



## Mood Foods of the Future

### Julie Rammal\*

*Founder and Owner, Holistic Movement, International Speaker, Consultant and Trainer, Educator*

**\*Corresponding Author:** Julie Rammal, Founder and Owner, Holistic Movement, International Speaker, Consultant and Trainer, Educator.

**Received:** September 21, 2022

**Published:** September 28, 2022

© All rights are reserved by **Julie Rammal**.

Today and in the future, mental, emotional, and physical imbalances will continue to rise as we are no longer connected to ourselves and nature. As a result, the need for special foods to re balance, awaken, comfort and ease our moods, emotional, and mental imbalances will increase.

For centuries, foods have been hand pick and selected for their colors, taste, texture, freshness, and availability to survive. Today, foods are selected mostly upon price, nutritional value, packaging, taste and to store as snacks or meals. In the future, foods will be pre packaged and genetically modified to induce special targeted feelings such as: happiness, calmness, energy and will mostly be lab grown and genetically modified. The production of beans and nuts are expected significantly to increase while red meat protein are expected to decrease. During the evolution of our food challenges, we are also faced with the potential threat of zero food availability according to Harvard sociobiologist Edward Wilson in the next 27 years. Humanitarian organization Oxfam has also predicted by 2050 the food on earth will run out.

As a result, with the change in the food technology and production industry meals and foods may also become targeted to induce feelings for consumers. We have often heard the old saying that an apple a day keeps the doctor away. In the future this saying may become an apple a day keeps us smiling all day. Such marketing slogans such as Anti depression meal, Anti cancer meal, love meal, happiness meal, energy meals may start to quickly spread thru the market as people will become de attached and lost with emotional, feeling, and overall wellbeing.

The future mood foods would include genetically modified foods, medicine, artificial coloring, and lab grown foods. This industry would be a great profit and revenue boosting industry because every human being will be affected mentally, emotionally and physically. It is predicted algae, seaweed, and marine sources of food will increase more than the conventional agriculture practices that have been practiced for years. In addition, sustainable farms will increase and as a result many health related issues will surge due to the future food technology and production changes. For example, with the rise of genetically modified foods we have seen an increase in allergies, antibiotic resistance, immunity suppression, cancer, IBS, loss of nutrition, mood swings, toxicity, infertility, inability to focus etc...With the rise of more lab produced and artificial food production our current problems will become amplified much more.

In conclusion, imagine in around 27 years how each human will be mentally, emotionally, physically affected. Our grocery store visits will change to selecting foods to boost mood, emotions, and improve out basic life function. Real food will be an exclusive gift while the majority of people will be eating genetically modified, lab produced and artificial foods.