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Innovative perspectives of holistic health by traditional healing -to relive stress

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Article History:	Abstract 
Received on: 06 Oct 2024 Revised on: 14 Nov 2024 Accepted on: 27 Nov 2024	<p>Stress is both physical body oriented and also mind oriented. Both the harmful to the well-being and health of the persons both mental and physical well-being are vital for health. There are so many causative factors for both types of stress mental stress may be brought by so many failure factors for both types of stress. Mental stress may be brought by so many failure factors likes love failure, exam failure, interview failures etc. Though the saying that your present failure is the stepping stone for your future success, many don't realize this and they either blame others or blame their own fate. A person meeting/ encountering successive failures may become either a vagabond or an unfit social element to give botheration to others. Many have hots or poor lot resort to misdeeds in society. The continuation of successive failures make them mentally stressed and they often resort to bad habits like cigarette smoking, drinking alcohols, self-medication, drug use. Always these drug addicts and alcoholics, become a threat to their community specifically and to the whole society generally. Thus a person stressed physically and / or mentally and resorting to bad habits becomes a misfit first to his family and to the society subsequently.</p>
Keywords: Stress, Holistic, Health, Failures, Social, Issues, Healing, Relive.	

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INTRODUCTION

It is in the news anytime in a year that a girl who failed in either plus one or two committed suicide. Likewise an IIT aspirant who failed to scale up his mental acuity and powers to succeed in the examination took an extremely submissive and extreme step of committing suicide. Many more examples like this exist in all walks of life in the administrative offices, farm yards, industries, houses as well as in police quarters due to mental agony and work pressure, bossism and superiority. What all these events tell to us.

The answer is a simple single word the "Stress" who to blame for these untoward incidents? Almost all people viz., the parents, teachers, friends, officials. (Hierarchic) are held responsible for this sad state of affair which now becomes a routine affair in public.

Nowadays most of the physical ailments and diseases in human are brought by stress coupled with nutritional deficiency. The definition of health means not only the keeping of physical well-being but it includes also their mental emotional social and spiritual sides of life as well. The Holistic health is a philosophy which considers every human as an integral unit with the environment through which life vital energy flows in and out in a constant interchange or / in a stage of flux with much harmony. Any disharmony in life and any disruption in the energy flow due to stress, tension, depression, eating disorders phatic and other improper uses of the mind and body will create physical disturbance are abnormally in the form of disease symptoms. The Holistic health involves different techniques by which it relieves the disease by fighting symptoms by symptoms. Traditional healing practices have been used for centuries to promote holistic health and well-being. These practices focus on addressing the root causes of health issues rather than just treating the symptoms, taking into account the physical, emotional, and spiritual aspects of a person's health. One area where traditional healing practices have shown great promise is in the management of stress. Stress has become a common part of modern life, and its effects on our health can be significant. Chronic stress has been linked to a variety of health problems, including heart disease, depression, and weakened immune function. Traditional healing approaches to stress management offer innovative perspectives that can help individuals find relief and restore balance in

their lives. These approaches often combine various techniques and therapies, such as herbal medicine, acupuncture, meditation, and energy healing, to address the underlying causes of stress and promote healing. Herbal medicine, for example, is a key component of traditional healing practices. Certain herbs have been used for centuries to promote relaxation and reduce stress. Adaptogenic herbs, such as ashwagandha and holy basil, help the body adapt to stress and promote overall well-being. Nervine herbs, such as chamomile and lavender, have a calming effect on the nervous system and can help reduce anxiety and promote better sleep.

Stress

The father of "stress biology" Dr. Hans Selye has vividly described the physiological and biochemical changes of stress syndrome in human. The blood and tissue chemistry are altered by the chronic stress. The endocrines particularly the adrenal hormones show the fight - flight - and fright response of stress. The various distress signals due to stress include physical, physiological, psychological and behavioral changes. Some of the physically visible changes include headaches, dry throat, increased respiration, cold hands and feet, heavy breath, palpitation of heart, muscle twitches, in digestion, either constipation or diarrhea, diseases (increased urination) body fatigue, insomnia, B.P shoot up, chest pain etc. The psychological after effects of stress are mostly the irritability, anxiety, hyper sensitivity, phobia, suspicious, anger, lack of concentration, in secured feeling, feeling of hopelessness, helplessness and worthlessness, indifference or aversion towards pleasurable things like family happy moments and sex etc.

