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

He who has health has hope; and he who has hope has everything. —Arabian proverb
Man needs difficulties; they are necessary for health. Carl Jung

Keep your vitality. A life without health is like a river without water. Maxime Lagacé
Three things in life – your health, your mission, and the people you love. That’s it. Naval Ravikant

A fit body, a calm mind, a house full of love. These things cannot be bought – they must be earned. Naval Ravikant
True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment. William Penn

Happiness is the highest form of health. Dalai Lama

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

A good laugh and a long sleep are the best cures in the doctor’s book. Irish proverb
It is exercise alone that supports the spirits, and keeps the mind in vigor. Marcus Tullius Cicero

The more you understand yourself, the more silence there is, the healthier you are. Maxime Lagacé
The greatest of follies is to sacrifice health for any other kind of happiness. Arthur Schopenhauer

What is called genius is the abundance of life and health. Henry David Thoreau
Doctors won’t make you healthy. Nutritionists won’t make you slim. Teachers won’t make you smart. Gurus won’t make you calm. Mentors won’t make you rich. Trainers won’t make you fit. Ultimately, you have to take responsibility. Save yourself. Naval Ravikant

See also: confidence quotes, change quotes, smile quotes

Download your free pdf

**The Best Health Quotes**

Go to table of contents

- The greatest wealth is health. Virgil [Click to tweet](#)
- Let food be thy medicine and medicine be thy food. Hippocrates
- Health is a vehicle, not a destination. Joshua Fields Millburn
- When the heart is at ease, the body is healthy. Chinese proverb
In a disordered mind, as in a disordered body, soundness of health is impossible. Marcus Tullius Cicero

Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it. Ann Wigmore

Good health and good sense are two of life’s greatest blessings. Publilius Syrus

Give a man health and a course to steer, and he’ll never stop to trouble about whether he’s happy or not. George Bernard Shaw

The scientific truth may be put quite briefly; eat moderately, having an ordinary mixed diet, and don’t worry. Robert Hutchison

Happiness is nothing more than good health and a bad memory. Albert Schweitzer Click to tweet

Before healing others, heal yourself. Gambian saying Click to tweet

I believe that the greatest gift you can give your family and the world is a healthy you. Joyce Meyer

Moderation. Small helpings. Sample a little bit of everything. These are the secrets of happiness and good health. Julia Child

Nobody can be in good health if he does not have all the time fresh air, sunshine and good water. Flying Hawk (Native American saying)

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

Keeping your body healthy is an expression of gratitude to the whole cosmos – the trees, the clouds, everything. Thich Nhat Hanh

Life is like a tree and its root is consciousness. Therefore, once we tend the root, the tree as a whole will be healthy. Deepak Chopra

True friendship is like sound health; the value of it is seldom known until it is lost. Charles Caleb Colton

Good humor is the health of the soul, sadness is its poison. Philip Stanhope, 4th Earl of Chesterfield

Sickness – nature’s vengeance for violating her laws. Charles Simmons
After dinner rest a while; after supper walk a mile. T. Cogan

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

The wish for healing has always been half of health. Lucius Annaeus Seneca Click to tweet

Your body hears everything your mind says. Naomi Judd

What Is Health?

Go to table of contents

Health consists with temperance alone. Alexander Pope Click to tweet

Health is a relationship between you and your body. Unknown

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

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

Part 2. Health Quotes That Are…

The Most Famous Health Quotes (Emerson, Buddha, Mother Teresa, etc.)

Go to table of contents

Early to bed and early to rise, makes a man healthy, wealthy and wise. Benjamin Franklin

Click to tweet

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship. Buddha

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. John F. Kennedy

I have chosen to be happy because it is good for my health. Voltaire

When a man is ill his very goodness is sickly. Friedrich Nietzsche

An apple a day keeps the doctor away. Unknown

Eat to live, not live to eat. Socrates
Health is the first muse, comprising the magical benefits of air, landscape, and bodily exercise on the mind. **Ralph Waldo Emerson**

I stand in awe of my body. Henry David Thoreau

There is one consolation in being sick; and that is the possibility that you may recover to a better state than you were ever in before. Henry David Thoreau

