

Mark Hyman, M.D.

Quotes

*Medicine, Real, Health, Support, Body, Disease, Healthy, Way, Illness,
Thinking, Exercise, Simple, Epidemics, School, Heart, Toxins, Community,
Balance, Doctors, Children*

It's more important to understand the imbalances in your body's basic systems and restore balance, rather than name the disease and match the pill to the ill.

~Mark Hyman, M.D.

The most powerful medicine is at the end of your fork, not at the bottom of your pill bottle. Food is more powerful than anything in your medicine cabinet!

~Mark Hyman, M.D.

The key to creating health is figuring out the cause of the problem and then providing the right conditions for the body and soul to thrive. It isn't taking another medication.

~Mark Hyman, M.D.

There's no such thing as junk food. There's junk and there's food.

~Mark Hyman, M.D.

The fork is your most powerful tool to change your health and the planet; food is the most powerful medicine to heal chronic illness.

~Mark Hyman, M.D.

The power of community to create health is far greater than any physician, clinic or hospital.

~Mark Hyman, M.D.

Your social networks may matter more than your genetic networks. But if your friends have healthy habits you are more likely to as well. So get healthy friends.

~Mark Hyman, M.D.

In the 21st century our tastes buds, our brain chemistry, our biochemistry, our hormones and our kitchens have been hijacked by the food industry.

~Mark Hyman, M.D.

Seems you can't outsmart Mother Nature.

~Mark Hyman, M.D.

While weight loss is important, what's more important is the quality of food you put in your body - food is information that quickly changes your metabolism and genes.

~Mark Hyman, M.D.

I have experienced some amazing food! Yet when I think about the most luxurious and exquisite meals I have had, visions of simple food made from a few natural ingredients are what most excite me.

~Mark Hyman, M.D.

The body maintains balance in only a handful of ways. At the end of the day, disease occurs when these basic systems are out of whack.

~Mark Hyman, M.D.

The way most doctors practice medicine right now isn't working.

~Mark Hyman, M.D.

The best advice is to avoid foods with health claims on the label, or better yet avoid foods with labels in the first place.

~Mark Hyman, M.D.

I don't need the fillers, additives, excessive amounts of sugars, fats, salts and other measures taken to taint the natural goodness of real food.

~Mark Hyman, M.D.

Recommending gastric bypass as a national solution for our diabetes epidemic is bad medicine and bad economics.

~Mark Hyman, M.D.

When it becomes a revolutionary act to eat real food, we are in trouble.

~Mark Hyman, M.D.

Chronic disease is a foodborne illness. We ate our way into this mess, and we must eat our way out.

~Mark Hyman, M.D.

You can't exercise your way out of a bad diet.

~Mark Hyman, M.D.

The body is one integrated system, not a collection of organs divided up by medical specialties. The medicine of the future connects everything.

~Mark Hyman, M.D.

One in four kids have either pre-diabetes or diabetes - what I like to call diabetesity. How did this happen?

~Mark Hyman, M.D.

You are more likely to be overweight if your friend's, friend's friend is overweight than if your parents are overweight.

~Mark Hyman, M.D.

The New Health Rules is the new manifesto for how to eat well, feel good, and live long. If you ever wondered what's really true about the things that work and the things that don't, look no further.

~Mark Hyman, M.D.

Tricking your brain into thinking you are getting something sweet plays dirty tricks on your metabolism.

~Mark Hyman, M.D.

All medicine comes down to this: Find out what's bugging you; get rid of it. Find out what you need; get it. The body does the rest.

~Mark Hyman, M.D.

Children with obesity and diabetes live harder poorer lives, they often don't finish school and earn much less than their healthy counterparts.

~Mark Hyman, M.D.

Most schools have only a microwave or deep fryer, hardly the tools needed to feed our children real, fresh food.

~Mark Hyman, M.D.

We need community action and policies to support healthy communities.

~Mark Hyman, M.D.

Chronic disease is a food borne illness.

~Mark Hyman, M.D.

There are ways to cut cravings by naturally balancing your blood sugar.

~Mark Hyman, M.D.

Shrinking someone's stomach to the size of a walnut with surgery is one way to battle obesity and diabetes and may be lifesaving for a few, but it doesn't address the underlying causes.

~Mark Hyman, M.D.

Just eat less and exercise more.

~Mark Hyman, M.D.

Don't get me wrong, I admire elegance and have an appreciation of the finer things in life. But to me, beauty lies in simplicity.

~Mark Hyman, M.D.

If you want to get healthy, you just might not want to go to a doctor. You

might instead, go to church.

~Mark Hyman, M.D.

The Point, not unlike the Communist Chinese, the ACLU abhors individual religious freedom, and it supports only those civil liberties that fit its narrow political agenda.

~Mark Hyman, M.D.

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