

AJR Show - Nov 9th - Transcript

0:00:01 - Annncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:44 - Julie

Hi everybody, welcome to the Ask Julie Ryan show. I'm so delighted you could join us this week. My intention in doing this show is to provide information, insight and comfort to people all over the world by helping to answer life's unanswerable questions. We got a whole bunch of callers on hold, so it'll be fun to see what their questions are and even more fun to see what Spirit has to say about it.

But first, I'm still on a high from the Angelica Atendent Training in Atlanta last weekend. It was just fabulous. It exceeded my best expectations and sounds like it did have a lot of attendees as well. The emails and comments I'm getting are just really heartwarming and goodness, I'm just so humbled that so many people came for that. Everybody can do this stuff right out of the chute. I think a lot of them were surprised. I keep telling you that and then when they come do it, they're like oh my God, you were kidding. Oh yeah, I don't know. So it was really terrific. We had a bunch of graduates that came in too, from all over the country and even Europe, and that was a blast for all of us to be together. Now we got a whole bunch more new graduates.

We are working on Chicago, hopefully mid-May, and I will give you more details as we get them put together. Anybody that wants to join us in Chicago, if you're closer to Chicago or you want to come join us, come on. Chicago has a big airport too, just like Atlanta, so we'll keep you posted on all of those happenings as we get them secured. Lastly, today is the first Thursday of the month in my calendar, because I was in Atlanta last Thursday, and so that means that we're going to have a winner of a free session with me, and so you want to stay tuned to see who that is. See, if I call your name, it's so funny because I'll talk to people who've won and they'll say I was driving to work and I heard you all, my name and I was screaming in the car by myself, which is hilarious.

I can just picture that. So you want to stay tuned for the announcement of November's winner of a free session, and so, Chris, let's just go ahead and go to the phones. Hi, dana, hi.

0:03:11 - Dana

How are you, my girl? I'm great. How are you? I'm just to talk with you in person. I love your podcast and I read your book and I saw you on Next Level Soul. I'm just fascinated by what you do.

0:03:24 - Julie

Oh, I'm honored. Thank you so much. Where are you?

0:03:28 - Dana

Where are you located? I'm in Wisconsin, in a little city called Cedarburg, which is a lovely little city north of Milwaukee.

0:03:40 - Julie

Okay, terrific, all right. Well, how may I help you?

0:03:45 - Dana

Well, I have, for the last five months, been dealing with an anal fissure, and last week, Monday, I went to the doctor. I had to be put under because I was not able to tolerate an exam in the office and I had to be put out, and it's not healing at all. In five months, okay, I was told there's no cancer, which was concerning for me, of course, and there was no bowel disease, but it's not healing. So he injected me with four shots of Botox and I'm going back in December for a look again. But I'm concerned why am I not healing? Is it gut related? Is it food? Is it stress? What has caused this? And it's so I missed out on a lot over summer activities, walking too uncomfortable. I'm just looking for some answers.

0:04:57 - Julie

I bet Okay, what I'm going to do is I'm going to get you on my radar and we'll see what's going on with that. Are you bleeding every day?

0:05:07 - Dana

No, it's just painful. It was debilitating. I have good days and bad days, so I just want to know what I need to do to heal.

0:05:24 - Julie

Debilitating because of the pain. Yes, okay, all right, here we go. Here comes my laser beam from Sweet Home Album up to you in Wisconsin. All right, got you Shooting energy from your feet up through the top of your head. Okay, I can see it. I'm facing you.

It looks like it's on the right side, on your right side to me, at least that's how I see it. So what I'm watching is I'm watching stem cell energy get injected into it. Imagine if there's a crevice, and imagine that it's kind of deep, so it needs to heal from the inside out, and that's why it's taking so long, because it's a deep tear is what it looks like to me. So stem cell energy light, amber color, gel, sparkles, dip, dity-do that hold the whole nine yards, is filling that crevice, if you will, and then a vortex is spinning above it and that's going to regenerate the tissue to get that back. And then we're going to. It doesn't need to be stitched, it doesn't need sutures, it just needs that from the inside out to inside up. Does that make sense? Yeah, how I'm describing that.

0:06:41 - Dana

Okay, it just seems, of the location. That's why it's so hard to heal, because what you're doing every day you know it's embarrassing.

0:06:52 - Julie

Oh honey, I'm so sorry. Those things can bleed like a bug or two. I mean they can really be awful Like I talked to people and they said I thought I was dying.

0:07:04 - Dana

It can feel like a cup of glass.

0:07:08 - Julie

Yeah, oh goodness. Yeah, all right, so it's still spinning, so it's still regenerating that tissue, and then what's going to happen is is, when it comes up to the top, it's just going to be tissue over it. So it doesn't need to be sealed, it'll just be tissue over it. So what have the doctors done? As I'm watching the healing, tell me what the doctors have suggested to you. I never heard of Botox.

0:07:34 - Dana

Well, I didn't get that when I went in on Monday and the nurse said I see he has Botox for you and I said for my face, no, I'll let him explain it. And so apparently what it does, it's supposed to help promote healing by relaxing that muscle.

0:07:55 - Julie

Wow.

0:07:56 - Dana

The worst thing is if it doesn't heal because it is chronic. Anything over eight weeks is considered chronic and it's been five and a half months. They talk about cutting the sphincter. I mean it sounds awful and you know a chance of me being coming in cotton and I'm like I'm not going there, I'm not doing it.

0:08:17 - Julie

No, I don't blame you. I don't blame you, I wouldn't either. So there's got to be other options.

0:08:22 - Dana

What else can I do to facilitate the healing? I'm doing what he's asking me to do and I don't understand why it's not healing. I guess he said it normally doesn't take this long.

