



HEALTH

**Life expectancy would grow
by leaps and bounds if
green vegetables smelled
as good as bacon.**

~Doug Larson







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

~ Terri Guillemets







If I had my way I'd make
health catching instead
of disease.

~ Robert Ingersoll







**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

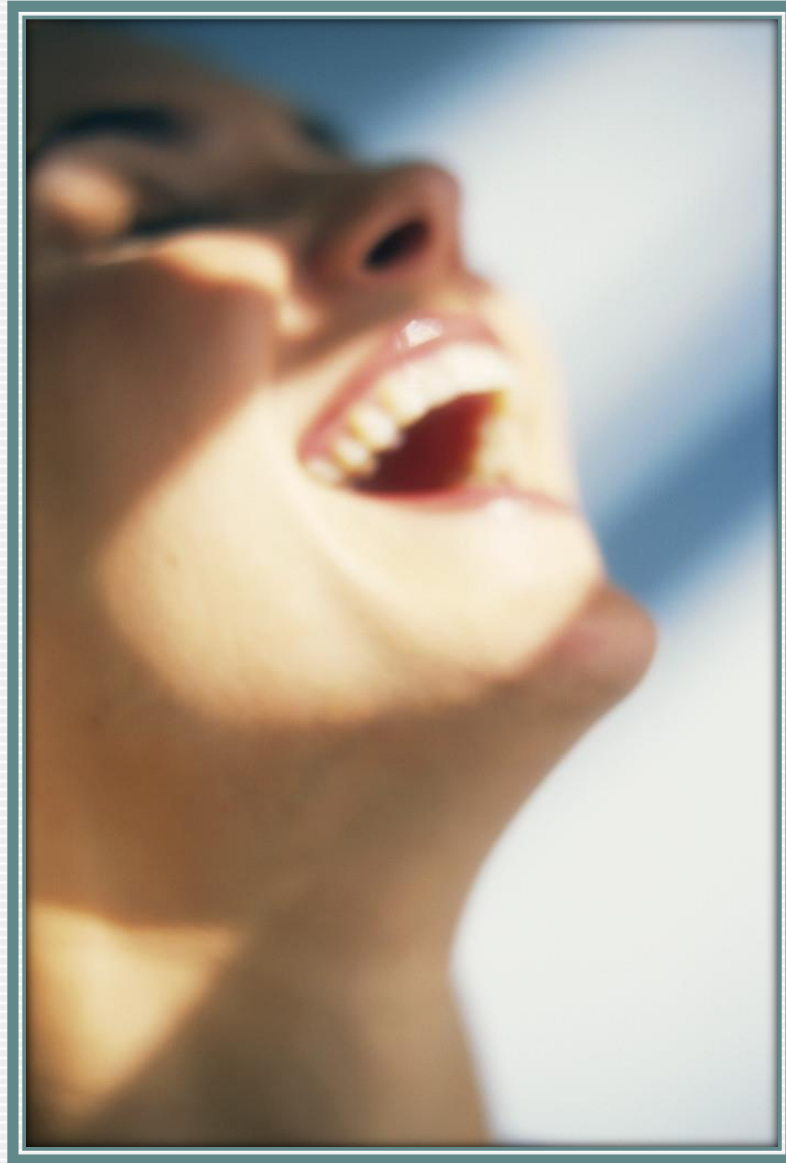






**A good laugh and a long
sleep are the best cures in
the doctor's book.**

~ Irish Proverb







**My own prescription for
health is less paperwork
and more running barefoot
through the grass.**

