

Ask Julie Ryan Show - Jan 11th 2024 Transcript

00:01 - Intro (Announcement)

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.

00:43 - Julie

Hi everybody. Welcome to the ask Julie Ryan show. 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 collars on hold, so it's gonna be fun to see what their questions are and see what spirit has to say. I never know who's gonna call in. I never know what their questions are gonna be, so it's as much fun for me as it is for you guys to listen to this.

01:11

That's number one. Number two I have a big announcement. We have decided to do an angelic attendant training online. I've had so many requests from people all around the world saying I would love to come to the in-person one and we're gonna do that in Atlanta in November. But can you reconsider and do a training online? So we have decided to do that and it's gonna be May 18th and 19th, which is a Saturday and a Sunday, and it's gonna be the identical training that I do in person. It's just gonna be live on zoom. So may 18th and 19th and then November 2nd and 3rd, we're gonna do the live training in Atlanta again, and that will be in person. We had people flying from four countries last year for the in-person one and it was amazing, but it will be the same training one will be on live Alive, one in Atlanta, and then the online, and that'll be done live as well, online, via zoom. So just go to askjulieriyan.com. You'll see the training button for more information. So you want to get your place here. You want to sign up quickly before all the spaces are gone, and and I'd love to have you it's such a ball and we have graduates that come as volunteers and it's just a ball. It will enhance your life in every area of your life. So, angelic, attendant training, you'll be able to learn how to do all this stuff that I do. It'll be within a weekend and it will rock your world in a good way, so hope you can join us.

02:52

Alrighty, Chris, please bring in our first caller. Hi, Renee.

Renee

Hey, how are you?

Julie

I'm terrific. How are you doing?

Renee

Doing good, great.

Julie

Where are you?

03:03 - Renee
located. I'm located in McMinnville.

03:06 - Julie
Oregon. Oh Okay, what's that near? Is that near Portland?

03:11 - Renee
South of Portland close, about 45 minutes from the coast.

03:14 - Julie
Yeah, Okay, but it's beautiful. It's gorgeous, I Bet. Well, terrific Welcome. Do you have a question for me?

03:22 - Renee
I do. Hey, you had posted on your Instagram I think it was last week asking if we had any questions about previous past lives and Maybe something that we're experiencing now that we had a question about and I had mentioned that I had a Spot in my upper back right that nobody has been able to diagnose and it's just like a divot, and I had wondered if I had been injured in a past life. And you said call in and here I am and I also. I also wonder if it's related to some vision issues that I'm having in my right eye.

04:03 - Julie
Hmm, interesting, okay, all right. Well, I love doing past life stuff because a lot of times we can corroborate the information we get from spirit with Historical documents online. So how this works, Renee, is I'm gonna raise my vibrational level to the level of spirit, because we're all spirits attached to a Body, having a human experience, and when we're attached to a body, we vibrate more slowly Because the body has mass. So this is what I teach in my class. This is what I learned to do. This is what I teach. I raise my vibrational level. Takes me a nanosecond. I'm gonna close my eyes. I'm gonna watch a laser beam come from my body here in Birmingham, Alabama. It's gonna hook into you in Oregon and then I'm gonna have a hologram of you in my mind's eye and then we'll do the past life scan and see what that divot in your upper back is all about. Have you had it your whole life?

04:56 - Renee
No, I discovered about 20 years ago Maybe, but nobody's been able to tell me. I've been to doctors and neurologists and this pretty much everyone. It's just kind of a curious thing.

05:10 - Julie
So it wasn't. Like you know, they use forceps when you were being born and it was. It was an injury from birth or something.

05:19 - Renee
Not that we know of, no, I didn't know it. It just kind of appeared at one point. Okay okay.

05:24 - Julie
Did you notice it yourself in the mirror or did somebody your husband or somebody out to you?

05:29 - Renee
It was a massage therapist who who said that I had it, and then that's what kind of propelled me? To try to find out what it was, what caused it, and that's where we just it's unsolved.

05:42 - Julie
Ooh, okay, let's see what we can bite out. So how I do past lives, Renee, is I envision myself in this endless hallway very narrow walls, very tall ceilings and On the walls are big 12 inch by 12

inch square mirrors. Each mirror represents a different lifetime of yours. So we're gonna ask a question and what's gonna happen is the mirrors that correlate with that lifetime are gonna come out from the wall, as if they're on a hydraulic arm, and Then I'm gonna say show me the mirror that correlates the most, and that one will come out the farthest. Then what I'll do, Renee, is I'll get in front of it and I'll envision myself walking into the mirror, like I'm walking into the scene of a movie, and I'll be given where it was when it wasn't a little bit about what happened, and then we'll see if it resonates with you. Normally it will. Normally there's something that you know is Like an ongoing script or something. So here we go. What is our question? What do we want to ask the question?

06:48 - Renee

is what is the divot, and is it related to a current vision problem that I'm having in my right eye?

06:56 - Julie

Okay, yeah, does the divot stem from a past life and is it related to Renee's right eye vision issues? Okay, all right, here we go. So does Renee have a past life? I'm standing in front of the hallway. Does Renee have a past life? Does Renee have a past life that correlates with this divot in her upper back and does it relate to the vision issue she's currently having in her right eye?

07:35

Not that many mayors have come out. A few mayors have come out Renee, and so show me the one that Correlates the most. It's down on the left. So I see myself jogging down this hallway Okay, it's on the left, is about midway up on the wall. By the way, these mirrors are all lined up perfectly in vertical and horizontal, in a vertical and horizontal grid. So I find that interesting. I think it. I believe what I'm accessing and another past life. Practitioners agree with me that I'm accessing that, a kashik records, or the Hall of Records that we hear about, where every Activity and every lifetime is recorded for every spirit that's ever lived. It's just a way that came in for me to access it. So I see myself walking into this mirror.

