



# The Natural Way: Healthy Community (Part 1)

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Nature cannot be generalized. Anything from the macrocosm to microcosm or complex multi-cellular to the current COVID-19, they all are unique in themselves. Every individual within the species of plant and animal kingdoms are different. All these organisms are provided with equal opportunities to survive and thrive by nature. Even though nature provides chances to every being, it reacts when there is imbalance at larger levels of macrocosm. The worldwide mortalities of COVID-19 are 800 thousand approximately, but the natural world seems to be working as it is. Perhaps, it is cleaner, efficient and better than before. Nature may react, if there is simultaneous multiple species extinction.

Nature has provided us tremendous resources for almost everything, starting from food, clothing, shelter to medicines. A disease or disorder free community is not possible till the end of time but, a healthy community is possible. All pathogenic organisms whether it's a bacteria or virus, also has an equal right to survive and thrive in the natural way. Homo sapiens being the dominant species of planet earth cannot get rid of all human pathogens. They have survived for millions of years before us and may also survive for million years even after us.

The only natural way is to coexist with them. Hence, developing a healthy community would make us to

survive longer in planet earth. The analysis of dynamics of the body mass in human population indicates various zones of lifespan;

1. Mean (70-75 years),
2. Commonly accepted maximum (100-110 years) and
3. Maximum known (140-160 years).

Other theoretical studies have suggested that the maximum human life expectancy at birth is around 104 years. Recent studies have claimed that there exists a maximum lifespan for humans, and that the human maximal lifespan has been declining.

Humans living closer to ways of the natural world and /or abiding by the natural law should be able to live the maximum lifespan. Through the advancement in science and medical technology we were able to increase the human lifespan considerably as compared to early 19th century. A person living for 75 years and being bedridden for the last 10 years cannot be defined as a healthy human life. With diabetes, hypertension and cancer becoming a part of human life throughout the world, the advancement in science and technology alone would not be sufficient to develop a healthy community. Humans, who are self-disciplined towards the natural world for the new age has to be nourished and evolved.