial Board

Isn't man an amazing animal? He kills wildlife—birds, kangaroos, deer, all kinds of cats, coyotes, beavers, groundhogs, mice, foxes, and dingoes—by the millions in order to protect his domestic animals and their feed. Then he kills domestic animals by the billions and eats them. This in turn kills man by the million, because eating all those animals leads to degenerative—and fatal—health conditions like heart disease, kidney disease, and cancer. So then man tortures and kills millions more animals to look for cures for these diseases. Elsewhere, millions of other human beings are being killed by hunger and malnutrition because food they could eat is being used to fatten domestic animals. Meanwhile, some people are dying of sad laughter at the absurdity of man, who kills so easily and so violently, and once a year sends out a card praying for 'Peace on Earth.'

—C. David Coats

As you get older you realize that your diet isn't just what you eat, it's what you watch, what you read, who you follow and who you spend your time with. So if your goal is to have a healthier mind, you have to start by removing all the junk from your diet.

—*theChive*

You need to be healthy. You don't need to be thin. You don't need to be a certain size or shape or look good in a bikini. You need to be able to run without feeling like you're going to puke. You need to be able to walk up a flight of stairs without getting winded. You need to drink half your body weight in ounces of water every single day. You need to stretch and get good sleep and stop medicating every ache and pain. You need to stop filling your body with garbage like Diet Coke and fast food and lattes that are a million and a half calories. You need to take in fuel for you body that hasn't been processed and fuel for you mind that is positive and encouraging. You need to get up off the sofa or out of the bed and move around. Get out of the fog that you have been living in and see your life for what it is.

—Rachel Hollis

At eleven years old the doctor weighed me & afterwards, my mother told me i was too fat & that i needed to go on a diet immediately. for an entire year, food barely passed through my lips. i did not even allow myself to take a sip of water because i wanted to be so thin that i could blow away with the slightest breeze—disappear. i dropped sixty pounds in a few short months & i had to wear long sleeves to cover up the 'cat scratches.'—everybody told me how good i looked, though.

—Amanda Lovelace

Popcorn, chocolate, coffee, ice cream, and pizza. The five food groups. Health nuts are going to feel stupid one day, dying of nothing.

—Kelly Moran

The primary reason diseases tend to run in families may be that diets tend to run in families.

—Michael Greger

That boysenberry cream pie from the Thrift-E Mart may appear inviting, may, in fact, cause all nine hundred taste buds to carol from the tongue, but in the end, the sugars, the additives, the empty calories clog arteries, disrupt cells, generate fat, and rot teeth.

—Tom Robbins

1 billion people in the world are chronically hungry. 1 billion people are overweight.

—Mark Bittman

People are fed by the food industry, which pays no attention to health, and are treated by the health industry, which pays no attention to food.

—Wendell Berry

A human being is primarily a bag for putting food into; the other functions and faculties may be more godlike, but in point of time they come afterwards. A man dies and is buried, and all his words and actions are forgotten, but the food he has eaten lives after him in the sound or rotten bones of his children. I think it could be plausibly argued that changes of diet are more important than changes of dynasty or even of religion....Yet it is curious how seldom the all-importance of food is recognized. You see statues everywhere to politicians, poets, bishops, but none to cooks or bacon-curers or market gardeners.

—George Orwell

The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all automobile accidents combined. If beef is your idea of 'real food for real people' you'd better live real close to a real good hospital.

—Neal Barnard

Rest is not idle, is not wasteful. Sometimes rest is the most productive thing you can do for body and soul.

—Erica Layne

Lucky Charms are like the vampires of breakfast cereal. They're magical, they're delicious, they're a little bit dangerous and bad for you. They initially make you feel great, but then over time you realize that maybe your relationship with Lucky Charms is just a little bit unhealthy and you start to think, 'Maybe I don't want to be in a long-term relationship with a breakfast cereal that tastes delicious but damages my health.' But then the Lucky Charms gets all stalker on you and for some reason you kind of like that. It makes you feel special. So yeah, you spend your life with Lucky Charms. That's awesome. That's a great way to...get diabetes.

—John Green

Foods like potatoes, tomatoes, and peppers, all members of the Solanaceae flowering plant family, contain small amounts of naturally occurring nicotine. You probably know that nicotine is highly addictive and is often cited as the reason why it's so difficult to quit smoking. However, studies have shown that the nicotine found in food might actually be beneficial. In 2013, CBS reported that eating food containing nicotine actually reduced the risk of developing Parkinson's disease.

—Madison McGee at  
*BuzzFeed.com*

Teeth are the only problem that if you ignore them, they will go away.

—*theChive*



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