

Quotes

All the leaves of the tree are for the healing of the nations. ~ **Revelation 22:2**

The Lord hath created medicines out of the earth; and he that is wise will not abhor them. ~**Ecclesiastics 38:4**

Natural forces within us are the true healers of disease. ~ **Hippocrates**

Let food be thy medicine; and medicine be thy food. ~**Hippocrates**

Of several remedies, the physician should choose the least sensational. ~**Hippocrates**

Cure sometimes, treat often, comfort always. ~**Hippocrates**

Everything in excess is opposed to nature. ~**Hippocrates**

Extreme remedies are very appropriate for extreme diseases. ~**Hippocrates**

Healing is a matter of time, but it is sometimes also a matter of opportunity. ~**Hippocrates**

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**

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

Keep a watch also on the faults of the patients, which often make

them lie about the taking of things prescribed. ~**Hippocrates**

Make a habit of two things: to help; or at least to do no harm. ~**Hippocrates**

Many admire, few know. ~**Hippocrates**

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Prayer indeed is good, but while calling on the gods a man should himself lend a hand. ~**Hippocrates**

Science is the father of knowledge, but opinion breeds ignorance. ~**Hippocrates**

There is in fact two things, science and opinion; the former begets knowledge, the later ignorance. ~**Hippocrates**

To do nothing is also a good remedy. ~**Hippocrates**

Walking is man's best medicine. ~**Hippocrates**

Whenever a doctor cannot do good, he must be kept from doing harm.
~**Hippocrates**

Wherever the art of medicine is loved, there is also a love of humanity.
~**Hippocrates**

In nothing do men more nearly approach the gods than in giving health to men.
~ **Cicero**

The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated.
~**Plato**

And we have made of ourselves living cesspools, and driven doctors to invent names for our diseases. ~ **Plato**

Medicine sometimes snatches away health, sometimes gives it. ~**Ovid**

Kindness is a language which the deaf can hear and the blind can see. ~ **Anon.**

That proper nutrition and leading a healthy life style are the twin strategies to wellbeing and remaining disease free is surely not a difficult concept to grasp; and they are achievable goals. ~**Dr. Paul J. Thanikal**

Financial ruin from medical bills is almost exclusively a modern disease.
~**Dr Paul J. Thanikal**

So many doctors come to the sickroom thinking of themselves as men of science fighting disease and not as healers with a little knowledge; helping nature to get a sick man well. ~**Auckland Geddes**

Body and soul cannot be separated for purposes of treatment, for they are one and indivisible. Sick minds must be healed as well as sick bodies. ~**C. Jeff Miller**

The patient does not care about your science; what he wants to know is, can you cure him? ~**Martin H. Fischer**

In the sick room, ten cents' worth of human understanding equals ten dollars' worth of medical science. ~**Martin H. Fischer**

It is a wise man's part, rather to avoid sickness, than to wish for medicines. ~**Thomas More**

To array a man's will against his sickness is the supreme art of medicine.
~**Henry Ward Beecher**

Drugs are not always necessary. Belief in recovery always is. ~**Norman Cousins**

There is no curing a sick man who believes himself to be in health. ~**Henri Amiel**

The worst thing about medicine is that one kind makes another necessary. ~**Elbert Hubbard**

Poisons and medicines are oftentimes the same substance given with different intents. ~**Peter Mere Latham**

Symptoms then are in reality nothing but the cry from suffering organs.
~**Jean Martin Charcot**

Diagnosis is not the end, but the beginning of practice. ~**Martin H. Fischer**

It is not a case we are treating; it is a living, palpitating, alas, too often suffering fellow creature. ~**John Brown**

Medicines heal doubts as well as diseases. ~**Karl Marx**

When a lot of remedies is suggested for a disease that means it cannot be cured. ~**Anton Chekhov**

Faith and knowledge lean largely upon each other in the practice of medicine.
~**Peter Mere Latham**

Doctors give drugs of which they know little,
into bodies, of which they know less,
for diseases of which they know nothing at all. ~ **Voltaire**

When you treat a disease, first treat the mind. ~ **Chen Jen**

Cancer is a word, not a sentence. ~**John Diamond**

He is the best physician that knows the worthlessness of the most medicines.
~**Benjamin Franklin**

The best doctor gives the least medicines. ~ **Benjamin Franklin**

Without health there is no happiness. An attention to health, then, should take the place of every other object. ~**Thomas Jefferson**

The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease. ~**Thomas Edison**

The doctor may also learn more about the illness from the way the patient tells the story than from the story itself. ~**James B. Herrick**

There is a principle which is a bar against all information, which is proof against all argument, and which cannot fail to keep man in everlasting ignorance. That principle is condemnation without investigation. ~ **Herbert Spencer**

Orthomolecular therapy consists in the prevention and treatment of disease by varying the concentrations in the human body of substances that are normally present. ~ **Linus Pauling**

Bernard Rimland calls drugs 'toximolecular medicines' meaning involving toxic molecules instead of the 'correct' molecules of orthomolecular medicine. I agree with his choice of words. ~**Linus Pauling**

Do not let either the medical authorities or the politicians mislead you. Find out what the facts are, and make your own decisions about how to live a happy life and how to work for a better world. ~**Linus Pauling**

It has been known for many years that cancer patients have depressed circulating, cellular, and tissue ascorbate reserves, and

ascorbate is involved in many aspects of host resistance to cancer. ~Ewan Cameron

Nobody knows anything about the area of dietary supplementation, but the National Institutes of Health knows for sure it is impossible. ~**Ruth F. Harrell**

