

Andrew Weil

Quotes

*People, Thinking, Healing, Exercise, Medicine, Balance, Giving, Sleep, World,
Breathing, Mind, Emotional, Doctors, Spiritual, Heart, Stress, Way, Drug,
Diagnosis, Brain*

Get people back into the kitchen and combat the trend toward processed food and fast food.

~Andrew Weil

If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly.

~Andrew Weil

Happiness is a skill. It requires effort and time.

~Andrew Weil

Many exercise forms - aerobic, yoga, weights, walking and more - have been shown to benefit mood.

~Andrew Weil

Practicing regular, mindful breathing can be calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders.

~Andrew Weil

It is more important to eat some carbohydrates at breakfast, because the brain needs fuel right away, and carbohydrate is the best source.

~Andrew Weil

If at the first sign of infection, you always jump in with antibiotics, you do not give the immune system a chance to grow stronger.

~Andrew Weil

Please keep in mind the distinction between healing and treatment: treatment originates from outside, whereas healing comes from within.

~Andrew Weil

Healing is making whole, restoring a state of perfection and balance that has been lost.

~Andrew Weil

The World Health Organization has recognized acupuncture as effective in treating mild to moderate depression.

~Andrew Weil

Health is wholeness and balance, an inner resilience that allows you to meet the demands of living without being overwhelmed.

~Andrew Weil

Most disease is lifestyle related and preventable

~Andrew Weil

Studies have shown that people who are physically active sleep better than those who are sedentary. The more energy you expend during the day, the sleepier you will feel at bedtime.

~Andrew Weil

The best way to detoxify is to stop putting toxic things into the body and depend upon its own mechanisms.

~Andrew Weil

Treatment originates outside you; healing comes from within.

~Andrew Weil

True, nuts are high in fat, but most of them contain monounsaturated fat that is good for the heart. In fact, eaten in moderation, nuts can lower your risk of heart disease and heart attack.

~Andrew Weil

The more easily digestible and refined the carbohydrates, the greater the effect on our health, weight and well-being.

~Andrew Weil

Fitting a walk into a busy life can be challenging, so I suggest walking rather driving to work or to run errands as often as you can - in other words, think of walking as alternative transportation.

~Andrew Weil

The bottom line is that the human body is complex and subtle, and oversimplifying - as common sense sometimes impels us to do - can be hazardous to your health.

~Andrew Weil

If you have difficulty sleeping or are not getting enough sleep or sleep of good quality, you need to learn the basics of sleep hygiene, make appropriate changes, and possibly consult a sleep expert.

~Andrew Weil

I expect that essential oils may some day prove a vital weapon in the fight against strains of antibiotic-resistant bacteria.

~Andrew Weil

One of the most obvious ways dogs can improve our physical and mental health is via daily walks.

~Andrew Weil

Our feet are our body's connection to the earth.

~Andrew Weil

Conscious breath control is a useful tool for achieving a relaxed, clear state of mind.

~Andrew Weil

You've got to experiment to figure out what works.

~Andrew Weil

Insurance companies, whether private or government owned, must be

compelled to pay for health-promoting measures. In turn, this will encourage physicians to offer such treatments in earnest.

~Andrew Weil

The essence of health is inner balance.

~Andrew Weil

Massage therapy has been shown to relieve depression, especially in people who have chronic fatigue syndrome; other studies also suggest benefit for other populations.

~Andrew Weil

As an undergraduate at Harvard in the 1960s, I was fascinated by my visits to psychologist B.F. Skinner's laboratory.

~Andrew Weil

The world is beset by many problems, but in my opinion, this hijacking of our brain's reward centers by electronic media is potentially one of the most destructive.

~Andrew Weil

We're all affected by music. It has the power to inspire, uplift us, change our moods, and even alter consciousness.

~Andrew Weil

The notion that a human being should be constantly happy is a uniquely modern, uniquely American, uniquely destructive idea.

~Andrew Weil

Pay attention to your body. The point is everybody is different. You have to figure out what works for you.