The behavioural changes consequent to stress are impatience, teeth grinding, negligence, laziness, consumption of alcoholic

drinks or other hot beverages like coffee / tea / poor performance in job, reduced skill development, loss of appetite, or engorging food intake, extreme anger and shouting at with and kin chain smoking at, interfering invariably with other others affairs by poking the hose, wrangling of hands, withdrawal symptoms depression and isolation etc.

In the following chapters, we shall see the various coping mechanisms to stress, learning techniques of stress management, how to build the body and mind towards conquering the stress, and how to change our attitudes to overcome the behavioural signals of stress and how to transform ourselves into successful personalities and not just persons/individuals one among the mass.

Types of Stress

Stress management can be complicated and confusing because there are different types of stress, there is need to understand this because each has its own characteristics, symptoms, duration and treatment approach. Let's look at each one.

Acute Stress:

This is the most common form of stress. It comes from demands and pressure of the recent past and anticipated demands and pressures of the near future. It is a laundry list of what has gone awry in their lives.

The auto accident that crumpled the car fender, the loss of an important contract, rushing to meet a deadline, and handling one's child's occasional problems at school, Acute stress lasts for a short term because of this it do not have enough time to do extensive damage. Its symptoms are recognized by most people. Acute stress can crop up in anyone's life but the consolation is that it is highly treatable and manageable (Jones et al and Collins English Dictionary) [12].

Episodic Acute Stress/Time Stress:

These involves those that suffer acute stress frequently, their lives are so disorganized that they are always in chaos and crisis. They are always in a rush, but always late if something can go wrong it does. They take on too much, have too many irons in the fire, and can't organize the slew of self-inflicted demands and pressures clamoring for their attention. People who are in this category describe themselves as having "a lot of nervous energy, always in a hurry, they tend to be abrupt and sometimes their irritability comes across as hostility. Their interpersonal relationships deteriorate rapidly when others respond with real hostility. Sufferers of episodic acute stress are called "worry warts" they see disaster around every corner and pessimistically predict catastrophe in every situation. They see the world as dangerous, unrewarding and punitive place where something awful is always about to happen. Individuals here see nothing wrong with their life style; they blame their woes on other people and external events.

Chronic Stress:

This is grinding stress that wears people away day after day and year after year. Chronic stress destroys bodies, minds and lives. It wreaks havoc through long-term attrition. It is the stress of poverty, dysfunctional families, being trapped in an unhappy marriage, in a despised job or career and ethnic endless rivalries (Folkman et al 2000).Chronic stress comes when a person do not see a way out of miserable situation. It is the stress of unrelenting demands and pressures for seemingly interminable periods of time, with no hope the individuals' gives up searching for solutions. Some chronic stresses stem from traumatic, early childhood experiences that become internalized and remain forever and painful and present [8].

Anticipatory Stress:

This stress as the name implies concerns the future. This can be focused on a specific event, such as an upcoming presentation that you are going to give, marriage/wedding ceremony that is coming up. It is vague and un-identified, there is an overall dread and worry about the future that something may go wrong (Fevre et al 2006) [7].

Situational Stress:

This happens when you are in a scary situation that you do not have control over. It could be an emergency or confrontation. It is a situation that involves conflict, loss of status or getting laid off because of a mistake in the office, and losing acceptance in the eyes of your group (Cohen et al 1985) [4].

Encounter Stress:

Encounter stress revolves around people. It happens when you worry about interactions with certain person or group of people you do not like or you think that they are unpredictable. Encounter stress occurs if your role involves a lot of personal interactions with customers and clients, like Bank marketers while looking for a customer that will deposit #50,000,000 = (fifty million naira) (Cohen et al 1985) [4].

Eustress:

Eustress is a positive type of stress that is short-term. It is activated when a person needs to have some extra energy or inspiration. Eustress gives us the motivation we need to win or perform excellently in a competition, exam, promotion and giving a speech (Hargrove 2013) [10].

