

20th International Conference on**Obesity**

September 23–24, 2021 Paris, France

25th World Congress on**Nutrition and Food Sciences**

September 23–24, 2021 Paris, France

volume: 6

Become the Holistic E- Human To Surpass Future Challenges**Julie Rammal**

George Washinton University, Washington D.C., USA

We are witnessing the birth of an E- Human specie, extinction of the human specie race, in the new era. The human body, mind and spirit is transforming into an E-human speie that is a semi robotic being where movement, thinking, feeling, emotions will vanish. The Holistic Movement is the movement of the future that educates, trains, and prepares individuals to surpass all body & mind challanges thru powerful training in Holistic body, mind, education, living, and healing. It's methods prepare the human specie to be traditionally inter- connected in body, mind, soul within and to a higher universal field to surpass future challenges by igniting the human specie to adapt to the future era with happiness, health, and youthfulness.

Traditional and alternative medicine, and the innovative Holistic Movement and ancient practices are integrated in the Holistic methodology to automatically empower individuals to re-connect to their optimal powers in body, mind and spirit as our ancestors have done for centuries.

For the majority, the E-Human will overtake and leak into the human body, mind, and soul without or little awareness creating a dis-connected, distorted, unhealthy, unhappy, sickened, and unaligned body, mind and soul to the universal field of energy and themselves. These hazardous challenges will sicken and cripple the human specie in and on all three levels. These affects are already visible in the rise of numerous body, mind and health issues. The Holistic Movement prepares and trains the human specie to be inter-connected within, above, and to know how to surpass external environmental challenges such as: pollution, technology, stress, panademics and more that are poised on the creation and existence of the human specie. It teaches and trains the mind and body thru innovation Holistic education and living in body, mind, emotions, and healing to empower the human specie in all 3 elements. The Holistic Movements is a language that the body and mind recognize and automatically react to. As a result, the human specie is left empowered, alive, strong, healthy, human, and internally and externally equally connected within and above to themselves and a larger field.

In conclusion, the Holistic Movement is the future of existence and the prepatory system to train and ignite the body, mind and soul to avoid major challenges thru training and er-aligning oneself equally within and outside of oneself. Our future and lives are in our hands, and the power of this movement and inner connection can transform humans on all levels.

Biography

Julie Rammal, Founder Of The Holistic Movement & JSport, International Speaker, Writer, Celebrity trainer, Creator of the world's first Holistic DVD: In Light of Change and Holistic Methodology Book. Her worked has opened the eyes of thousands worldwide on the power of this movement from firms, embassies, schools, resorts, health care systems and more. Julie has written and published numerous articles in international journals, magazines, and press on how to re-connect to surpass challenges in the next era. Her work has been seen on numerous arab press and TV such as: MTV, Tele Liban, OTV, NBN, Future TV, Khaleej Times, Gulf News, Yoga magazines as seen in the USA, Lebanon, Canada, and Dubai. The Holistic Movement brings light to the evolution of the future human being through consciousness, movement and training that combines the best of every sport practice, movement, alternative medicine, and holistic practices to re-connect the body, mind, spirit to a higher field of energy.

julierammal@yahoo.com