

Ask Julie Ryan Show - Feb 2nd 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.

0:00:43 - Julie

Welcome to the ask Julie Ryan show, I'm so delighted you could join us this week. Here is the place where we blend Spirituality and practicality to help you live a life of joy and purpose, and we've got a whole bunch of callers on hold, so we're gonna get to them. It's always fun to see who calls in and to see what their questions aren't even more fun to see what spirit has to say as far as an answer. So let's go to our first caller.

Julie
Hi Hannah,

Hannah
Hi Julie,

Julie
How are you, my girl.

0:01:21 - Hannah
I'm great. I'm calling from Fort Smith, Arkansas.

0:01:25 - Julie
Terrific, How are things there?

Hannah
I'm pretty warm actually, yeah, in the 60s so

Julie
I know over here in Sweet Home, Alabama 2 in the 30s and 40s at night, I got the furnace on at night. I got the AC on during the day Typical.

Hannah
Yeah, it's weird,

Julie
Well, terrific, well, welcome. You got a question for me.

0:01:48 - Hannah
Yes, my question is about my cat Junie. She's an old lady now and she's had this chronic wound for over a year and it recently got significantly worse. But I don't think she's ready to go just yet, so I'm hoping maybe you could help facilitate some healing sure what happened was she?

0:02:11 - Julie

Did she injure herself? Was she in a cap fight? What happened?

0:02:15 - Hannah

I don't even know how it started because it's been an ongoing issue for so long, but it's at the point now where it abscessed and that opened up and my vets telling me to consider quality of life. But I really don't think she's quite ready to go yet.

0:02:34 - Julie

Okay, she's not her spirits, not out of her body, so she's not dying. You are absolutely right on that. Good job, psychic girl. And when where the energy went and help me with this, Hannah. But where the energy went was her back right leg. I don't know if that's where the wound is, but that's where the energy went, it's okay leg, all right.

Well, sometimes, you know, it shows up like on the other side, and Sometimes the energy goes to the opposite side first, so that we can reinforce that one, because it's doing the heavy lifting for the left side. So, okay, yeah, all right. So let me do the right leg first, since that's where the energy went. I always go in blind first because I want to see where it goes, because that's the most pressing issue as far as spirit is concerned. We should give you some comfort that the abscess is not the most pressing issue, it's the other leg. So it could hold her up. All right, so she's straining those muscles Just by favoring the left leg. For those of you that don't know what we're talking about, sounds like we're talking secret code here.

Hannah, I raise my vibrational level to the level of spirit and I watch a laser beam come from my body here in Birmingham, Alabama, and it hooked into Hannah and Fort Smith, Arkansas, and then I went from Hannah to her cat, Junie, and so I. It's like I'm a human MRI. I had Junie as if I'm looking at an x-ray or a CT scan or an MRI, and so the muscles on the back of her right leg are being reinforced with stem cell energy. Hannah, light amber color gel sparkles reminds me of a watery gel called dipety-do. That was a hair gel. I was a kid in the 60s and 70s and there's a vortex spinning behind it and that's gonna reinforce the muscles and Ligaments and tendons and stuff in that back leg, because she's obviously favoring the left leg. Does she lick it a lot to try and help it heal?

0:04:41 - Hannah

Yeah, that's been an issue to keep her yeah from doing that.

0:04:45 - Julie

Yeah, and you know what. I just think mother nature knows so much more than we do, and even doctors too, because every animal does that, and I've often Wondered if there's something in there saliva that helps it heal, because and I get a yes on that every time I ask the question so what I'm doing is I spirit working through me and with me to help facilitate healing, scooping out that wound and then put in stem cell energy in there. She does have a bacterial infection in there. Is she on antibiotics or some kind of medicine for that?

