

Food and Health Quotes by Hippocrates, Greek Scientist, Father of Medicine 460 to 370 BC

Let food be thy medicine and medicine be thy food. Hippocrates

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

Walking is man's best medicine.

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

Everything in excess is opposed to nature.

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.

A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses.

Mother Nature Quotes:

If you have a garden and a library, you have everything you need.

— **Marcus Tullius Cicero**

The first supermarket supposedly appeared on the American landscape in 1946. That is not very long ago. Until then, where was all the food? Dear folks, the food was in homes, gardens, local fields, and forests. It was near kitchens, near tables, near bed-sides. It was in the pantry, the cellar, the backyard.

— **Joel Salatin**

The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world.

Eat food, not too much, mostly plants!

— **Michael Pollan**

