

AJR Show - Feb 15th Transcript

0:00:01 - Intro

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 thrilled you're with us. This is the place where we blend spirituality and practicality to help you live a life full of joy and purpose. So we've got a whole bunch of callers on hold and we will get to them. It's always fun because I never know who's calling and I never know what their question's going to be, and I certainly never know what Spirit's answer is going to be, because you know Spirit works through me and with me to help facilitate healing, answer life's unanswerable questions. It's always a blast. So let's go to our first caller.

Julie
Hi Chloe,

Chloe
Hi Julie,

Julie

Everybody. Chloe Culled in Gosh what A few months ago and her granddad had just passed and she wanted to know if he had a message for her grandmother. And he said for Chloe to take her a daisy, just one daisy. And then somebody left a message on YouTube after watching the show and said he's talking about a daisy a day, the song a daisy a day. So what happened? Did you tell your grandmother about that?

0:02:01 - Chloe

Yeah, so actually I think too, that was just like a song he used to sing when we were little too. I just didn't put it together, but yeah, she did know the song, so we thought it was really sweet. Did you take her a daisy? I didn't, because she lives really far away. She's in Washington and I'm in Montana.

0:02:22 - Julie

But okay, all right, yeah, but she talked to her Well and he was so adamant about he didn't want you to send her or take her a bouquet of daisies, he wanted one single daisy. And I just thought that was so sweet and so extraordinary that your granddad in heaven was referencing a song and it sounds like he used to sing it to you when you were little as well.

0:02:49 - Chloe

Yeah, I think that, just like the whole meaning of the song too is that was really his personality and like how he loved my grandma and everyone too, so it was definitely really sweet to put that together.

0:03:01 - Julie

Oh my gosh. I always say you can't make this stuff up, right, yeah, well, do you have a question for me?

0:03:10 - Chloe

Yeah, so also, the last time we talked, we were talking about, like, my fertility issues and so me and my husband we actually went to Greece to do IVF and so it's a lot cheaper there the US, Really, Really, yeah. So we just went and we did a whole cycle. We did like the egg retrieval and a fresh transfer and we did transfer to embryos, but it still failed, and I think the reason it failed is because I wasn't on progesterone and I got my blood drawn here in the States and I took the doctors seven days to get me the results and so by the time I got them it was just too late to take the progesterone. So I just wanted to ask you if, like, if it did fail from the progesterone and if we go back we're hoping to go back in April if it will work then if we should do a whole new cycle or we do have three embryos in the freezer we could use. They're just not very good grades. So that's my question.

0:04:12 - Julie

Well, it's really interesting. You're telling me you have three embryos because there are three baby spirits above your right shoulder. They look like little orbs. They're not multiples. You're not going to have triplets. From what I'm seeing, you could have twins, though two of them are pretty close together, like almost side by side, and they're above your right shoulder and they look like a little tiny orb. The other one is stacked out in the back. It doesn't mean all three are going to incarnate. It means that three baby spirits have attached to your energy field. So it's less expensive for you to go to Greece and pay all your travel expenses and stuff and still do the IVF, and it's less than it is to do it here.

0:04:55 - Chloe

Yeah it like. It costs us like 10 grand to do the whole thing and be there for over a month, but we were quoted 55 grand here and we have no insurance for it, so it's obviously a lot cheaper.

0:05:08 - Julie

Oh my gosh, Wow, that's amazing. Okay, well, cool. So your question is it did they fail because you needed progesterone? I get a yes on that. I also heard that they just weren't ready.

Those babies wanted to explore what it was like to not, you know, incarnate, let alone be viable. So when we're in any kind of a situation Chloe especially, I work with a lot of moms who are working to get pregnant Everything is an experience. Every spirit has things they want to experience and explore. Your spirit is exploring IVF in Greece. For heaven's sakes, your spirit is exploring going down that path. Your spirit is exploring what it, what do we need to do in order for me to be pregnant and to carry full term and deliver a baby? So these baby spirits that are attached to your energy field are participating in what your spirit wants to explore and experience. Now, likewise, your spirit is participating in what their little spirits want to explore and experience, whether that means they are, you know, embryos that are implanted that take, whether they're an embryo that doesn't take, whether they're an embryo maybe that doesn't go full term. You know a fetus. It's any one of a number of scenarios that you can play. Think of you and your baby's spirits as being like actors in a play and you guys are exploring different versions of that play.

So let's ask the end all be all question Will Chloe have another child? I get a yes. That came in before the question was even asked and then, after I heard yes, I heard absolutely. So there you go. I think that's a really good. That's a really good chance. Will Chloe's trip to Greece in April? Is it in her best interest to do the whole egg retrieval procedure during that trip, like she did last time? I get a yes, yeah.

0:07:47 - Julie

I think you do the whole thing again. Yeah.

0:07:51 - Chloe

Yeah, yeah. So the ones we implanted were really good grades and the ones we have left over aren't there like a 30% chance for each that it would turn into a live birth, and the other ones was like 70% chance is what they told us.

0:08:08 - Julie

Okay, what I just heard was sometimes the run of the litters are the best ones.

0:08:14 - Chloe

True.

0:08:15 - Julie

Yeah, so yeah.

0:08:17 - Chloe

I just, I guess for me it's hard to like, I don't want to go all the way back over there and then it not work because they weren't good grades or something. So I think that's why I'm like, well, maybe we should do a full, another round so that we can hopefully get better quality.

0:08:32 - Julie

Yeah, head your bets. What are the doctors saying?

0:08:35 - Chloe

Well, we can't talk to our doctor till the eighth, so I can't get his opinion yet, which is hard to like to wait.

0:08:43 - Julie

Okay, In the meantime, Chloe, get a book called the better baby book by Dave and Lana Asprey, and it's a story about Lana, who's an ER, who was an ER physician, and she was told she'd never conceive and she restored her fertility and conceived two children in her 40s. So it talks about how to get your body really healthy and in the best shape to become pregnant and then how to keep healthy during pregnancy and then how to help your body heal after pregnancy. So the better baby book. Keep us posted, let us know how it goes and give our love to your grandmother.

