

Herbert M. Shelton

Quotes

*Healing, Body, School, Cutting, Art, Mean, Law, People, Sick, Men, Disease,
Conservation, Tasks, Fool, Should, Cannibalism, Vaccines, Blood, Offending,
Trying*

Surgeons can cut out everything except cause.

~Herbert M. Shelton

General Motors, General Mills, General Foods, general ignorance, general apathy, and general cussedness elect presidents and Congressmen and maintain them in power.

~Herbert M. Shelton

It is always a much easier task to educate uneducated people than to re-educate the mis-educated.

~Herbert M. Shelton

Although man has included meat in his diet for thousands of years, his anatomy and physiology, and the chemistry of his digestive juices, are still unmistakably those of a frugivorous animal.

~Herbert M. Shelton

There is not a single argument nor a single fact that can be offered in favour of flesh eating that cannot be offered, with equal strength, in favour of cannibalism.

~Herbert M. Shelton

Life should be built on the conservation of energy.

~Herbert M. Shelton

Cutting out bad habits is far more effective than cutting out organs.

~Herbert M. Shelton

Moderation is the only rule of a healthful life. This means moderation in all things wholesome.

~Herbert M. Shelton

"Science" is pedantic, arrogant, esoteric and often insane.

~Herbert M. Shelton

Deep within the human constitution lie written laws of nature that should guide man in the conduct of his life.

~Herbert M. Shelton

There are but a few blood purifiers and these are all in the body. We know them as the liver, kidneys, lungs, colon, and a few glands.

~Herbert M. Shelton

Old age is not a time of life. It is a condition of the body. It is not time that ages the body, it is abuse that does.

~Herbert M. Shelton

There are many things to resist, but disease is not one of them.

~Herbert M. Shelton

An intelligent person may be wrong sometimes, but a fool is never wrong. The medical profession is never wrong.

~Herbert M. Shelton

The so-called symptoms of disease are manifestations of an inherent principle of the organism to restore healthy function and to resist offending agents and influences.

~Herbert M. Shelton

Health and disease are the same thingâ€”vital action intended to preserve, maintain, and protect the body. There is no more reason for treating disease than there is for treating health.

~Herbert M. Shelton

In a fast, the body tears down its defective parts and then builds anew when eating is resumed.

~Herbert M. Shelton

At the very dawn of history, the care of the sick was actually superior to

what the great majority of mankind receive today when ill.

~Herbert M. Shelton

We cannot be damaged into health.

~Herbert M. Shelton

Substances that are injurious to the well are equally (or more so) injurious to the sick.

~Herbert M. Shelton

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