She had a a shot of antibiotics Monday, okay, but it might be a little resistant to that form Okay all right when I see Hot pink energy like a fuchsia color, Hannah, that tells me there's a bacterial infection, fire infections look like watery beef broth to me, the energy that surrounds it and the reason why I'm so descriptive in the in what I'm seeing in my mind's eye is you can envision it, everybody listening to this either Tomorrow, next week, next month, next year, in five years, we're all participating together to help your cat heal, because time doesn't exist in the spirit world. Times a human creation. I don't understand how it works. I just know it works. So that's why I want you to envision it. So we've scooped out the, the sore stem cell energy in there. Antibiotic energy has been applied and I'm watching her leg get wrapped. Have they? Have they wrapped it or do they want it to just get some air? What are the vets saying?

0:06:36 - Hannah

He didn't really say much because I think he thinks it's her time, but I did wrap it today just to keep her from licking it because she'll like the hair off. Like it's that much. But do you think I need to go to a different antibiotic?

0:06:59 - Julie

I get a no on that. I think, give her a chance to heal. Let's talk to her. So, Junie, are you ready to go? Her response was heavens, no Like heavens, no like that. You know, with that kind of attitude, is the wound painful? She's saying yeah, it is, it's painful, do you? Is there anything else that Hannah can do for you? Just let it heal. She wants you to give it time to heal. Okay, okay, I hope that helps. I hope she feels better.

Hannah

Yes, Okay.

Julie

Thanks for calling. Hi, Karen. Hello, how are you doing this evening? Yes, ma'am.

0:07:49 - Karen

I kind of do the same thing you do, Sort of I'm able to feel what animals feel and connect with them and be the medium between people and animals. I'm just wondering is there any career in this for me?

0:08:08 - Julie

Yeah, absolutely. Where are you located?

Karen

New York State.

Julie

Okay, do you do it online as well, or just in person?

0:08:21 - Karen

I could do it online. I don't have a website or anything, so you do it in person now, not?

0:08:26 - Julie

Yeah, or over the phone. Okay, I think that's great. Start out with that. Yes, absolutely, there's a career. Do you have a job now? That's just a regular job that you're doing? Yeah, okay, yeah, keep your day job until you get a clientele that's booking and I get. Do both for six months and see how it's going. Can you do this in the evening and on weekends? Yes, yeah, that's what I'm getting as far as guidance, absolutely. People are so eager to be able to know what their pets are thinking and know what's going on where it hurts and that kind of thing, so, absolutely.

So, you say six months, I say do them both for six months and then reevaluate. Okay, thank you, you can do that. Yeah, don't put all your eggs in one basket until you know the basket's going to hold, right, right, and then that'll give you time and give you some money too, Karen to get a website up and get your payment program up and all that kind of stuff, and then you can see how it's going and maybe you extend it by a few months or even years. I mean, there's no right or wrong way to do it. I think you'll just feel your way through it and you'll be led. Awesome. Do you see any timeline in this for me?

Six months. See what reevaluate in six months. Okay, but during that six months, get your website up, get your payment program set up. All of that Will do, okay, good luck,

Karen

Thank you, thank you so much.

0:10:30 - Julie

You're welcome. Bye, bye,

Julie

Hi, Lisa, hi, how are you?

Lisa

I'm great. How are you?

0:10:38 - Julie

I love your sweater. Thank you. It's beautiful. For those of you that are listening, it's pink and it's cable knit. It looks like it's Irish or something. Looks like it's an Irish sweater. It's just gorgeous.

0:10:55 - Lisa

Okay, thank you.

Julie

Where are you?

Lisa

I'm in Indianapolis, Indiana,

Jullie

Okay, great.

Lisa

So my question is my daughter and I got a cat together and his name is Sam. We named him Sam, we got him from a local animal shelter in Florida and I flew him back to Indianapolis. So we have no idea what his story is. He's five years old and I just wanted to know. There's a couple of things about Sam. I think his back, toe or toenail is not doing well and I just wanted to know, like his birthday they said he was five years old and what his story is. I think he came from a home because he's very tame and he's so sweet. So I don't know if he's missing his owners and what his story is.

0:12:06 - Julie

Okay, I get March of 17. He was born in March. He what happened? Did somebody abandon you? He's saying, he ran away. He's saying he got out and he ran away and he was unable to find his way back.

0:12:28 - Lisa

Oh, yeah, is he happy here? Is he missing his owners?