0:09:27 - Chloe

I will Thank you, Julie.

0:09:28 - Julie

Okay, bye.

Chloe

Bye,

Julie

Hi Jack,

Jack

Hey Julie, how are you?

Julie

I'm terrific, how are you?

0:09:39 - Jack

I'm doing all right, all right. Open Michigan, grand Rapids.

0:09:45 - Julie

Okay, wonderful, got a question for me.

0:09:51 - Jack

I do. I've had a really bad digestive issues and pain kind of under my left rib for years. It's just it's getting worse and worse. I actually did have surgery on my ribs as well, but I'm not sure if the ribs are causing it or the digestion, or there's something else with my aortic valve going down there. I'm just really not sure what's going on.

0:10:15 - Julie

What are your doctors saying?

0:10:18 - Jack

I've had every single gastro test available and they all come up normal, okay.

0:10:27 - Julie

Let me get you on my radar and we'll see what's going on. For those of you that are first time joining us, how this works is I 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 jack our vibration is slower because of the mass of the body. I learned how to do all this stuff. I teach people all over the world how to do what I do, and I'm going to close my eyes for a nanosecond. I'm going to watch a laser beam come from my body here in Birmingham, Alabama. It's going to hook into you in Michigan and then I'm going to have a hologram of you and my mind's eye and 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 a healing and I'm going to describe it to you in detail. So I want you to envision everything I tell you. I'm seeing in my mind's eye, everybody listening. I want you to envision what I'm talking about as well, what I'm describing, because we're all going to do a collective healing on Jack. It doesn't matter if you're listening real time, if you're listening, tomorrow, next week, next month, next year, because time doesn't exist in the spirit world. That's one of the big benefits when you call into the show and get a healing on Thursday night on my show is you have people all over the world that are participating in this healing and it's like the power of prayer Wherever two or more are gathered in my name. It's that kind of an effect.

Here we go. Here comes my laser beam from Sweet Home, Alabama, heading up to you in Michigan. All right, got you Shoot energy from your feet up through the top of your head. First of all, you're a twisted mister. Have you been to a chiropractor to get adjusted?

0:12:16 - Jack

I've found a dozen of chiropractors here. Okay, all right.

0:12:20 - Julie

Yeah, I'm watching a chiropractic adjustment happen. First, your left side of your pelvis is out a little bit in front of your right, so I just watched you get leveled out Like a contractor uses a leveler on a two by four to make sure it's straight, so I watched that. Okay, going into your gut. Your gut looks inflamed. Do you have gas bloating, any kind of?

0:12:47 - Jack

excessive amount of gas. Yeah, okay. The excessive amount of gas is just constant in my stomach.

0:12:52 - Julie

Yeah, so you have what's known as yeast overgrowth. You may have heard of candida overgrowth. Doctors aren't trained to treat this, but what I'm doing while I'm describing this to you is I'm clearing the yeast out of your GI tract. Have you been on antibiotics or steroids? Have you had mold exposure? Anything like that?

0:13:18 - Jack

Well, I just had the flu last week and I had some fluid in my lungs, so I'm taking antibiotics at the moment.

0:13:25 - Julie

Okay, all right. Have you been on antibiotics much in the past since you've had stomach pain?

0:13:31 - Jack

Not a lot, probably 10 times, maybe yeah.

0:13:35 - Julie

Okay in your whole life or in the past few years, in the last, like 20 years probably. Yeah, okay, that's enough, because it usually takes two to three years for the gut biome to restore with every round of antibiotics that we take. Okay, and people say, well, I'm taking probiotics. Well, probiotics are a waste of time when you have yeast overgrowth, because it's like throwing grass seed on a field of weeds. The weeds are going to choke out the grass. It's not going to grow. So we got to get the yeast under control first. So you have so much yeast in your GI tract. It looks like a roux. If you mix flour and water together to form a sauce or a gravy in cooking. That's what this coating looks like in your GI tract. If you look at your tongue tonight when you brush your teeth before you go to bed, my guess is it has a white coating on it, on the surface of your tongue. So be sure and brush that every time. You brush your teeth, brush your tongue too.

0:14:36 - Alex

I do To help get that on.

0:14:38 - Julie

Yeah, Okay. So a couple of pointers. Number one you want to do a gut biome test called Viome V, as in Victor I-O-M-E.com.

0:14:50 - Jack

I did that.

0:14:51 - Julie

Have you done it? Good, great, I did that. Okay, great, that's going to tell you what your superfoods are to incorporate it into your diet. It's going to tell you what the foods are for you to avoid. So that's number one. Number two stay away from sugar and refined things.

Yeast loves sugar. It's its favorite food, you know. You think about when you're making bread. What do you do? You put a little sugar in with the yeast and it makes it puff up, right, it makes it rise. So stay away from anything that has sugar in it or anything that's processed like chips, cookies, crackers, stuff like that. And if they're gluten-free, it's still refined and it absorbs like sugar and feeds the yeast like sugar.

That's number two. Number three, jack stay away from fermented foods Wine, beer, alcohol, kimchi, sauerkraut, yogurt, vinegar, soy sauce, kombucha, all that jazz because your gut is a fermentation factory when you have yeast overgrowth and that's what the bloating is from. So when we eat or drink fermented things, it's just like pouring gasoline on a fire, just makes it worse. So avoid those, not for life, just till we get your guide healthy. If you're going to eat fruit, peel it, because there's tons of yeast on the peel of fruit. I don't expect you to peel a blueberry or a grape, but certainly bi-organic as much as you can. But peel apples, peaches, pears, plums, you know that kind of stuff.

