

IT IS
HEALTH
THAT IS REAL
WEALTH
AND NOT
PIECES OF GOLD
AND SILVER

MAHATMA GANDHI
#GlobalGoals

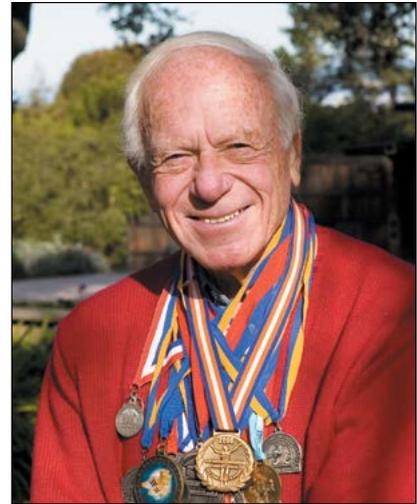
Human Capital

For several years, I gave the first lecture at the prestigious Stanford Business School executive program. I'm sure the attendees who were upper level financial types drawn there from all over the world wondered what a hobo doctor was doing giving the first talk.

They were there to get richer and did not see how I fit in with their anticipation.

My first words were "what is the most important asset in your life?" This was followed by "who owns that asset?"

These challenges set the tone. Their attention was grabbed and my subsequent exhortations were received with much enthusiasm.



Walter M. Bortz, II, MD

The two answers are pretty simple. Health is clearly the most important asset in all our lives. And second, we individually are the only possible agent for its success.

Without health, poverty is assured. Jack Benny had a wonderful skit in which he was being accosted by a thug who challenged him "your money or your life?"

Jack paused and said, "I'm thinking it over."

There really can't be any hesitation in asserting the primacy of health in our lives. Without it, we are bankrupt.

The wealthy person in the cemetery before his or her time is pitiable. You can't buy health but we own it. Just as we own our car and our home. And like them, you can't take it with you.

So honor, respect, cherish your health. It is your most important treasure.

Dr. Walter M. Bortz, II is one of America's most distinguished scientific experts on healthy aging and longevity. He spent his entire career at Stanford University where he holds the position of Clinical Associate Professor of Medicine. An active marathoner, he has written seven books including "Dare to Be 100" and "Next Medicine." To learn more, visit walterbortz.com or email: DRBortz@aol.com.