0:08:35 - Julie

Yeah, what I just got was brain octane oil, the highly refined coconut oil, which is an MCT oil, and, Dana, I get it on Amazon. It's bulletproof. It's called brain octane oil C8, the number for the medium chain triglycerides is what MCT oil stands for, but I get that that's going to help you heal. I'm not exactly sure what the mechanics are of that, but that just came into my head. So what the heck? It's oil. I put it on my food. It's been the number one thing to help me not eat sugar for the last four and a half years. And it doesn't have any flavor, it doesn't have any color and I'm getting that that can help you heal. So they probably have you on fiber, I would think right.

0:09:31 - Dana

Yes, and mirror.

0:09:33 - Julie

Lots of. I've been doing this for five months.

0:09:38 - Dana

It's not a pretty picture.

0:09:41 - Julie

Well, and the thing that I'm getting to and I've heard this before from people who are experts on this is it's not so much about the fiber, it's about the fat. You want to have lots of good fat and that helps heal that whole area down there. So I'm getting brain octane oil to do that. How are you otherwise health-wise?

0:10:03 - Dana

Well, I have arthritis, you know, I'm in my mid-60s, so you know a lot of high blood pressure, high cholesterol. Okay, I'm not doing the best self-care, and I know that because my husband passed away five years ago and it's just lots of things have happened, and so I think self-care is one of my lessons, but I've obviously not done a good job at it because I'm not in the best of health probably.

0:10:37 - Julie

I think you're doing pretty darn good girl, because I think you look beautiful. When you told me you were in your mid-60s, I was thinking you were in your mid-40s, oh boy.

0:10:46 - Dana

I have a daughter in my mid-40s, so thank you.

0:10:51 - Julie

You had her when you were five, right, yeah. So clean that up. If God made it, eat it. If man made it in a factory, do your best to avoid it. I would do the Viome test, v-i-o-m-e.com forward. Slash Julie Ryan all one word, or use Julie Ryan at the checkout. That's a really good place to start, dana, because let's do the Dana diet and see what's going to be good for you.

There may be foods that are healthy and you eat them, but they're just not healthy for you right now, based on what your gut biome is. So I would do that. I would also consider working with Dr Maria in London, dr Maria Amosanti. Her website is dr-a-m-a-s-a-n. As in Nancy T, as in Tim I, a-m-a-s-a-n-t-i-dot-com. Dr Amosanti.com, and she can help you get your gut healthy, which is going to help you be healthy all over, and it's going to help you heal what I was talking about with Betsy earlier in the show our bodies, when they're fighting stuff that we're eating and causing and it's causing inflammation, it doesn't have the opportunity to heal the stuff it needs to heal. So when we can eat stuff that's healthy for us, it lowers the inflammation, lowers all those other things that you mentioned, and you will heal from this. I don't get that you're going to need surgery on this.

0:12:25 - Dana

Wonderful. Thank you so much, you are most welcome, I was looking forward to speaking with you today, so I feel privileged, thank you.

0:12:33 - Julie

Oh, my honor. Thanks for calling Feel better. Okay, thank you, you bet Hi Beth, hi just Beth Hi.

0:12:46 - Beth

So I'm starstruck, because I did expect to be called on, because I feel that I have a lot of messages from guides and I'm struggling with a decision and I've been putting it out there but I haven't had a clear answer. So this is the quest. I've been asked to speak at a meeting in Switzerland, in San Mert, Switzerland, which I have spoken at before, but they can't afford to pay me an honorarium, and the last time I spoke, which would have been my second or third time, they didn't even cover my hotel room, which I didn't know about till I was there. So now they're asking me to come back and I feel a little bit taken advantage of, even though it's, you know, the accommodations are wonderful and the venue is nice and it's kind of an honor to be doing it. I'm just feeling like I'm getting taken advantage of and I'm, but I can't decide if I should do it or not. Okay, where are you located? I'm outside of Milwaukee, Wisconsin, in a town called Elm Grove.

0:14:01 - Julie

Okay, all right, when you were telling me about that, Beth, what I got is it is in your best interest to go, yeah, even if you have to do your own expenses. Do you get business out of this? Does it benefit you in new clients? Do you get recognition? Do you get publicity? What? How does it benefit you?

0:14:23 - Beth

Yeah, I don't really need more business because I have more than I can handle. It is recognition. It's. You know, I guess that would be the main if I had to say what's the most important thing I'm getting out of this. It is recognition, and I'm a nutritionist and I specialize in

ketogenic therapy. So interesting that you were talking about MCT oil, because I talk about it every day, but it's kind of a small world of people that are experts in this because it's we're using it for medical conditions, not just weight loss, you know, like mainstream kind of higher ups on it's more for people with severe neurological disorders, and so that's what I speak about. But yeah, I'm just really struggling because I just feel like it's a lot of work for me to put on this presentation and then, you know, be available to talk to people, and I'm also teaching yoga because I do that as well and I help out with their food demonstration.

So I just feel like I'm giving them all of this time and then coming back exhausted, and then you know what am I getting on this?

0:15:36 - Julie

So yeah, Well, thank you for validating that. On the neurological disorders with the brain octane oil and the MCT oil, that has the neuropathy and her feet and the pain because that came into me for her to do the MCT oil.

So yeah, how about that? No coincidences, thank you for validating that. So let's ask the spirits and beyond, let's ask why it's in Beth's best interest to go to Switzerland and speak at this meeting. I get a whole bunch of opportunities. There are a whole bunch of opportunities that will present themselves from you doing that, and the other thing I get is line it up upfront. Have you discussed with them Can you cover any of my expenses? Have you just said, hey, you need to cover my expenses. You need to pay me an honorarium. At least have them cover your expenses, right?

0:16:36 - Beth

Right. Yeah, like have an agreement with that. Yeah, written right. Yes, a written agreement.