If you have leftovers, jack, freeze and reheat them, because yeast gets on leftovers. In the fridge overnight we think, oh, it's refrigerator, we can eat it for a few days, not if you have a yeast issue. So I am the Ziploc bag queen of the universe. Everything goes in a Ziploc bag and I label it with a sharpie on the front. You know, jack's meatloaf, stay away, or whatever. And then what I do, jack, is I'll make it flat, I'll get the air out of it, I'll lay it flat on a shelf in my freezer so it freezes flat. And then when it's frozen, I stack the packages upright like files in a file drawer and you're going to save so much food and so much room in your freezer. And then, lastly, you want to get ahold of some nice statin N-Y-S-T-A-T-I-N, as in Nancy. It's a prescription here in the US and it kills yeast on contact. It stays in the GI tract. They're no known side effects and they give it to babies when they have thrush. So it's really safe. Been around for like 80 or 90 years, and it is nectar of the gods.

Lastly, you want to get in touch with Dr Maria Amasanti. Let me give you her website, Dr Amasanti.com. She's in London, jack, but she's an Oxford grad. She's brilliant. She's a general practice MD. She does functional medicine, she does holistic medicine, she does energy medicine. She's a graduate of my class and I have nicknamed her the goddess of the gut.

So she will help you get healthy in short order, because the work that I do is on the energetic level. It's already healed. Now you have to help integrate it into your body. I had an email from a client that I sent to Dr Maria earlier this week and my client said I have been sick for a dozen years and I've been to just a bunch of doctors and nobody could help me. After two months with Dr Maria, I feel better than I felt in all of that time and I'm just continuing to improve. So she just kept saying thank you, thank you, thank you. You've changed my life. So, between the energy healing and Dr Maria, we will help you get your gut back in line and help you feel better. Okay.

0:18:59 - Jack

Well, I appreciate it very much.

0:19:01 - Julie

You bet, and all of those links are in the show notes. So anybody listening, if you want to find those the biome link, the Dr Maria link, all that stuff's in the show notes. So I hope that helps you feel better. I promise you can heal from it, because I had it for the first 40 years of my life that's how I know so much about it and for the last 25, I've been chugging along without any problem. So it is possible to heal from it, okay.

0:19:33 - Jack

Well, I appreciate it very much. All right, thanks for calling. Thank you.

0:19:39 - Julie

Bye Jack.

0:19:40 - Jack

Bye-bye.

0:19:42 - Julie
Hi, Seraina.

0:19:44 - Seraina
Hi Julie, how are you doing? I'm good. How are you Terrific. Where are you? I'm also in Michigan.

0:19:56 - Julie
Oh, okay, terrific. Well good, you got a question for me.

0:20:00 - Seraina
I do. My sister had a skiing accident in December 28. And it was very bad and she had to be airlifted to the hospital and her arm is numb now. She's got a lot of nerve pain but the arm she can't move it. Right now they're doing hypnotherapy. She's just now allowed to start doing acupuncture and a lot of mind therapy to get that arm moving again. But she's in a lot of nerve pain. She has been on heavy medication since then and we are all very worried about it. She won't be able to move that arm anymore.

Julie
What's her first name?

Seraina
Sara

0:21:03 - Julie
Spell for me.

0:21:04 - Seraina
S-A-R-A.

0:21:08 - Julie
S-A-R-A. Okay, so I would pronounce that, Sara. So you have a fancy way to pronounce it. So, okay, what I'm going to do. Where is she? Is she close by?

0:21:18 - Seraina
you? No, she's in Switzerland.

0:21:22 - Julie
She's in Switzerland. Okay, all right. What I'm going to do is I'm going to connect to you in Michigan and from you to your sister in Switzerland, I'm going to ask her permission if I can scan her. She says yes, I will. If she says no, I won't, because it's an ethical thing with me and all is not lost, because we can still talk to her spirit. The way that I feel about that is if somebody has pneumonia and they want to tell me how they feel, that's one thing, but I'm not looking at their chest x-ray without their permission. So that's how.

I operate from an ethical position.

0:22:01 - Seraina
Did you talk to her about?

0:22:02 - Julie
Okay, all right. And she says it's okay for me to scan her.

0:22:09 - Seraina

Yes.

0:22:10 - Julie

Okay, great, I'm going to ask her anyways, just to be sure. So here we go.

Here comes my laser beam from Sweet Home, Alabama, heading up to you. Got you Head in east to Switzerland. It's going to take a minute. I want you to go across the map. I want you to go across the Atlantic. I want you to go into Switzerland, you know, go across the western part of Europe and go in there. Okay, I'm talking to your sister. She goes. I know it's fine. Okay, cool, all right, let me shoot energy into her. Okay, so everything else is working fine, right From a neurological standpoint. Accept her arm. Yes, accept her arm.

Is it, her arm goes, yes, her arm down to her fingers and her hand and everything. Yes, okay, okay. What I'm watching is I'm watching. Imagine that that nerve looks like a piece of aquarium tubing and imagine when that aquarium tubing gets gunk inside of it like uneaten fish flakes, fish poop, other minerals from the water. You either have to change the tubing in the aquarium or you clean it out, right? So in this case, imagine that that's what her nerve looks like.

And when I see injury to a nerve it looks like gunk in a tube in an aquarium. To me that's the analogy that Spirit gives me. So I'm watching a corkscrew spin. It's starting at her spine and it's going in that nerve all the way down her arm. It looks to me like her injury was in her, I would say in her upper arm, like midway. It's where most of the injury is from the nerve damage, because do you know what an auger is? It's like a corkscrew and you can screw it in a garden like to plant bulbs, to make a hole to put tulip bulbs or daffodil bulbs or something in there, and when it hits maybe clay or really compacted soil, it'll take a little bit of extra effort to go through that. That's what I'm watching happen in her upper arm. So that's going through there, okay, it's just gotten through that. Going down the rest of her arm. Okay, now we're irrigating any kind of debris, dead cells, you know other stuff that's in the nerve. Irrigating that out of her hand it comes flying out. The fluid comes flying out the end of her fingers. Imagine she's, her hand is a sprinkler and her fingers are where the water flies out. So got that going.