Our bodies are our gardens – our wills are our gardeners. William Shakespeare

Prevention is better than cure. Desiderius Erasmus

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

I am confident that nobody will accuse me of selfishness if I ask to spend time, while I am still in good health, with my family, my friends and also with myself. Nelson Mandela

Money doesn’t mean anything to me. I’ve made a lot of money, but I want to enjoy life and not **stress** myself building my bank account. I give lots away and live simply, mostly out of a suitcase in hotels. We all know that good health is much more important. Keanu Reeves

Love is not as important as good health. You cannot be in love if you’re not healthy. You can’t appreciate it. Bryan Cranston (Breaking Bad)

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 rather not. Mark Twain

The really important thing is not to live, but to live well… and to live well means the same thing as to live honourably or rightly. Socrates

The best doctors gives the least medicine. Benjamin Franklin **Click to tweet**

Nothing is more fatal to health, than an over care of it. Benjamin Franklin

Walking is the best possible exercise. Habituate yourself to walk very far. Thomas Jefferson

Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits. Thomas Jefferson

Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning. Thomas Jefferson

The doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet, and in the causes and prevention of disease. Thomas Edison
Healthy citizens are the greatest asset any country can have. Winston Churchill

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

Health is not valued until sickness comes. Thomas Fuller

More famous quotes

See also: 27 Health and Nutrition Tips That Are Actually Evidence-Based

**Short Health Quotes**

Go to table of contents

One-liners, short health quotes, thoughts, sayings and captions for your bio, New Year wishes, social status, self-talk, motto, mantra, signs, posters, wallpapers, backgrounds.

- The first wealth is health. Ralph Waldo Emerson [Click to tweet]
- Fresh air impoverishes the doctor. Danish proverb
- Health and intellect are the two blessings of life. Menander
- Eating is overrated and sleep is underrated. @AmuseChimp
- Well-being is enough wealth. Lailah Gifty Akita
- Let your body be your holy temple. Lailah Gifty Akita
- Garbage in garbage out. George Fuechsel
- **Inhale. Exhale.** Unknown
- Having a healthy mind is just as important as a healthy body. Unknown
- Eat right, exercise regularly, die anyway. Unknown
- If you think wellness is expensive, try illness. Unknown
- An ounce of prevention is worth a pound of cure. Unknown
- Your health is an investment, not an expense. Unknown
- A man grows most tired while standing still. Chinese proverb [Click to tweet]
- If you would live long, open your heart. Bulgarian saying
There are some remedies worse than the disease. Publilius Syrus

Health and cheerfulness are brothers. William Hardcastle Browne

When the head aches, all the body is the worse. English proverb

He who can believe himself well, will be well. Ovid

More short quotes

You may also like:
Inspirational And Motivational Health Quotes

Cheerfulness is the best promoter of health and is as friendly to the mind as to the body. Joseph Addison Click to tweet

Most people have no idea how good their body is designed to feel. Kevin Trudeau

Know, then, whatever cheerful and serene supports the mind supports the body too. John Armstrong

Your body holds deep wisdom. Trust in it. Learn from it. Nourish it. Watch your life transform and be healthy. Bella Bleue

Embrace and love your body. It’s the most amazing thing you will ever own. Unknown (Submitted by the Wisdom Quotes Community)

The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results. Tony Robbins

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

Most of us would be upset if we were accused of being ‘silly.’ But the word ‘silly’ comes from the old English word ‘selig’ and its literal definition is ‘to be blessed, happy, healthy and prosperous’. Zig Ziglar

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

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
If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health. Hippocrates

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

Look up, laugh loud, talk big, keep the color in your cheek and the fire in your eye, adorn your person, maintain your health, your beauty and your animal spirits. William Hazlitt

Knowing that we can be loved exactly as we are gives us all the best opportunity for growing into the healthiest of people. Fred Rogers

But the real secret to lifelong good health is actually the opposite: Let your body take care of you. Deepak Chopra

See also: strength quotes, motivation quotes

Funny And Surprising Health Quotes

Go to table of contents

I drive way too fast to worry about cholesterol. Steven Wright Click to tweet

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

It’s so boring to eat broccoli but so good for my health. Maxime Lagacé

You’re in pretty good shape for the shape you are in. Dr. Seuss

The second day of a diet is always easier than the first. By the second day you’re off it. Jackie Gleason