0:16:43 - Julie

Yes, and if they can't give you an honorarium, at least have them cover your expenses, okay, and if you're not going to insist on that, they're not going to insist on it, they're not going to offer it perhaps. So there may be something there with you saying, hey, I'd love to come, and what's your honorarium and what's your policy on covering my expenses? Yes, thank you for that. Do people that attend? Do they pay a fee to attend?

0:17:16 - Beth

Yes, yeah, it's about \$1,000 for people to attend, for this is four days. So you know they're getting money for it. But it's interesting because a couple that is running it they're using their retirement what they say for the retirement to fund it, because it's a passion project for them. They don't have, you know, they don't have big sponsors and I sincerely believe that they have. You know that this is not a racket. This is truly an honest business that they're trying. It's a nonprofit, so they're trying to get it off the ground and this is like. This will be their fourth year, so it's pretty, pretty young. But I think, yeah, your suggestion is great, but I just have to have a frank discussion with them and then get it in writing as well.

0:18:13 - Julie

Yeah, do that. I've gotten five times bet that it's in your best interest to go, because opportunities are going to arise. The other thing is have you heard me talk about the two minute rule? Do you know the two minute rule? Yes, I've read your book on it. Okay, so use that. You know I'm going to be so tired when I get home and what am I getting out of it? So if you're tired when you get home, is that going to kill you in the next two minutes? Yes or no? No, it's a, you know. It's a limiting belief based in an irrational fear, both of which are false. So what if you're tired when you get home? You take a nap or you go to bed and then you wake up the next morning and you're you're raring to go again.

The opportunities are not just business I. Who else are you going to meet? I've met amazing people on planes. I've met some of my dearest friends on planes. I met my husband standing behind him and lying in the Kansas City airport. So you don't know where the opportunities are going to be. They may not just be at the covers. It may be somebody that you meet in the airport or on a plane, or in a, in a taxi or in the lobby of a hotel. Just be open to the adventure and and enjoy the opportunity to explore all of that, and that's what makes life fun.

0:19:40 - Beth

Yeah, that's. That's really yummy. That's great, thank you.

0:19:45 - Julie

You are more. You are most welcome and have a wonderful time. When's the conference? When would you?

0:19:50 - Beth

be going over, not until June.

0:19:54 - Deb

Okay, all right.

0:19:56 - Julie

Well, so you've got time to get a flight and get a good deal on it and and all of that, but I would, I would nail down what the honorarium is and at least get them to pay for your expenses. Okay, thank you so much. Okay, you bet, have fun over there. I will. Hi Mary, hi Julie, how you doing? I'm doing okay, I'm doing okay, I'm doing okay.

0:20:23 - Mary

I'm doing okay. I'm sorry I'm driving you crazy the last couple of weeks with my questions, but I appreciate that you taking the time to talk to me.

0:20:36 - Julie

Oh, my honor, when are you located?

0:20:40 - Mary

I'm located in Northeastern Pennsylvania, scranton, pa. Yeah, yeah.

0:20:47 - Julie

I know where that is your airport, that Wilkesbury Scranton Airport. Oh my goodness, that runway on that thing. Wait, if those planes don't stop, you go flying off the end of a mountain.

0:20:57 - Mary

It's a tiny little. It's a tiny little thing, yeah.

0:21:02 - Julie

And and the runway is looks like it's one of the shortest ones in the country. I've been there several times. I was like, okay, here we go. Hope the brakes work when I've landed Terrific. Well, you got a question for me no-transcript.

0:21:18 - Mary

Yes, I just was wishing that you could give me a little medical scan. Just to refresh your memory, I've had a two-month-long sinus infection and I've been really lethargic and out of breath and breathless. I took a little home iron test and it showed that my iron was low. So the doctor had sent me for blood work and I'm just very nervous about the blood work. I just thought maybe you could just give me just a CBC he sent me for I just thought maybe you

could just give me a little scan to see if I'm okay or what I should do or any advice you may have.

0:22:01 - Julie

Sure, are you on some antibiotics or what?

0:22:05 - Mary

I wasn't. I'm really at the end of it. I'm at the end of the sinus infection, but since I was still having symptoms of fatigue and breathlessness and all that, I just bought one of those little iron. It's a little iron test that you can take from home and you just put a little piece of blood. You just put a little blood on a little thing and it looks like a COVID test. One line means you're low on iron and two lines means you're fine. Mine was just one line, so I called the doctor, so he sent me for the CBC and I'm just trying to make it through till the results come in. That's my problem my anxiety.

0:22:50 - Julie

Well, good girl, following your intuition on that Goodness, that you were getting the thought that maybe your iron was low.

0:22:59 - Mary

Wow, well, I just kept reading, and reading, and reading, which is I'm not sure if that's the best thing to do.

0:23:05 - Julie

Yeah, Dr Google, right, yeah, yeah, that can really get us wound up when we're looking up all this stuff online.

0:23:16 - Mary

I just have to. If I see something bad, I close it real quick.

0:23:21 - Julie

Yeah, okay. So here we go, how this works for those of you that are first-time listeners or watchers. I'm going to raise my vibrational level. I watch a laser beam come from my body here in Birmingham, Alabama. It's going to hook into Mary up in Scranton, Pennsylvania. Then I'm going to have a hologram of you in my mind's eye, Mary. It's going to be as if I'm looking at an X-ray or a CT scan or an MRI. Something will be identified and then there'll be some healing. That will happen.

My analogies are hilarious at times. You know that. It's honestly just how the information comes into my head. I want you to try and envision what I'm describing. Those of you that are listening and watching, please do the same, because what happens when we do that, Mary, is that you have all of us working on you as a group to help you heal. Everybody else that comes on. So this is the best deal in Woo-Woo land, you get a free consult, and it's not just me, it's everybody that listens, all the thousands and thousands and thousands of people that are listening Either now or in the future, which is what's really cool, because time isn't a thing in the spirit world. Time's a human creation, so somebody can listen to you two years from now and they're sending you a healing and your body benefits from it. Pretty cool, huh? Yeah, very cool, all right.