ADHD is not a disease; it is a nutritional deficiency ~**Lendon H. Smith**

I would like the whole world to know schizophrenia is an illness as physical as a broken leg. ~**Sister Theresa Feist**

Discovery consists of seeing what everybody has seen, and thinking what nobody has thought. ~**Albert Szent-Györgyi**

Man is a food-dependent creature. If you do not feed him, he will die. If you feed him improperly, part of him will die. ~ **Emanuel Cheraskin**

When in doubt, try nutrition first. **Roger J. Williams**

For every drug that benefits a patient, there is a natural substance that can achieve the same effect. ~ **Pfeiffer's La**

When you are sick of sickness, you are no longer sick. ~**old Chinese saying**

It is supposed to be a secret, but I will tell you anyway. We doctors do nothing. We only help and encourage the doctor within. ~ **Albert Schweitzer.**

If we doctors threw all our medicines into the sea, it would be that much better for our patients and that much worse for the fishes. ~**Oliver Wendell Holmes**

Modern medicine's narrow approach, to treat every disease as if it were a drug deficiency, has resulted in a steep price for humanity. . . ~ **Bill Sardi**

The specific disease doctrine is the grand refuge of weak, uncultured, unstable minds such as now rule in the medical profession. ~ **Florence Nightingale**

The medical profession is a conspiracy to hide its own shortcomings. No doubt the same may be said of all professions. They are all conspiracies against the laity. Until there is a practicable alternative to blind trust in the doctor, the truth about the doctor is so terrible that we dare not face it. ~ **George Bernard Shaw**

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The physician is Nature's assistant. ~ **Claudius Galen (c. AD 129 -AD 216)**

People's minds are changed through observation and not through argument. ~ **Will Rogers**

In one human lifetime:

Your eyes will blink 450 million times, you will breathe 650 million times, you will grow 1,000 layers of skin, your nails will grow 7 feet, you will lose 70 miles of hair from your head... And your heart will beat 2,500,000,000 times!

If you rub your forearm briskly for a few seconds, 300,000 skin cells will come off of it. By age 70, you will shed 105 pounds of skin.

Your bones are 50% water.

IN ONE DAY: a person doing light work sweats three quarts of water... and a baby cries an average of 133 minutes.

By the time you are 88 years old, you have consumed 300 tons of food, air and water. ~ **R. Buckminster Fuller**

One-quarter of what you eat keeps you alive. The other three-quarters keeps your doctor alive. ~ **Hieroglyph found in an ancient Egyptian tomb**

There is no such thing as freedom of choice unless there is freedom to refuse. ~ **David Hume**

There is enough in the world for everyone's need, but not enough for everyone's greed. ~ **Mahatma Gandhi**

When all the land is destroyed, and all the fish are dead, then will the white man learn that he can't eat money. ~ **Native American saying**

The germ is nothing; the terrain is everything. ~ **Louis Pasteur**

Not only is example the best way to teach, it is the only way. ~ **Albert Schweitzer**

Never does nature say one thing and wisdom another. ~ **Juvenal**

What ails the physician that he dies of the disease
That he would have cured in time gone by?
There died alike he who administered the drug and he who took it,
And he who imported and sold the drug, and he who bought it.
(Verses upon the death in Baghdad of the physician Yuhanna

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ibn Masawayh in the year 857 A.D.)

The carpenter desires timber, the physician disease. ~**Rig Veda IX. 7.9**

Hunger is not the cause of death, for deaths approach the man who has eaten.
~ **Rig Veda X. 10.5**

I find medicine is the best of all trades because whether you do any good or not you still get your money. ~**Moliere: (1664)**

We are all ignorant, just on different subjects. ~ **Will Rogers**

An important scientific innovation rarely makes its way by gradually winning over and converting its opponents. What does happen is that its opponents gradually die out and that the growing generation is familiar with the idea from the beginning. ~**Max Planck**

Disease is the censor pointing out the humans, animals and plants that are imperfectly nourished. ~**Wrench, G. T.**

The world cares very little about what a person knows; it is what the person is able to do that counts. ~**Booker T. Washington**

The person who says it cannot be done should not interrupt the person doing it. ~ **Chinese Proverb.**

When we try to pick anything out by itself, we find it hitched to everything else in the universe. ~ **John Muir**

Men who achieve greatness do not work more complexly than the average man, but more simply. ~ **Mayo brothers**

He who lives in harmony with himself lives in harmony with the universe.
~ **Marcus Aurelius**

“The single most important thing we need to know about nutrition in the modern world is how to recognize the difference between food and food products.” ~**Frank Forncich**

Be careful in reading health books. You may die of a misprint.
~**Mark Twain**

Joy, temperance and repose
slam the door on the doctor's nose.
~**Longfellow**

The best part of a donut is the hole.
~**Dr. Paul C. Bragg, health crusader and teacher**

Let no one who has the slightest desire to live in peace and quietness be tempted, under any circumstances, to enter upon the chivalrous task of trying to correct a popular error.
~**William Thoms, deputy librarian for the House of Lords, c. 1873**

What is a weed?
It is a plant whose virtues have not yet been discovered.
~**Emerson**

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which is proof against all argument, and which cannot fail to keep man in everlasting ignorance.
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~**William Paley (1743-1805), often attributed to Herbert Spencer**

(1820-1903)

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~**Max Planck**

Life in all its fullness is Mother Nature obeyed.

~**Weston A. Price**

It is a lot safer for doctors to kill their patients with treatments that have been approved than to cure them with treatments that challenge tradition.

~ **Jane Fagen**

Those who were enlightened first are compelled to pursue the light in spite of others. ~ **Christopher Columbus**