



Breaking the Human Specie Crisis

Julie Rammal*

Founder and Owner JSPORT, Holistic Trainer and Practitioner, Fitness Marketing Consultant, USA

*Corresponding Author: Julie Rammal, Founder and Owner JSPORT, Holistic Trainer and Practitioner, Fitness Marketing Consultant, USA.

DOI: 10.31080/ASNH.2020.04.0605

Received: December 16, 2019

Published: January 06, 2020

© All rights are reserved by Julie Rammal.

Today we are facing the biggest challenges of how to survive in our life, adapt to the new era, and yet remain healthy in body, mind, and spirit. The bombardment of our external environments are truly challenging every part of our system. As a result, an enormous rise in mental, physical and emotional issues will continue to weaken and disease the human specie. To survive the future, is start by understanding, disciplining and training your body, mind and spirit.

The increase in disease, illness, mental issues, confusion, physical issues is rising at an incredible rate. The World Health organization listed the following major epidemics that are continuously on the rise: physical activity and nutrition, obesity, smoking, substance abuse, mental health, injuries and violence, and our environmental quality. We are lost in our own worlds of what to eat, how to sleep, how to socialize, and the true greatness of what life holds for each one of us. Most of us drowning within and outside of ourselves, which is causing many mental, physical and emotional issues. Our lives were designed to be joyful, healthy, loving, caring, and fun. However; most of us are living far from our true root purpose of being a human being. This crisis can only be resolved through re-connecting to oneself with nature, use the holistic methodology, and rewire the body and mind to have a happy spirit.

The future generations are facing a lack of knowing themselves, believing in themselves, and finding a healthy balanced body, mind and spirit. The media, music, fitness, food industries are vacuuming the human specie to be everything but what the human specie is. As a result, we are seeing the rise of: depression, anxiety, mental issues, lack of cognitive skills, illnesses, poor decision making, thinking, and a clear vision for oneself. The solution lies to stop, re-connect to your internal world, and build an amazing internal empire with an incredible belief system of what your life purpose is. Once one knows this, their entire life will begin to transform.

To change, one must find internal silence and build a line of communication between body, mind and spirit. If you can not control and speak to your mind, your mind will take you everywhere but to your true purpose and destination. You must build an internal mental warrior that includes: belief systems, a purpose, and stick to your goals and destination. Once your internal system is well built and structured one will be able to survive every challenge they are faced with. The morning time is a miraculous time

to start breaking negative mental, emotional and physical issues. Everyday should be a new day to start a new time to invest in your body, mind and spirit. Once the mind is quiet, one can direct the mind to clear messages transferred to the subconscious mind of who they are, what do they want, and what do they stand for. The transformation will allow one to almost see an invisible label in front of their mind that almost floats like an aura magnetizing what you have invested in your mind. Self examination and training is critical for everyone.

The power of the body is indefinite. One must take care of the body, love it, feed it, nourish it, and train it holistically. When we physically train our body the way that it is meant to move; one will experience: joy, energy, youthfulness. The holistic methodology is anti aging, rejuvenating, and detoxes your system. One will experience will power, strength, weight loss, flexibility, speed, concentration and focus. The system only seeks a balanced chakra, meridian and physical form that does not have aches, illness, lack of flexibility. It is only asking for us to listen to it, work with it and not against it. Once it is balanced your entire system will be reset to move correctly.

The holistic methodology scans, trains, and unblocks every single blockage that was implanted in your mind, body and spirit while bringing you into incredible balance through the power of nature, alternative medicine, holistic movements, rewiring the mind, and re-training the body to be flexible, healthy, toned, and naturally strong. If one does not engage within themselves, they will not be able to successfully survive the next upcoming era's that will affect their mind, body, and spirit.

Assets from publication with us

- Prompt Acknowledgement after receiving the article
- Thorough Double blinded peer review
- Rapid Publication
- Issue of Publication Certificate
- High visibility of your Published work

Website: <https://www.actascientific.com/>

Submit Article: <https://www.actascientific.com/submission.php>

Email us: editor@actascientific.com

Contact us: +91 9182824667