

SOME THOUGHTS ON HEALTH IS WEALTH

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Moreover, this is true in the life of every evil addiction such as smoking and alcohol addiction. All you have to do is care about people and initiate. Unknown Click to tweet Those who think they have no time for healthy eating will sooner or later have to find time for illness. Everyone wants to be thin, but nobody wants to diet. Lailah Gifty Akita Health is more about wellness rather than sickness. Adelle Davis Preserving the health by too strict a regimen is a wearisome malady. James B. The Inspiring Journal John C. Mostly plants. Maxwell 2. We are at our best when they give the doctor who resides within each patient a chance to go to work. I am not ashamed of that. It is about one life influencing another. Walsh You can look in the mirror and find a million things wrong with yourself. Audrey Hepburn. Proverbs Just as a candle cannot burn without fire, men cannot live without a spiritual life. Maxwell Quotes to help you become a better leader. The first rule is to stop interfering with nature. Lailah Gifty Akita If we seek solitary retreat, you will be more often refreshed. The challenge is to silence the mind. Robert Urich Click to tweet Health and cheerfulness naturally beget each other. Break the apathy, and you break the addiction. William Saroyan You are not a mistake. Dying before you die. Everyone wants to live long, but few will exercise. Everybody wants money, yet seldom will anyone budget or control their spending. Time is beyond our control, and the clock keeps ticking regardless of how we lead our lives. Growth is optional. Chesterton Processed foods not only extend the shelf life, but they extend the waistline as well. Mahatma Gandhi The ability to be in the present moment is a major component of mental wellness. You are not a problem to be solved. Leigh Hunt An imaginary ailment is worse than a disease. Norman Cousins Disease is somatic; the suffering from it, psychic. Jerome K. Priority management is the answer to maximizing the time we have. Unknown When diet is wrong, medicine is of no use.