~ Terri Guillemets

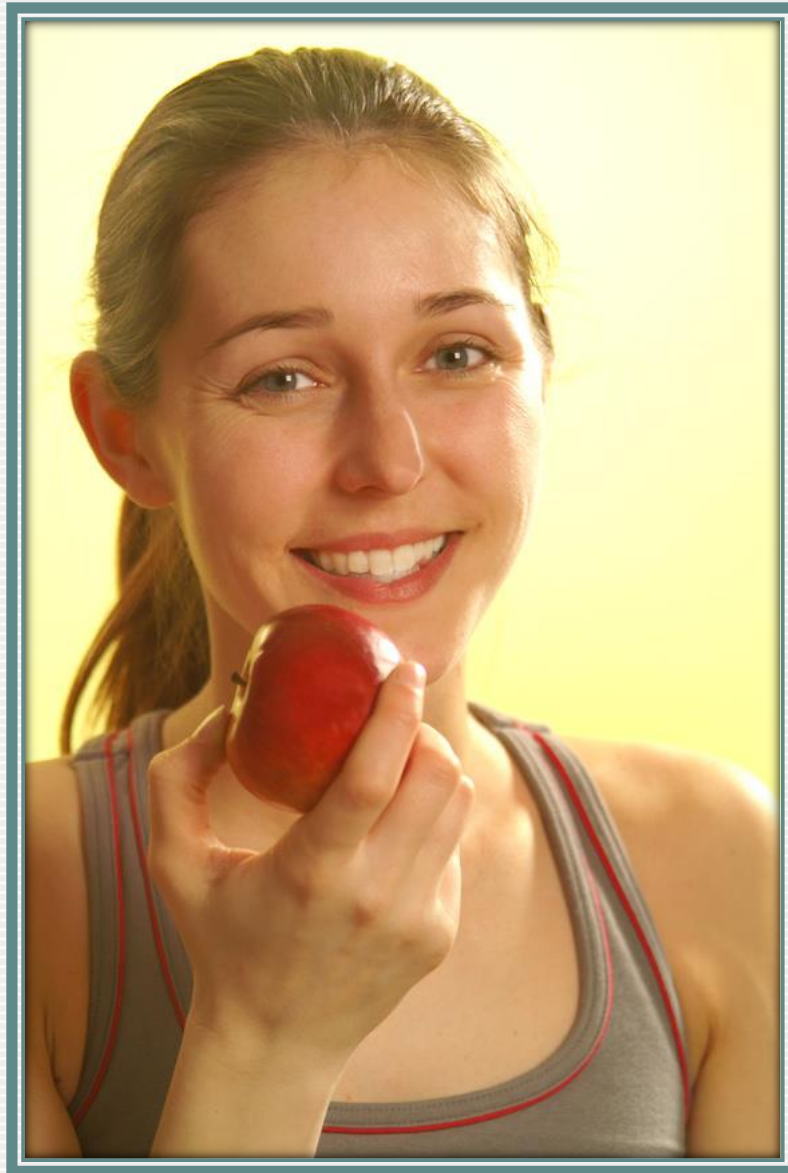






**Adam and Eve ate the
first vitamins, including
the package .**

~ E.R. Squibb







**To avoid sickness eat less;
to prolong life worry less .**

~ Chu Hui Weng







**You are as important to
your health as it is to you.**

