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## Holistic Fitness Saves the Human Species in a Robotic Era

**Julie Rammal**

George Washington University, USA

The body is another living organism and it should not be abused, but rather honoured. In today's era the body, mind and spirit have lost connection and are constantly bombarded by external threats. As a result, we see a society that is unhappy, dis-connected, sick and our mental, emotional and physical states are worsening. The human being has forgotten the primitive ways of live, sleep, eat, heal, emotions and a result with the boom in the technological era and external bombardements we are begining to see the death of the human being species. The holistic movement helps human beings adapt to a new era where humans are being human robots. She states that, "Your body is an empire and when you are connected to you, you can achieve miracles. It speaks a language that we are failing to listen to.

Julie shares her advanced training techniques with the public that has helped numerous people find their life, strength through the holistic approach. She shares the exercises that are the future of movement and her secret tools to scan the body such as the body scan, eye and image projection methodologies, hand and color therapy and more. Through her work, clients have experienced immediate relief from various pains have healed and experienced a change in their emotional state. Holistic fitness is the future of movement and medicine is the only training metholody that will keep human beings stay connected to themselves in an era where we are evolving to become robotic.

### Biography:

Julie Rammal founder of JSport and the holistic fitness movement, International Holistic Trainer, Speaker & Influencer, writer, consultant and founder of the world's first holistic fitness dvd: In Light of Change. She has inspired thousands worldwide on the power of holistic fitness. Having trained numerous VIP & celebrities, corporations, embassies, resorts she is widely known for her holistic approach towards understanding, communicating and assisting the body and mind in just three energy-fuelled sessions. Her work has been published in: Yahoo Finance, Khaleej Times, Gulf times, USA press and seen on MTV, Future TV, NBN and multiple more press worldwide.