08:27

I get the year 1732 in Israel Whoa, okay, yeah, Israel. And I get modern-day Palestine. So I don't know about, I know part, you know, that's that whole Middle East Conflict conflict thing that part of Palestine was made into the current day Israel. But I think a lot of Israel originally was what we would know as Palestine today. So what Happened and how does this relate to Marie's eye issues? My eyes are close, Renee, I'm sorry. My eyes are great, Renee, because I can see better in my mind's eye with my eyes closed. Well, I'm calling you Marie because your name was Marie in that lifetime. That's a surprise me, that's a family name.

09:22

Is that right? Oh, yeah, I see it in an infection in that. Oh, okay, you've got yeah, you've got some kind of an infection in that eye and I'm seeing that you're looks to me like you had an infection and you had a detached retina.

09:42 - Renee

I did have. I did have a I don't want to call it a detached retina, but I had like a little hole that they had to fix a couple years ago. Yes, that did happen.

09:53 - Julie

Okay, all right, so we've gotten that. It doesn't look like it's detached all the way in that lifetime. Marie, Renee, Renee, Marie I'm going to call you because those were your names in the two lifetimes Renee. But it looks like it's partially detached and as I'm looking at your eye facing it, it's. Let me turn you around. So it's in the lower right quadrant of your right eye. Okay, so that's

what I'm seeing in that lifetime, all right, what does the divot stem from? That's where the birthing thing comes from.

10:29

Oh, okay, there was an issue when you were being born back in that lifetime that they had to use kind of what we would call. You know, there's four steps. I don't think they use them anymore, but certainly when I, in the time when I was being born, they would use them. I think they were used on me to help pull the baby out and there was some kind of something that they used because you were breech, so they used it to turn you so that you'd come out the normal way. And what happened was it caused that divot and the divot has come through in this lifetime? Wow, that's wild. That would be interesting. Yeah, it would be interesting to see what the midwives back then used. It was some it looks like some kind of you're going to laugh when I say this like salad tossing things you know where you'll get two pallets

11:26 - Renee

that you, you know that are wooden. I'll do research.

11:31 - Julie

Yeah, like in a wooden salad bowl, they'll have the salad things where sometimes it's a bowl, it's a spoon and kind of a pallet. These are two pallet looking things and they're made out of really smooth wood. Okay, so that's what they used to help turn the babies, yeah, so is there any healing for my eye? Yeah, let me see what's going on. Yeah, what's going on in the eye now.

12:02 - Renee

Yeah, I got that repaired, but ever since that I've really had poor vision in that one right eye and it's just like I'm looking through a dirty glasses. I can never have clear vision. Don't really quite know. It's frustrating.

12:22 - Julie

Is it cloudier in the lower right quadrant? It looks to me like it's cloudier in that part of your eye Right now it is yes, that's what I'm seeing, yeah.

12:37

So I'm looking at your eyeball through the back of your head, and for those of you that are new to the show, that just means I'm seeing it in my mind's eye. I'm like a human MRI when I connect into somebody energetically. So what I'm watching happen, Renee, is I'm watching the lens from that right eye get removed and a new lens get put in picture contact lens and then one little stitch on the outer right side.

13:05

And now what I'm watching it's like when you clean up spear cracks me up, you know, with these visuals just to give us a frame of reference. But, like when you clean your windshield of your car, I'm watching your eye get cleaned, thank you. Like you're cleaning the windshield of your car and getting that going, I get. If you wear blue blockers, if you're working on the computer at night or you're watching your phone or you're, you know, doing something that's going to involve a lot of light, if you wear blue blockers, it's going to help your eye heal. Okay, I will do that. There won't be as much strain. When I get information like that, it comes into my head, Renee, and I call it divine downloads. So I'm watching the healing happen, I'm talking to you and I'm getting divine downloads into my head. So good thing we're girls because we can multitask right. I love it, thank you, it's a female superpower.

Yeah, so let us know how your eyes going and let us know what you find out about those forceps from I'm going to do some research.

14:17 - Renee

Thank you so much, Israel the ancient Middle East.

14:20 - Julie

Thanks for calling in

Renee

Absolutely Thank you.

14:27 - Julie

You bet. Hi, Diana,

Diana

hi.

14:33 - Julie

How are you?

14:34 - Diana

This is new to me. I'm doing okay, wonderful. Where are you located? I am in Las Lunas, new Mexico.

14:45 - Julie

I know Las Lunas, new Mexico, you do, I've been there, I've been there.

14:51 - Diana

Oh wow, I wish I would have known you then yeah.

14:54 - Julie

Well, I didn't live there, I just visited some friends that were there. Oh nice.

14:59 - Diana

Yeah.

15:00 - Julie

Yeah, wonderful, you got a question for me?

15:04 - Diana

Yeah, I just saw you yesterday, so I don't know too much about you, but you sound very approachable and this is very new to me. I don't know what you I think you guys call it a medical scan, especially for my legs. Is that possible to Sure?

15:21 - Julie

What's going on with your legs? Yeah.

15:24 - Diana

Well, I have arthritis and I would really like to. I'm having harder time to walk, okay, and I just want to be healed.

15:34 - Julie

Okay. Do you get leg cramps too, or just it's just painful all the time?

15:40 - Diana

It's painful when I walk I can't. It's hard to walk. Leg cramps I get them if I don't take my magnesium, magnesium.

15:50 - Julie

Yeah, yeah. So are you diabetic? No, all right. Good, how do you? Do you like sugar?

16:01 - Diana

A little bit. Yeah, I'm not a real sweet person, but if it's in front of me I eat it.

16:08 - Julie

Yeah, okay, so are you? Are you more of a like a chip and bread and that kind of snacky, kind of a?

16:14 - Diana

person. I am a snacky type of person I've been trying to stay away from if it's not in front of me. But I don't buy it. I'm good, but I do like it. I got that.