I know a man who gave up smoking, drinking, sex, and rich food. He was healthy right up to the day he killed himself. Johnny Carson

Exercise is a dirty word. Every time I hear it, I wash my mouth out with chocolate. Charles M. Schulz

After these two, Dr. Diet and Dr. Quiet, Dr. Merriman is requisite to preserve health. James Howell

Rule No.37. The whiter the bread, the sooner you’ll be dead. Michael Pollan

Health of body and mind is a great blessing, if we can bear it. John Henry Cardinal Newman

A man’s health can be judged by which he takes two at a time – pills or stairs. Joan Welsh
Good health is not something we can buy. However, it can be an extremely valuable savings account. Anne Wilson Schaef

If I’d known I was going to live this long, I’d have taken better care of myself. Eubie Blake

Anybody’s soap is superior to somebody else’s stink killer. Martin H. Fischer

Health is merely the slowest way someone can die. Unknown

Many people treat their bodies as if they were rented from Hertz – something they are using to get around in but nothing they genuinely care about understanding. Chungliang Al Huang

To be stupid and selfish and to have good health are the three requirements for happiness. Though if stupidity is lacking, the others are useless. Stefan Sagmeister

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

First need in the reform of hospital management? That’s easy! The death of all dietitians, and the resurrection of a French chef. Martin H. Fischer

Doctors are always working to preserve our health and cooks to destroy it, but the latter are the more often successful. Denis Diderot

Joy and temperance and repose, slam the door on the doctor’s nose. Henry Wadsworth Longfellow [Click to tweet]

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

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

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

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

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

Deep And Emotional Health Quotes
The part can never be well unless the whole is well. Plato

It is no measure of health to be well adjusted to a profoundly sick society. Jiddu Krishnamurti

Objection, evasion, joyous distrust, and love of irony are signs of health; everything absolute belongs to pathology. Friedrich Nietzsche

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

How sickness enlarges the dimension of a man’s self to himself! Charles Lamb

A sad soul can kill you quicker than a germ. John Steinbeck

Happiness lies, first of all, in health. George William Curtis

If man thinks about his physical or moral state he usually discovers that he is ill. Johann Wolfgang von Goethe

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

Promise a great and total change — from poor to rich, sickness to health, misery to ecstasy — and you will have followers. Robert Greene

The root of all health is in the brain. The trunk of it is in emotion. The branches and leaves are the body. The flower of health blooms when all parts work together. Kurdistan Saying

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

Sickness always brings the soul nearer to God. James Lendall Basford

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

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 sound mind in a sound body, is a short, but full description of a happy state in this world: he that has these two, has little more to wish for; and he that wants either of them, will be little the better for anything else. John Locke

We are healthy only to the extent that our ideas are humane. Kurt Vonnegut
Diseases of the soul are more dangerous and more numerous than those of the body. Marcus Tullius Cicero

Illness tells us what we are. Italian saying

More deep quotes

Wise Health Quotes (Words Of Wisdom)

Go to table of contents

To avoid sickness eat less; to prolong life worry less. Chu Hui Weng Click to tweet

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

The appearance of a disease is swift as an arrow; its disappearance slow, like a thread. Chinese proverb

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

No time for your health today, no health for your time tomorrow. Thibaut

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

Love, success, family and friends all come after my health. No health, no enjoyment. Maxime Lagacé

If you are going to heal in a magnificent way, you have to feel magnificent. Joe Dispenza

My number one priority in life, above my happiness, above my family, above my work, is my own health. It starts with my physical health. Naval Ravikant

So many people spend their health gaining wealth, and then have to spend their wealth to regain their health. A.J. Reb Materi

In minds crammed with thoughts, organs clogged with toxins, and bodies stiffened with neglect, there is just no space for anything else. Alison Rose Levy

When wealth is lost, nothing is lost; when health is lost, something is lost; when character is lost, all is lost. Billy Graham

If by gaining knowledge we destroy our health, we labour for a thing that will be useless in our hands. John Locke
Look to your health; and if you have it, praise God, and value it next to a good conscience; for health is the second blessing that we mortals are capable of; a blessing that money cannot buy. Izaak Walton