Now, putting stem cell energy in there and light amber colored gels has sparkles in it because it's woo, woo, gotta have sparkles. And it reminds me of Dippity-Doo hair gel, which was a thing in the 60s and 70s when I was a kid growing up. It's kind of a watery gel, so that's being administered and there's a corkscrew, there's a vortex, rather, that's spinning on the outside of her upper arm and that centrifugal force is what transforms the stem cell energy into new body parts. This stuff's great, it'll fix anything. I mean it's amazing the stuff I get to see and sometimes it shows up on subsequent scans and over the years I've had doctors call me and say what are you doing and how does this stuff work? So got that going. She's in physical therapy, I would imagine now.

0:25:51 - Seraina

Not yet. No, it's too fragile because her shoulder blade and everything was shattered. So at this point it's too fragile. She's not allowed to do any of that stuff yet.

0:26:06 - Julie

Okay, all right, I didn't even look at her bones, I was just focused on her nerve. Let's go back and let's do the bones. Did they put a new shoulder in?

0:26:15 - Seraina

Yes, I think she can. Either we keep that artificial or they're trying to fix everything what she had left from her own body with screws and pins and stuff.

0:26:29 - Julie

I think the new shoulder joint is going to work the best for her, from what I'm seeing, because I see a shoulder joint in there and remember, time doesn't exist in a spirit world, so she doesn't have a joint in there yet A new one.

0:26:45 - Seraina

No, I think they did in the original surgery.

0:26:49 - Julie

All right, that's what I'm seeing is a new shoulder. Okay, so that looks good. Putting stem cell energy on that too, just to help that heal. I guess she'll make a full recovery. I think she'll make a full recovery. Her nerve now looks pink to me.

That healing was done, it's just got to integrate into her body. In the meantime, I'm going to give you a website to have her go to because she can use her brain to help her heal. Have her watch this show and listen to what this healing is, because when we can visualize what I'm describing, it helps integrate the healing into the body, because the brain has a tremendous capacity to heal the body. And have her go to this website because this is a woman who we're going to have on the show. Actually, I'm interviewing her tomorrow.

Her name is Brandy Gilmore and she healed herself, got herself out of a wheelchair that she was in for a long time in excruciating pain, healed herself with her brain power, and she has scans thermography scans that show somebody in pain. We do an exercise like a healing or something on them and then they do another scan and the inflammation is gone. So I think that would be really a good thing for her to check out and it'll give her hope and it'll give her some opportunities to use her brain to help her body heal, in addition to this energetic healing that just happened. Oh great, thank you, I will let her know. Okay, you're a sweet sister to call in on her behalf.

0:28:53 - Seraina

Thank you. Thank you so much for your help. It's much appreciated.

0:28:57 - Julie

You bet. Good luck to you and to her.

0:29:01 - Seraina

Thank you so much.

0:29:05 - Julie

Hi Alex, Good evening. Good evening to you.

0:29:11 - Alex

Thank you for letting me see you tonight.

0:29:15 - Julie

Oh, my honor, when are you located? West Valley, Utah. Okay, terrific, you got a question for me.

0:29:27 - Alex

Oh, I should have been tuning in a lot sooner. My ex passed last Tuesday. Hey, don't, please, don't go there. He made everybody's life miserable. Oh, because his soul was so angry. Hopefully he's at peace now. I didn't realize. I thought I had gotten over it. I hadn't. It was very abusive marriage. Psychologically physically, emotionally, but I just feel blocked and I don't

know how to push through. And it's one person said I'm sorry earlier that I let into her. She didn't deserve it and I please help.

0:30:23 - Julie

Okay, when you say, you feel blocked, what does that mean?

0:30:29 - Alex

When I try to sit down to do work, I can't find the paperwork I need. I just can't. I feel like I can't move forward. I'm feeling more that I can now that he has passed, but there's a lot of energy clearing and decades of suppressed negative resentment Okay. Presentment is negative, so I apologize. That was.

0:31:01 - Julie

I think it was perfect. I think your description was perfect, girl. All right, a couple of things. First of all, all that snarky behavior stayed with his body when he died. His spirit is pure love. Number one Okay, hard for us to imagine when we're thinking of somebody who was just a wicked human and we think, ah, you know how could that be, but it's just how it is. I've heard it a bazillion times from spirit. That's number one. Number two this isn't about him. This is about you clearing. So I have a little exercise for you. If you're gay, yes, I want you to take a piece of paper and a pen or notebook, whatever you want. I want you to write it. Don't type this, write it with your hand, and I want you to just start writing everything that upset you about him.

0:32:03 - Alex

That summarizes it.

0:32:08 - Julie

Okay. So you want to do that? Do it over a day or more, whatever works. I don't care about sentence structure, I don't care about grammar, I don't care about spelling. When you start writing, you're going to be surprised what comes out, because, alex, those memories that are in your head, that you've locked in there just to survive, they're going to come out. Okay, so write it down on a piece of paper. When you're done, you'll know it, and you can do this exercise more than once if you want, but when you're done, you'll know it.

Then what I want you to do is I want you to take that writing everything that you wrote down and take it to a park near you that has grills in it that you can cook hot dogs and hamburgers on, and I want you to light it on fire. I want you to burn that paper and watch the smoke go up into the air, because that releases all that negative energy, all those emotions, all that stuff that's got you stuck. When you write it down, it gets you out of your body onto the paper. When you burn it, it releases it. Okay, it's symbolic and it's an energetic release.

I don't want you doing that near your home, because we want that energy to dissipate away from your home, first of all, and secondly, if you can go to a park that has lots of trees and green stuff around it that gets alchemized by all of nature, all that negative energy, okay, so try that.

Do that more than once if you need to, because you may do it once and then it may kind of let the genie out of the bottle and you'll think of other things that you want to get rid of, emotional things, and do it again. But take it to a park, don't cause a forest fire. That's why I say burn it in a grill, take some matches or one of those big lighters. You know that you can light a grill with it and burn it, and you're going to be amazed at how much better you feel. Okay, okay, alrighty, and then call in another time and we can talk to him, or not, whatever. But I think that's your first. That's your first action item is go write all that stuff out and then burn it away from your home.