16:28 - Julie

Yeah. Yeah, I found these chips and I don't have any affiliation with them at all, Diana, but I love them and they're. The brand is Boulder and I buy them and they are three ingredients which I've never seen before, but they're really good Olive oil, sea salt and potatoes. So if you're going to eat chips, they don't have all the other crap in them and it's.

16:54

Boulder and it's. It's one of those deals where you know the bag is like a third empty with air and you I could eat a whole bag and I think, oh my God, I just ate a whole bag of chips. But you know there's it's not like a regular big bag of chips, but try those if you're going to eat chips, because they're the healthiest chips I've found so far olive oil, sea salt and potatoes, and they're by a company named Boulder.

17:22

So anyways all right, I'm going to get you on my radar and we'll see what's going on. Do you have neuropathy in your feet or it's arthritis? It's arthritis? Okay, all right, here we go. Comes my laser beam from sweet home, Alabama, heading out to you in New Mexico. Got you, I'm going to get you some energy from your feet up through the tub of your head. Looks like your knees are inflamed as well. Are your knees hurting as well?

17:46 - Diana

Yeah, yes, yes. Okay, thank you Go ahead. I'm sorry, especially my right knee.

17:55 - Julie

Yes, Okay, alright. Inflammation, Diana, looks like red fog on body parts and I use anti-inflammatory energy to calm it down so I can see underneath it. Because when you're driving on a foggy night you can't, you don't have very vision very far out because the fog is occluding you know your distance vision. So anti-inflammatory energy is a royal blue color. Think of those were freezable ice packs that you can get at the drugstore or you get from a doctor's office, and so I'm applying that. When I say I'm applying, it means spirit working through me and with me to help you heal yourself, because nobody heals anybody else. We all heal ourselves Doctors, medical providers, people like me. We help you heal yourself. So getting that inflammation calmed down.

18:50

Going in Arthritis Diana looks like. Have you ever seen corrosion on a battery that's expired, maybe in a flashlight, or that white crunchy stuff? Yes, that's what arthritis looks like. You got a bunch of it. So, and interestingly enough, I'm an inventor of surgical devices, orthopedic surgical devices sold throughout the world and that's what it looks like in the operating room on the monitors when a joint's being scoped and they're in there cleaning out the arthritis. Looks like that white crunchy, corrosion looking stuff. So of course, that's my frame of reference. So what I'm doing is pulling your skeleton out of the top of your head and dipping it into a big vat of stem cell energy. Have you ever seen those dunking tanks at the fair, where they'll put a coach out there and then you throw a baseball and if you hit the bullseye, you dunk the coach. You know what?

19:49 - Diana

I'm talking about yes, that's what this looks like.

19:53 - Julie

Stem cell energy, Diana, is a light amber colored gel, has sparkles in it and reminds me of Dipity-Doo hair gel from the 60s and 70s. Kind of a watery consistency to it. So your skeleton's been dipped. In that, it's back in your body. There's a vortex spinning above your head, beneath your feet, on either side of you, front and behind you. They're all spinning concurrently. That's what regenerates. You know the new we're giving you like new padding, new cartilage, new padding getting the arthritis out of there. When the skeletons pulled out of the top of your head. It reminds me of a bottle brush. Remember when car washes had brushes instead of fabric on those big things that turn that wash your car? So as you're getting pulled out, those brushes are getting rid of all of that arthritis, that weight, corrosion, looking crunchy stuff. So got that going.

21:00

Okay, what you can do to help in the short run is stay away from refined things, because arthritis most arthritis comes from the gut. Inflammation comes from the gut as well. Now, if you've had an injury, that's a different story, but it's going to be exacerbated from the gut. So there's a gut biome test that I talk about biome. Just put in Julie Ryan at checkout You'll get 60 some percent off. It's a big discount. And that's going to check to see what your gut ecosystem is. It's a fancy name for a poop test, Diana, and you do it at home. You don't need any doctor's orders. Sounds exciting, right? But it's amazing because it's going to tell you here are your superfoods. Incorporate these into your diet here to avoid this stuff. You can eat as much of this as you want, kind of a thing. And let's do the Diana diet. Try and stay away from refined things. Try and stay. If you're going to eat something refined, have it be just a few ingredients and be able to pronounce all.

22:16 - Diana

Refined would be like what?

22:19 - Julie

Like chin-ups, cake cookies, cereal, oatmeal, anything. What I do for myself is I ask myself if God made it or not. If God made it, I eat it. If man made it in a factory, I try and limit it as much as I can. Or if I'm going to eat chips, I'm going to look at chips that just have three ingredients and I can read all of them. I can pronounce all of them. Yeah, that's going to help a lot. I would do the gut-mine test and I would try and stay low on the food chain. If God made it, eat it.

22:56 - Diana

What about gluten-free items? Is that something I should consider?

23:01 - Julie

Well, it's all refined still, and refined foods they process like sugar. The statistics, the research shows that a piece of whole wheat bread will absorb 10 times faster than a tablespoon of sugar Because it's so highly refined. So, even though we're not eating sugar, when we eat things that are made in a factory, that are refined meaning using flour, even if it's gluten-free, like rice flour or cassava flour or whatever, it's all still refined the body's going to process it like sugar, which is going to cause inflammation. It's going to make your arthritis worse.

23:46 - Diana

Okay, wow, so that should help. Okay, okay, exciting.

Julie

All righty wonderful to talk to you.

Diana

Thank you very much. I appreciate it.

Julie

You are most welcome. Hi Adriana,

24:01 - Adriana

hi Julie, thank you so much for taking my call.

24:06 - Julie

You are most welcome. Where are you located?

24:10 - Adriana

I'm in Long Island, New York.

24:13 - Julie

Oh wonderful, Did you guys get snow?

24:16 - Adriana

Nope, not yet I wish.

24:19 - Julie

Okay, they keep talking about it coming up the East Coast, but I guess it hadn't gotten there yet.

24:26 - Adriana

I think up north by maybe Catskill area and maybe even further, they have some nice snow.