So here we go. Here comes my laser beam from Sweet Home, Alabama, heading up to you in Pennsylvania. All right, got you Shooting energy from your feet up to the top of your head. You still got snot in your sinuses. Yeah, you still got a bunch of boogies up there, girl. All right, let me, let me. There's this you know the little suction thing that they use at the dentist to suck the water when they're irrigating your mouth. There's a little suction tube like that that's sucking all

that snot out of your head. It doesn't look infected anymore, so that's good. We've just got residual. You just got some residual stuff up there, so we're doing a snotectomy on you, Mary, all right.

Oh my God Did. Did you have kids? Yes, okay, remember those little bulb syringe things where you'd stick it up their nose and squeeze it and it pull all the boogies out? Oh my God, right, I know exactly what you mean. My poor Jonathan, he just hated that. I think all babies do. But this is this is a little bit more gentle here than those things All right. Got that going irrigating. It doesn't even need antibiotic energy, it's just residual. Are you rinsing your sinuses? Yes, I am yes.

0:26:13 - Mary

A couple of times a week, like with a netty pot.

0:26:16 - Julie

Mm-hmm. Yes, yeah, a couple of times a week.

0:26:20 - Mary

I would do it a couple of times a day, like if I had any like a reason, like any blood work issues or anything like that.

0:26:29 - Julie

The energy went to your sinuses first. That's your biggest issue. Oh good, because the energy always goes where it's most needed first. So it's your sinuses, that's what. What's the the biggest issue with you right now? So got that going.

The iron's pretty easy to fix if you're low in iron. Yeah, that's, that's not. It's not a big deal. My Mima would say, who died at 100 in in 2002. So she was. She was born in 1902. She would say you need to eat liver so you don't get iron. Poor blood. So, eh, but yeah, but chicken liver or beef liver. I can remember as a kid she used to say it all the time she cooked that stuff. Oh, I know, I remember her saying that, and and they, they ate it back in the day because it was supposed to help with iron. So give that, give that a try. I I don't think the blood test thing is any big deal. Okay, I really don't. I think it's your sinuses. On the sinuses, though, mary, what I would recommend is I would be taken 1000 milligrams of ester C, get a buffered vitamin C. So 1000 milligrams of ester C and 50 milligrams of zinc, and I would do that three times a day. How?

0:27:58 - Mary

many milligrams of vitamin C. I'm sorry 1000.

0:28:01 - Julie

1000. And then 50 of zinc. Vitamin C will cure pretty much whatever ails you, and zinc is like rocket booster fuel on top of it. So you want to, you want to do this. C and zinc, and that's really going to give you an immune boost.

0:28:19 - Mary

Oh, thank you, that's what I need. Thank you so much. You're so welcome. Hope you feel better. Thank you so so much. I appreciate everything You're welcome.

0:28:28 - Julie

Okay, bye, Mary. We do this show every Thursday night, 8 Eastern, 7 Central, 5 Pacific. Just go to AskJulieRyanShow.com. We'll put you right in and you can come on and ask a question. It's always fun to get to see who's calling and what your questions are and everything. We post this information the day of the show on all my social media channels. Everything's at Ask Julie

Ryan, so it's really easy and Instagram, facebook, youtube all of them Twitter I guess it's called X Now or something like that, but all of those are there. We also send out a newsletter once a week on Thursday mornings, and it's got a question that somebody has submitted online and then in the body of the email it'll say hey, remember, if you got a question, call in tonight and we'll get you in the queue and then get you on. So there's that. What else? Angelica, attendant Training we just finished it, but you can still do the Angels and Enlightenment Training, which is self-paced. It's online, and then we have practice groups that are live for that. So that's really important. The practice groups are really the key, so you'll be able to do that in the meantime and then, as I mentioned, we're gonna be having our next one in Chicago. We're gonna do two a year. Right now is our plan Cuz the last one went so well and everybody loved it so much, so there's that.

If you wanna have an hour with me, go to AskJulieRyan.com. Get on my calendar. Doesn't matter when I'm scheduling out a little bit. Just get on my calendar and then check the reschedule button on your confirmation email and it will show you earlier dates and times as they become available. And we've got lots of people every week that get in quickly, and each time I get to talk to them, they say wow, you weren't kidding. I say I know, I promise you. Every week people reschedule and you can get in, sometimes in a matter of a couple of days. So do that. Just. The key is get on my schedule. We also have urgent appointments available now, several a week, and so if you've got something really urgent, then you can get in quickly with that. It costs more, but I've been asked to do that and I have, and a lot of people are utilizing them, so remember that as well.

Okay, here's our question this week, and it comes from Yael. I had to look up how to pronounce that because she lives in Switzerland. So, Yael, I love how you can look that up online. You just type in a word and it tells you how to pronounce it. Very fancy she says dear Julie, I need help deciding if I should put my twin daughters in private school next year or if I should keep them in the public school system.

Currently their grades are not good and according to the public system they will go to a low level middle school and from there to an apprenticeship school. This will prevent them from doing a full graduation from high school. The American private school near us provides more creative opportunities and more subjects and levels from which to choose. Of course, no one guarantees them a graduation there either. The debate is a financial one, because it costs a fortune to send my daughters to private school. This would mean we would pull all of our savings into paying for high school and forget about family vacations outside of our home. I don't know what we should do. Also, I must mention we have an older son who attends the American high school and he's doing amazingly well. That's not really expensive school she's considering.

She went on to say one daughter has strong learning disabilities, such as dyscalculia and dyslexia, and the other has ADHD. Any advice from my deceased mother and you would help. Thank you, Yael, and here's my response. Hi, Yael, I understand your quandary and desire to do the best for all of your children. To get some guidance for you, I ask Spirit, including your deceased mother, if it was in your daughter's best interest to enroll them in the American private school their brother attends.