0:34:50 - Alex

Well, as I tell everybody, hopefully his soul is at peace now, because he did not have peace in this life. I have no idea why, but he just didn't and he made any cost a lot of pain in the lives of many others.

0:35:12 - Julie

Well, he's happy, he's healthy, he's whole now. Yes, and all that snarky behavior stayed with his body when he died. His spirit is pure love and you know what you may find that you have a relationship with him now. That's wonderful when you're ready for it, because he's pure love and it would be interesting to talk to him so we can do that another time. Go, write your feelings out. Okay, send in you a big hug.

Alex

Thank you.

Julie

This week our question comes from Gina, and Gina lives in Aurelia, Ontario, Canada. If you want to submit a question, go to AskJulieRyan.com on my website and you'll see right when you get on the homepage it'll say AskJulie A Question. You can submit a question. We choose one every week to read on the show and this is the one that was chosen for this week. Okay, gina says hello, Julie. Thank you so much for the opportunity to submit a question.

I've been experiencing brain fog for several years and I'm scared that it's going to have a significant impact on my career. I can't remember anything, even the basics. People believe that I'm amazing at what I do and I feel like an imposter. I'm currently looking for a new job because there have been multiple layoffs at my company and I'm concerned that I won't know enough to perform well at a new company. Are you able to tell me what's causing the brain fog and how to help it? The best way I can describe the sensation I have is that it feels like my brain is thick, dense and foggy. I think most of us have experienced brain fog, probably many times in our lives, and so we can relate to what Gina is saying. Then she says side note I've been on maternity leave for two of the last four years, so perhaps my forgetfulness is in part due to being out of practice and the haze of early motherhood. Thank you so much, gina. Here's my response. Hi, gina, first, huge congrats on the newest addition to your family. Welcoming a little one into the world is a journey unlike any other, filled with both challenges and joys.

Let's talk about something that many new moms and others, including myself, have experienced brain fog. It's like trying to navigate through a dense fog where focus, memory and energy seem to dissipate. Researchers at Emory University have delved into this phenomenon, describing it as feeling like our brains are working on a reduced capacity. When I've had it, I feel like a dog that's wet. I feel like I want to shake my head, you know, like a dog does to get the water off of them when they come in and they're out in the rain doing their business. I always feel like if I shake my head I can shake off the fog. I haven't had it in a long time, but when I had leaky gut and used to overgrow it, I had it all the time.

I went on to say from personal experience I found that tackling brain fog starts with nurturing your gut and balancing hormones. To get answers for you, I tapped into your energy field and noticed a few things. Picture this a wilted plant in need of water. To me, that's a telltale sign of hormonal imbalance something quite common among new moms by adding some energetic estrogen. It was incredible to watch how you perked right up. If I see a woman whether it's a young woman or a woman my age or older, and she looks like a wilted plant, she needs estrogen. I shoot energetic estrogen into her. She just perks right up like watering a plant.

I also sense something else mold, whether it's lurking in your home or office, it can wreak havoc on your well-being. Thankfully, with a bit of energetic clearing, we address that issue too. And then there's the matter of leaky gut another piece of the puzzle. Again, through an energetic healing, we work to get your gut healthy. Now here's the important part. These healings may take time to fully integrate into your body. That's where your physical efforts come into play. When I work with somebody and I'm doing energetic healings, it'll integrate into the body, but normally it'll need something done on the physical side too. So the energy healing is part of the healing equation, but we need to help it along from the physical side. And I said seek out a physician who specializes in bioidentical hormones to ensure your levels are optimal. Someone like Maria Amasanti, MD, Rr Amasanti.com, Dr Amasanti.com, whom my clients rave about for her expertise in gut health, can also be incredibly helpful.

So I'm saying get your hormones fixed. Get your hormones fixed, sounds like. Get your muffler fixed. Get your hormones fixed and then get your gut fixed too. Lastly, don't ignore the mold situation. It might be worth looking into getting your home tested, and please give your sweet baby a hug from me. So anybody that's got brain fog, it's, 99% of the time, a gut thing. You get your gut healthy. The brain fog is going to go away. New moms, it's very, very, very common that your hormones are still out of whack, even two to three years, you know, after the baby's born. So you want to look into that as well. So, gina, I hope that helps.

Julie
Hi Kimmy,

0:41:05 - Kimmy
how are you?

Julie
I'm terrific. How are you, my girl?

Kimmy
I'm good, can you hear me?

0:41:08 - Julie
Yes, ma'am, I sure can. Where are you?

0:41:13 - Kimmy
I am in Haverhill Massachusetts.

0:41:16 - Julie
Oh good.

0:41:17 - Kimmy
How are things up there? Well, it's 31 degrees and snowing Ooh you guys haven't?

0:41:24 - Julie
you've had some snow this winter so far right A little bit.

0:41:28 - Jack
You've had yeah, yeah a little bit.

0:41:31 - Julie
But not crazy like you have in years past right.

0:41:36 - Kimmy

Correct, correct, I just moved back about four months ago. I was living in Colorado for almost seven years.

0:41:44 - Julie

Oh, so you're used to that white stuff, Yep.

0:41:47 - Kimmy

I am.

0:41:48 - Julie

Okay. Well you got a question for me?

0:41:54 - Kimmy

I do. In regards to life path, I just had a major shift in my existence and I lost my partner about 11 months ago and I helped him spiritually move on. The experience was beyond amazing, even though it was a terrible. Death is not fun, but I've had a few readings with some mediums and intuitive healers and one of the things that came up was that it's time for me to deal with my own abilities and do healing work, but I'm struggling as to which way to go with that.

0:42:38 - Julie

Okay, what are you thinking? What gets your attention the most? What lights you up the most?

0:42:46 - Kimmy

Connecting with spirit, but I struggle with some blocks.