~ Terri Guillemets







**After these two, Dr. Diet and
Dr. Quiet, Dr. Merriman is
requisite to preserve health.**

~ James Howell

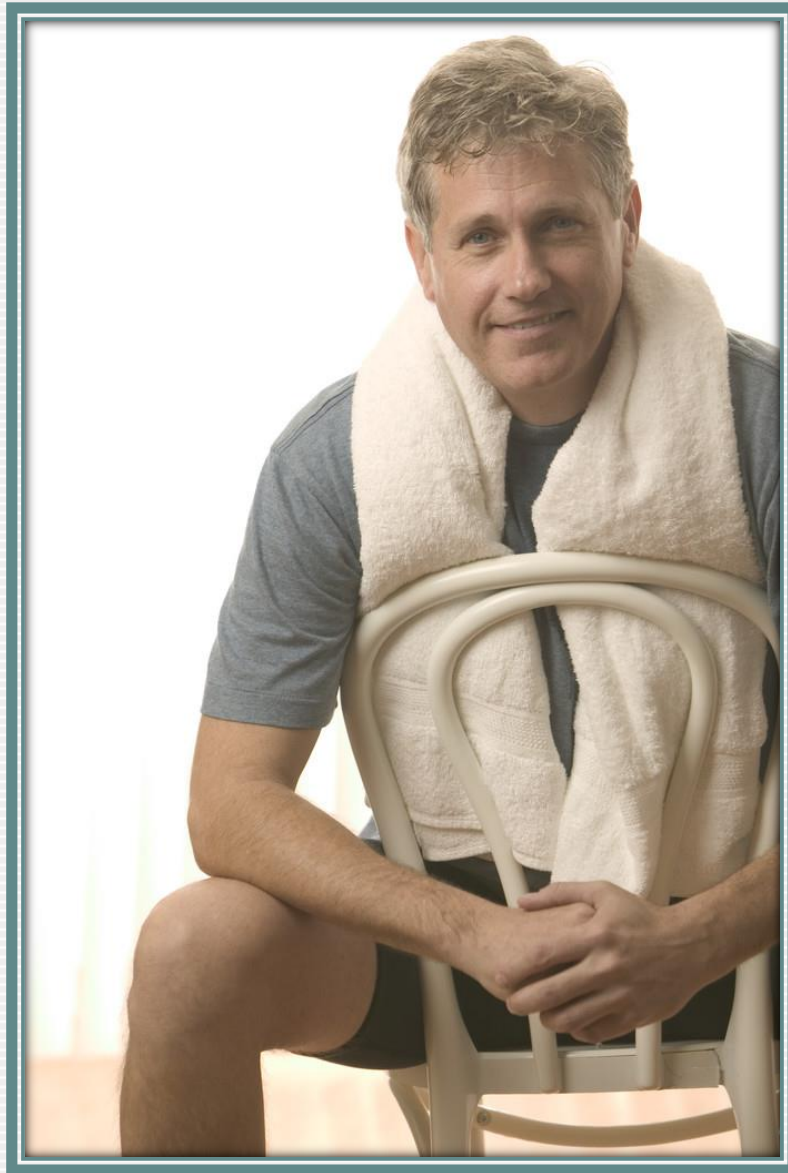


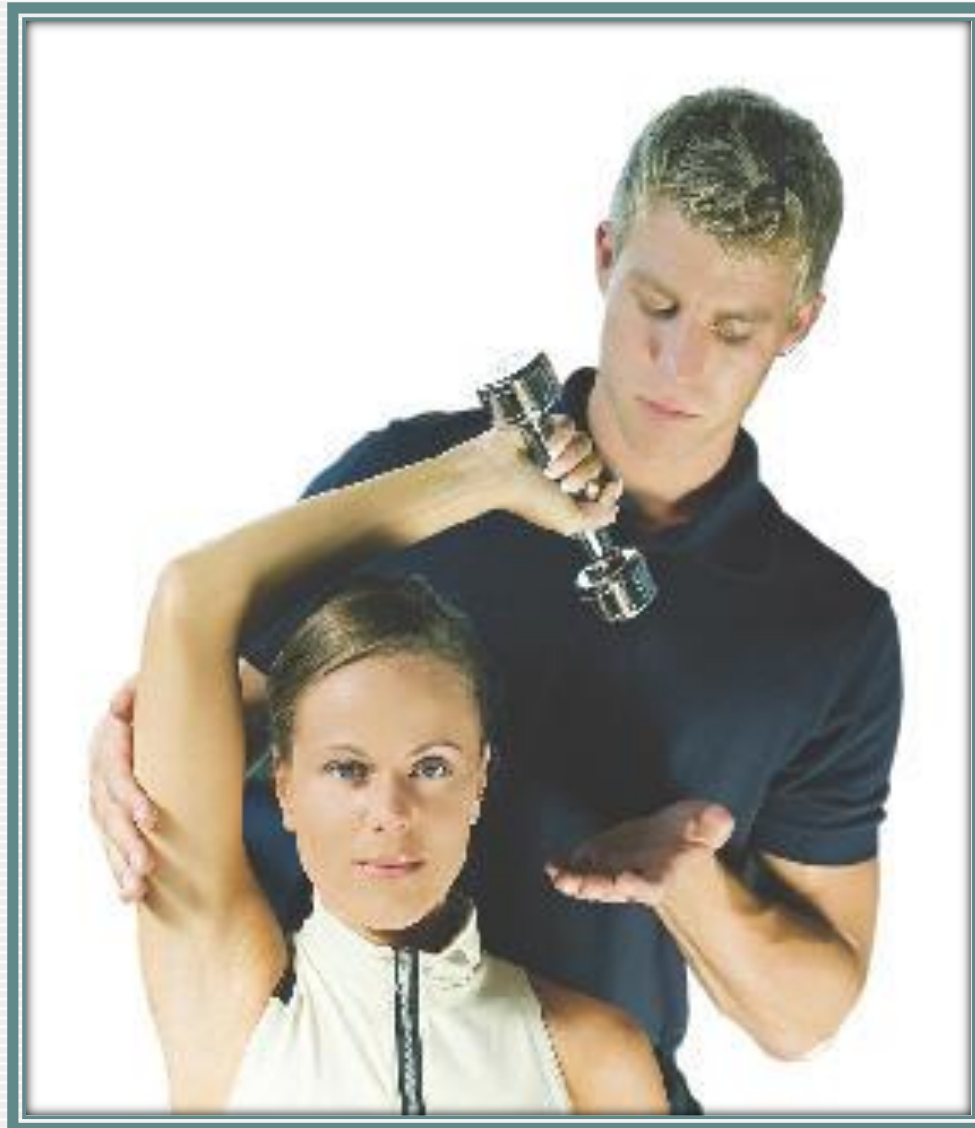




**He who has health has
hope; and he who has hope
has everything.**

~ Arabic Proverb