24:35 - Julie

Yeah, well, good. Well, how may I help you this evening?

24:39 - Adriana

I'm calling because I wanted to inquire. If you can, excuse me, help possibly with my mom. She's having a cataract. She has some cataracts in her eyes and she'd like to avoid the surgery. She's doing a bunch of holistic things and, yeah, she had an aunt in Italy who went actually blind from the surgery, so she's trying to avoid it as much as possible. So if there is anything you can help with regarding the cataracts or any recommendations you have for her, that would be awesome.

25:14 - Julie
Sure, Is it both eyes?

25:16 - Adriana
Adriana, I think yes, one is smaller and the other one is a little bigger.

25:23 - Julie
Okay, what's your mom's first name?

Adriana
Her name is Anna

Julie
Anna, Anna. Okay, all right, I'm going to connect to you and from you to your mama. Here we go. It comes from Leis B, from Sweet Home, Alabama, head north. Okay, got you, got your mama. I'm talking to your baby girl. Is it okay if I scan your eyes? She's saying, oh, yes, please. So did you talk to her about this? I did. You got her permission, good girl. Okay, thanks, all right.

25:54
Looks like her right eye is worse than her left. She's looking at her from behind so it looks cloudier. I'm removing the lens. Looks like a contact lens. It's all cloudy. Looks like those headlights on an older car that get that cloudy stuff on them. I know you've seen it. I always think that car's got cataracts on the headlights and putting a new it's called an intraocular lens in Adriana and then there's one little stitch right here on the outside right side of her eye and I've been in a whole lot of those surgeries back in the day. It takes like 10 minutes in the operating room. It's a breeze. The doctors go through 20 of them in a day. So there is nothing for her to be afraid of with those surgeries I get it's going to be super successful.

26:49
Let's do her left eye, so the left eye.

26:52
It looks to me like the cloudiness is more on the right side of the left eye and so she's got better peripheral vision in her left eye it looks like to me than in her right eye, from what I'm seeing in my mind's eye, Adriana.

27:08
So again, just removing that lens, putting a new lens in one little stitch on the outside of the left eye, and then this is my favorite part when we do eye surgery energetically is we balance the eyes because we don't want one up higher than the other one. So we're balancing them and I see a you know, a contractor's, a builder's leveler that they'll put on a piece of like a, two by four to make sure it's level. I see that used to level these eyes so that they're coming out straight and the vision. I'm tightening the muscles behind her eyes as well. That'll help her with near vision if she's reading something that's smaller print, because as we age those muscles start to relax and so I always watch those muscles get tightened Again. Spirit working through me and with me to help facilitate healing, get her to do the surgery. She's going to be a new woman and she's going to be thrilled and she won't even have to wear glasses.

28:16 - Adriana
So you don't think it's something that she can avoid or do? Continue holistic like alternative.

28:25 - Julie

I get a no into my head on that. I get quit messing around. They just go get the surgery done. She's going to be thrilled and she's going to be kicking herself for procrastinating as much. Okay.

28:37

She's a great, and they're going to do. They're going to do one eye at a time anyways. So have her, do one. Have her do the eye that's the worst her right eye, and then go in. They'll bring her in a couple of weeks later and do her left eye and she's just going to have a whole new lease on life.

28:55 - Adriana

And can you tell if the retina on the right eye is okay, because the last time she went they couldn't see it any longer because of the cataract. I guess progressed a little and that was her concern.

29:09 - Julie

It looks okay to me. It doesn't look like it has any tears in it. But run, don't walk to go get that cataract surgery. All right, thank you so much, Julie. You are most welcome. Thanks for joining us. Thank you, we do a question of the week that somebody has submitted online. Just go to AskJulieRyan.com and click on the Ask Julie button if you've got a question that you want me to answer, and we choose one every week. So this one is from Matt and Matt's from Randolph, Wisconsin, and he says hi, Julie, I'm always fascinated by the many things I hear from you. Thanks for listening, matt, to the show.

29:56

Could you explain something about current and past lives? I get the idea that we reincarnate and can go back and look at many lives lived. Is it one spirit in all? Is one a spirit? The other's a soul, something else? I'd appreciate it if you'd talk about this on your show so I can re-listen to it. Thank you for sharing your wisdom, matt. I thought that was cute. He wanted me to do this on the show so that he could, you know, like replay it to get the answer. So here are my thoughts on that. Hi, matt, I appreciate your curiosity about past lives.

30:35

I too find this topic fascinating. In my experience, each spirit or soul which I use interchangeably undergoes countless lifetimes in different incarnations. Do I believe that I know it because there's been so much information that I've received in working with clients over all these years that we've been able to corroborate with historic documents, as I was mentioning with our first caller. And I don't know this stuff. I can't make this stuff up, but it's really fun to be able to, you know, get validation for the information we get. I want to say, during a past life scan, valuable information often comes forth and, interestingly, it can sometimes be verified through historic records.

31:22

What I've observed is each spirit maintains a consistent frequency throughout its various lifetimes. To tap into a past life, it's similar to tuning into a specific frequency, much like adjusting your car radio to a particular station. It's always the same spirit in each lifetime. So what that means is we all have a frequency. Like you're listening to country music and then you turn to the classical music station, well, that's what's being broadcast on that channel. So every spirit keeps the same frequency throughout all their lifetimes.

32:02

And then I went on and said when seeking information about a previous life, setting the intention and focusing on a specific question, such as whether you were a teacher in a past

life, can yield details about the time, place and circumstances of that existence, often providing clarity about our current life. We've heard that from a couple of collars already. There's a sequence of a script that I'll see repeat throughout multiple lifetimes, and so we're looking at that script from a different perspective each time. Different time, different gender, a lot of the time, different set of circumstances. Like you can be a teacher in a multitude of ways, but that's kind of the basic script.

