

# “Life is priceless”

## Live Healthy, India



1st January 2015

Dear Fellow Indian,

**Life is priceless and good health is our most precious gift!** A healthy body and a healthy mind help us live a wholesome life, and enjoy all its moments - both big and small. It is the constant backdrop that our wellbeing demands.

Good health begins with the smooth functioning of the truly invaluable human body. In a study done by Harold J. Morowitz at Yale, it was estimated that to create the human body, it would cost more than six thousand trillion dollars - that's 77 times the GDP of the world. And this is without the intuitive intelligence that we are all blessed with.

The Creator has given human beings the most intricate body - one that is priceless.

Our body is the greatest asset we have, but unfortunately most of us don't treat it that way. We need to value our body, protect and cherish it. Most importantly we must give our bodies the respect it so richly deserves.

We know the path to good health, but often, we don't walk it. We think the right thoughts, but don't back it up with action. The result is now showing – India is getting seriously unhealthy. We lead the world in lifestyle diseases, and this disease burden is now assuming alarming proportions.

Our focus should be to become leaders in development and discovery, and not become the disease capital of the world.

As a nation, we need to get serious about living healthy and good health has to be our collective priority. Good health is all about small steps – small ones that will help us take giant strides forward.

So let us begin this New Year with a firm resolve to live healthy and transform India!

With best personal regards,

A handwritten signature in blue ink that reads 'Prathap Chandra Reddy'.

**Dr. Prathap Chandra Reddy**  
Founder & Chairman, Apollo Hospitals  
**"I Believe Life is Priceless"**