



Promoting Health and Well-being through Integrative Wellness Practices: Pathways to Sustainable Development Goal 3

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Abstract. Sustainable Development Goal 3 (SDG 3) is about ensuring healthy lives and promoting well-being for all at all ages. Achieving this goal requires a multifaceted approach that extends beyond conventional healthcare systems. Integrative wellness practices offer a promising pathway towards realizing this goal by addressing the holistic health needs of individuals and communities. This study explores the intersections between integrative wellness practices and SDG 3, highlighting their potential contributions to promoting health and well-being sustainably. Integrative wellness practices encompass a diverse array of modalities including traditional medicine, complementary & alternative therapies, mindfulness, yoga and nutrition. These approaches prioritize the interconnectedness of physical, mental, emotional and spiritual health. One of the key strengths of integrative wellness practices is their emphasis on prevention and health promotion. Additionally, they empower individuals to cultivate resilience in the face of adversity, thereby reducing the burden of mental health disorders and promoting psychological well-being. By promoting health and well-being at the individual and community levels, these practices lay the foundation for resilient societies. Furthermore, they support environmental sustainability by emphasizing the importance of living in harmony with nature and fostering a deeper connection to the natural world. However, realizing the full potential of integrative wellness practices requires addressing several challenges including regulation, access, affordability, and integrating these approaches into existing healthcare systems. Collaboration between policymakers, healthcare providers, researchers and community stakeholders is essential to overcome these barriers and harness the benefits of integrative wellness practices for sustainable development.

Keywords: Sustainable Development Goal 3, Integrative wellness, Environmental sustainability

1. Introduction

Sustainable Development Goals (SDGs) represent a global agenda for transforming our world into a more sustainable and equitable place. Adopted by the United Nations in 2015, the SDGs comprise 17 goals designed to address a wide array of global challenges, from poverty and hunger to education and climate change [United Nations, 2015].

Among these goals, Sustainable Development Goal 3 (SDG 3) is dedicated to "ensuring healthy lives and promoting well-being for all at all ages". This goal encompasses a comprehensive set of targets aimed at addressing the most pressing health issues globally. SDG 3 aims to tackle various health-related challenges by setting ambitious targets to be achieved by 2030. The primary objective is to reduce mortality and morbidity rates, improve health infrastructure, and promote preventive measures. By focusing on maternal and child health, communicable and non-communicable diseases,

substance abuse, and environmental health, SDG 3 strives to build resilient health systems capable of delivering high-quality care to all individuals.

Progress toward achieving SDG 3 has been significant in some areas but remains uneven across different regions and countries. Many high-income countries have made substantial advancements in improving health outcomes, while middle-income and low-income countries continue facing severe challenges. Factors such as poverty, inequality, conflict, and political instability hinder progress in many parts of the world. For instance, maternal and child mortality rates have declined globally, but disparities persist between and within countries. Sub-Saharan Africa and South Asia still have high maternal and child mortality rates compared to other regions [United Nations, 2023]. Similarly, while significant progress has been made in reducing the incidence of communicable diseases like HIV, tuberculosis, and malaria, these diseases remain major public health challenges in many low-income countries. Emerging threats like antibiotic resistance and the health impacts of climate change further complicate the landscape. Additionally, the COVID-19 pandemic has posed a significant setback to achieving SDG 3 [United Nations, 2023]. The pandemic has strained healthcare systems, diverted resources, and disrupted essential health services. It has also highlighted the importance of resilient healthcare systems and the need for robust infrastructure.

The COVID-19 pandemic's impact on mental health and NCDs have highlighted the interconnectedness of health challenges and the need for comprehensive and integrated health approaches. Promoting health and well-being through integrative wellness practices is pivotal for achievement of Sustainable Development Goal 3 (SDG 3). Integrative wellness practices encompass a holistic approach to health, combining conventional medical treatments with complementary therapies, such as nutrition, physical activity, mindfulness and alternative medicine. These practices address the physical, mental, and emotional aspects of health, providing a comprehensive strategy to prevent and manage diseases. By promoting balanced lifestyles and preventive care, integrative wellness can reduce the burden on healthcare systems and enhances the overall quality of life. For instance, regular physical activity and proper nutrition can prevent and manage non-communicable diseases like diabetes and cardiovascular conditions, which are significant targets under SDG 3 [Macassa, 2021]. Furthermore, integrative wellness practices encourage community engagement and education, empowering individuals to manage their own health and fostering environments that support healthy choices. These practices align with the goal's emphasis on universal health coverage and access to quality healthcare, ensuring that holistic health services are available and affordable for all.