32:51

In addition, there's an intriguing aspect of past lives where some believe our spirit lives multiple lifetimes concurrently. While it's challenging for me to fully grasp this concept it really makes my head want to explode I acknowledge the possibility. I prefer not to dwell too deeply on this aspect and trust that we will gain a clearer understanding when we return to the spiritual realm, also known as heaven. I hope this explanation provides some clarity on the concept of past lives for you. There's always a correlation between something that's happening in a past life and what's happening now.

33:33

I had a client this morning and we did a past life scan with her and we saw that she was a migrant worker in the 1950s in the Central Valley in California and that her situation was one that was very dire because she never stayed in the same place for very long. She had children. There was never enough food. It was a huge issue in that lifetime. Well, fast forward to this lifetime and guess what? She's involved in a charity organization, a nonprofit that helps migrant workers educate their children. I said you can't make this stuff up. Past lives oftentimes will give us clarity about things that are happening in our current life. It's fun when it helps it make sense to us and gives us an explanation for what's happening.

34:28 - Giovana
Hey Julie,

Julie
Hi Giovana.
How are you doing Hi? Thank you for calling.

Julie
Where are you located?

34:41 - Giovana
I'm calling from Livingston, Texas.

34:45 - Julie
Okay, terrific, got a question for me.

34:49 - Giovana
I do. I wanted to reach out for your help and see if maybe you can do a medical scan on me and also see what spirit is trying to tell me. With whatever you may find, I've been having some symptoms like lightheadedness, but it's not like lightheaded. It's almost like a little headache or dizziness that comes and goes with sudden like movements, but it's not the lightheaded you get when, like when you get up right away, and I wanted to see if that's related to my anemia or to something else. And again, what is spirit trying to tell me with this? What do I need to work on?

35:32 - Julie
Anemia. Absolutely, what I was getting was you. Your blood is not right. You know you're doing fluctuations and blood sugar. You know you may be having other issues going on. I get that

this has to do with blood, blood related things, even before I get you on my radar, joana, I'm getting that this has to do with blood. Tell me what you like to eat. Do you crave certain things? Do you crave sugar? Do you crave snacks?

36:06 - Giovana

I do. I crave sugar, but I'm not much of a okay, much of a go-to, because I don't buy it all the time. I don't buy sweet bread, I don't buy ice cream. I want to the grocery store but I just don't. So if it comes my way, like if it's a long and maybe at work or something, then I'll try it, just because I won't buy it Every now and then I crave a lot of fried food. I love country fried food, so that's my main go-to, but at home usually it's dairy products and bread.

36:42 - Julie

Okay, which process is like sugar? Right, you know, dairy milk is like you're drinking a milkshake, basically whether it's got ice cream in it or not, and bread is gonna process even faster than a tablespoon of sugar. So what I'm getting is that your blood sugar is like peaks and valleys, and so what we want to do is we want to have you have a level blood sugar. A couple of ways you can do that. First of all, eat vegetables first.

37:14

There's a woman who is on Instagram and she's called the Glucose Goddess and her name is Jessie I can't pronounce her last name. It's like Inch a Spey or something and she has these charts on her Instagram channel and you can see you eat a bagel for breakfast and your blood sugar spikes. You eat bacon and eggs and then a bagel. Your blood sugar doesn't spike as much. So she teaches and I started implementing this in my life she teaches that you start with vegetables and then you eat protein and fat and then you go to the carbs.

37:56

There's a woman that's on Instagram. She's called the Glucose Goddess, and what she teaches is you want to eat vegetables first and then you add protein and fat and then you add any kind of carbs at the end, because what happens is the fiber from the vegetables are going to coat your GI tract kind of like netting is what I picture and then the protein and fat is going to coat that netting. So when the carbs come in they don't absorb as fast. So again, do your best to stay low on the food chain.

38:32

If God made it, eat it if man made it the factory, do your best to avoid it. That's going to keep your blood sugar level throughout the day. Be sure you're getting enough protein. Why are you anemic?

38:51 - Giovana

I have not been to the doctor two months with you. The last time I checked was the early the beginning of last year. I just noticed that. Honestly, I don't remember why I'm anemic. I just know that at the time when I checked I was chronic anemic.

39:09 - Julie

Yeah, okay, do you have really heavy periods or something?

39:15 - Giovana

I used to and I thought it was because I had the. It was the, it was the birth control with the little to the copper IUD and that one is known to cause anemia. So I had removed and they're still heavy, but they're not as heavy anymore. So I thought that was that. That's what caused anemia, but the cramping and the, you know, it's still a little heavy. So I thought maybe it's just something, it's just my body.

39:47 - Julie

That's what I was getting was that it was coming from heavy periods. That's why you were anemic. The other thing is, if you can clean up your diet some and you know, just stay with whole food that God made. It's going to really help with that Number one and number two. One of the sponsors of the show is called Beam Minerals, b, e, a, m minerals. M I.

40:13

N E R A L S. Go to beamminerals.com and order. They have a spray. That's a mineral spray that you can spray on your tummy when you're having menstrual crabs or leg cramps or any kind of cramp. It gets rid of them. It's miraculous.

40:30

Oh wow amazing it's amazing so you can also find their link on my website as Julie Ryan.com. Just go to the sponsors page and you'll see it on there. Beamminerals.com use Julie Ryan at checkout. You'll get 20% off. Get some of that spray and try it on your belly and it's really going to help you with your your cramps because I get those really bad.

40:55 - Giovana

I that when I did my period is I don't not want to go to work, I want to leave my room, I just don't it's really bad.

41:03 - Julie

Yeah, if you stop with the refined foods, with the processed foods, that's going to help them not be as crampy too. That'll help a lot. Got it okay, hope you feel better.

41:14 - Giovana

Thank you, appreciate you

Julie

Your welcome. Hi, Kim hi, hi.

41:20 - Kim

How are you, julie?

Julie

Hi, I'm wonderful. How are you?