0:42:51 - Alex

Okay.

0:42:51 - Julie

Well, you're grieving. Grief is a low vibration Spirit doesn't communicate easily on the I feel crappy channels because the vibrations do low. So, yeah, I don't know that it's to be expected that somebody is going to be able to communicate easily when you're in the middle of deep grief. So that's number one. But the fact that communicating with deceased loved ones is really the first thing that came to your mind, that's where you're being led, and for you to focus on that and focus how you want to roll that out and do that, I mean I'm going to tell you, take my class. You'll get really good really fast.

It'll ramp up whatever skills you have. I mean in a weekend. You can take it online in May. You can take it in person in November, but people have already started signing up for both. We have limited seats, so you want to look at that and that will get you into a group. Of course, I think mine's stellar because it is, but it is with people from all over the world, and the key with this, Kimmy, is to practice it, and in my Angelica attendant training class we have nine practice sessions a week that are free for the rest of your life.

So all different times, on different days, graduates from all over the world get together. Your skills really ramp up quickly when that happens. So consider taking my Angelica attendant training. That's number one. Number two is follow where you're led. I think we get paralyzed when we expect to have all of our steps mapped out for us, and that's not how life works. You know that I mean when we think about it. We all know that I've founded nine companies in five industries. I never follow a business plan. Nobody ever follows a business plan. We never follow a life plan because life happens.

So you're going to be led. The fact that you're saying you want to help people by communicating with spirit which, by the way, research shows is the number one way to help people heal grief is to be able to communicate with their loved ones. You certainly know all about grief with what you've been through. So take a step. You're going to be led to another step. If it's interesting, if you want to know more, take that step, no matter how small it is. It may be you just look at a website, it may be that you talked to somebody about it. It may be something else. You're going to be led to the next step, the next step and the next step, and then it's all going to be laid out for us and for you. We don't need to swim upstream. We can go with the current, go with the flow, so yeah.

0:45:57 - Kimmy

That's what I've been trying to do. I've been taking baby steps for the last many months, breaky and. I took an intuitive development class. I've done some readings with some people, but I feel blocks and I think a lot of it has to do with the grief and I'm fascinated by end of life stuff. So that's kind of where I've been going.

0:46:23 - Julie

Yeah, well, I had a gal look, I don't remember what the episode is, but her name is Lenore Matthews, Dr Lenore Matthews, and she lost her husband and I think she was 35. It was very unexpected and was in the throes of grief. Well, she's a PhD researcher and so she started doing research on how grief helps people heal if they can talk to their you know, and if they can talk to their deceased loved ones, that helps heal the grief. Right, we've got to go through that process to heal, yeah, yeah.

0:47:03 - Intro

I can tell yeah.

0:47:05 - Kimmy

Lots of symbols and signs from him for sure.

0:47:09 - Julie

I love that. And the other blocks are fear, just flat out fear. You're right. How am I going to do it? Is it going to work? How are we going to make this work? How are we going to happen? What's it going to look like? And fear paralyzes us, so when you take a step, you're going to be led to the next thing. The other thing is have you heard me talk about the two minute rule?

0:47:34 - Kimmy

No no.

0:47:35 - Julie

Oh honey, this is going to change your life. Two minute rule Thoughts when they come into our heads, thoughts don't originate in our heads. They come in from the ethers, based on what we're thinking about. Every thought is neutral till we give it a meaning. Thoughts that feel good are true. Thoughts that feel badly are based in fear.

Now the key is is it a real fear or is it a fake fear? If it's a real fear, that's called a rational fear. You want to change the conditions before you're injured or killed, like, get out of the road before the truck runs you over if you're standing in the middle of the street. All other fears and, Kimmy, that's 99.9% of the thoughts we think that feel bad, 99.9% of them are based in what's known as irrational fear. They're fake news. They're fake fears.

We're running late to a doctor's appointment and we're stressing out and we're going oh my god, you know. And then our imagination kicks in if I don't get there in time, then I'm not going to be able to see the doctor, and then I'm not going to get well and I'm gonna have to wait a

year before I get another appointment. You know, it just goes on and on. So what we want to do is we want to let the body know okay, this is an irrational fear, this is fake. We don't want the body going into fight or flight because we lose clarity, the blood drains from our brain, goes to our heart and our extremities. So we can run away from that fear, even if it's we're running late for an appointment.

Body and no difference between that and getting chased by a tiger. So when you have a thought that feels badly, you just ask yourself is this gonna kill me in the next two minutes? It's a yes or no answer. The answer is yes, get out of the road before the truck runs you over. If the answer is no, you're gonna chuckle a lot of the time because you're gonna think, oh god could be in such a drama queen, and it'll keep you out of fight or flight and then Spirit can communicate with you with solutions. So the beauty with the two-minute rule, Kimmy, is it's free and it's convenient because it works anywhere your brain is and your brain's usually with you wherever you are. So it's convenient.

0:49:45 - Kimmy

Yeah, for sure. Well, thank you so much.

0:49:49 - Julie

Sign up for my class, AskJulieRyan.com. Yeah, okay, I'll look into it. It's right there. Okay, girl, you got this.

0:49:56 - Kimmy

Thank you, thank you very much, okay, bye, thank you.

Julie

Hi Jay,

0:50:01 - Jay

Hi Julie, glad to see you. You are so wonderful.

0:50:09 - Julie

Oh you sweet thing. Oh, thank you. Where are you located?

0:50:15 - Jay

I'm located in Indianapolis, Indiana.

0:50:18 - Julie

Okay, terrific, you got a question for me.

0:50:22 - Jay

Yes, ma'am, I have been suffering with headaches ever since I'm 13 years old. Oh no, yeah, it comes. After my first, I had my daughter. It's coming every day. I take over the for the counter medications. Most of the times it works. That is the only drawback in my life. Otherwise, I am happy, happy, well young, energetic, blissful, beautiful, wonderful.