2. Conceptual development

2.1 Holistic health & wellness: a multidimensional approach

Holistic health and wellness, an approach that emphasizes the interplay between body, mind, and spirit, have garnered significant attention worldwide. This methodology diverges from conventional medicine, which often concentrates solely on physical symptoms, by promoting overall well-being through the integration of various health dimensions: physical, mental, emotional, social, and spiritual. By

examining diverse wellness practices from around the globe, one can appreciate the multifaceted nature of holistic health.

Physical Wellness: Physical wellness is fundamental to holistic health. It encompasses regular physical activity, balanced nutrition, and adequate rest. India's ancient practice of yoga and ayurveda serve as prominent examples of physical wellness. Yoga integrates physical postures (asanas) with breathing techniques (pranayama) and meditation. Regular yoga practice helps in improving flexibility, strength and balance of body. Additionally, ayurvedic massage 'abhyanga' alleviates pain, reduces fatigue and enhances physical strength [Madhukar et al., 2018]. In Japan, the concept of "ikigai," or finding one's purpose in life, intertwines physical activity with mental well-being [Kotera et al., 2021]. Okinawans, known for their remarkable longevity, exemplify this integration. They engage in moderate daily exercise, consume a primarily plant-based diet, and maintain robust social connections. This triad underscores the significance of the physical dimension in holistic health. Similarly, in Western cultures, fitness trends like Pilates and Tai Chi emphasize the integration of physical movement with mental focus and breath control. Pilates is a valuable physical fitness system developed by German fitness trainer Joseph Pilates. Pilates emphasizes core strength, proper postural alignment and overall body awareness [Wells et al., 2012]. Tai Chi, an ancient Chinese martial art, features deliberate slow movements combined with deep breathing, fostering relaxation and physical well-being [Li et al., 2001]. Both practices illustrate how physical activity can simultaneously nurture the body and mind.

Mental and Emotional Wellness: Mental and emotional wellness are crucial components of holistic health. Practices nurturing these aspects include yoga, meditation, mindfulness and cognitive-behavioral techniques. Yoga and meditation are globally considered powerful tools for enhancing mental and emotional wellness. Yoga helps increase body awareness, ease anxiety, and promote relaxation. Meditation, on the other hand, focuses on calming the mind, enhancing concentration, and fostering emotional stability. Regular practice of both yoga and meditation can lead to reduced symptoms of depression, improved emotional regulation, and greater resilience [Agarwal, 2013]. In the United States, mindfulness-based stress reduction (MBSR) programs, developed by Jon Kabat-Zinn, have become widely utilized to manage stress, anxiety, and chronic pain [MacCoon et al., 2012]. These programs blend mindfulness meditation with body awareness and yoga, fostering mental and emotional resilience. Bhutan's Gross National Happiness (GNH) index exemplifies a national commitment to holistic well-being [Nepal, 2024]. The GNH measures prosperity beyond economic wealth, focusing on psychological well-being, health, education, and environmental sustainability. This approach signifies the importance of nurturing emotional and mental health alongside material progress, promoting a balanced view of national success.

Social Wellness: Social connections are vital for overall wellness. Strong relationships provide emotional support, reduce stress, and foster a sense of belonging. Denmark's concept of "hygge" emphasizes coziness and community, encouraging social interactions that enhance well-being [Larsen, 2019]. Danish people often engage in small, intimate gatherings, reinforcing social bonds and

contributing to their high levels of happiness. The "Blue Zones" project, inspired by regions with high longevity rates like Sardinia (Italy), Nicoya (Costa Rica), Okinawa (Japan), Ikaria (Greece) and Loma Linda (USA) accentuate the importance of social wellness [Najafi & Mohammadi, 2024]. Residents in these areas maintain close-knit relationships and actively participate in communal activities. These strong social networks contribute to both mental and physical health, highlighting the importance of community engagement. In contrast, urban environments often pose challenges to social wellness. The rise of digital communication has led to increased social isolation for some. Initiatives like community gardens, local clubs, and public spaces aim to counteract this by fostering face-to-face interactions. For instance, community gardens in many cities of New York, like Binghamton, Buffalo, Ithaca etc., not only provide fresh produce but also serve as social hubs where residents can connect and collaborate, enhancing their social well-being [Falkowski et al., 2022].