41:24 - Kim

I'm well terrific.

Julie

Where are you located?

41:28 - Kim

I am in Haysville, north Carolina

41:33 - Julie

Georgia border gotcha, north Carolina. See, I can talk like I'm a funny too. I've lived here, yeah, well, terrific. You got a question for me?

41:47 - Kim

I sure do. I've had IBS since I was a child and when I was 13 I had a diving board accident and I fractured two vertebrae in my back, and the IBS became even worse so by the time I was in my 20s. I had an incident where I ended up in the hospital because of the IBS and um

overheard a surgeon talking who said oh, I was only 21. He says I've seen this before. She'll have cancer by the time she's 30. And so colon cancer. I know what a horrible bedside manner, right. And so I immediately became a vegetarian, and I've been a very successful vegetarian.

42:39

Also, we don't eat any. We don't eat processed foods. We get an occasional piece of salmon here or there. The thing that I find is a real trigger for my problems is flour, breads, things like that. Pies oh, I love pies, but I have to stay away from them. So it's getting worse. The IBS is getting worse, and I've been with with Vial for three years now. In fact, I just received the third kit today. Actually, it'd be the fourth kit, because I test yearly and I use their supplements the supplements they provide you that are specific to your needs and in the beginning they helped a lot, and now my back is hurting more where the breaks were and the supplementation is not assisting anymore. Can you help me?

43:45 - Julie

Sure, sure, Let me connect into you and then we'll see what's going on. What are your symptoms when you say it's getting worse?

43:56 - Kim

My symptoms are constipation, and so I literally can't go to the bathroom. Yeah, my back is getting worse. My back is such low grade pain all the time and, depending on what I do and I'm very active I work out, love to hike these mountains, I love to play pickleball. There's certain things. I've had to stop pickleball anyhow because of my back, and so I don't want to stop being physical. I don't want to stop being healthy because I'm not healthy.

44:34 - Julie

Yeah, yeah, sure. All right, let me connect into you, Kim, and then we'll see what's going on. So here we go. Here comes my laser beam from Sweet Home, Alabama, heading over to you in North Carolina. All right, got you Shooting energy from your feet up through the top of your head. I'm looking at you from behind.

44:50

You've got a classic case of leaky gut where you've got your guts out of whack, you've got yeast overgrowth and so what I'm doing is I'm clearing that out of your GI tract. Kim, in my mind's eye, energetically. I'm like a human MRI, I can see this in my mind's eye. And what happens with leaky gut is the intestinal wall is only one cell membrane thick, and leaky gut sounds like what it looks like to me is like a plastic tube. You know sausage, the skin that they put the meat in to form sausage, I don't know casing, I guess they call it Kind of looks like that and it looks like somebody took a box cutter and made little slits in it, which they haven't. But what happens is that membrane is so delicate that you get separations in between those cells in the intestinal tract and the microscopic particles of food and the toxins from the gut get in the body and into the bloodstream and the body's going what the heck? You know what's happening here. And so it causes this whole cascade of immune response that happens. So what I've done is I've stitched that up to recommendations.

46:18

One is Dr Maria Amasanti is a general practitioner. You may have heard me talk about her. She's a general practitioner. She works with people all over the world. She is the goddess of the gut. She will get your gut healthy in no time. She's functional medicine. She's an MD, she's a graduate of my class, so she does energy medicine. I mean, she's amazing. So it's Dr Amasanti D-R-A-M-A-S-A-N-T-I dot com and it's in the show notes. We've got that in the show notes, so I would schedule a consult with her. Number one and she'll help you get your gut healthy. Number two in the meantime, Kim, there's a product that is a coconut oil. It's a highly refined coconut oil. It's called Brain Octane Oil and you can get it online. I get mine from

Amazon and what it's gonna do is it's gonna help you be able to go to the bathroom. Most of us think we need more fiber, we need more fat, we need more good fat and the Brain Octane Oil works great for that.

47:30

It doesn't have any flavor, it doesn't have any color. I use it on my lunch, I use it on my dinner, I use it as salad dressing. Don't have any flavor and so you can really taste the food through it. If somebody's having surgery, I will say get ahold of some Brain Octane Oil before the surgery and start taking it as soon as you eat food, because you know when you have surgery you always get stopped up and that can really be awful from surgery or other medical procedures. The thing I like about the Brain Octane Oil is it's a natural antifungal. If the body cannot absorb, it cannot store it as fat and it helps your brain work better, because the brain works on glucose or ketones, so it helps you produce ketones. So I would get on that. When somebody has stopped up I would say take a tablespoon. If it doesn't work, take another tablespoon an hour later. You will go and then just use it routinely. So that'll help a lot.

48:31

But Dr Maria will be able to help you as well, and you know what, most of America has some kind of gut issue now because of our food supply, because of what they spray on the food and what's you know the minerals and stuff are depleted from the soil. So you may want to look into that. You may want to look into the B Minerals again Beaminerals.com, b-e-a-m minerals.com two M's and put in Julie Ryan and do their minerals, because we have malabsorption issues.

49:07

And their minerals will go in and they'll absorb really well. So I hope that helps. Yeah, thank you. You are most welcome. Hope you feel better.

Kim
Thanks.

Julie
Hi Rita

49:22 - Rita
Hi Miss Julie, how are you?

49:26 - Julie
I'm terrific. How are you, my girl?

49:28 - Rita
Doing well. Thank you, I'm calling from Nevada Reno.

49:33 - Julie
Okay, wonderful, you got some snow on the mountains out there, oh we got seven inches last night. Oh, so I bet it's beautiful. It's very beautiful, terrific.

49:47 - Rita
Well, how?

49:47 - Julie
may I help you?