And the answer was an immediate and resounding yes. I mean it was like boom. Immediate came in when I asked the question. I also got that means information from Spirit downloaded into my head. I got the private American school had a plethora of courses from which your girls could benefit. Not just that they offered a bunch of courses, but that they had courses that your girls would enjoy and they would benefit from them. Lastly, I was told to let you know the most important thing you can do with your girls is to find something they're interested in and give them every opportunity to explore that topic, regardless of the schooling or degree involved.

Now, keep in mind I'm sharing the information I received. At this moment in time, Future events are fluid and a multitude of variables can arise that could affect an outcome. Hope this spiritual advice helps with your decision. So, Yael, from Zurich, Switzerland, thanks so much for sending that question in and good luck with making that decision with your daughters and the rest of your family. Hi, betsy, hi.

Thanks for having me how are you doing?

0:34:16 - Betsy

Good, I'm grateful that I have this opportunity Talk to you. Oh, my honor.

0:34:24 - Julie

Where are you located?

0:34:26 - Betsy

I'm in New Jersey at the beautiful Jersey Shore.

0:34:30 - Julie

Oh, lovely, yeah, Nice, yeah, well, terrific, you got a question for me, I do.

0:34:37 - Betsy

I have had chronic pain in the tops of my feet for years now and been trying different things. Even pain relievers don't really alleviate it. I'm wondering if there's a certain thing that I can do to relieve the pain in my feet.

0:35:00 - Julie

When did it start? Just like years ago Did you injure yourself or did anything happen that was the cause of it, and then it's just not gone away. Yeah.

0:35:13 - Betsy

I would say what I can attribute it to mostly would have been a couple, a few years ago, two or three years ago now I guess three years Going up and down stairs. A lot was helping my mother-in-law move out of her home, and then I had multiple homes that I was doing the same thing with. So just going up and down stairs a lot, okay.

0:35:41 - Julie

All right. Because, I've already got to.

0:35:45 - Betsy

Go ahead. I was just going to say, but you probably already know, I did have x-rays and it didn't show anything broken.

0:35:55 - Julie

Well, I've already got you on my radar when you started talking and what I'm seeing is I'm seeing it's a neurological thing in your feet. It's the nerves in your feet. On the top of your feet look colon-flamed, okay, and it looks like where your feet joined the bottom of your legs. Is that kind of where the pain starts, or does it go up your legs some?

0:36:19 - Betsy

Not at my legs, I would say yes like right where your leg meets your foot, and it starts to bend, and stiffness there, and then the worst part, though, is, like right on top that, like little arch in the Not underneath, but in the top of my foot.

0:36:37 - Julie

Yeah, yeah, yeah, I don't know what that bone, those bones are called. There's a bazillion bones in the feet, but this looks to me like it's neurological. So what we're going to do is we're just going to rotor-rooter your neurological system and then we'll regenerate it with some stem cell energy. So here we go, imagine that your neurological system and we'll start Like, how about if we started your? Let's just do your whole body. I mean, what the heck? Well, I got you on my radar.

0:37:05 - Betsy

Let's just do your body Sounds awesome.

0:37:08 - Julie

So imagine that your neurological system bets looks like a network of tubing and imagine that that tubing looks like aquarium tubing, that clear aquarium tubing. And sometimes aquarium tubing gets gunk in it. You know it gets uneaten fish flakes and fishpope and whatever mineral deposits from the water, whatever in it, and so you have to irrigate it or you have to change out the tubing so that oxygen can get in there for the fish. That's what the neurological system and also the vascular system look like. To me it looks like a network of tubing. Think of the aquarium tubing. And then there gets this gunk inside of it and it's dead cells and it's other debris that gets inside of the tubing. That makes our nerve you know our nerves throughout our whole body.

So imagine there are a bunch of little corkscrews that are spinning through that network of tubes. That is your neurological system. Obviously this is an analogy. So they're spinning and what they're doing is they're grinding up or morselating any kind of debris in there. Have you ever had a wire that you're trying to shoot electricity through it and it has a short? There's some kind of impedance to the electricity being able to get through.

That's what I'm seeing in your feet. Looks to me, like your right foot's worse than your left. The energy went to your right foot first, and so I don't know if it's more painful or you notice a difference, but that's just where the energy went first. And then I checked out the left foot. We got a lot of it going on there too. So imagine there's all these little tributaries of nerves that are coming in your feet and they're all getting cleared out with this corkscrew action.

And then what we're doing is we're going to irrigate all that chopped up debris that was in there, and that's really fun to watch, because the irrigation fluid comes flying out the end of your toes. You know, imagine your feet are sprinklers and the water comes out the end of your toes. How many invent sprinkler feet someday? Because I see it so much. I see it pretty much every day that I'm working anyways. So got that going, and then I'm putting stem cell energy into your neurological system. Light amber colored gel Sparkles. Reminds me of Dipiti-Doo hair gel in the 60s and 70s. Have you ever heard of that? Yes, yes, I know, I know I have people send me pictures of Dipiti-Doo all the time.

0:39:41 - Betsy

I haven't heard that for a long time.

0:39:44 - Julie

I know, when I first heard it from Spirit, I was like I haven't thought of that stuff in 50 years. Nevertheless, here we go, but you know what it looks like. So there's a vortex above your head, bets underneath your feet, on either side front and behind, all spinning concurrently. This is going to regenerate your neurological system. And do that, tell me about what you like to eat. I know it doesn't seem related, but it is.

0:40:13 - Betsy

Yeah, well, I do know that bread and cheese can be inflammatory, so I try and reduce that, but I also love it, so sometimes I do have it.

0:40:27 - Julie

Yeah, yeah. How about sugar and other refined stuff? Are you getting that?