Hyper stress:

This happens when a person is forced to perform above their normal capacity. In these recent times that downsizing is taking place in many organizations many people feel

stressed out due to heavy workloads. One person doing the work of ten persons. A person experiencing this type of stress can find that their emotions run higher and a smallest event can trigger a highly emotional outbreak (Cohen et al 1985) [4].

Bear stress:

Bear stress happens when a person is constantly agitated. Someone in a highly challenging, cognitive tasking and demanding job. This occurs when a person's potential is been overstretched (Greubel et al 2011) [9].

Psychological Stress:

Psychological stress tends to be caused by emotional stressors. Emotional stressors can be caused by a genuine emotional issue, such as the death of a loved one, or such stress can be caused by a perceived emotional situation, such as a fear that you are on the chopping block at work. Either way, the stress itself is real and the problems such stress can cause are also extremely real (Schneiderman et al 2005)[22].

Physiological Stress:

Physiological stress is stress that is caused by a real or perceived physical threat to our person. Again, even if the stress is caused by a perceived threat, the stress itself is real enough and the damage that the stress can cause over a prolonged period is also quite real (Herbert et al 1993) [11].

Hormone Basis of Stress:

Among stress inducing Hormones, the predominant one is the Adrenaline secreted by the Adrenal medulla. According to the report in Lancet compared to mild exercise, stress nous exercise increases the urinary excretion of Adrenaline about ten times that of the farmer and the resting condition likewise the mental stress is also reported to increase this hormone. The adrenaline

release during stress nous exercise also causes fatigue and lactic acid production. Insulin induced hypoglycemia and increased ten times their secretion and elimination of the stress hormone adrenaline.

Stress caused Problems

To define stress, it is very difficult because it varies from person to person. But we can see stress reactions in our day to day life. When man feels stressed the following symptoms may be noticed.

Muscles tighten.

Heart rate increases .

Breathing becomes more rapid and shallow.

Tiredness and feeling of fatigue.

Frustration and depression .

Angry mood.

Some behaviouralattitudes like are there smoking and drinking alcoholic drink or hot beverages like coffee and tea more often.

Lactate production in muscles.

Lac / Pyr ratio increased.

Stressed life style

Some people exhibit 'hard driving style' of lifestyle. These people or fast in doing everything quickly, getting upset and frustrated towards drawbacks, highly competitive, want to do better and better, not compromising in the race, for the second phase (want to be first all the time) and always target and achievement oriented. These people think themselves that stress does / will not affect them. In fact for these people their stressful lifestyle is insidiously taking its own toll. The cumulative effects of stress affect their health. These are the lot of who become dead (functionally) in their 40s or 50s and resort to compensating drugs, or drinks or both.

Some people are exceptions and there may not have any coronary problems or other diseases like cancers. But exceptions can never be the rules. This is like some cigarette smoker not getting lung cancer affliction, in analogy. Because of these rare exceptions we cannot say that these are healthy lifestyle. These are example of hard drawing or over drinking life style. This undoubtedly and unequivocally provides to be dangerous.

Effects of Stress on the Immune System

When the equilibrium of various hormones is altered the effect of these changes can be detrimental to the immune system. Stress affects the immune system in many ways. The immune systems protect the body from viruses, bacteria and anything that is different or that the body does not recognize. The immune sees these intruders and it sends message to attack. The white blood cells, leukocytes are very important to the immune system. When an individual is stressed or going through a stressful experience the immune systems starts to produce natural killer cells and cytokine. When level of cytokines are higher they combat infections and the brain gets communicated that the body is ill and it produces symptoms as if the individual was ill. It also causes cardiovascular disease, musculoskeletal disorders, work place injury (Kobasa et al 1982; Herert et al 1993 and Kemeny et al 2003) [11] [16] [17].



