

HEALTHY LIVING QUOTES



Over the years as I've written my books I've loved collecting quotations that either inspire, challenge or amuse - sometimes all three - enjoy!

1 Now I lay me down to sleep, I pray the lord my shape to keep. Please no wrinkles, please no bags, please lift my butt, before it sags. Please no age spots, please no grey, and as for my belly, please take it away. Please keep me healthy, please keep me young, and thank you Dear Lord for all that you've done - ANON

2 **If I were a psychiatrist, I think I would like to inspect my patients' bathrooms before investigating any other area of their lives - Mark Hampton**



3

There must be quite a few things a hot bath won't cure but I don't know many of them
- Sylvia Plath

4 I don't believe makeup and the right hairstyle alone can make a woman beautiful. The most radiant woman in the room is the one full of life and experience – Sharon Stone (easy for her to say!)

5 Dance as though no one is watching you. Love as though you have never been hurt before. Sing as though no one can hear you. Live as though heaven is on earth – Souza

6 To eat is a necessity, but to eat intelligently is an art – La Rochefoucauld

7 **Out of clutter find simplicity. From discord find harmony. In the middle of difficulty lies opportunity – Einstein**

8

ASK AND IT SHALL BE GIVEN TO YOU;
SEEK AND YE SHALL FIND: KNOCK AND IT
SHALL BE OPENED UNTO YOU –
MATTHEW 7:7

9

*Let thy food be thy medicine
and thy medicine be thy food –
Hippocrates*



10

When friends enter a home, they sense its personality and character, the family's style of living – these elements make a house come alive with a sense of identity, a sense of energy, enthusiasm and warmth, declaring 'This is who we are, this is how we live' – Ralph Lauren

11

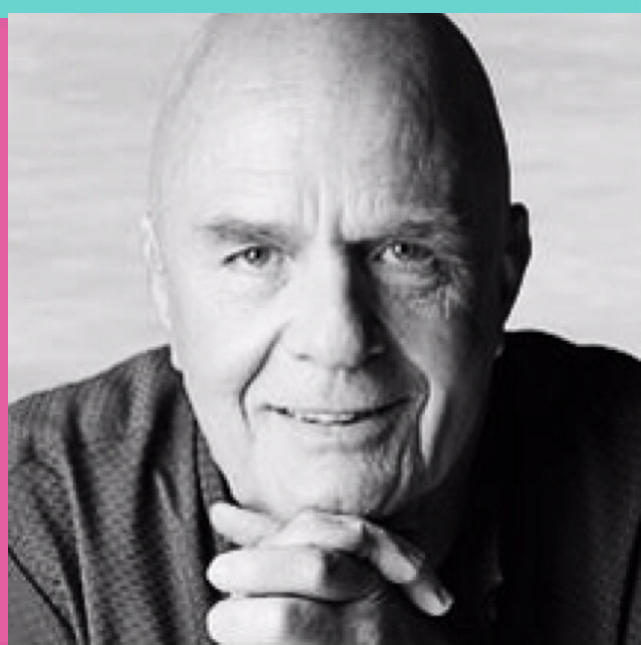
**One kind word can warm three
winter months – Japanese proverb**

12

MAN IS ILL BECAUSE HE IS NEVER STILL –
PARACELCUS

When you dance, your purpose is not to get to a certain place on the floor. It is to enjoy each step along the way - Wayne Dyer

13



14

*In time and with water, everything changes –
Leonardo da Vinci*

15

It is now agreed that up to 86 per cent of patients will respond to bright light – Abas and Murphy, British Medical Journal, 1987

16

The art of healing comes from nature and not from the physician. Therefore, the physician must start from nature with an open mind – Paracelcus

17

Life is an endless struggle full of frustrations and challenges, but eventually you find a hair stylist you like – unknown (lucky me - @Tabitha James Kraan)

18

The spiritual eyesight improves as the physical eyesight declines – Plato

19

Blessed are the flexible for they shall not be bent out of shape – Anon

20

WHEN DIET IS WRONG MEDICINE IS OF NO USE. WHEN DIET IS CORRECT MEDICINE IS OF NO NEED – ANCIENT AYURVEDIC PROVERB



21

We have to learn to co-exist with the world inside - all the trillions of tiny cells living on us and in us without which we could not exist. We are the planet. Literally
- Shann Nix Jones author of 'Secrets from Chuckling Goat'

22

DANCING IS SILENT POETRY – SIMONIDES

23

Why do we love certain houses, and why do they seem to love us? It is the warmth of our individual hearts reflected in our surroundings – T H Robsjohn-Gibbings

24

THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING – ANON

25

Life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming "Wow! What a Ride!" - Hunter S Thompson