0:40:33 - Betsy

I have some of it, but for the most part I try and avoid that too, but it does happen occasionally.

0:40:44 - Julie

Okay, so you're more of a bread and cheese girl than a sugar girl. Yes, yes, okay, all right.

0:40:52 - Betsy

Even though we just had Halloween, I'm sure that everybody's got lots more sugar. Well, I'll tell you yes, so a little more lately, but on a regular basis, not so much no-transcript.

0:41:00 - Julie

Yeah, yeah, I don't even let it in my house because I don't want to eat it, so I just give out dollar bills. I don't get very many trick-or-treaters, obviously, but yeah, the only people that don't like the dollar bills are little kids.

0:41:12 - Betsy

The really little ones.

0:41:16 - Julie

I know the really little ones, like the two and three year olds, are saying I want a candy bar or something. So okay, go next door. So that's what I'm watching happen. I'm getting that the inflammation is coming from your gut. So if you have the opportunity, I would do the Viome test V, as in Victor, I am as in Mary E. Calm it, check it, check out, use Julie Ryan all one word, Julie Ryan and that'll get you a big discount like \$110 off or something. I think it's 60, some percent off. It's about a hundred bucks with the discount.

If you use that code and so I would recommend that you do that that's going to tell you the status of your gut. It's going to tell you, based on that, here your superfoods, here are the foods for you to avoid. Here's everything else. Eat this a lot, eat this a little, and so we can do some, we can do the Betsy diet, and that's going to help a lot. The other thing I'm getting for you is movement. Okay, do you walk? Do you walk? Do you do anything to you know? Get some movement, or are you sitting at a desk all day?

0:42:27 - Betsy

or what. I don't sit at a desk all day, I am on on the move and I Find that when I walk too much it does feel more inflamed. I've started to, within the last couple of weeks, do a stationary bike, which is good little less Pressure on my feet, right. So I'm walking, but I'll walk, you know, not too too far, but I'll walk Like around the block or probably like a mile at the most Outside, a few times a week.

0:43:04 - Julie

Great great, keep that up, because this motion is lotion and that's going to help those nerves heal, so I hope that helps?

0:43:14 - Betsy

I hope so too. It makes total sense. I mean it really does, and it kind of validates that I got a. You know, get the the bread and cheese out a little more.

0:43:28 - Julie

Yeah, yeah, I think that'll help too, it's just gonna. It's. It gives your body the opportunity to heal the things that need to be healed, when it's not trying to fix stuff that we're eating. I know when I gave up sugar four and a half years ago, bets my body healed stuff I didn't even know needed to be healed and it was interesting. I had a scar that was kind of pink and raised, and when I stopped the sugar within three months it went to regular skin color and now you can't even see there was ever an incision.

0:44:00 - Betsy

Yeah, so it's pretty been pretty interesting. It's interesting that you say three months, because with the food I'm probably not giving it long enough to you know, like I might go a few weeks, or you know, or even just two weeks, and you know, or even a week, and you know, hope that I see results and I don't.

0:44:19 - Julie

So yeah, yeah, so I hope all that helps.

0:44:24 - Betsy

I think for Colin so much. I got your book right away, so I've been enjoying listening to your wisdom, so thank you.

0:44:39 - Julie

Wonderful, you're welcome. She's a doll. Yeah yeah, she's storyline. Yeah yeah, thanks, ben see. Thank you, hi, Ashley Hello.

0:44:51 - Ashley

How you doing. I'm doing all right. Thank you for having me Terrific Well. Where are you? Where you located? I'm in the Midlands of South Carolina.

0:45:04 - Julie

Oh, Okay. What's the Midlands of South Carolina? What cities?

0:45:08 - Ashley

are there we? We go by the Low country, the Midlands or the PD or the Piedmont, but I'm in Columbia, south Carolina, basically.

0:45:19 - Julie

Okay, yeah, yeah, I've heard of the Lowlands and not Columbia is where the University is right. Right, that's right. Yeah, terrific. Well, you got a question for me.

0:45:33 - Ashley

Yeah, I've. I've struggled with my health for most of my life, but particularly from about 18 years till I'm 38 now. Okay, so I have a five year old autism and a three year old, so my, I have to put myself in the back burner for a while, but at the same time I'm trying to do what I can to help myself. So I got diagnosed with lupus about a seven year years ago or something like that, and it's been a big help. Actually like finding a real answer took so long. And then I have AFib and H-Rope revelation and another heart issue, so I got a lot of things going on and so all right, let me get you on my radar.

0:46:32 - Julie

That's a lot you got.

I bless you. Oh yeah, holy mackerel girl. Wow, all right. So you're making me tired. Just listening to everything that you got to deal with, I'm thinking, good, god bless you. Wow, wow, all right, here we go. Here comes my laser beam head, knees From sweet home, Alabama to South Carolina. All right, got you shooting energy. You are like one big ball of inflammation. I mean, you've seen Pictures of the Sun with rays coming out of it around the edges. You are just one big red ball with Rays coming out of it. So let's calm this down. Anti-inflammatory energy looks blue to me, Ashley, and it's a royal blue color, like the color that you'd see in those Refreesable ice packs that you get at the doctor's office or their drugstore. So I'm getting that Inflammation calm down. Where's the mold exposure? You're being exposed to mold. Where's the mold? Yeah, do you have more a mold issue in your house?

0:47:38 - Ashley

There's a possibility that I've questioned that before. In my home I Never see well, I've only ever seen one vent and it was above my Kitchen. So I thought that Above my kitchen stove we don't have a vent we have. It's not a oven vent, it's a vent that ventilates your home right, and I've seen mold on it before and I kind of assumed you know that the way that grease Sticks to things in your kitchen because it just floats up in the air and I thought that's what was maybe happening there.