Figure 1 showing the Signs and symptoms of emotional stress

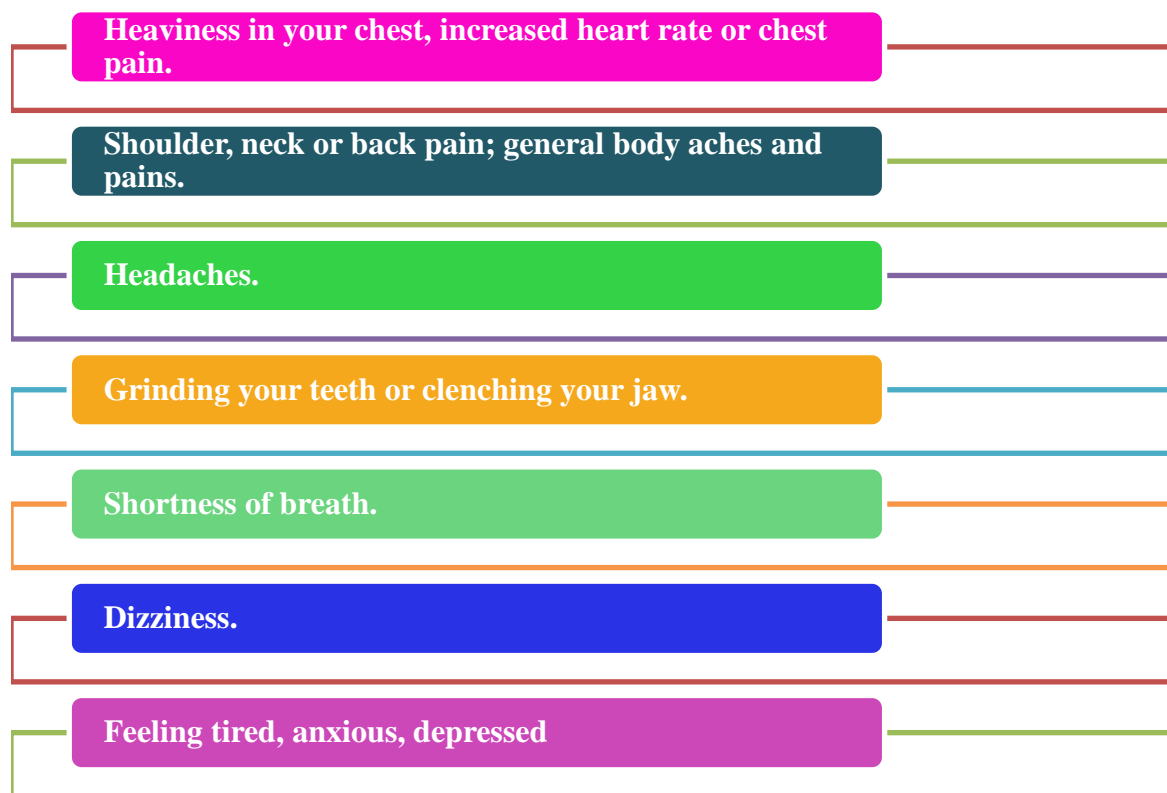


Figure 2 Innovative Perspectives of Holistic Health by Traditional Healing -To Relieve

Stress

In plant kingdom, numerous species of plants have mysterious phytonutrient substances which can protect us from stressful situations and diseases. In recent years research studies have disclosed the manifold secrets of these healing phytochemicals.

These studies have also described the mechanisms by which these plant substances safeguard our body by eliminating the toxic substances which are accumulating inside our body due to imminent pollution of the environment and also how they protect us from cancer causing or cancer inducing carcinogenic chemical compounds.

Before English medicine (Allopathy) came into clinical practice, the natural plant medicines were used by many natural systems of therapy such as Siddha, Ayurveda, Unani, etc.

These treatment date back to thousands of years in Asian countries especially in India.

In China that traditional medicine used about 10,000 types of Herbs more than 5000 thousand years ago. Herbal medicine or phytomedicine or Botanical medicine refers to use of plants seeds, fruits, roots, barks, flowers, leaves, pulps etc for the control and managementof variety of human diseases caused by pathogens like bacteria, virus, parasites and also due to various factors like stress, depression, worry, Lifestyle changes, pain, digestive disorder, etc. Archaeological evidences have pointed out that herbal medicine was used given by primitive man like the Neanderthals 6000 years ago by men in swiss apes some 5300 years ago. Medicinal use of plants was in existence by ancient Sumerians of Mesopotania and by the Egyptians old treatment Bible also mentioned the use of plants for medicinal purposes. In

India herbal medicines date back to several 1000 Years, it is mention 'Rig Veda'(Ayurvedic medicine).