Spiritual Wellness: Spiritual wellness involves finding meaning and purpose in life, which can be nurtured through religious practices, meditation, or connecting with nature. Indigenous cultures worldwide deeply embed spirituality in daily life. The "Maori" cultural practices of New Zealand, for instance, integrate spiritual practices with their natural environment, honoring ancestors and the land through rituals and storytelling [Marques et al., 2022]. Central to this approach are concepts like whakapapa (genealogy) and tikanga (customs), which guide personal and community well-being by fostering connections to ancestry, land, and community. According to them, understanding of hinengaro (mind), tinana (body), and wairua (spirit) are fundamental for holistic health & well-being. In Japan and China, the practice of "Shinrin-yoku", or 'forest bathing', involves immersing oneself in nature to improve mental and spiritual health. According to this practice, humans inherently feel calm and amazed when they are around natural environment like forests, plants, flowers etc. "Shinrin-yoku" has been shown to reduce stress, boost mood, and enhance overall well-being, illustrating the healing power of nature [Hansen et al., 2017]. In the Western world, the rise of secular practices like mindfulness and meditation reflects a growing recognition of the need for spiritual well-being. Apps like 'Headspace' and 'Calm' provide accessible ways for individuals to incorporate mindfulness into their daily lives, enhancing their overall wellness. Mindfulness meditation apps can be scalable and viable option for promoting holistic well-being [Gál et al., 2021]. The wellness practices, often stripped of religious connotations, offer spiritual benefits by fostering a sense of inner peace and connectedness. Religious traditions also play a significant role in spiritual wellness. In Buddhism, the practice of meditation and following the Eightfold Path promotes spiritual growth and enlightenment. In Christianity, prayer and community worship provide spiritual support and a sense of belonging. These practices illustrate the diverse ways in which spirituality can be nurtured, regardless of religious affiliation.

2.2 The role of integrative wellness in health promotion and disease prevention

Holistic health and wellness practices are increasingly being integrated into healthcare and lifestyle choices worldwide. Integrative medicine, which combines conventional treatments with holistic

practices, is gaining popularity. For example, the Mayo Clinic in the United States offers integrative medicine programs that include acupuncture, massage therapy and mindfulness training alongside conventional medical treatments [Cutshall et al., 2019]. This approach recognizes the value of addressing all dimensions of health for comprehensive care. Corporate wellness programs are also adopting holistic practices to enhance employee well-being. Companies like Google and Apple provide mindfulness and meditation sessions, yoga classes, and wellness workshops to support their employees' physical, mental, and emotional health. These initiatives not only improve individual well-being but also enhance productivity and job satisfaction [Bella, 2023]. Educational institutions are increasingly incorporating holistic practices into their curricula. Schools worldwide are implementing mindfulness programs to help students manage stress, improve focus, and enhance emotional regulation. These programs equip students with tools for lifelong well-being, demonstrating the importance of holistic health from a young age.

2.3 Real-World Applications of Integrative Wellness Practices

Integrative wellness, which encompasses physical, mental, emotional, and spiritual health, is pivotal in health promotion and disease prevention. This holistic approach is increasingly recognized worldwide for its effectiveness in addressing complex health issues and promoting overall well-being. Integrative wellness combines conventional medicine with complementary and alternative therapies to treat the whole person, rather than just symptoms. This approach includes a variety of practices such as yoga, meditation, acupuncture, chiropractic care, herbal medicine, and nutritional counseling. The goal is to optimize health, prevent disease, and improve our quality of life by addressing physical, mental, and emotional needs.

Global Examples of Integrative Wellness Practices: -

- **Yoga and Meditation (India and Worldwide)**

Originating in ancient India, yoga and meditation are now widely practiced globally. These practices focus on the connection between the mind, body, and spirit. Research shows that yoga can improve cardiovascular health, reduce stress, and enhance mental clarity. For instance, studies have demonstrated that regular yoga practice can lower blood pressure and improve heart rate variability, which are key indicators of cardiovascular health [Agarwal, 2013]. Meditation can help enhance overall mental health by improving control over our emotions. Meditation also helps alleviate the symptoms of anxiety and depression. Today, frequent use of electronic devices has led to common issues such as headaches, insomnia and lack of concentration. Yoga, by managing such health issues, helps preserve overall well-being in our technology-centric lives [Sharma et al., 2020]. The global adoption of yoga, evidenced by international yoga centers and the annual International Day of Yoga, highlights its holistic benefits. In countries like the United States, yoga and meditation are integrated into wellness programs in schools, workplaces, and healthcare settings, promoting holistic health and well-being. Incorporating yoga and meditation into public health programs can significantly contribute to SDG 3 by reducing the burden of chronic diseases and improving mental health outcomes. These

comprehensive practices not only enhance physical flexibility and strength but also fosters mental clarity and emotional balance.

