



## 50 Year Witness Journey of Sustainable Development & Holistic Human Health and Sustainable Lifestyles

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### Short Communication

- The Imperatives of 21<sup>st</sup> Century World Revolutions
- Human Health and Sustainable Lifestyles Revolution
- Sustainable Development in Harmony with Nature Revolution

The 1760-1920 Industrial Revolution, the 1940-1970 Scientific-Technology Revolution and the 1974-2021 Digital Revolution were turning points in human progress and prosperity, especially in developed countries. However, this also resulted an era of adoption of Modern Lifestyles, driven by materialism, greed, and power, which became the root causes of the emerging global environmental, social, and economic crisis- global climate change, biodiversity extinction, air and water pollution as well as social and economic inequities, both of which has severely impacted on Human Health and wellbeing.

We need to recognize the failure of Governments, Businesses and Civil Society to deliver the implementation needs of countless agendas of sustainable development international meetings during the period 1972 to 2022. We are at a defining moment in time and must heed the fact that there can be no sustainable development unless and until Humanity makes the transformation to live sustainably and responsibly in harmony with Nature.

The essentials of Human Health and Wellbeing worldwide, clean and healthy food, the air we breathe and the water we drink are all contaminated, and these are the root causes of most if not all the emerging health challenges.

Humanity is already facing an emerging Health Crisis, for example mental illness and depression, hypertension and cardiac diseases, obesity and diabetes as well as cancer for which modern medicine thus far does not have a cure, just life-long health maintenance with exorbitantly priced pharmaceutical, unaffordable for most countries which simply do not have the healthcare resources to confront the worldwide crisis.

Whilst modern medicine, restorative and curative, has made substantial progress enhancing physical health, worldwide there is an emerging mental health crisis. "Health for All - Physical and Mental" needs a Global Modern Medicine - Traditional Medicine Healthcare Revolution. For example, Indian Ayurveda, Chinese Traditional healthcare, herbalism, and shamanic practices sought by people living modern lifestyle, with many turning away from the reductionist and impersonal approach often experienced in modern medicine. At the ancient wisdom of traditional medicine and indigenous healing practices are being increasingly embraced across the Western world, and a global revival is organically evolving ahead.

The recent COVID-19 Pandemic highlighted the inhumanity of vaccine Nationalism, despite the recognition that "No one is safe until everyone worldwide is safe". Whilst the "Pandemic emergency is over" needs rethinking as ahead lies more mutations of potent virus and fungal diseases, especially if degradation and destruction of Nature continues unchecked.

The time is now to bring together the knowledge and practices of traditional holistic medicine and the modern medicine healthcare to deliver the right mix of preventive, restorative and curative health, and wellbeing. Humanity needs to Reflect and Act on issues,

- Reflect on Wisdom-Ethics, Morals, Respect & our Prejudices
- Reflect on Health- Physical, Mental, Emotional & our Concerns
- Reflect on Lifestyle- Materialism, Greed, Power & our Unsustainability

### OPEN ACCESS

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**Received Date:** 15 May 2023

**Accepted Date:** 24 May 2023

**Published Date:** 29 May 2023

#### Citation:

*Mahendra S. 50 Year Witness Journey of Sustainable Development & Holistic Human Health and Sustainable Lifestyles. Am J Med Public Health. 2023; 4(2): 1044.*

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- Reflect on Harmony- Family, Friends, Colleagues & Adversaries
- Reflect on Livelihood- Progress, Satisfaction, Passion & Worries
- Reflect on Crisis- Climate, Biodiversity, Pollution & Waste
- Act to Live Sustainably in Harmony with Yourself, Others & Nature
- Act to Embrace Holistic Wellbeing & Responsible Lifestyles
- Act to Restore & Protect our World of Nature
- Act to Fight violation of Human & Nature Rights
- Act to Help the Poor, downtrodden & disrespected
- Act to Secure the life supporting capacity of our Unique Planet Earth

The 1960s beginning of Silicon Valley in California mushroomed around the world. The 1972-2023 period of sustainable development concerns and research generated the scientific knowledge, putting the world on notice that unless we make progress in during the lifetime of the youth alive today, the wellbeing if not survival of future generations will not be secured.

People living stressful modern lifestyles need at least once a year, take a vacation in a Wellness Boutique Resort in a lush nature environment, where they can experience holistic physical, mental, emotional, and spiritual health and wellbeing, a prerequisite to adopt sustainable and responsible lifestyles in harmony with one another as well as Nature. The critical need is also to learn effective vacation health enhancing practices that you take home to continue through the year ahead thus enhancing the commitment to live sustainably.

An example of such a wellness destination is Zen Resort Bali where you can learn and take home, for example seven steps as below to

take home and practice systematically to Your Health and Wellbeing; Your Focus and Productivity in the Workplace; Your Quest to Live a Healthy Long Life and Your Legacy to Future Generations,

1. Eating a healthy fresh produce diet including two servings of fruit and three servings of vegetables a day (Zen Resort Bali onsite Regenerative Farm and Plantation as well as a forest bathing to enhance your immunity).

2. Daily at sunrise a 30-min sequential gentle Yoga with breathwork - Pranayama – Meditation - Gratitude in your bedroom or garden (ZENCHI).

3. Daily a 20-min brisk walk and make a couple of stops to hug a tree or two, ideally in a lush forest environment to enhance your immunity.

4. Daily a 15-min foot self-reflexology followed by a 20-min nap.

5. Through the year, maintain a healthy body weight and limit alcohol and stop smoking.

6. Annually perform a Gratitude Flower Ceremony and a let-go Fire Ceremony

7. A lifetime diary of “one-liner” many beautiful triumphs of your life provides a spectrum of positives against which to assess and overcome the any tribulations and personal crisis that you may be confronted with.

The imperative ahead in the 21<sup>st</sup> Century is to establish Sustainability Valleys & Holistic Health. Valleys, bringing together Public & Private sectors together to protect, restore & enhance Human Wellbeing as well as Nature, without which we put at risk the life supporting capacity of Planet Earth, the only place in the Universe thus far known to support life.