~Andrew Weil

If we can make the correct diagnosis, the healing can begin. If we can't,

both our personal health and our economy are doomed.

~Andrew Weil

As a physician, I recommend nutritious hemp seeds and oil to anyone interested in maintaining a healthy diet. Everyone will benefit when American farmers can grow this amazing crop once again.

~Andrew Weil

Meditation while walking has a long, noble history in ancient spiritual disciplines.

~Andrew Weil

Improper breathing is a common cause of ill health.

~Andrew Weil

Giving gifts to others is a fundamental activity, as old as humanity itself. Yet in the modern, complex world, the particulars of gift-giving can be extraordinarily challenging.

~Andrew Weil

Fear and greed are potent motivators. When both of these forces push in the same direction, virtually no human being can resist.

~Andrew Weil

More than one skillful physician has said that if one asks the right questions, the patient will make the diagnosis for you in his or her own words.

~Andrew Weil

Alternative models are neither right nor wrong, just more or less useful in allowing us to operate in the world and discover more and better options for solving problems.

~Andrew Weil

Clearly, America's dysfunctional food culture must bear some of the blame for our excess pounds, but it's likely our walking-averse lifestyles contribute as well.

~Andrew Weil

There's no single more powerful or simpler daily practice to further your health and well being than breath work.

~Andrew Weil

By keeping my hand in that, it's the way I keep learning. The main way you learn in medicine is by practicing and working with patients.

~Andrew Weil

Dietary fat, whether saturated or not, is not a cause of obesity, heart disease or any other chronic disease of civilization.

~Andrew Weil

I find that low protein diets often contribute to improvement in patients with immune system problems ... In fact, it would be hard to become deficient in protein in our country even if you tried.

~Andrew Weil

Imagine that each time you inhale, that the universe is breathing into you, and as you exhale it is breathing out of you.

~Andrew Weil

Most American diets, even bad ones, provide more than enough calcium for bone health, especially for men.

~Andrew Weil

American businesses are struggling to pay outrageous, exploitive insurance bills for their employees, hampering our ability to compete globally.

~Andrew Weil

I'm not against high-tech medicine. It has a secure place in the diagnosis and treatment of serious disease.

~Andrew Weil

Human beings have survived for millennia because most of us make good decisions about our health most of the time.

~Andrew Weil

Genuine happiness comes from within, and often it comes in spontaneous feelings of joy.

~Andrew Weil

Even low-calorie diets and vigorous exercise fail to work in the long term for at least some people.

~Andrew Weil

For many in the modern world, carving out time for both traditional seated meditation and exercise has become close to impossible.

~Andrew Weil

Learning to focus attention and concentration is very useful; meditation can help you do that.

~Andrew Weil

It is unrealistic to want to be happy all the time.

~Andrew Weil

In my view, the best gift is one that benefits both the receiver and the planet.

~Andrew Weil

I don't think you can live without stress; I think the human life is stressful, and it probably always has been, although the forms of stress may change from culture to culture, and from time to time.

~Andrew Weil

Dreaming is a phenomenon of purely individual consciousness, and consequently impossible to thoroughly deconstruct by a community of researchers. But dreaming matters.

~Andrew Weil

I think instead [of happiness] we should be working for contentment... an inner sense of fulfillment that's relatively independent of external circumstances.

~Andrew Weil

Shorter daylight hours can affect sleep, productivity and state of mind. Light therapy, also known as phototherapy, may help. It uses light boxes emitting full-spectrum light to simulate sunlight.

~Andrew Weil

I don't get money from the vitamins that I make. My after tax profits go to a foundation that supports integrative medicine.

~Andrew Weil

I know of no culture in the world at present or any time in the past that has not been heavily involved with one or more psychoactive substances.

~Andrew Weil

Just the attempt to learn a [new] language is like running different software through the brain.

~Andrew Weil

It's rare - too rare, I have to say - for botanists to become doctors.

~Andrew Weil

I've always been called "controversial." I think if I were not controversial

I wouldn't be doing my job.

~Andrew Weil

I fully support a national health care program for the U.S.

~Andrew Weil

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