See also: gratitude quotes

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

Criticism may not be agreeable, but it is necessary. It fulfills the same function as pain in the human body. It calls attention to an unhealthy state of things. Winston Churchill

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

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

When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied. Herophilus

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

What man is happy? He who has a healthy body, a resourceful mind, and a docile nature. Thales Of Miletus

There is no one giant step that does it. It’s a lot of little steps. Unknown

Those who think they have no time for healthy eating… will sooner or later have to find time for illness. Edward Stanley

We drink to one another’s health and spoil our own. Jerome K. Jerome

Don’t defy the diagnosis, try to defy the verdict. Norman Cousins

Disease is somatic; the suffering from it, psychic. Martin H. Fischer

Your prayer must be for a sound mind in a sound body. Juvenal

More wisdom quotes

Part 3. Health Quotes About…
Health Quotes About Healing, Illness, Bad Health

Go to table of contents

| It is part of the cure to want to be cured. Seneca Click to tweet |
| The best and most efficient pharmacy is within your own system. Robert C. Peale |
| He who takes medicine and neglects to diet wastes the skill of his doctors. Chinese proverb |
| The soul always knows what to do to heal itself. The challenge is to silence the mind. Caroline Myss |
| If you want to enjoy health, start this very moment to cleanse your consciousness of all wrong thinking and rid it of every thought except the thought of love. James B. Schafer |
| Each patient carries his own doctor inside him. They come to us now knowing this truth. We are at our best when they give the doctor who resides within each patient a chance to go to work. Albert Schweitzer |
| Healing is a matter of time, but it is sometimes also a matter of opportunity. Hippocrates |
| Illness is the result of imbalance. Imbalance is a result of forgetting who you are. Forgetting who you are creates thoughts and actions that lead to an unhealthy lifestyle and eventually to illness…. Illness can thus be understood as a lesson you have given yourself to help you remember who you are. Barbara Brennan |
| Build up your health. Do not dwell in silence upon your sorrows. Swami Vivekananda |
| We need to change the culture of this topic and make it OK to speak about mental health and suicide. Luke Richardson |
| Doctors don’t know everything really. They understand matter, not spirit. And you and I live in the spirit. William Saroyan |
| You are not a mistake. You are not a problem to be solved. But you won’t discover this until you are willing to stop banging your head against the wall of shaming and caging and fearing yourself. Geneen Roth |
| The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention… A loving silence often has far more power to heal and to connect than the most well-intentioned words. Rachel Naomi Remen |
| Healing is not linear. Unknown |
A certain darkness is needed to see the stars. Unknown

Switch your mentality from “I’m broken and helpless” to “I’m growing and healing” and watch how your life changes, for the better. Unknown

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

The best six doctors anywhere and no one can deny it are sunshine, water, rest, air, exercise and diet. Wayne Fields

No matter how much it gets abused, the body can restore balance. The first rule is to stop interfering with nature. Deepak Chopra

The natural healing force in each one of us is the greatest force in getting well. Hippocrates

The most important thing in illness is never to lose heart. Nikolai Lenin

It’s so important to realize that every time you get upset, it drains your emotional energy. Losing your cool makes you tired. Getting angry a lot messes with your health. Joyce Meyer

The day we decide to drop the flimsy makeshift scenarios in our cluttered mind and eschew the ‘alleluias’ of self-importance, life can become genuine, lucid and graceful, like a flow of wellness in the glow of a new morning. Erik Pevernagie

I got well by talking. Death could not get a word in edgewise, grew discouraged, and traveled on. Louise Erdrich

Addiction brings apathy. Break the apathy, and you break the addiction. Mango Wodzak

If I had not been already been meditating, I would certainly have had to start. I’ve treated my own depression for many years with exercise and meditation, and I’ve found that to be a tremendous help. Judy Collins

Every symptom has a story to tell about your life. A fascinating story, that can reveal the complex links between your body, mind, emotions and spirit. Kristina Turner

Happiness is a healed heart. Lailah Gifty Akita

If we seek solitary retreat, you will be more often refreshed. Lailah Gifty Akita