49:50 - Rita

So I have a question about my mom. She's 95 and she was just recently diagnosed with vascular dementia and they haven't done any. She saw three geriatric doctors and they did not look in her ears, they did not do. They did blood work but they didn't look for like a test, like a UTM, Just like a UTI or anything like that, and I thought that she was getting the normal older age of forgetfulness. But this is different. So I wasn't sure. My brother lives with my mom now and he's taking care of her, but he wanted to know if we need to look into dementia care or something else. Is this really dementia that's going on with her?

50:51 - Julie

Did it seem to come on all of a sudden? Yes, okay, yeah, you're very wise on the UTI thing, because elderly people they get a UTI and it messes up their brain. It does.

51:05

My father. God bless him. One time he was in the hospital for something, I don't remember what, and he got a UTI and I flew in and I went to see him it was in July, Rita, and he told me he said, well, merry Christmas. I said, well, yeah, happy New Year to you too. I mean, he really thought it was December. Yeah, it was hilarious. And then when I told him a couple of days later, he didn't believe me. I said, oh, yeah, you really said that. So, yeah, okay, what's her first name? My mom's?

51:36 - Rita

name is Alice, Alice. And where is Alice? Alice lives in Sacramento, California.

51:44 - Julie

Okay, and your brother takes care of her, but he's wondering if you may need more care in the home.

51:52 - Rita

Correct, or if there's something else going on with our mom.

51:58 - Julie

Yeah, they didn't do your analysis when she went to the doctor. No, oh, my, okay, all right, so going in got you going from you to your mama? All right, I'm talking to Rita. Is it okay if I scan you? Yes, ah, we are just doing good tonight with everybody saying yes for me to scan them when it's remote. Okay, let me see. She absolutely has an infection going on. Her white blood cell count is elevated. Yeah, I would find a different doctor and, yeah, just get yes. So when I see a bacterial infection, Rita, I see antibiotic energy get applied and it looks like a fuchsia color, more pink than purple, and she is full of antibiotic energy. So what I'm doing is I'm flushing out her bladder and her urethra and all of that. Has she been running a temp at all?

53:08 - Diana

She's got a lot of inflammation.

53:10 - Julie

Okay, yeah, I would get a urinalysis done. Does she have vascular dementia? I get the beginnings of it. Does she need so? When I ask a question, I'm getting an answer in my head. Does she need to be in a memory care facility? I don't get a. No, Rita, I got absolutely not. Good, I got absolutely not. She's not dying at the moment. Her spirit's in her body. Have you read my book? Do you know what I'm talking about.

53:44 - Rita
Okay.

53:46 - Julie

As somebody's dying, the spirit exits through the top of the head. If you go on AskJulieRyan.com and go to the 12 phases page, you'll see a graphic of all the 12 phases, of how we're surrounded by angels and the spirits of deceased loved ones and all of that as we're transitioning and the spirit exits through the top of the head and it hangs on. It looks like a speech bubble in a cartoon. Okay, you know where the characters' thoughts or words are Right and her spirit's in her body. She's not dying at the moment, so we've got that. She looks pretty healthy to me actually.

54:25 - Rita

I think she is For being 95, she's really well.

54:28 - Julie

Yeah, yeah, good for her. She's going to be better off staying in her own home. Okay, good, yeah, yeah. So I would get her tested and hopefully, in the meantime, this energetic healing's gonna set in and it's gonna help her a lot. Wonderful, wonderful. Yeah, thank you so much. You are most welcome. Thanks for calling Absolutely Peace.

Julie
Hi Patty,

54:54 - Patti
Hi Julie,

54:58 - Julie
How you doing girl.

Patti
Thank you for checking my call.

55:01 - Julie
Wonderful. Where are you?

55:05 - Patti
North Carolina, another North Carolina girl, all the way on the East.

55:10 - Julie
Coast though. Okay, wonderful, got a question for me?

55:17 - Patti

I do. I have a sister who's very ill right now and I have another sister as well and she and I have been having what feels like a lot of spirit signs Different things, almost not for me, but my sister has actually experienced what she feels like. It's almost of seeing my, my deceased father in, like his, like a what do you call it? A transfiguration maybe, but we've just had it's just on repeat to. We have so many texts back and forth about these things and so I'm just wondering about my sister that's ill. There's not much at this point, I think, that we can do except for just pray for her and send our love and energy for the next phase. But it also has brought up some feelings, like I've maybe experienced some of my own past life shades of that through, indifferent, I don't even know how to describe it interesting.

56:31 - Julie

Yeah, like, what, like, what are you seeing?

56:33 - Patti

um, well, also some of the synchronicities, some a feeling that maybe there's some it's either past life or ancestors from quite far back that I feel like have reached forward meaning.

56:52 - Julie

They are in your dreams. You see them out of the corner of your eye. What are you?

56:57 - Patti

doing some synchronicities about places, driving through certain places and then learning, having a funny feeling and learning that that was somewhere that was actually had a connection that I didn't know about yeah, and that fun wonderful so I guess it feels like everything is sort of a spirit level yeah, well, and it is because you're hearing about your sister seeing deceased loved ones and I'm happy to scan her.

57:29 - Julie

She's obviously in one of the phases of transition not obviously, but most likely. And university-based research, patty, shows that as we approach the end of our lives, 90% of people see the spirits of deceased loved ones and pets as they're approaching death 90%, and it's comforting. That's how you tell the difference between a hallucination and a visit or a vision. Hallucinations are discomfoting, they agitate the patient, they're scary, they don't want to see them. Visits from spirit all spirits, pure love. Visits from spirit, they find comforting.

58:11

So I'm hoping that your sister is finding that to be comforting too when she sees your dad's spirit and most likely others who are surrounding her. As she's in the phases of transition I get she's in phase 7 right now, which means she's surrounded by angels and the spirits of deceased loved ones and pets. And as that configuration of those spirits changes, patty, what happens is it, as they get closer and closer to death, the configuration goes from what starts out as a circle into a horseshoe, into a straight line, kind of like a line of demarcation between our human reality and the spirit world reality. And that's what I talk about in my book angelic attendance what really happens as we transition from this life to the next. Have you had a chance to read or listen to that book yet?