In India, next to heart diseases,the diabetes incidence is increasing now a days due to Western types of dieting and lack of exercise. For diabetes indigenous phyto remedies were in existence and more than 800 plants have been identified and treated since 6th century time of Charaka and Sushruta. It is now insisted that diabetic patients can live with the disease by carefully integrating and selecting their diets, supplementary nutrients and by exercise and Lifestyle modifications.

Various Chemicals compounds of the plant origin include polyphenol, monophenol, alkaloids, polysaccharides, terpenoids, isoflavonoids, Flavones, flavonoids glycosides, saponins and many more the important of dietary nutrients and supplements in playing a cordinal role on cell mediated immune response, immune functions and immune cells like the cytotoxic lymphocytes and natural killer cells .

In animals the aggressive and agonistic behaviours are due to excess serotonin and some amino acids and aromatic chemicals.

Everyone knows about "Nitrous oxide" the laughing gas.

The chemical "Nitric oxide" (Nitro glycerine) (Viagra) enhances sexual potency.

Loss of calcium and Vitamin D in the body bring in bone disorders.

When "URIC ACID" accumulation in bone joint we get arthritis disease (arthropathy).

When our body is poisoned or contaminated through food items fishes, prawn, crabs etc. by "Mercury" we get the disease which affects our Nerves and movement namely "MINAMATA".

Similarly cadmium poisoning cause the disease "Itaitai".

Loss of Iodine or iodine deficiency in our food causes "Goitre" disease .

Excess calcium deposition inside the arteries (blood ducts) makes it tough walled a condition called "Arteriosclerosis".

Similarly deposition of excess fat (Cholesterol, LDL) inside the heart arteries causes "Heart attack"

Excess secretion of hydrochloric acid (HCl) inside the stomach causes ulcer. Cancer causing chemicals in cigarettes bring lung cancer.

Fried and charred foods containing "Nitrosamine" clinical compounds cause Gastro - intestinal and other cancers.

Excess fluoride or fluorine in water causes "Fluorosis" two mouth cavity that is in the teeth.

Some drug chemicals (Narcotics) when abused bring neurotropic diseases. For example brown sugar, pethidine, hallucinogenic drugs, has his, bang marijuana, kanja etc. can meet people "introverts" and abnormal. These people can see the sound under the pictures.

Now we shall note the medicinal and / or the therapeutic functions and values of some phytochemical compounds.

CAROTENOID - FUcoxANTHIN

Generally carotenoid exhibit immune boosting and cancer preventing properties Fucoxanthin is a good carotenoid derived from brown algae Research analysis and experiments in mice (Mouse) revealed that in tumour induced (in the duodenum part of the intestine) mice fucoxanthin mixed drink water reduced to the tumour local and their number of tumours dramatically. In human cancer cell lines fucoxanthin show the

extremely vigorous inhibitory action over the cell growth. Some green drinks with added brown algae are already available in the market.

Soy isoflavonoid – KLEVITONE

The normal soya bean contains substances that are premier cancer killers. It contains the phytoestrogens such as genistein, daidzein and glycitein. These are isoflavone compounds with multi medicinal benefits as follows.

These can lower blood cholesterol levels.

Regulate hormone balance in women.

Stop Hot flashes (stress).

Keep the vaginal Canal moist and healthy after menopause.

Prevent osteoporosis.

Protect against cancer.

Recently klevitone has been identified as a more potent isoflavonoid than genistein, since it demonstrated three to five times more potency at inhibiting the breast cancer cells. In our body insulin-like growth factor stimulate the cancer or tumour growth factors stimulate the cancer or tumour growth. Klevitone seems to strongly inhibit the above growth factors and also inhibit the effect of estradiol (estrogen) which cause the hormone responsive breast cancer, ovary cancer and uterine cancer etc.