0:12:35 - Julie

Okay, he's saying that he never thought that his journey would go this far, from Florida up to Indy. And he is saying, does he miss his owners? Yes, but he loves being with you guys. And he's saying it's like when you have a child and you think, oh my God, I'm never, ever going to be able to love another child as much as I love this one. And then you have another child and

your heart just expands and you love them just as much. I think it's the same kind of a concept.

0:13:08 - Lisa

So he was born March of 2017. Do you have an exact date?

0:13:14 - Julie

on him March 16th 2017. Okay, that's what I'm getting, yeah, and he would like some more treats, please.

0:13:25 - Lisa

Okay, thank you.

0:13:27 - Julie

You're welcome. Good luck with Sam, thank you. You bet Bye.

0:13:33 - Lisa

Bye.

0:13:35 - Julie

Hi Violet, hi how you doing my girl.

0:13:41 - Violet

I'm hanging in there.

Julie

Terrific, where are you located In Washington state?

0:13:48 - Julie

Okay, well, terrific, I heard you had the pineapple. What the pineapple express? Rain storm or something. It's hitting LA right now. Yes, yeah, I heard it was a little wet up there Right now.

0:14:02 - Violet

That's what I hear. Yes, wet.

0:14:04 - Julie

Yeah, well, wonderful, you got a question for me.

0:14:09 - Violet

I wanted to know what's going on with my right hip and leg. Am I healing up? Okay, I still not walking. Okay, I'm using a walker.

0:14:24 - Julie

Did you injure it? Did you have surgery? What's going on with your right hip and leg?

0:14:29 - Violet

I fell twice and after my mom passed, and then it was my dad. I fell both times after each event, one year ago and two years ago, and I'm still unable to stand on my right side. I feel good. It's feeling better. I'm not hurting as bad as I was. I was in severe pain for all winter and really bad, and I just wondering what you might could pick up.

0:15:01 - Julie

Have you gone to see the orthopedist pilot?

0:15:08 - Violet

I had a film to take in to the orthopaedic surgeon, but my storage unit was broken into and everything was ripped off, so I couldn't even take the disc in and I just been distraught and lost the place where I live. So I'm in a hotel now. Oh, haven't it. I'm looking for a home.

0:15:30 - Julie

Oh, my goodness.

0:15:31 - Violet

Just putting things on hold.

0:15:33 - Julie

Yeah, yeah. It looks to me like you need a new hip, like you probably want to get your hip replaced, and that's outpatient surgery these days. It has come such a long way. I'm an inventor of orthopedic surgery devices sold throughout the world Like back in the day, boy, that was a big procedure and now they do it. I'll pay shit. They get you up, walk in a couple of hours post-op. Same with the knees. I mean it's amazing what they're able to do. So that's what I'm seeing. In the meantime, what I'm doing, violet, is putting some stem cell energy in there to just help generate some cartilage, kind of like shock absorbers in a car, so that it doesn't have so much. It looks to me like you're bone on bone, I think it would make sense for you to go see an orthopedic surgeon when you have the opportunity.

0:16:35 - Violet

I appreciate that. Oh, thank you so much.

0:16:41 - Julie

Okay, take care. Hi Bobbi

Bobbi

Well, hi, how are you?

Julie

I'm lovely. How are you, my dear?

0:16:50 - Bobbi

Good, good.

0:16:51 - Julie

Good. Where are you?

0:16:52 - Bobbi

Well, I'm in. I don't usually say this, but I'm in very warm Minnesota today.

0:17:00 - Julie

Yeah, I understand that you guys are really low on your not getting any snow, right?

0:17:06 - Bobbi

We have no snow. It's very, very strange, yeah, wow.

0:17:11 - Julie

Sorry. Are you enjoying that or do you miss it?

0:17:15 - Bobbi

It's kind of an unnatural thing. I kind of miss it. Actually I do, yeah, which is strange, but yeah, it's just a weird winter. Yeah, there you go. Yeah, so I have a question for you. My husband passed away December 24th.

0:17:38 - Julie

Oh, and I'm so sorry.