59:07

I have not, but I will be thank you yeah, and and send a copy of it to your sister as well, because it'll give her a lot of comfort as as she knows what to expect and it validates what she's experiencing, you know, so that she's not feeling like she's nuts. My point in all of this is you're talking about this stuff which opens up your sense of possibilities, and so you vibrated a higher level and spirit can communicate with you on that level when it's whether it's a past life or it's somebody that's perhaps, perhaps a distant relative. When my mother was dying, I saw spirits in the room of people that I didn't know who they were, but at her wake there were a lot of pictures of her family when she was growing up and I, the people I had seen their spirits in the room when my mother was dying. I saw pictures of them at my mom's wake. They were like her grandparents and her great grandparents and her great-aunts and uncles and some of these people, so they'll be there.

01:00:18

When we are in grief or fear. It's a low vibration and spirit vibrates at a high level because it doesn't have a body to slow down the vibration, and so when in our day-to-day lives we're busy you know we got stuff going on. We're paying attention to what's happening, as we should be in our human experience, but spirits communicating with us. We're just not tuned to

the right channel because they're done communicate on the crappy channels. Vibrations too low. So as you're talking with your sister about this stuff and thinking about it, it raises your vibrational levels. So you're tuned to that channel so spirit can communicate with you. Does that make sense?

01:01:07

yes, yeah and the phases, the 12 phases of transition, patty. They happen with people who die instantly, like in the case of a homicide or suicide, or whether somebody's dying over days, weeks, months, years, doesn't matter. Everybody goes through the 12 phases of transition, and mostly because time doesn't exist in the spirit, world times a human creation.

01:01:34 - Julie

So yeah, does that help?

Patti

That does help. Thank you Julie

01:01:37 - Julie

You are most welcome. Good luck with her. Just look for the miracles along the way. Continue to do that, and when you read or listen to angelic attendance, it's gonna help make sense of a lot of this for you, and I hope it does for your sister as well

Pattie

thank you

Julie

Hi Steven, how are you?

Steven

Hey Julie, I'm doing great thank you

01:02:06 - Steven

Please tell everybody where you're located yeah, I'm out of Charlotte, north Carolina, north Carolina again, sure, don't you that are listening and you can't see Steven.

01:02:20 - Julie

He's got a plaid kind of like a Kelly Green and a blue shirt. It looks great on you thank you.

01:02:27 - Steven

Yeah, it feels good too.

01:02:28 - Julie

I bet a girl picked it out. Did a girl pick it out?

01:02:32 - Steven

my wife may have had something to do with it. She may have alright, you got a question for me yeah, I was listening to one of your past shows and there was a lady that asked you what the name of her spirit guide is and guardian angel, and a message they had and I couldn't get that off my mind all week.

01:02:53 - Julie

I would love to to know that myself yeah, I heard Bartholomew for you when you just first started asking the question. Is Bartholomew a spirit guide, Bartholomew, as your guardian angel? And, by the way, Steven, guardian angels stay with us throughout all of our lifetimes.

Okay, it's really cool. Even in between lifetimes, when we're in heaven and we're planning what our next adventure is gonna be, that guardian angel is always with us. So I find that really fascinating. And then, main spirit guide, I heard Melvin. Okay, Melvin, wow, like, yeah, like, isn't that one of the chipmunks?

01:03:39 - Steven

Melvin, I think so and Calvin.

01:03:42 - Julie

No, it's Calvin, I think, but Melvin Melvin's their cousin.

01:03:46 - Steven

He's just not in this song yeah, so when you want to talk to him.

01:03:54 - Julie

You just, you just say hey, Bartholomew. Bartholomew is saying you can call it Bert. Okay, all right, and remember, spirits don't have a gender, they're just energy. But we, in our human form, will equate a gender with a name like Bartholomew and Melvin. Both sound like male names, right, and it's okay if you think of them as males, because it just helps us process the information, you know, and you say, hey, you know, I was talking to Bart and he blah, blah, blah. You know, you tell us what he said. So it's okay if you refer to him, but just know in the back of your head that spirits don't have a gender. Do you know how to communicate with spirit?

01:04:45 - Steven

as hard as say yes to that. I mean, sometimes I've had very clear communication, I feel like, and then sometimes it's like nothing, I get nothing okay.

01:04:56 - Julie

So you just think of them. Think of, okay, Melvin, your spirit guide. Our heads are like big satellite dishes, Steven. They receive and they transmit frequencies. So you just think of Melvin that tuned your satellite dish head to his frequency, that spirits frequency, and it opens up, kind of like a two-way radio channel. And so you just say something, either a statement or a question, and then he's going to answer you and it's going to come in as fast as you can snap your fingers, within a second or less. If you think about it for more than a couple of seconds, what's going to happen is that's going to be your brain talking to you. So re-state whatever it is you want to say, or ask the question again, and it's boom as fast as you can. You always want to trust the very first thing that comes into your head. Then you can have a conversation with them okay, great, yeah, thank you for that you are most welcome.

01:05:59

Thanks for calling absolutely all righty everybody. That's it for this week. Remember to subscribe and leave a review or a comment and share with your friends and family. Sending you lots of love from sweet home Alabama. See you next time thanks for joining us.

01:06:23 - Intro (Announcement)

Be sure to follow Julie on Instagram and YouTube. At Ask Julie Ryan and like her on Facebook. At Ask Julie Ryan to schedule an appointment or submit a question.

01:06:32 - Disclaimer (Announcement)

Please visit AskJulieRyan.com this show is for informational purposes only. It is not intended to be medical, psychological, financial or legal advice. Please contact the licensed professional. The Ask Julie Ryan show, Julie Ryan and all parties involved in producing, recording and

distributing it assume no responsibility for listeners actions based on any information heard on this or any Ask Julie Ryan shows or podcasts.