Often it’s the deepest pain which empowers you to grow into your highest self. Karen Salmansohn
A healthy outside starts from the inside. Robert Urich

Health and cheerfulness naturally beget each other. Joseph Addison

Happiness is when what you think, what you say, and what you do are in harmony. Mahatma Gandhi

The ability to be in the present moment is a major component of mental wellness. Abraham Maslow

To me, good health is more than just exercise and diet. It’s really a point of view and a mental attitude you have about yourself. Albert Schweitzer

Mental health isn’t all of me, but it’s a massive part of my journey and a massive part of my whole being. Adwoa Aboah

A merry heart doeth good like a medicine, but a broken spirit dries the bones. Proverbs 17:22

Just as a candle cannot burn without fire, men cannot live without a spiritual life. Buddha

People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar. Thich Nhat Hanh

It’s better to be healthy alone than sick with someone else. Phil McGraw

Know your worth. Unknown

Take care of your mind, your body will thank you. Take care of your body, your mind will thank you. Debbie Hampton

People who laugh actually live longer than those who don’t laugh. Few persons realize that health actually varies according to the amount of laughter. James J. Walsh

You can look in the mirror and find a million things wrong with yourself. Or you can look in the mirror and think, ‘I feel good, I have my health, and I’m so blessed.’ That’s the way I choose to look at it. Isla Fisher

The existence of illness in the body may no doubt be called a shadow of the true illness which is held by man in his mind. Hazrat Khan

You are as important to your health as it is to you. Terri Guillemets (quotegarden.com)
The human body has been designed to resist an infinite number of changes and attacks brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body. Harry J. Johnson

With every pill we have prescribed for us we should also be given a creative prayer, a suggested way to correct our destructive patterns of thought. Ernest Holmes

Hell is wanting to be somewhere different from where you are. Being one place and wanting to be somewhere else… Wanting life to be different from what it is. That’s also called leaving without leaving. Dying before you die. It’s as if there is a part of you that so rails against being shattered by love that you shatter yourself first. Geneen Roth

The existence of illness in the body may no doubt be called a shadow of the true illness which is held by man in his mind. Hazrat Khan

See also: zen quotes

A bodily disease, which we look upon as whole and entire within itself, may, after all, be but a symptom of some ailment in the spiritual part. Nathaniel Hawthorne

When you discover something that nourishes your soul and brings joy, care enough to make room for it in your life. Jean Shinoda Bolen

I am mentally ill. I can say that. I am not ashamed of that. I survived that, I’m still surviving it, but bring it on. Carrie Fisher

If you have a bad thought about yourself, tell it to go to hell because that’s exactly where it came from. Brigham Young

Whoever count his blessings, shall be content. Lailah Gifty Akita

Health is more about wellness rather than sickness. Matt Purcell

The groundwork for all happiness is good health. Leigh Hunt

An imaginary ailment is worse than a disease. Yiddish proverb Click to tweet

**Health Quotes About Nutrition, Eating Healthy, Healthy Food, Water**

Go to table of contents

Man is what he eats. Lucretius Click to tweet

Exercise is king. Nutrition is queen. Put them together and you’ve got a kingdom. Jack Lalanne
Our children’s health and well-being are dependent on our commitment to promoting food access and good eating habits at home, at school and in the community. Rod Blagojevich

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

Any food that requires enhancing by the use of chemical substances should in no way be considered a food. John H. Tobe

Sugar is the most addictive drug in the world. Limiting it and totally eliminating it will make your mind clear, give you more energy, and increase stamina. You’ll have the drive to create a better life instead of making excuses for your shortcomings. Ralph Napolitano

Wine is the most healthful and most hygienic of beverages. Louis Pasteur

If you can’t pronounce it, don’t eat it. Unknown

When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need. Ayurvedic proverb

Tell me what you eat, and I will tell you what you are. G.K. Chesterton

Processed foods not only extend the shelf life, but they extend the waistline as well. Karen Sessions

Don’t eat anything incapable of rotting. Michael Pollan

If it came from a plant, eat it. If it was made in a plant, don’t. Michael Pollan

Don’t eat anything your great-great grandmother wouldn’t recognize as food. Michael Pollan