0:48:14 - Julie

But how I get you. I would get your ducks clean. Have some, have a company come in and clean all your ducks. See, first of all, your duct works. Where are you? Where's your HVAC system? Is it in your page? You have a basement.

0:48:27 - Ashley

No, it's on the side of the house.

0:48:33 - Julie

Okay, but where's the internal unit that blows the?

0:48:37 - Ashley

air Just right in the—it's not a very large house, so near the kitchen, okay.

0:48:45 - Julie

All right, I would get that cleaned as well. I've got all the coils and all that stuff cleaned because there's probably mold.

0:48:51 - Ashley

Oh, in my ad that part, yes, and it's in the attic, not the basement. Okay, sorry for that.

0:48:57 - Julie

Yeah, I would get that cleaned.

I would get your ducts clean, someone has suggested molding before but— yeah, it's mold and all autoimmune is all coming from the gut, 100% of it, always, always, always, always. And autoimmune for a lot of diagnoses just means that the doctors don't know. They just don't know. So they kind of group everything into autoimmune. If you go to MoldyMovie m-o-l-d-y-movie.com go to moldymovie.com and watch it, you will find similar symptoms with people that had mold exposure and they had this plethora of diagnoses and it just came down to mold. Do you have stomach issues as well, like gut issues? I?

0:49:50 - Ashley

have everything. It's definitely— Okay, I have joint—it goes from my whole entire body to my scalp. That's why my hair is short now. I mean it goes everywhere, but I haven't lived in this

house that entire time. I have lived in other houses. But here's where I am now and I did have the issues before. But the mold, for sure, is something that we did once question and just thought oh no, I don't think—we looked into it kind of not deeply and thought, no, I think it's okay. Yeah.

0:50:22 - Julie

Well, and the thing about it is that there are about 30 percent—there is about 30 percent of the population where—and I'm one of them, you are too—where we're super sensitive to mold, so we can live in a moldy environment and it makes us really sick, but the rest of our family isn't that sick, I mean they may have a cold here and there.

0:50:44 - Ashley

My kids did get sick for like a while and I started to wonder is this mold related? I even thought about that at some point. I started to wonder about it, but I didn't see it. Obviously, and when I kind of barely examined it, I mean kind of looked into it, it didn't seem like anything. So I'll definitely check into that.

0:51:12 - Julie

Go to moldymovie.com, watch that, and then I would do a consult with Dr Amasanti. I talk about her a lot. She's really that good she can help you detox. You're going to need to get it remediated in your house. Either you guys do it or have somebody come in. But the first thing I would do is have an HVAC company come in and look at your system your air conditioning, your furnace and then I would get a duct cleaning company out there to see what they can do along those lines. And South Carolina is moist. I mean it's humid there, so it's not a surprise that you've got some stuff going on there.

0:51:55 - Ashley

I could see that that would make me very sensitive. I mean, I was around. I feel like I'm getting more and more sensitive as I get bolder, so like if I'm exposed to bleach at all, my voice goes. I was exposed to a cigar outside, so anyway, thank you, I'll check in with you.

0:52:13 - Julie

Well, it's because your bucket's overflowing now and so any extra stimulant just starts like this flood of immune response that's going. It doesn't take much in order for it to just be exacerbated and really be an issue. So I would highly recommend that you do those things and start checking out the mold stuff and see what you can do to remediate that, and then I would work with Dr Omusanti. You want to work. When you have that much inflammation and you got that much stuff going on, I would suggest that you always work with a doctor because you want to detox under a doctor's care.

So many times people will do detoxing on their own, Ashley, and what happens is it's too much. Their body can't process all those toxins at once, so it's like you take two steps forward and then you take four steps back. So you want to work with a doctor on that, and she's my favorite in the whole world and that's why I recommend her so much. I don't make any money off of it, I just know she's that good and helps that many people. So I hope that helps you and I hope you feel better.

0:53:32 - Ashley

That. I mean, I didn't mention anything about that through all of the other issues and I hadn't even thought of that, and for a long time. So thank you yeah.

0:53:43 - Julie

You are most welcome. Hope you feel better. Thank you, you're welcome. All right, let's do who the winner is for November. For the November drawing.

How you get into this is you just leave a review. Wherever you listen to the show, whether it be on YouTube or on any of the podcast channels, just leave a review. Tell us what you like about the show, tell us what you think how we can make it better. We just love to hear from you. So this one comes from YouTube, this is a YouTube review, and this comes from Vicky. Look at my glasses on so I can read this Vicky Vaughn. Vicky Vaughn, 1034.

And she says I just love your interview shows. You get the most interesting guests. I always hear at least one piece of information that applies to something I'm dealing with at that time. This show was very insightful. Thank you for interviewing. So she's talking about a particular show.

I didn't make a note of which one it was, but a few months ago we started doing two shows a week, releasing two shows a week. So the call-in show Thursday night that's the flagship, that's the one that we always do. And then I started interviewing people. So we released that Tuesday morning, we released the call-in show Friday morning and at the training I was talking to several participants and I said how do you guys like the interview shows? What do you think Do you have a preference? And they said, no, we really like how you have a call-in show and then you have an interview show, and then you have a call-in show and an interview show, because it's interesting listening to other people in the space, to find out how they do things and what we can learn from them to better our lives. So it's fun for me to get to meet all these people and talk with them and interview them. So I hope you're enjoying it too. Leave a message, leave a review anywhere you listen to the show, and then we choose a winner once a month and you'll get an hour with me valued at \$250. So it's a ball. We have a great time when we're doing that.

We can talk about anything you want, because you know, if I have psychedness, we can talk to your dead grandma or your dead cat, or talk to your spirit guides anybody that you want to talk to. We can do medical scans. We can do past life stuff. I mean, we can tell how close death somebody is. We usually do a plethora of things. When I have you for an hour and people come on with a checklist, I'll say, okay, we'll get to as much as we can. We usually get it all covered too, so it works out good. Alrighty, let's go back to the phones. Hi, deb. Hey, how are you? I'm terrific. How are you doing? I'm good. Thank you, great. Please tell everybody where you're located. I'm in LA. We spoke last week.