Protocatechuic Acid (PCA)

Protocatechuic acid (PCA) is found in fruit vegetables, nuts and almost all plants foods. Several chemicals especially the Nitrosamines, azoxymethane, cigarette chemicals etc cause cancers of stomach, liver, lung, colon etc. Studies have revealed that PCA effectively reduced the cancers of colon, liver, urinary bladder, mouth in rats and hamsters. It inhibited the cancer cell proliferation without causing toxicity to normal cells. So

Dietary intake of PCA prudent way to avoid cancers.

Ellagic acid (EA)

Ellagic acid is a type of plant polyphenol with anticancer properties. It is found in strawberries, raspberries, grapes, black currants and walnuts. Ellagic acid has been shown to inhibit chemically induced cancers in lung, skin, liver and esophagus of rodents. EA prevents prostate cancer similar to lycopene. The strawberries in the food source of Ellagic acid mainly DMBA is a chemical carcinogen that induced oesophagus cancer. But it (DMBA) should be enzyme activated to cause cancer. The Ellagic acid blocked with this enzyme and thus prevented the DMBA induced esophageal cancer.

Ellagic acid also prevented DNA mutations that cause cancer it also blocks the action of benzopyrene which can cause cancers. It also prevents the cancer due to nitrosamine and Aflatoxin.

STRESS BALANCING DIETS

There exists a definite correlation and relationship not only between our life style and diseases but also to stress depression. Taking care in our food items will relieve our stress also. Better eating habits will enable us to relieve us from the stresses and strains of our everyday life. A better and balanced healthy diet can create a sense of well-being and people used to such diets feel happier, brighter and more positive. A sensible diet can keep the general feeling of well-being. So what we eat is not important but how we choose them to make us physically fit and maintain our physical shape is only important. There is no food or no perfect diet for anybody. But we can regulate and bring perfection in our food. Generally in European countries people go on eating high energy rich, calorie high foods like red meat, cheese, eggs, butter. They are

consuming more white refined sugars in their convenience food items. The average British and American diet is higher in fat and sugar. This is also true in all rich countries.

Richer the countries, higher the proportion of sugar, meat, egg, milk and fats in their population diet and lower the proportion of cereals, vegetables and fruits it is an imbalanced diet. In poor countries also the balance is not met with in their populations' diet. For rich countries the too much money as the cause. The rich people opt for energy rich foods like meat, cheese, chocolate and high calorie convenience foods like cake, biscuits and pastry. They take more sugars through readymade, prepared, and processed foods. They drink more alcohol which is high in calories. Alcohol is not a food item but people drink alcohol and get high proportion of calories out of a single bottle.

In poor counties the populations' diet by and large is also poor and unbalanced. The cause / reason for this too little money and substandard life.

For both rich and poor people a balanced diet refers to the foods which bring a healthy life style. People should have an observation over the importance food.

People often eat when they don't really need it or they don't feel like eating. It is the social and emotional reasons than anything else. A conscious mother always thrust the food to her children with the thinking that the food does good or otherwise it brings disorder. The lower appetite combined with energy rich, high calorie foods in children make them obese and bring stress to both the mother and the children as well.

The Hindu culture has identified the flow of body energy through seven chakras. The primary elements are connected / correlated to the chakras as follows

Table 1 Table showing the flow of body energy through seven chakras

Organs	Internal forces	External forces
Rectum and the base of the spin	Root Chakra	Earth
pelvic and genital region	Chakra that drives reproduction and emotion	water
The solar plexus or the upper belly chakra (Stomach and intestine)	Upper belly chakra relates to digestion and assimilation, will power.	Fire
Heart, the lungs and respiration	Heart chakra	Air
These Higher chakra - Throat Third eye - Head	3 chakras communication physhic awareness	Ether

PSYCHOLOGICAL BASED SUGGESTION FOR THE STUDENTS

Practice mindfulness and meditation:

Incorporate mindfulness and meditation exercises into your daily routine. This can help reduce stress and improve focus and mental clarity. You can start with short sessions of 5-10 minutes and gradually increase the duration as you become more comfortable.