Eat food. Not too much. Mostly plants. Michael Pollan

We know that food is a medicine, perhaps the most powerful drug on the planet with the power to cause or cure most disease. Dr Mark Hyman

A man too busy to take care of his health is like a mechanic too busy to take care of his tools. Spanish proverb

Even in this high-tech age, the low-tech plant continues to be the key to nutrition and health. Jack Weatherford

Today more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies, and lack of physical exercise. Mike Adams
If you need medical advice, let these three things be your physicians; a cheerful mind, relaxation from business, and a moderate diet. Schola Salern

Drinking water is essential to a healthy lifestyle. Stephen Curry

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

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

Preserving the health by too strict a regimen is a wearisome malady. François Duc de la Rochefoucauld

Water is life, and clean water means health. Audrey Hepburn

See also: What are the top healthful foods?

Quotes About Healthy Lifestyle, Wellness, Awareness, Taking Care Of Yourself

Go to table of contents

Life is not merely to be alive, but to be well. Marcus Valerius Martial Click to tweet

A fit, healthy body – that is the best fashion statement. Jess C. Scott

Sleep is that golden chain that ties health and our bodies together. Thomas Dekker

The best advice is found on the pillow. Danish proverb

Eat well, drink in moderation, and sleep sound, in these three good health abounds. Latin proverb

Ill health is due to man’s artificiality of living. He lives indoors. He becomes, as it were, a hothouse plant. Such a plant is never as successful as a hardy garden plant is. An outdoor life is necessary to health and success, especially in a youth. Alexander Graham Bell

Health is a state of body. Wellness is a state of being. J. Stanford

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

Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being. Greg Anderson
Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. World Health Organization

Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open. B.K.S. Iyengar

To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life. William Londen

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

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

Eliminating the things you love is not wellness. Wellness feeds your soul and makes you feel good. Iman

Nurturing yourself is not selfish – it’s essential to your survival and your well-being. Renee Peterson Trudeau

As I see it, every day you do one of two things: build health or produce disease in yourself. Adelle Davis

Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries. Mark Halperin

The power of community to create health is far greater than any physician, clinic or hospital. Mark Hyman

Rest when you’re weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work. Ralph Marston

Those obsessed with health are not healthy; the first requisite of good health is a certain calculated carelessness about oneself. Sydney J. Harris

Good health is a duty to yourself, to your contemporaries, to your inheritors, to the progress of the world. Gwendolyn Brooks

Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness. Laurette Gagnon Beaulieu

See also: 13 Ways to Take Care of Yourself Every Day
Wellness is not a ‘medical fix’ but a way of living – a lifestyle sensitive and responsive to all the dimensions of body, mind, and spirit, an approach to life we each design to achieve our highest potential for well-being now and forever. Greg Anderson

Wellness is the compete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being. Greg Anderson

Wellness seeks more than the absence of illness; it searches for new levels of excellence. Beyond any disease-free neutral point, wellness dedicates its efforts to our total well-being – in body, mind, and spirit. Greg Anderson

Wellness, I came to realize, will not happen by accident. It must be a daily practice, especially for those of us who are more susceptible to the oppressiveness of the world. Jenna Wortham

A great hallmark of mental wellness is the ability to be in the present moment, fully and with no thoughts of being elsewhere. Wayne Dyer

A healthy lifestyle is the most potent medicine at your disposal. Sravani Saha Nakhro

Self-care is how you take your power back. Lalah Delia

**Quotes About Healthcare, Medicine**

Go to table of contents

The wellness and prevention market will outgrow the health care market. Leroy Hood [Click to tweet](#)

If you look at healthcare today, it’s all about disease. It’s not about understanding wellness at all. Leroy Hood

America’s health care system is neither healthy, caring, nor a system. Walter Conkite

I appreciate health care that gets to the root cause of our symptoms and promotes wellness, rather than the one-size-fits-all drug-based approach to treating disease. I love maintaining an optimal quality of life – naturally. Suzanne Somers

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

Mainstream medicine would be way different if they focused on prevention even half as much as they focused on intervention. Unknown