0:51:02 - Julie

Look at you. God bless you. Okay, jay, let me get you on my radar. Let's see what's going on. You know, right up top of my bed, up top of my bed, up the top of my head, I am getting that. It's probably hormone related and gut related, and when you take that over the counter medication for a long time, it really messes up your gut. So we want to get you off that, get your headaches handled. How young are you?

0:51:31 - Jay
I'm 64. I'm going to be April, okay.

0:51:37 - Julie
Okay, and you've had this since you had your daughter. How long ago was that?

0:51:43 - Jay
38 years 38.

0:51:46 - Julie
That's a long time for headaches, girl. Holy mackerel. All right, here we go. Comes my laser beam from sweet home, Alabama, heading up to Indy. Got you. Yeah, you look like a wilting plant, so I'm shooting some energetic estrogen into you. Just what I was talking about with our question of the week from Gina up in Canada. And then do you have gut issues? Does your stomach hurt at times? Do you have gas bloating? Any of that brain fog? No, do you wake up with the headaches?

0:52:25 - Jay
Not really. As soon as I start my work at six o'clock, once I start the computer and I'm going great. And when I, if I receive a letter from my supervisor or my manager or something stress related, it just comes like that. Okay, when I have a headache, I cannot take any food because the digestive stops.

0:53:01 - Julie
So you go into fight, or fight what we were just talking about? Yeah, but?

0:53:08 - Jay
but I am brave, I am intelligent, I am tough at my work, like if a class full of people, if a teacher asked something, I will be the first one answering the question I feel they're asking me. I will be always first that anxiety may be creating headaches. I'm not sure.

0:53:39 - Julie
I think it's a combination of stress, hormones and gut. So here's here a few action items for you, jay. Number one call a couple of compound. I put energetic estrogen into you. While we're talking, I'm cleaning out your gut. I put energetic estrogen into you. You know we're girls so we can multitask. So it's one of our superpowers is females, so we're doing that. Call a couple of compounding pharmacies. Do you know what that is? Do you know what a compounding pharmacy is?

No but it's a pharmacy that makes prescriptions for individuals Instead of just pouring pills from a big bottle into a little container to give you. They make prescriptions from scratch. So call just just Google compounding pharmacy, put your zip code in there and they will pop up. I would call a couple of them. Ask them who's prescribing bio identical hormones through them. Okay, ask them if any of them are gynecologists. I have a preference for gynecologists to help us with hormones because they're experts on our girly parts. So let's you know, let's go to an expert on the parts that are going to be affected. That's number one. Number two bio identical hormones.

Have you ever heard that term before, jay? No, okay, it's what our bodies make when we're young and fertile and we have the ability to pop out babies. As we age, our hormone levels diminish. That's why women go into perimenopause and menopause. When our hormones diminish, I like to say Mother Nature says, oh, she's not able to propagate the species anymore, so we don't really need her, and that's when degenerative things start to happen. We can fool Mother Nature by having her think we're 35 instead of 65 with bioidentical hormones.

They are the exact molecular composition that our bodies make naturally. That's why they're called bioidentical.

The synthetic hormones which are the birth control pill, the IVF medicine, big pharma nervous medicine, are called synthetic hormones. They have extra molecules added to their formulas so they can be patented. Most of them are made out of pregnant horse marrow urine. Those are the ones you want to stay away from. You want to get on the bioidentical. That's number one. That's going to help you sleep better. It's going to keep your brain, your heart, your bones, your skin healthy.

There was a study actually that came out, I believe, in October of last year, Jay, that said that women that get on bioidentical hormones in their 40s and 50s have a 40% less likely chance of getting dementia or Alzheimer's. 40%, that's a big number. Hormones protect us. Number one. Number two I would talk to Dr Maria, Amasanti.com. It'll be in the show notes. I would have her help you get your gut healthy. Number three two minute rule what I just talked to Kimmy about when you start feeling stressed when your boss sends you something, is he snarky with you or is he just sending a request and you get stressed?

0:57:19 - Jay

Yes, in general everybody feels the same way with those two people.

0:57:28 - Julie

That's fine With your boss. Everybody feels like he's just kind of like a bully Okay.

0:57:38 - Jay

No, they put the time to complete within certain time where to finish this match and they find fault with what we do or something like that. But it's fine, they're not picking on me. But when the letter comes, in general if I have to go somewhere or somebody is coming to me, then the headaches come. That's why I don't involve or anything, I don't promise anything or I don't invite anyone to my house because it causes more headaches to me.

0:58:24 - Julie

Okay, all right, so use the two minute rule that we just talked about with Kimmy. When you get that, you get that. Okay, I need this project done by this date. This time and you're feeling stressed, go, okay, if I don't do this project at this time, is this going to kill me in the next two minutes? The answer is going to be no, right, yeah, and so what that's going to do is that's going to keep you out of fight or flight. Because what happens when we go into fight or flight? Jay? Our cortisol levels shoot up, our heart rate shoots up, our blood pressure shoots up. We have an immune response, right? Inflammation shoots up. What's inflammation cause your headache? You don't think you got a hormone thing and a gut thing going on. So let's get those in balance too, and then use the two minute rule. So those are your three action items Hormones, gut, two minute rule, and you will be a new woman, and then you can have people come visit you at your house.

Jay

Okay, thank you so much.

Julie

Okay, you bet. Thanks for calling.

0:59:33 - Julie

Hi Miss Mary

0:59:39 - Mary

Hi again I'm back. This time I'm here in Michigan.

0:59:43 - Julie

What is this like? Is this a Michigan show? Tonight I got all these Michiganders. Well, that's what I was thinking too.

0:59:51 - Mary

So I have a question for you tonight, an animal question. Yeah, so one of my rescues. He's a little beagle boy. We named him Busby. Busby, the Beagle Cute. Yeah, he came to me from rescue with chronic injuries. He has a dislocated shoulder so he limps and also some damage to his mouth a snaggle tooth which we've had extracted, but some other teeth were damaged, and I noticed that he wheezes a lot. So I'm wondering if there was some damage done to his nasal cavity. So a question is if you can connect with Mr Busby, I'm wondering what happened to him yeah, he got beaten.