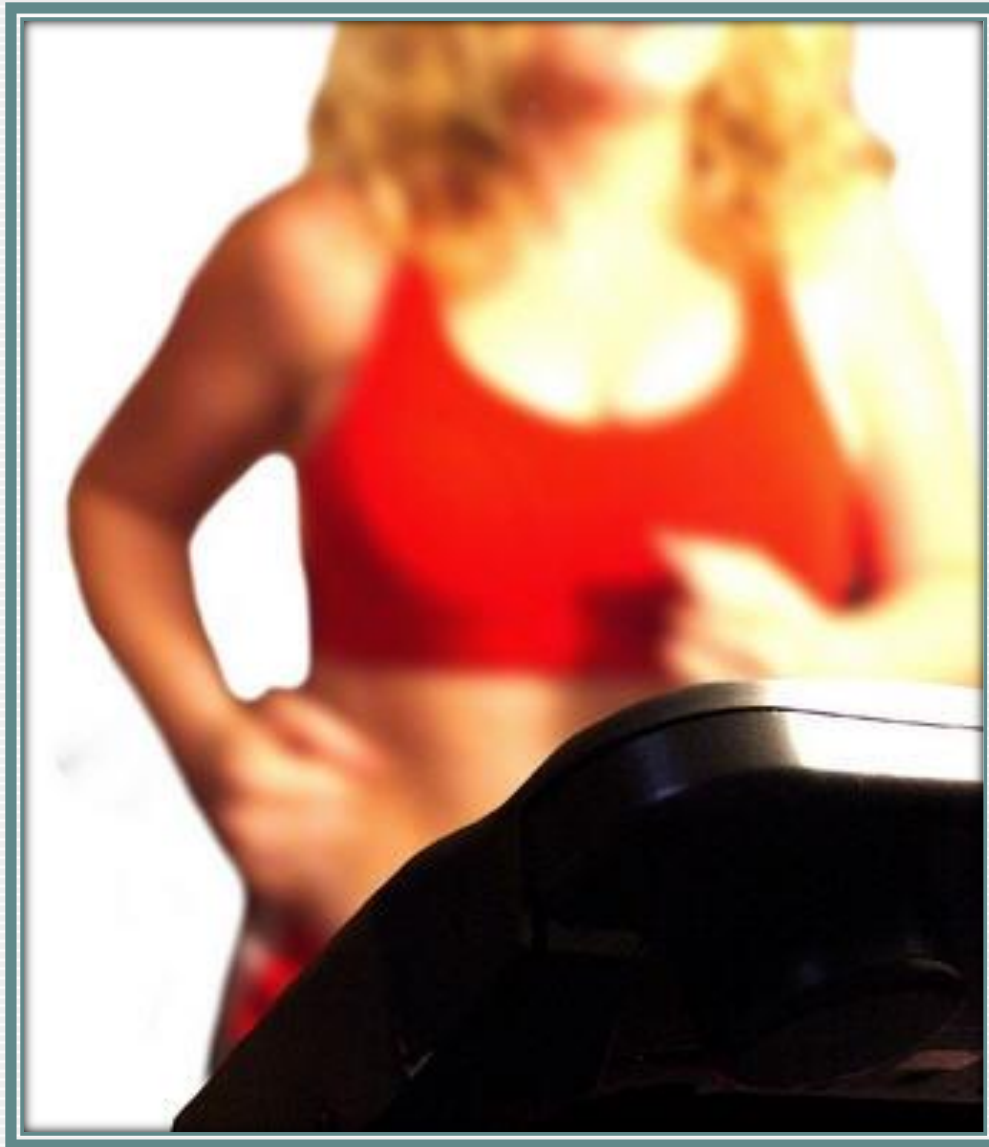


**Happiness lies, first of all,
in health.**

~ George William Curtis







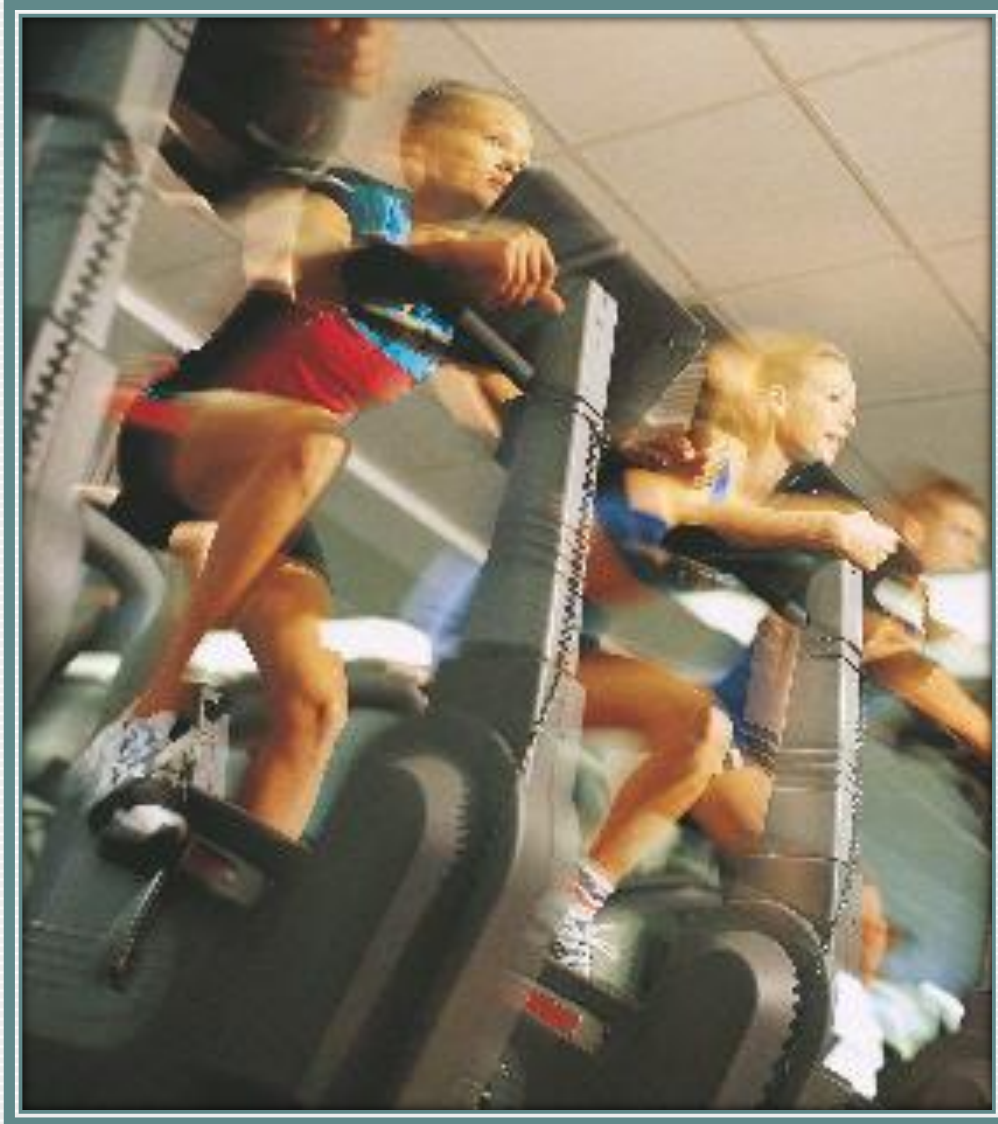


**The only way to keep your
health is to eat what you don't
want, drink what you don't
like, and do what you'd
druther not.**