Use aromatherapy:

Essential oils have been used for centuries for their many healing properties. Consider using essential oils like lavender, chamomile, or peppermint to create a calming environment. You can use them in a diffuser or add a few drops to a warm bath or massage oil.

Explore herbal remedies:

Traditional healing often uses herbal remedies to promote overall health and wellbeing. Some herbs that are commonly used for stress relief include kava, ashwagandha, and valerian root. However, it's important to consult with a healthcare professional before using any herbal remedies.

Try acupuncture or acupressure:

These traditional healing practices from Chinese medicine involve stimulating specific points on the body to promote relaxation and balance. Acupuncture uses needles, while acupressure involves applying pressure to these points. These practices have been shown to reduce stress and enhance overall well-being.

Engage in physical activity:

Exercise is a great way to relieve stress and improve overall health.. Engaging in physical activity releases endorphins, which are natural mood-boosters. Find an exercise that you enjoy, whether it's yoga, dancing, hiking, or playing a sport. Regular physical activity can help reduce stress and promote a sense of well-being.

Connect with nature:

Spending time in nature can have a calming and grounding effect. Take advantage of outdoor spaces near your home or campus and try to spend time outside each day. Whether it's going for a walk in a park, sitting by a lake, or practicing outdoor yoga, connecting with nature can help reduce stress and improve mental well-being.

Practice self-care: Taking care of yourself is essential for overall well-being. Make time for activities that bring you joy and relaxation, such as reading, listening to music, taking baths, or practicing hobbies. Set boundaries

with your time and energy to prioritize self-care and ensure that you have time to recharge and relax.

Seek support from others:

Building a support network is important for managing stress. Reach out to friends, family, or support groups for emotional support. Talking with others who may be experiencing similar challenges can provide validation and practical advice for managing stress. Consider seeking counseling or therapy if you need additional support.

Remember, everyone's perspective on holistic health and traditional healing may vary. It's important to find what works best for you and to listen to your body and intuition. If you have any existing health conditions or concerns, it's always best to consult with a healthcare professional before trying any new healing practices.

Conclusion

Traditional healing practices offer unique and innovative perspectives on holistic health that can be highly effective in relieving stress. These approaches focus on addressing the mind, body, and spirit as interconnected aspects of overall well-being. By incorporating elements such as herbal remedies, energy healing, and spiritual practices, traditional healing can provide a comprehensive approach to stress relief. One innovative perspective of traditional healing is the belief that stress and illness are caused by imbalances within the body and can be corrected by restoring these imbalances. This approach highlights the importance of identifying and addressing the root causes of stress, rather than simply treating the symptoms. Traditional healing practices also emphasize the importance of self-care and self-awareness in maintaining overall health and preventing stress-induced illness.

Techniques such as meditation, breathwork, and mindfulness are used to cultivate a sense of inner peace and balance, allowing individuals to better manage stress and maintain a state of well-being. Additionally, traditional healing practices offer a wealth of natural remedies and herbal treatments that can be used to support the body's natural healing processes. Many herbs and plant-based remedies have been used for centuries to reduce stress, promote relaxation, and support overall wellness. Overall, traditional healing practices provide a holistic and comprehensive approach to stress relief, promoting balance and harmony in all aspects of life. By incorporating these innovative perspectives into our modern lives, we can find effective and sustainable ways to manage and alleviate stress, leading to improved overall health and well-being. It is important to note that while traditional healing practices can be highly effective in relieving stress, they should not be seen as a replacement for conventional medical care. It is always advisable to consult with a healthcare professional before making any changes to your healthcare routine. The innovative perspectives of holistic health offered by traditional healing practices provide valuable insights and techniques for managing and relieving stress. By incorporating elements of self-care, herbal remedies, energy healing, and spiritual practices, individuals can find effective and sustainable ways to promote balance and well-being in their lives.

Ethical Approval

No ethical approval was necessary for this study.

Author Contribution

All authors made substantial contributions to the conception, design, acquisition, analysis, or interpretation of data for the work. They were involved in drafting the manuscript or

revising it critically for important intellectual content. All authors gave final approval of the version to be published and agreed to be accountable for all aspects of the work, ensuring its accuracy and integrity.

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