1:00:46 - Julie

I'm getting that already. Somebody beat him up really badly, some nut job. Yeah, what's his vet saying about his shoulder? That's where the energy went first. That's his biggest issue is his shoulder.

1:01:00 - Mary

It is an issue. So he's been the three specialists at his regular vet and because they're a mystery, because they can't talk to us, the vets of the injury is chronic. You have two options, Ms Mary. They both told me the same thing. You can either go through with a surgery, which there is a very high percentage it's not going to be successful because, to put things back in place, Julie, I'm sorry, because all of the ligaments and the musculature has changed, stretched, and dogs don't understand recuperation. They don't. It's very hard to keep them still Right Enough to recuperate. So the other option that they gave me was amputation. Two specialists gave me the same option. That's what I said too. Because the little guy's getting around, he's getting around.

1:02:09 - Julie

Yeah.

1:02:10 - Mary

Now.

1:02:11 - Julie

How long have you had him?

1:02:11 - Mary

I've had him for two years. Okay, I had three rescues altogether. Oh my gosh, this is a passion of mine, oh passion. I love dogs more than people, Julie.

1:02:25 - Julie

So what I'm watching is I'm watching that shoulder. It's like I'm watching an animated movie where all the pieces and the parts came apart and like a child's wooden puzzle.

They're getting put back together, like they're getting rearranged and getting put back together in the healing. When I focused on it, I've seen this. This is a new kind of healing that I've just started seeing recently, where it's like slow motion. All those pieces come apart and they get kind of rearranged into the proper position and then they all go back in and then the whole

thing is covered with stem cell energy and with a vortex above it. That's solidifying the healing. It's getting all those parts put back together. Does he seem to be in pain?

1:03:20 - Mary

Well, that was going to be my next question to you. So from day one, the vets are recommending pain meds, which, having health issues myself, I know that pain meds come with side effects and some of those effects can be damaged to major organs, like you know, liver and such. And because he's young, or at least we believe he's young, when he came to me two years ago they estimated his age to be under two.

1:03:53 - Julie

I get he's four. Right now I get he's four. Okay, okay, so that would make sense, yeah.

1:04:00 - Mary

So I was fearful of putting him on pain meds at such a young age because of course I love him so much and I want him to be around for a very, very long time. I don't want to cause liver problems or other issues that would shorten his life. But on the humane side he's a very, very stoic dog, very stoic dog, I mean. Maybe the beating explains that he's not fearful of me, he's loving, but just such an introvert. He won't come up and lick your face like a normal dog or whatever, and he'll come up and he'll bury his face in your tummy or bury his face like he's shy.

Like you know, I can't look at you, Sweet as can be. So that was another thing I wanted to know. Of course I want my animal to be comfortable and cared for and not moving. Can you pick up on whether or not it's time?

1:05:05 - Julie

Yeah, I'm not seeing inflammation in his shoulder right now. So, Busbier, you in pain, he's saying. At times I do see arthritis in there that I've cleaned out. Arthritis Mary looks to me like that white crunchy stuff that's on a battery that's expired.

1:05:23 - Alex

Yeah, I've looked through you, but you're.

1:05:25 - Julie

Yeah it's like white crunchy stuff. So I've cleared that out. I've put stem cell energy in there. There is a product that I've discovered in the last couple of months and it's beam minerals B-E-A-M. I'm taking that because of you.

Great, yeah, I've been on them for two months. Oh my God, I have a lot of energy normally, but, holy mackerel, ramp it up, because it's amazing how well they work. Mary, they have this spray that's called I think it's called, like light-a-lights or something like that. You'll see it, if you go to beamminerals.com and you spray it on, install lights, install lights. You spray it on its minerals, and if you spray it on something that hurts, I'm telling you it gets rid of the pain.

1:06:20 - Mary

Oh, this is not the horrible one, then.

1:06:23 - Julie

This is not the horrible one In addition to this. It's called install lights and it's this spray, and I had a girlfriend here this past weekend who was having back pain and I sprayed her with it and in the first five minutes she goes. Yeah, the pain's better, but I still have it. So I sprayed her again and after that the pain was gone and it stayed gone for the rest of the day. They do have the same thing for pets, so I would check that out. You can use them minerals beamminerals.com. And use Julie Ryan in the checkout. I'm telling everybody's listening. Use

Julie Ryan in the checkout and you'll get 20% off. I'm telling you guys, this stuff's amazing. I feel like I'm doing an infomercial for them, but it's so impressive.

1:07:15 - Mary

Well, I'm on my first full two weeks and I'm feeling subtle differences. But we're talking about 30 plus years of chronic pain. That's snowballed. So I'm feeling subtle differences. I have good days and bad days, but I'm feeling more energy and less pain.

1:07:40 - Julie

Perfect, perfect, get some of that. I think it's called install light. I got to look it up. But if you go on their website beamminerals.com and look for the pain relief and then look at their animals products, and I would get some of that for Mr Bussby, he's got to be fine. There's no way I would amputate that dog's leg.

1:07:59 - Mary

No way I wasn't thinking amputation because he gets around. His ankle is starting to turn out. He's having compensatory type problems because of the injury. Reason I'm asking you is if the poor guy is in terrible pain, then I will get him those pain meds.

1:08:26 - Julie

I don't think he is Not from what I'm seeing. Yeah, okay, so I would get him some of that beam mineral stuff and try that. Thank you, you're welcome. Thank you for calling. Give him a hug for us.

1:08:41 - Mary

I will.

1:08:42 - Julie

Alrighty Bye, Mary,

Okay, everybody, that's it for this week. Fun show as always, Sending you lots of love from Sweet Home Alabama. Bye, everybody, have a great weekend. See you next Thursday.

1:09:00 - Ending

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.

1:09:14 - Disclaimer

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