- **Traditional Chinese Medicine (China)**

Traditional Chinese Medicine (TCM) is a Chinese holistic approach to health. Acupuncture, herbal remedies and tai chi practice are main components of TCM. In acupuncture, fine needles are inserted into specific body points to address various conditions such as chronic pain, migraines, and stress-related ailments. Studies have shown that acupuncture can be effective in reducing headache, back pain and improving quality of life for patients with osteoarthritis conditions [Dobos & Tao, 2011]. Herbal medicine, another component of TCM, utilizes plant-based remedies to treat illnesses and promote health. For example, ginseng is used to boost energy and improve immune function, while ginger is used for its anti-inflammatory properties. Tai chi, a form of gentle exercise that combines movement and meditation, has been shown to improve balance, reduce falls in older adults, and enhance mental well-being [Li et al., 2001]. The integration of TCM into mainstream healthcare in China and other countries illustrates the value of combining traditional practices with modern medicine to promote health and prevent disease.

- **Ayurveda (India)**

Ayurveda, an ancient Indian system of medicine, emphasizes balance in the body through diet, herbal treatments, and yogic breathing. It focuses on individualized treatment plans that consider a person's unique physical and mental constitution. Ayurveda and yoga provide valuable methods for managing non-communicable diseases (NCDs) [Khan et al., 2021]. Relying solely on pharmaceutical drugs is insufficient for the prevention, control, and treatment of chronic NCDs; it is crucial to address root causes through appropriate lifestyle and behavior modifications [Sarsina & Tassinari, 2015]. Ayurveda focuses on personalized diets tailored to individual constitutions (doshas), employs natural herbs like turmeric and ashwagandha for their therapeutic properties, and incorporates detoxification procedures (Panchakarma) to cleanse the body and improve metabolic function in managing lifestyle-related disorders [Mishra et al., 2018]. Aligning with SDG 3, Ayurveda's preventive approach, natural treatments, and focus on sustainable health practices contribute to reducing the global burden of NCDs, ensuring healthy lives, and promoting well-being at all ages. Ayurvedic practices such as Panchakarma, dietary recommendations, and herbal supplements are used to maintain health and prevent illness. For example, various studies have been done on turmeric, a common spice used in Ayurveda, for its anti-inflammatory and antioxidant properties. Curcumin, the active component in turmeric, has been found to reduce inflammation and may help prevent heart disease, diabetes and cancer [Verma et al., 2018].

- **Chiropractic Care (United States and Worldwide)**

Chiropractic care involves diagnosis and treatment of mechanical disorders of the spine and the musculoskeletal system of the body. Chiropractic is a cost-effective and beneficial practice widely utilised in the United States and around the world. Chiropractors use manual adjustments to alleviate pain in different parts of body. It improves bodily functions and also helps enhance the body's innate

ability to heal itself. Research has shown that chiropractic care can be effective in treating lower back pain, neck pain and headaches [Gevers-MontoroIt et al., 2021]. It is also used to improve mobility and reduce the need for pain medications, which can have significant side effects. By addressing the root causes of musculoskeletal issues, chiropractic care plays a crucial role in promoting physical health and preventing chronic pain conditions.

- **Naturopathy (Worldwide)**

Naturopathy, a holistic approach to healthcare that emphasizes natural therapies and lifestyle changes, is practiced worldwide. This practice is grounded in the principle of supporting the body's inherent ability to heal itself through natural means. Naturopathy practitioners advocate for diets rich in whole foods rather than having processed foods and sugars. Such dietary recommendations are designed to boost immunity, support overall bodily functions and reduce risk of chronic diseases. Physical therapies, including exercise, hydrotherapy, mud-therapy and various massages are integral to naturopathic treatment. These therapies not only enhance physical fitness but also promote mental well-being, reduce stress, and improve quality of life [Myers & Vigar, 2019]. Stress management techniques such as meditation, yoga, and deep-breathing exercises are frequently incorporated to address the mental and emotional aspects of health. Naturopathy's emphasis on natural, patient-centered care aligns with the growing demand for sustainable and holistic health solutions worldwide, ultimately contributing to improved health outcomes and enhanced quality of life.

