

David Agus

Quotes

*Cancer, Years, Sleep, Shoes, Disease, Medicine, Technology, Needs, Exercise,
Body, Unique, Flu Vaccine, Discovery, Two, Body Love, Morning, Prevention,
Dna, Firsts, Doctors*

There's no question that the mind-body connection is real, even if we can't quantify it. Hope is one of the greatest weapons we have to fight disease.

~David Agus

Of all the things a body loves, predictability is one of them.

~David Agus

I'm a big believer in what's called personalized medicine, which refers to customizing your health care to your specific needs based on your physiology, genetics, value system and unique conditions.

~David Agus

Keep the soil healthy and the bad seed won't grow.

~David Agus

We all need to figure out what's right for us because nothing about life is one size fits all. Even for an Olympian, that's for sure. And such discovery starts with you paying attention - to yourself.

~David Agus

Keep a strict, predictable schedule 365 days a year that has you eating, sleeping, and exercising at about the same times day in and day out.

~David Agus

We have forgotten that curing cancer starts with preventing cancer in the first place.

~David Agus

I have developed a unique way of looking at the relationship of the human body to health and disease.

~David Agus

Cancer is the ultimate nemesis that hangs in the balance for one in

three women and one in two men in their lifetime.

~David Agus

In health care today, we spend most of the dollars - in terms of treating disease - in the last two years of a person's life.

~David Agus

I want doctors to treat toward health and not treat toward disease.

~David Agus

We may never understand illnesses such as cancer. In fact, we may never cure it. But an ounce of prevention is worth more than a million pounds of cure.

~David Agus

No technology will win. Technology itself will win.

~David Agus

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- Discovery Quotes
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