

Mehmet Oz Quotes

*People, Thinking, Medicine, Body, Heart, Believe, Morning, Way, Feelings,
Together, Needs, Doctors, Remember, Healing, Simple, Use, Mistake, Years,
Brain, Men*

If you want to be healthy and live to one hundred, do qigong.

~Mehmet Oz

Your genetics load the gun. Your lifestyle pulls the trigger.

~Mehmet Oz

Energy Medicine is the last great frontier in medicine.

~Mehmet Oz

The next big frontier in medicine is Energy Medicine.

~Mehmet Oz

I think that we're beginning to globalize medicine now. You have to take Eastern approaches and bring them to the West, and share West with the East.

~Mehmet Oz

The opposite of anger is not calmness, its empathy.

~Mehmet Oz

True health care reform cannot happen in Washington. It has to happen in our kitchens, in our homes, in our communities. All health care is personal.

~Mehmet Oz

No matter how old you are, no matter how much you weigh, you can still control the health of your body.

~Mehmet Oz

You need to be proactive, carve out time in your schedule, and take responsibility for being the healthiest person you can be - no one else is going to do it for you.

~Mehmet Oz

If you change your lifestyle, remember it's not a wind sprint, but it's a marathon you're embarked on, and you'll be able to stay there.

~Mehmet Oz

People say their weight is genetic. But it turns out that people who are overweight don't just have overweight kids. They also have overweight pets. That's not genetic.

~Mehmet Oz

Every hour you sit at work increases your mortality 11 percent. Think about that.

~Mehmet Oz

Medicine is a jealous mistress. It demands all your time.

~Mehmet Oz

Every person has the right to look and feel like a million bucks.

~Mehmet Oz

Most food you drop is still perfectly edible. If it was in your eyesight the whole time, you can pick it up and eat it.

~Mehmet Oz

We are spending most of our time in American health care fixing the mistakes that either we in the profession are causing or our patients are, without recognizing it, causing to themselves.

~Mehmet Oz

Medications almost always do it better if they're used in conjunction with other supports.

~Mehmet Oz

Most allopathic doctors think practitioners of alternative medicine are all quacks. They're not. Often they're sharp people who think differently

about disease.

~Mehmet Oz

Whatever you choose, do it fully-with passion and childlike enthusiasm.

~Mehmet Oz

Reiki has become a sought-after healing art among patients and mainstream medical professionals.

~Mehmet Oz

Food - I love nuts. I eat them all the time, they're easy to carry around, and I am never hungry all day long.

~Mehmet Oz

When there is a psyche-disrupting event in your life, it can prevent you from getting the long blocks of sleep at night that are so important to healthy aging.

~Mehmet Oz

I feel differently immediately when I start to put weight on. I don't like that sluggish, blunted disposition that I have when that happens.

~Mehmet Oz

If you don't know your blood pressure, it's like not knowing the value of your company.

~Mehmet Oz

I used to bicycle to work across the George Washington Bridge, but my wife told me it wasn't professional.

~Mehmet Oz

Your waist size should not be more than half your height.

~Mehmet Oz

Hostility comes from loneliness, from not seeing yourself like a drop falling into the ocean of humanity like everyone else.

~Mehmet Oz

Medicine grounds me, it centers me, that's why I continue to do it.

~Mehmet Oz

I believe science has a wonderful ability, in an unbiased way, to offer hope to many people who are confused, but it's not the only way to find hope.

~Mehmet Oz

I think I'm a better doctor than I am a husband. I give myself a good grade as a doctor, then the next best grade as a father, and the worst grade as a husband.

~Mehmet Oz

Packaged foods, partially hydrogenated oils and enriched flours are not your friends. Above all, remember this one word: transfats. Avoid it at all costs.

~Mehmet Oz

Rather than munching on a bag of potato chips, stick to fresh fruit and veggies.

~Mehmet Oz

Avoid buying frozen dinners and processed foods, as they are often overloaded with salt.