2.4 Contribution to Achievement of SDG 3

Integrative wellness practices play a crucial role in fulfilling SDG 3 by promoting health and well-being for all in following ways:

Reducing Healthcare Costs: Integrative wellness practices focus more on prevention of diseases than cure, which can significantly reduce healthcare costs. Integrative wellness practices support the adoption of healthy lifestyles by educating and empowering individuals about the importance of nutrition, exercise and stress management. These practices lower the incidence of non-communicable diseases (NCDs). This reduction in prevalence of non-communicable diseases (NCDs) decreases the need for expensive medical treatments and hospitalizations, thereby making healthcare more cost-effective and accessible for all, which is central to achieving SDG 3.

Improving Mental Health: Mental health is a critical aspect of overall well-being and is essential for achieving SDG 3. Practices such as yoga, meditation, and acupuncture have been demonstrated to alleviate symptoms of anxiety, depression and stress. By integrating mental health care with physical health strategies, these practices provide a comprehensive approach to health, promoting a balanced and holistic method of health promotion. Increases productivity.

Fostering Safer Pregnancy Outcomes: By incorporating yoga, expectant mothers may experience improved flexibility, reduced stress, and enhanced overall well-being. Studies suggest that yoga positively influences the duration of pregnancy, potentially leading to full-term births and reducing the likelihood of preterm labor, which is crucial in lowering maternal mortality rate (MMR) and neonatal mortality rate (NMR) [Pais et al., 2021].

Enhancing Quality of Life: Integrative wellness practices significantly enhance the quality of life for individuals with chronic conditions by managing symptoms and improving overall well-being. Techniques like acupuncture and chiropractic care can effectively reduce chronic pain, while yoga and meditation can improve mental clarity and emotional stability. These improvements help individuals lead more fulfilling and productive lives.

Enhancing Healthcare Accessibility: Practices such as yoga, meditation, and nutrition counseling are often more affordable than conventional medical treatments and are widely accessible through community centers and online platforms. This accessibility ensures that a broader audience can benefit from these practices. Additionally, the use of local resources and natural remedies in integrative wellness further reduces costs, making healthcare more affordable for everyone. This helps in fulfilling the target of universal health coverage (UHC) of SDG 3.

Fostering Environment Preservation: Wellness practices such as yoga, Ayurveda, naturopathy and eco-friendly food products promote a deep connection to nature and encourage sustainable habits. These include reducing waste, conserving resources and supporting local, organic produce. Such environmentally responsible behaviors foster a collective effort to protect and preserve our planet, aligning with the broader goals of sustainable development. For instance, Ayurvedic principles advocate living in harmony with nature to maintain the balance of doshas [Mathpati et al., 2020]. Environment preservation can help reduce deaths and illnesses from air, water & soil pollution.

Building Sustainable Societies: Integrative wellness combines traditional and modern healthcare approaches to enhance physical, mental, and social health. This includes providing accessible healthcare services, preventive care and holistic health education. By addressing social determinants of health and fostering community involvement, these practices help build resilient and thriving communities, contributing significantly to the achievement of SDG 3 [Sharma & Kumar, 2023].

Sustainable health behaviors, like water and energy conservation, waste management, biodiversity preservation and community involvement, are ingrained in sustainable society. They're facilitated by institutions and norms, guiding choices to minimize resource use and waste. Such sustainable health behaviors can help achieve SDG 3 by benefitting health and development equitably across diverse populations [Macassa, 2021]. Policymakers and healthcare practitioners need to design and execute holistic strategies to combat the most prevalent health problems within their specific contexts [Seidman,

2017]. They must also ensure these strategies are effectively integrated into the existing healthcare system, promoting a seamless and coordinated approach to healthcare delivery.

3. Overcoming challenges in promotion of integrative wellness practices

Promoting health and well-being through integrative wellness practices need overcoming several challenges. Post COVID 19 pandemic, demand for technology in wellness has increased immensely [Denitsa, 2021]. Technological advancements offer both opportunities and challenges. Effectively utilizing wearable devices and telemedicine services can greatly improve health monitoring and provide personalized health care practices [Deshmukh, 2023]. While technology can enhance access to health & wellness practices through mobile apps and online platforms [Asi & Williams, 2017], it can also lead to misinformation and unregulated advice. Ensuring the quality and reliability of digital wellness resources is crucial for their sustainability.

In the field of research, lack of scientific rigor among traditional wellness practitioners is a big challenge. Wellness practitioners need to be trained & encouraged to conduct systematic clinical trials to evaluate the additional effectiveness of integrating wellness practices with modern medical system [Umesh et al., 2022]. There is a need for more rigorous, large-scale longitudinal studies to validate the efficacy of integrative practices like naturopathy, yoga and meditation. Long-term data can offer valuable insights into their effects on chronic diseases and any potential adverse outcomes that may develop. The current evidence base is often limited by small sample sizes and methodological inconsistencies, which hinder their acceptance in mainstream healthcare.