Yeah, tell us, tell everybody what's going on and how I may help you.

0:56:48 - Deb

So I had a big surgery last week and you did a scan beforehand and it turned out it was a tumor.

0:56:59 - Julie

And they tell everybody, tell everybody what, what was going on, and so they know what we're talking about.

0:57:04 - Deb

Okay, and it was about four inches long and it was a pretty intense surgery, went on for four hours.

And I just wanted to, if you can, just do a quick scan and see how everything's healing. Yeah, how do you feel? No-transcript. You know the first two days was pretty intense. Just my organs coming back online to the anesthetic put everything to sleep, so that was kind of interesting. But now you know I'm feeling okay, I'm getting better each day. You know I'm doing yoga, I'm starting to walk, but yeah, it's fine, You're doing yoga a week post-stop.

0:57:47 - Julie
Good for you.

0:57:48 - Deb
Yeah, wow, yeah. So all right, I'm starting to walk. So yeah, I just wanted to see if there's anything else I could be doing, how everything's looking Okay.

0:58:00 - Julie
All right, the thing that's coming in before I even get you on my radar, deb, is bone broth. Okay, do bone broth, organic bone broth. I get three times a day and it's gonna help you heal. So to me, bone broth doesn't taste that great. Bone broth doesn't taste that great, it's all right, but it's not.

It's just like eh, but it's. You know you can suffer through it. Just drink like a coffee cup full of it and be sure it's organic and do that. All right, here we go. Here comes my laser beam from Sweet Home, Alabama, heading to you in LA. Got you shooting energy from your feet up through to have your head. The first thing I'm doing is forcing the anesthesia out of the top of your head. There are a lot of heavy metals on anesthesia. So imagine there are two big U-shaped magnets on either side of you and imagine they're going up and down your body and they're pulling out metallic particulates. And then they turn a quarter of a turn, go up and down your body, pull out the metallic particulates so they get all the way around. All right, they're popped off Now irrigating your body to get any kind of dust left over. So I close my eyes momentarily because it helps me focus on what I'm seeing inside your body. Okay, got that. Let me see how your. Let me see how your innards look.

I was like Ma Ma Parker. Let me see how your innards look girl. Okay in there, all right. So it's not, it's benign. Right, the tumor was benign.

0:59:38 - Deb
The testing it right now.

0:59:41 - Julie
Okay, I got it was benign before I get it's benign now. Yeah, so I think you're good with that, all right. I talked to a surgeon one time and I said what does it look like when you're eyeballing a tumor inside the body, when you're removing it? And I said what's it look like when it's malignant? And he said that the tumors that are not malignant seem to be smoother, and the ones that are malignant, he said think of cauliflower, like a head at cauliflower. This was smooth.

1:00:12 - Deb
That's what they look like.

1:00:13 - Julie
Yeah, I know that. Well, when I saw it before, I think I told you it wasn't malignant. When I saw it, I mean that's what I'm getting, not only from seeing it, but then I'll also ask question is it malignant? And I gotta know I'm still getting a no. Okay, great, yeah, so we got that going. You're just really good at growing stuff. I mean that's what that was all about. You're just really good at growing stuff.

Your body wants to birth something doesn't have to be a baby. It can be like a new adventure, a new business, a new love life, whatever. Yeah, yeah, so there's that. Okay, All right, so it's healing. Great, it's working on the stem cell energy in there. I already worked on you before, so most of the healing energy is already in place, Just adding a little bit more stem cell energy on

your incision to get that going. The interesting thing about these healing stem and I may have mentioned this to you when we did our consult when we had an hour together is the healing has already happened on the energetic level and then it just needs to integrate into your body, Right? So oftentimes we need some kind of complimentary care, like you needed surgery to get that tumor out of there for the physical side, but it had already happened on the energetic side, which is part of the reason why you're doing so well, Right, Because I mean, nobody would ever know if they looked at you. You look amazing.

1:01:55 - Deb

No, yeah, no, yeah, my friends will like one. How?

1:02:02 - Julie

Yeah, yeah, because the healing's already happened. And remember, time doesn't exist in the spirit world. Time's a human creation. So we just need to catch up with your body to the healing that's already happened. Does that make sense? Yeah, yeah, yeah. When my husband had his knees done after the first one and then, especially after the second one, his surgeon said to me can I just send you home with all my patients? I just can't believe how well and how fast he's healed. And I said it's the energy, you know. It's the energy healing that complements Western medicine and Eastern medicine as we know it. It's part of the healing equation in my book. I think we need all of it and it's just adjunct to the medical modalities and methodologies that we know of. Okay, I think you look amazingly good. Great, thank you so much. That's great.

1:03:03 - Deb

You're most welcome.

1:03:05 - Julie

The only suggestion I'm getting is add bone broth three times a day. Okay, I'll do that, and it's just gonna speed up the healing. I think probably because of the collagen in it it's gonna help all that tissue heal. My guess is that's why that came in Cool.

1:03:22 - Deb

Thank you so much Good job girl Great to see you Good job.

1:03:25 - Julie

Thank you, thank you.

1:03:26 - Deb

Bye.

1:03:28 - Julie

Alrighty, everybody. That's it for this week. What a fun bunch of questions and I appreciate everybody taking the time to call in. So remember AskJulieRyanShow.com every Thursday night at 80th Stems, 7th Central and 5th Pacific. Send any allots of love from sweet home Alabama. Have a great weekend. See you next week. Bye, everybody.

1:03:55 - Annncr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan, and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyan.com.

1:04:10 - Ann cr

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