~Mehmet Oz

It's difficult to love someone you don't respect, which is hard to remember when you're having an argument.

~Mehmet Oz

The biggest mistake people make is to try to lose too much weight too fast.

~Mehmet Oz

Biology always beats will power.

~Mehmet Oz

Blend all ingredients. Drink with probiotic straws to maximize the benefits of a healthy diet and support normal absorption and assimilation of nutrients in the gut.

~Mehmet Oz

Before you reach for the saltshaker, consider swapping your snacks for a healthier option.

~Mehmet Oz

A lot of folks believe their best years are behind them. But I want Americans to recognize that's not true.

~Mehmet Oz

You don't have a family doctor anymore like you did when you were a kid, who treated you throughout your life.

~Mehmet Oz

I'm sure people think that I'm out in left field you know, playing by myself.

~Mehmet Oz

I meditate and I'm passionate about it.

~Mehmet Oz

I get up at the same time every morning.

~Mehmet Oz

I like shows that have some level of intelligence to them. When it's not as predictable, when you don't know what's coming at you.

~Mehmet Oz

I do practice what I preach when it comes to nutrition.

~Mehmet Oz

We're all human beings, but some of us are more sophisticated at covering our flaws. We're just smart enough to lie to ourselves that everything is OK.

~Mehmet Oz

People change based on what they feel, not what they know. Which means that understanding all that advice doesn't matter if there's no deep, profound, visceral awareness of why it's important.

~Mehmet Oz

We don't need sugar to live, and we don't need it as a society.

~Mehmet Oz

You have to be going somewhere to have the energy you need to get there.

~Mehmet Oz

The rule I use is, If it doesn't come out of the ground looking the way it looks when you eat it, be careful. There's no such thing as a PowerBar tree.

~Mehmet Oz

I have become convinced that the most overlooked tool in our medical arsenal is harnessing the body's own ability to heal through nutritional excellence.

~Mehmet Oz

I really think it would be cowardly to pull back and not challenge the status quo, when the status quo may not be the right way for the field to go.

~Mehmet Oz

Women are much more sensitive. We know that emotionally but their organs respond to the same degree.

~Mehmet Oz

There were certain elements of the healing process I could not capture. And even if I was right in the science, I could be wrong in the spirit.

~Mehmet Oz

I was lucky enough to marry a wonderful chef.

~Mehmet Oz

In Turkey, you're not allowed to be left alone in the hospital. The nurse teaches the family how to do things, and somebody is always there with the patient.

~Mehmet Oz

Unfortunately, several companies are attempting to deceive consumers through the unauthorized use of my image or my name, and my attorneys are pursuing those making these false claims.

~Mehmet Oz

Medicine has always been my calling.

~Mehmet Oz

You learn how to take care of people from the women in your life.

~Mehmet Oz

Food is no longer sacred to us: in becoming too efficient we've changed its nature.

~Mehmet Oz

I've got so many weaknesses.

~Mehmet Oz

There are a lot of food Nazis in the U.S., but I believe if you can show people what's really important, they'll judge the rest for themselves.

~Mehmet Oz

That's how most men connect - in bed. The physical connection is important because it reinforces the emotional one.

~Mehmet Oz

Surgery has trained me better than anything else to connect with people.

~Mehmet Oz

It's a big issue for me - feeling like I should be helping every person who asks for something or who has a problem.

~Mehmet Oz

The transfats found in margarine, packaged cookies, crackers and pasta increase fat in your midsection, and can actually redistribute fat from other parts of the body to the belly.

~Mehmet Oz

We know what we should and shouldn't put in our mouths, but in those times that pull on our souls, we revert to what's emotionally comfortable.

~Mehmet Oz

Make the driving force in your life love.

~Mehmet Oz

Not enough families eat together. We eat in front of the TV while we're absorbed in a program.

~Mehmet Oz

If you can laugh your way through life, you can have a good time as you're going through the sometimes troubling time that we have in our lives.

~Mehmet Oz

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