0:17:39 - Bobbi

I know it was his goal to live to Christmas, so I'm just very happy for him that he was able to do that, because that's what he wanted. But I'm wondering. We had a very disturbing event about three, four hours before he passed. He was reaching out and he was kind of mumbling, which I truly believe he was trying to talk. He was talking to his loved ones, Absolutely.

And I do not believe he was not in pain. I do not believe he was in pain and I'm just hoping that it wasn't traumatic for him. I mean, it didn't seem like he was aware of what was going on, and I'm just hoping he wasn't.

0:18:18 - Julie

He was not in pain. He's right next to you, on your right. He was not in pain.

0:18:22 - Jo

Oh, he was.

0:18:23 - Julie

He was reaching out for his mother, who was there. The mother runs the show from the spirit world. So that's what was going on. And that's very, very common that they reach up Like they're getting ready to hug somebody have you read my book Angelic Attendance.

0:18:41 - Bobbi

I have, I have.

0:18:43 - Julie

Yes, I hope it gave you some comfort.

0:18:46 - Bobbi

It did, and that's what I truly believed what was happening. So, yeah, thank you. That makes me feel better. So is he doing good? He's doing great yeah he's doing great.

0:18:59 - Julie

Should we ask him for a sign for you?

0:19:02 - Bobbi

Yeah.

0:19:03 - Julie

Yeah, that'd be great. Yeah, he's saying 10 cent pieces instead of a dime 10 cent pieces. He's saying 10 cent pieces, so that may mean not just American money but other money. That would be the equivalent of that, okay.

0:19:23 - Bobbi

That's fantastic.

0:19:24 - Julie

Jerry, what's with? The 10 cent pieces he's saying. He's just told me four times 10 cent pieces. Okay, I'll look for that. You know the other thing too that just came into my head and spirits communicate in spirit language, so they use symbols and phrases and stuff like that. It's kind of like speaking a foreign language. You know, when you go to, let's say, France or Spain and you don't speak the language, well, what do they do? They put a symbol of a toilet up there so you can find the restroom.

You know symbols for the universal language. So 10 cent pieces, what I heard too. What I saw first was money, but then I saw 10 cents. That buys like little. Do you remember the dime store candy counters that they used to have where you could when we were kids and you could go in? You could buy like five pieces of candy or 10 pieces of candy for a mini appease. Yeah, yeah, 10 cent pieces. So let me know how that shows up for you and I'll report back to everybody.

0:20:32 - Bobbi

God bless you.

0:20:34 - Julie

How are the kids doing? How are you and all your?

0:20:37 - Bobbi

kids holding in there. We're doing, we're hanging in there, we're doing, okay, thank you. Yeah, do you talk to them? I do all the time. Does he answer you? I do all the time. I haven't been able to tell that yet. No, I'm hoping I can figure that out and hear from him.

0:20:56 - Julie

First thing that comes into your head as soon as you can snap your fingers, or even before you've gotten the thought out all the way. So sometimes you'll be thinking something and you'll say hey, jerry, blah, blah, blah, blah. He's already answered you before you have the blah blah blah out. So it is. It is boom, first thing that comes in your head, even if it's before the question or the statement's out all the way. Okay, okay.

The more you do it the more you do it, the more validation you're going to get. The more validation you're going to get then, the more you trust it. The other thing you can do is ask him to come visit you in your dreams, because our bodies and our energy go back to the factory pre-setting frequency every night when we sleep, and spirit communicates on a high frequency channel when we're in grief or on a low frequency channel, so it's easier sometimes for them to communicate with us when we're sleeping. So be open to that.

0:22:03 - Bobbi

I'll do that. I will.

0:22:05 - Julie

Thank you.

I appreciate it, you bet. Thanks for calling. Let's go to our question this week and see what Sue from Prince George, British Columbia, Canada, has to say. She said Hi, Julie, how do spirits hear our thoughts? I often wonder what the mechanism is that allows spirits to hear our silent thoughts and prayers. Thanks in advance if you choose to answer my query. Oh, that was cute and here's my response Hi, sue, in my experience, spirits hear these quotes our thoughts telepathically through energy frequencies.