The goal of real healthcare reform must be high-quality, universal coverage in a cost-effective way. Bernie Sanders
The U.S. has the most dysfunctional healthcare system in the industrial world, has about twice the per capita costs, and some of the worst outcomes. It’s also the only privatized system. Noam Chomsky

Healthcare is the cornerstone of the socialist state. It is the crown jewel of the welfare state. Monica Crowley

Access to maternal healthcare is a human right. Christy Turlington

There should be choice in healthcare. Anne Wojcicki

America’s health care system is in crisis precisely because we systematically neglect wellness and prevention. Tom Harkin

True healthcare reform starts in your kitchen, not in Washington. Unknown

Quotes About Physical Exercise, Walking, Running, Fitness, Yoga

Go to table of contents

A feeble body weakens the mind. Jean-Jacques Rousseau [Click to tweet]

Walking is man’s best medicine. Hippocrates

An early-morning walk is a blessing for the whole day. Henry David Thoreau

In every walk with nature one receives far more than he seeks. John Muir

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. Plato

Exercise is the key not only to physical health but to peace of mind. Nelson Mandela

Yoga is at the core of my health and wellness routine; even if it’s only for 10 to 15 minutes I find it helps me to re-center and to focus as well as improve my overall core strength. Miranda Kerr

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

Sedentary people are apt to have sluggish minds. A sluggish mind is apt to be reflected in flabbiness of body and in a dullness of expression that invites no interest and gets none. Rose Fitzgerald Kennedy

The five S’s of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit. Ken Doherty
True enjoyment comes from activity of the mind and exercise of the body; the two are ever united. Wilhelm von Humboldt

Strength does not come from the physical capacity. It comes from an indomitable will. Mahatma Gandhi

Our growing softness, our increasing lack of physical fitness, is a menace to our security. John F. Kennedy

Your body is a temple, but only if you treat it as one. Astrid Alauda

Movement is a medicine for creating change in a person’s physical, emotional, and mental states. Carol Welch

We do not stop exercising because we grow old – we grow old because we stop exercising. Kenneth Cooper

Your body is the church where Nature asks to be reverenced. Marquis de Sade

My father considered a walk among the mountains as the equivalent of churchgoing. Aldous Huxley

Walking is cheap, fun, safe and acceptable exercise. Annie Taylor

Running is alone time that lets my brain unspool the tangles that build up over days. Rob Haneisen

Running allows me to set my mind free. Nothing seems impossible. Nothing unattainable. Kara Goucher

Run often. Run long. But never outrun your joy of running. Julie Isphording

If you want to change your body, exercise. If you want to change your life, become a runner. Unknown

Being healthy and fit isn’t a fad or a trend, it’s a lifestyle. Unknown

Remember that any exercise is better than no exercise. Unknown

See also: 8 Ways Fitness Changed My Life

If you’re too busy to workout, your priorities need to change. I can’t think of too many things more important than your health. Rolsey
Developing inner values is much like physical exercise. The more we train our abilities, the stronger they become. The difference is that, unlike the body, when it comes to training the mind, there is no limit to how far we can go. Dalai Lama

The very heart of yoga practice is ‘abyhasa’ – steady effort in the direction you want to go. Sally Kempton

Yoga means addition – addition of energy, strength and beauty to body, mind and soul. Amit Ray

Yoga is invigoration in relaxation. Freedom in routine. Confidence through self-control. Energy within and energy without. Ymber Delecto

Yoga is the journey of the self, through the self, to the self. Bhagavad Gita

Yoga is 99% practice and 1% theory. Sri Krishna Pattabhi Jois

Yoga teaches you how to listen to your body. Mariel Hemingway

For every hour Charles Dickens wrote, he walked an hour. Mary Pipher

To enjoy the glow of good health, you must exercise. Gene Tunney Click to tweet

Part 4. Conclusion

Go to table of contents

Take care of your body. It’s the only place you have to live. Jim Rohn Click to tweet

Call to action: Read 20 Simple Strategies for Getting Healthy

Table Of Contents

Part 1
Top 15 Images
Best Health Quotes
What Is Health?

Part 2
Quotes That ARE
Famous
Short
Inspirational
Part 3
Health Quotes ABOUT Healing Mental Health Nutrition Healthy Lifestyle Healthcare Exercise

Part 4
Conclusion