



# Chief Minister released the Book "Wellopathy-My Natural Healer"

## Why In News?

- On January 20, 2023, Madhya Pradesh Chief Minister Shivraj Singh Chouhan released the collaborative book 'Wellopathy - My Natural Healer' in health safety at an auditorium in Bhopal.

## Key points

- It is noteworthy that the author of the book 'Wellopathy - My Natural Healer' is dr. Santosh Gupta.
- The main objective of the book 'Wellopathy' is to lead the society towards health security with modern lifestyle. The effort of this book will be that without using modern medicine, a person can become self-sufficient in his health security.
- Divided into seven chapters, the book focuses on the three dimensions of lifestyle - food, how to get up and sit, and mind. It provides pictures and guidance in simple language on the principles of 'Wellopathy', rules of the body, diseases and protection from diseases, principles of diet and nutrition, cholesterol control, allergic food and lifestyle.

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