Thoughts have frequencies much like radio stations, and our minds can act like satellite dishes, tuning into these frequencies To communicate with a spirit. Simply think of them and your mind tunes to their frequency, enabling telepathic communication. Now, spirits, every spirit, whether it's attached to a body or not, has a frequency, kind of like you're listening to classic rock on 102.7. That's 102.7 megahertz, the frequency on which that music's being broadcast. Spirits are the same way and they keep that frequency throughout all of their lifetimes. So you just think of them, they're going to show up, doesn't matter if you knew them or not. You just think of them and they're going to have that same frequency, even if they lived in a life that we knew them millions of years ago or thousands of years ago.

Okay, I go on to say I don't think there were people here millions of years ago, just thousands. I might be wrong on that, but that's what I'm thinking. Well, I just say you can say something, silently or aloud, and you'll instantly hear their response as a thought in your head. What I was just talking to, bobby, about. The more you practice, the better you'll get at validating the answers you receive and communicating with spirits, whether they have a physical body or not. So, again, it doesn't matter if you knew them, it doesn't matter if there is somebody deceased or somebody alive. The Aboriginal people and other Indigenous cultures have been communicating telepathically across vast distances for millennia, and so we can all do that.

If you're interested in learning to better communicate with your deceased loved ones and other spirits, take one of my classes, the Angels in Enlightenment. Training is self-paced online, has live practice groups multiple times a week. I would highly recommend that. And then my in-person class is going to be in Atlanta in November and my live online class is going to be May. So just go to AskJulieRyan.com and you'll see information on all these classes. By the way, if you want to submit a question and it may be chosen to be answered on a show or in my blog. Just go to AskJulieRyan.com and you'll see a button you can click and submit a question.

0:25:20 - Julie
Hi Lindley Hi how are you?

0:25:22 - Lindley
I'm terrific. How are you doing?

Julie
I'm doing good. Where are you located?

0:25:26 - Lindley
I am calling from Pensacola. Florida.

0:25:26 - Julie
Okay, terrific, I love your hanging sparkly lights behind you.

0:25:31 - Lindley
Oh, thank you. They're my little twinkle lights. I appreciate it.

0:25:40 - Julie
Yeah, they look great, you got a question for me.

0:25:44 - Lindley
I do. I have called in before and asked you about my grandma, my Nima, about what conditions she is in. She is still hanging in there, but I was just calling to see what insight you have on where her spirit is at and where her body is at. Since we've spoken last, she has gone downhill drastically and is in quite a bit of pain. We have an MRI lined up and some other

things, but I'm wondering just where she's at and if this is maybe, if her body deteriorating, is maybe a sign of her body, is maybe a sign of her spirit ready to exit here soon?

0:26:31 - Julie

Well, you called before Christmas and you thought she was going to die on Christmas day. Am I remembering that correctly?

0:26:38 - Lindley

Yes, it was. That's a whole story I received. I'm an intuitive as well, and I received so many signs, synchronicities and messages that that's really what was going to happen, but I don't know. I remember one of the times that I talked to you I believe it was prior to that that you said that she wanted to be able to say goodbye to everyone. I don't think that just in the way that things have unfolded in her day to day life that she's had the opportunity to do so. Maybe that's why, but no, I was very surprised and very glad that that didn't happen, but it just didn't end up unfolding that way.

0:27:18 - Julie

Yeah, all right, so I'm getting that. She's still in phase 11 of 12. For those of you that don't know what Lindley and I are talking about, I have described the sequence of events that involves angels and the spirits of deceased loved ones as the 12 phases of transition. As somebody is in the dying process, they can last in those phases for a long time. They can move through them very quickly. She's in phase 11, her spirits attached to her body. It looks like a cartoon caption bubble or a speech bubble, Lindley. So let's ask her Mima? I love that she's Mima, because that's what we called my beloved grandmother Mima, or the meme. We used to call her the meme. So, Mima, are you ready to go? More than ready? She's told us that before. Are you in pain? A lot of pain? She told us that too. Just say goodbye.

