



## In Light of Health: Coronavirus

**Julie Rammal\***

*George Washington University, USA*

**\*Corresponding Author:** Julie Rammal, George Washington University, USA.

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The Coronavirus has spread worldwide sadly infecting many people worldwide, however; at present we have been forced to adapt to new holistic lifestyle in quarantine and an online era that forces us to quickly get in touch with mastery of ourselves to prevent, heal, and overcome this pandemic in light of change.

To successfully combat these changes, it is vital that we quickly master ourselves, adapt to forced change, and re-connect in body, mind, soul to a higher source of power.

Our health and body depends on immunity, genetics, energy, vibration, frequency, and connection to a higher power. Energy is our fuel to life and existence and can be presented as good or bad vibes in its own vibrational frequency. If our energy is good, our vibration and immunity are increased, if it is bad, our energy vibrates at a lower frequency where illness and disease manifest.

According to Bruce Tainio, a student and researcher of quantum physics, research, each part of our body vibrates at a certain frequency. The optimal human body should vibrate at 72 - 90 MHz. If it reaches 57- 60 MHz disease, colds, and flues start and at 25 MHz there is death.

In order to lift our vibrations during the Coronavirus it is crucial to lift our energy and vibration in mind, body, eat fresh alkaline foods and herbs which are roughly at 20 - 27 Hz and to start our morning with a positive routine for body and mind. In addition, it is important to act and be the change we want to see, therefore; to act with gratitude, love, and helping all in this time with acts of kindness and compassion.

One can engage in a morning meditation, self-cleansing energy routine, holistic movement exercises at home, and positive mindset filled with gratitude. The body, mind, one's energy and vibration should be equally addressed to bring positive energy and vibrations to each part of oneself.

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