~ Mark Twain



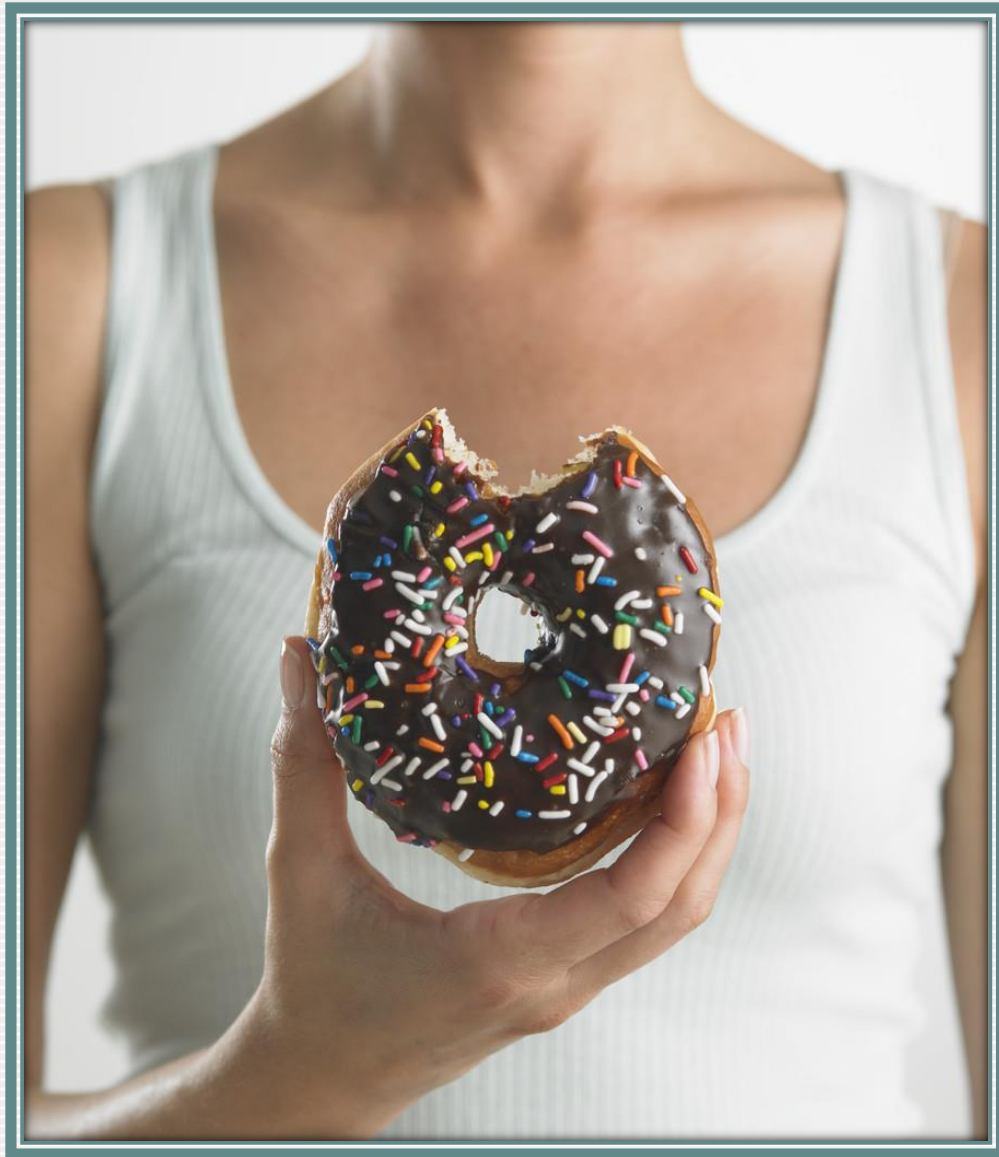




**Health is merely the
slowest way someone
can die.**

~ Author Unknown







**My fat scares me –
it's a ticking time bomb.**

~ Carrie Latet









**The greatest wealth
is health.**

~ Virgil