0:28:18 - Lindley

Yeah, I've been doing a lot of Reiki on her recently, which has been helping, and I think that we're going to go ahead and get hospice in here pretty soon because her, as quickly as her body is deteriorating, her mind is as well and the dementia is coming on really strong and she's getting really confused as of lately. Is there anything in particular that I can do to help her, or is there anything that I know she's saying that she wants to say goodbye? Is there anything that she wants us to do for her, maybe put into place so this can happen and she can transition the way she wants to?

0:28:56 - Julie

I thought hospice was already involved. I would absolutely get hospice in there sooner than later, because they'll be able to control her pain and that's a big deal right there and hospice can work with you for up to six months if need be. So I would absolutely get hospice involved. Are there family members who haven't been in to see her, or friends? And if so, and they can't make it in, then get them on a FaceTime or on a Zoom call or something like that, even if she's not able to communicate, when she'll be able to hear them because hearing is the last thing to go of the census and she'll be able to hear them.

So at least I work with people all over the world who they have loved ones who can't get there, or maybe if they have somebody who's in the military and they're deployed and they're unable to come in, I say, get on a Zoom, get on a FaceTime, something like that, and it works great. Even if they can't communicate, just knowing that their loved one knows that they're getting ready to leave, that's all they need. So that's what she can do for her.

0:30:13 - Lindley

Is this something that she wants me to put into place kind of quickly, because I mean she's still hanging on and she's getting around okay enough. But just I mean, like you were saying, I

really thought that she was going to be leaving us last month and she wasn't, and I know that spirits can hang around in stage 11 for a good while. So is she ready to transition pretty quickly? Is this something she wants me to get in order pretty soon, or is she kind of waiting for it to stop?

0:30:44 - Julie

Yeah Now, and I think your first order of business is getting hospice in there to help her control her pain. Yeah, I hope that helps. I hope that helps. Good luck with all of that. You're welcome.

Lindley

Thank you.

Julie

Thanks, Lindley. Thank you Hi, Jo.

0:31:01 - Jo

Hi Julie, it's nice to meet you?

0:31:05 - Julie

Nice to see you. How are you doing this evening?

0:31:10 - Jo

I'm doing pretty well. I wanted to talk to you about some pain I've been having in my neck and just down through my spine. It's been going on for since November. I had moved and I'm staying with some friends now until I find where exactly I want to end up. Maybe that's part of it, I don't know. I'm kind of confused what I should be here.

0:31:42 - Julie

Where are you at your friends? What city and state?

0:31:46 - Jo

Yeah, I'm in Sisters Oregon.

0:31:49 - Julie

Sisters Oregon. I haven't heard of that one. Yeah, it's up in the mountains.

0:31:54 - Jo

It's a big band. It's gorgeous here, it's really gorgeous.

0:32:00 - Julie

I was going to say I bet it's beautiful. Oh my gosh. Yeah, Okay, Jo, let me get you on my radar and we'll see what's going on With you. Have you been to see a chiropractor or a doctor of any kind about your neck? I have. I've seen a chiropractor.

0:32:15 - Jo

It helped the first time. I went, a couple of days ago, and it didn't seem to really help.

0:32:19 - Julie

Okay, here comes my laser beam from Sweet Home, Alabama, heading out to you in Sisters, Oregon. I love that. I'm going to look it up after the show. All right, good, got you Going in. You just look like you're out of alignment again.

0:32:35 - Violet

I'm just going to go in and do it.

0:32:37 - Julie

Yeah, I'm watching an energetic adjustment happen. The picture that came into my head right after I saw that you were out of alignment was you know how, those big Legos you can make them so that you can put one Lego on top of another, but instead of putting all four of the little buttons cover them, you just cover two, so you have a structure and then it comes over to the side and then it goes up. That's what you look like. To me, it's what it feels like. Yeah, I don't know that I've ever seen Legos used as a visual from Spirit for somebody's neck and spine before.

