

Dr Brighton Chireka on health quotes

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Interesting quotes on health by Dr Brighton Chireka

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~~There are engaging quotes on health which I would like to share with you. I welcome your contribution to this list so that we can have an even more appealing list. I cannot claim to be the original owner of some quotes hence putting that "I have modified them." I have also tried to find the owners of some quotes and put their names next to their quotes. Hope you find them interesting and learn something in the process.~~

Message from Dr Brighton Chireka:

Thank you for the debate on our health system and may I leave you with a Chinese proverb which says "When the wind of change blows, some people build walls and others build windmills." I can only hope that most of us are building windmills. Do not wait for the perfect moment but take the moment and make it perfect !!

If we do not properly plan and design effective health systems, we will continue to blame hospitals as inefficient and patients as too demanding ~ modified by Brighton Chireka

If carers are part of the health equation then, they must be valued, involved, consulted, listened to and fully supported and educated~ modified by Brighton Chireka

"For the sad status quo in our health system to continue unabated is for concerned people like you and me to do nothing. Remember not taking action is a decision in itself", says Dr Brighton Chireka BIG Health Consortium (BIG HC) Clinical Lead

We should be doing everything to prevent people from getting into crisis . We need to be proactive and prepare for the inevitable . Reacting to situations shows that we were not planned and in most cases we will be late . Our solutions may be the right ones but delivered not at the right time. Failing to plan is planning to fail so they say ~ modified by Brighton Chireka

We are acting as "enablers " to our leaders as we allow them to keep us focused on what they are " doing " rather than what they have accomplished. This is like giving another drink to a drunk person . We need to make our leaders more accountable for results~ modified by Brighton Chireka

The sad thing about governments is that more often they do not solve problems but perpetuates them, while convincing voters that they are doing everything possible to fix things. "Doing something " - carrying out surveys and having more pilots than Emirates airlines, holding hearings, creating commissions, launching programs, spending money - is the coin of realm , not results . This is no way to run a business . It's the way to run a business down"~ modified by Brighton Chireka

Remember when it comes to taking action about your health , do not procrastinate or say I will start tomorrow. There may be no tomorrow or tomorrow can be a disease. ~modified by Brighton Chireka

The greatest wealth is health so invest in it

The London Declaration on Patient Safety 2006

"In honour of those who have died, those left disabled, our loved ones today and the world's children yet to be born, we will strive for excellence so that all those involved in health care are as safe as possible as soon as possible. This is our pledge of partnership"

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. ~World Health Organization, 1948

A sad soul can kill you quicker than a germ. ~John Steinbeck

He who takes medicine and neglects to diet wastes the skill of his doctors. ~Chinese Proverb

The... patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop. ~Quentin Regestein

If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want. ~Elbert Hubbard

I in illness is isolation, and the crucial letters in wellness are we. ~Author unknown, as quoted in Mimi Guarneri, The Heart Speaks: A Cardiologist Reveals the Secret Language of Healing

When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease. ~Terri Guillemets

I like the above quote and I then modified it to the following:

When it comes to getting medical insurance and paying your premium, there is no "I will start tomorrow. Tomorrow is too late as access to treatment will be denied~ Dr Brighton Chireka

I think you might dispense with half your doctors if you would only consult Dr. Sun more. ~Henry Ward Beecher

Health is not valued until sickness comes. ~Thomas Fuller

From the above I came out with the following quote:

Medical aid insurance is not valued until sickness comes and one needs to be admitted in a hospital but is asked to pay upfront ~Dr Brighton Chireka

He who can believe himself well, will be well. ~Ovid

If you have health you will probably be happy , and if you have health and medical aid cover , you have all that you need even its not all that you want~ modified by Dr Brighton Chireka

He who gets medical aid cover and make false claims is stealing from himself as the medical society will go bankrupt ~Dr Brighton Chireka

Just because you're not sick doesn't mean you're healthy. ~Author Unknown

Just because you are not sick does not mean you do not need medical aid cover~ modified by Dr Brighton Chireka

Just because you are not sick does not mean you are healthy. Go for a medical check up at a Well woman or Well man clinic ~modified by Dr Brighton Chireka

If you don't take care of yourself, the undertaker will overtake that responsibility for you. ~Terri Guillemets

many people spend their health gaining wealth, and then have to spend their wealth to regain their health. ~A.J. Reb Materi, Our Family

A word of caution to Zimbos in the diaspora, do not spend your health gaining wealth. You will sadly spend that wealth trying to regain your health and that may be too late . ~modified by Dr Brighton Chireka.

But times of stress and difficulty are inevitable in life. Mental hygiene means preparation to deal with such times. ~Mental Health Bulletin, Illinois Society for Mental Health, 1928

Sometimes a headache is all in your head. Relax. ~Terri Guillemets

Great secret of medicine, known to doctors but still hidden from the public, is that most things get better by themselves. ~Lewis Thomas

When it comes to coughs and colds the greatest medicine , known by us doctors but still hidden from the patients, is that most coughs and colds get better by themselves ~modified by Brighton Chireka

who has health has hope; and he who has hope has everything. ~Arabic Proverb

The physician who teaches people to sustain their health is the superior physician. The physician who waits to treat people until after their health is lost is considered to be inferior. This is like waiting until one's family is starving to begin to plant seeds in the garden. ~Author unknown, similar to statement in The Yellow Emperor's Classic of Internal Medicine

A health system that teaches people to sustain their health is the superior system. The health system that waits to treat people until after their health is lost is considered inferior. This is like waiting until one's family is starving to begin to plant seeds in the garden. We must promote health care and not sick care ~ modified by Brighton Chireka

Life has been reduced to getting food out of cans. ~Martin H. Fischer (1879–1962)

Sometimes I think our ancestors would laugh through their tears if they could see how we eat. We eat mostly from colorful boxes and cans. We spray our vegetables and fruits with

deadly chemicals, then ship them half-way around the world before we eat them. It's been a grand experiment in the wonders of technology, but what a price we're paying in our health! Many scientific experiments have now demonstrated that if we simply return to eating more traditional, natural foods, the body often begins to heal itself. And, it's becoming impossible to heal personal symptoms, unless they are understood in relationship to the need to heal the planet. ~Kristina Turner, The Self-Healing Cookbook, 2002, originally published 1987 [a little altered —t???i·g]

The doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet, and in the causes and prevention of disease. ~Thomas Edison

To avoid sickness eat less; to prolong life worry less. ~Chu Hui Weng

It is part of the cure to want to be cured. ~Seneca

***“Let food be thy medicine and medicine be thy food.”
? Hippocrates***

***“The individual who says it is not possible should move out of the way of those doing it.”
? Tricia Cunningham***

***“Healthy citizens are the greatest asset any country can have.”
? Winston S. Churchill***

***Healthy clients are the greatest asset any medical aid society can have ~modified by
Brighton Chireka***

“An over-indulgence of anything, even something as pure as water, can intoxicate.”

? Criss Jami, Venus in Arms

These quotes were compiled by Dr Brighton Chireka, who is a GP and a Health Commissioner in South Kent Coast in the United Kingdom. You can contact him at: info@docbeecee.co.uk and can read more of his work on his blog at [DR CHIREKA'S BLOG](#)

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