Additionally, integrating traditional and modern medical practices requires harmonizing diverse regulatory frameworks, which can be complex and bureaucratic. The lack of standardized guidelines and oversight for alternative and complementary therapies can lead to inconsistent quality and safety. Regulatory bodies often struggle to keep pace with emerging wellness trends, creating gaps in consumer protection. Ensuring equitable access to integrative wellness services also demands policies that address disparities and promote inclusive care. Effective regulation is crucial for maintaining the credibility and efficacy of integrative wellness practices in sustainable health promotion.

Modernizing of education to include integrative wellness practices presents another challenge. Conventional medical curricula are often heavily focused on pharmaceutical and surgical interventions, leaving little room for holistic approaches. Integrating comprehensive training on alternative therapies requires curriculum reforms and a shift in educational paradigms of modern medicine. Additionally, workshops on modern investigatory tools like ECG and USG can be included with holistic wellness related studies, as traditional diagnostic techniques and vague knowledge are insufficient for accurate diagnosis of diseases [Krishna et al., 2020]. There is a need to bridge the gap between traditional knowledge and modern scientific understanding, ensuring that future healthcare providers are well-versed in both.

Addressing above challenges is essential to achieve Sustainable Development Goal 3. Achieving SDG 3 requires a multisectoral approach, engaging various stakeholders, including governments,

international organizations, the private sector, civil society, and communities [Kuruville et al., 2018]. For instance, partnerships between governments and international organizations can facilitate the transfer of technology and expertise, enabling countries to strengthen their health systems. The private sector can contribute by investing in health infrastructure, developing innovative health solutions, and ensuring the availability of affordable medicines and vaccines. Civil society organizations play a crucial role in advocating for health rights, raising awareness, and providing community-based health services.

4. Conclusion

Sustainable Development Goal 3 (SDG 3) is a critical component of the United Nations' 2030 Agenda for Sustainable Development, aiming to "ensure healthy lives and promote well-being for all at all ages." The importance of SDG 3 cannot be overstated, as health is a fundamental human right. By addressing the diverse health challenges outlined in SDG 3, we can build healthier and more resilient communities. This goal further contributes to the broader goals of sustainability like poverty reduction, economic growth and social well-being. Sustainable Development Goal 3 encompasses a broad range of health-related targets in different areas. Significant progress has been made in various areas. For example, vaccination programs have led to substantial decline in communicable diseases, and global health initiatives have expanded access to life-saving treatments. However, achieving SDG 3 by 2030 remains a formidable challenge. Persistent issues include health disparities between and within countries, insufficient healthcare infrastructure, and inadequate funding for healthcare services.

Integrative wellness practices, which combine conventional medicine with complementary therapies, can play a significant role in achieving Sustainable Development Goal 3 (SDG 3). These practices focus on the whole person, considering integration of physical, emotional, mental, social and spiritual dimensions. From the wellness practices of yoga in India to the social connections emphasized by 'hygge' in Denmark and the spiritual traditions of the 'Maori' in New Zealand, diverse global practices highlight the interconnectedness of these dimensions. By adopting a holistic approach, individuals can achieve a balanced and fulfilling life, promoting well-being in all its forms. The global embrace of holistic health practices reflects a growing recognition of the need to address the whole person, fostering a more comprehensive and sustainable approach to health and wellness.

Integrative wellness practices can help address the diverse health needs of populations globally. Global collaboration is essential to mobilize resources, share knowledge and expertise. Effective health policies and programs are essential to ensure the accessibility and quality of integrative wellness practices. Policymakers must create frameworks that support the integration of these practices into existing health care systems, ensuring they are available to all segments of the population. Achieving SDG 3 by 2030 requires continued commitment, innovation, and collaboration to overcome persistent challenges to ensure that everyone, everywhere, can lead a healthy life.

Acknowledgements. Authors are indebted to Swami Rama Himalayan University, whose resources and guidance have been instrumental in shaping the direction of this study. Deepest gratitude is expressed to the practitioners

and experts in the field of integrative wellness, whose insights provided a deeper understanding of holistic health practices.

Disclosure of Interests. The authors declare no conflict of interest regarding the publication of this research. The authors have no competing interests to declare that are relevant to the content of this article.

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