But hey, whatever works, these analogies and visions that I get, joe, are so hilarious at times and they're really just fun, because Spirit's pure joy and love and we're supposed to have fun when we're doing all this work, even if it hurts in the body, as we're doing the healing, it's supposed to be fun and joyful and all of that. So I'm watching that. I'm watching. You know what a tomato cage looks like? Where are you getting around a tomato plant? I just watched a device like that get put around your spine. And do you remember the Chinese finger traps that we had when we were kids, where you'd put your finger in and then you'd pull it, get tighter the more you pulled it. That's what I just watched happen. So it got put around your spine, this tomato cage looking thing, and then it squeezed in to hold everything in place.

0:34:22 - Jo

Yeah, I can kind of feel a little tingly.

0:34:25 - Julie

Yeah, that's what's going on.

0:34:27 - Jo

Yeah, around the lower yeah. Yeah, it goes all the way up to your spine.

0:34:34 - Julie

You were saying something about your ears.

0:34:38 - Jo

Yeah, my ears have been really hot and just painful when this it seems like when I get out of alignment too and like a neck kind of breaks out and yeah, it's just yeah, well, your ears get hot, but the rest of you is not.

0:34:59 - Julie

it's not like you're running a fever, right it's just that, your ears.

0:35:03 - Jo

No, it feels really muscular, it feels like all in here and, yeah, like even right now my ears hurt. Yeah, I'm a super sensitive, so I just kind of wonder sometimes if it's collective stuff and what else it could be.

0:35:23 - Julie

Schedule an appointment with me and we'll do a deep dive and we'll clear all that other stuff out of there and see what else is going on. But I'm getting that it's an alignment thing. You may need to go to the chiropractor weekly in the short run just to get everything lined up. When things are out of whack for a while from a skeletal standpoint, what happens, joe, is that the muscles think that it's supposed to line back up with the skeletal system being out of whack and we've got to retrain the muscles to let them know no, here is the proper way for them to be, so that may

0:36:00 - Lindley
be what's going on as well.

0:36:03 - Jo
Yeah, it's been nuts. It's been like this since November, and then I couldn't get in to see a chiropractor until I don't know, maybe like three weeks ago. So, I've been popping CBD and CBG gummies and you know like this morning I took just nuts and I usually don't even do that, you know. So yeah, Okay.

0:36:26 - Julie
One other thing that just came in. Joe, and that is for you to do some yoga poses to help stretch out all those muscles. I don't know if you even are able to do that with the pain that you're in now, but I'm getting that it'll help.

0:36:42 - Jo
Yeah, that makes sense. When I saw the chiropractors the other day, she was doing like a really non-force, great you know easy kind of energetic work on me as well. And she, I was telling her I haven't been walking around, you know, I haven't been. The weather has just been nuts here, it's been super icy and we had that cold that everybody else had. And I was telling her, yeah, I, just between the pain and the weather I haven't even moved. I mean months, like I just haven't. And she's like you know, she's new, I, you know I don't know her very well, but she was just kept talking me to get out and move around and I was like I get it, you know. But it seems like it was really added to my pain level of pain after I left her office when I went from my walk and then the next day I went for another. So I think I took on too much, maybe too fast.

0:37:37 - Julie
Motion is lotion. That's what they say, yeah, well. I hope that helps you feel better.

0:37:44 - Jo
Great. Thank you, Julie. I really appreciate it.

Julie
Hi, Neha, hi, how are you girl?

0:37:48 - Neha
I'm terrific.

Julie
You have a beautiful sweater on you. You look white.

Neha
Thank you, it's a Christmas gift for my mom.

0:38:03 - Julie
Good, good, she has good taste. Everybody that's listening. It's white and black and it almost has like a Native American design on it a little bit. I don't know.

0:38:15 - Hannah
It's just got some different symbols and stuff on there.

0:38:18 - Julie
Please tell everybody where you're located.

Neha
I'm in Chicago, Illinois.

Julie
All right, terrific, you got a question for me?

0:38:27 - Neha

Yes. So unfortunately I had a little bit of an accident a couple of weeks ago where some heavy items fell onto my right foot and I have a crush injury. So I'm off work for a while and I was just hoping you could look at my right ankle foot and if I could get some healing. There's nerve injury, which is definitely a unique type of injury that I've never experienced before and it's kind of rough. It's been about two and a half weeks since the injury, so I'm just getting kind of nervous about you know, healing and things. Are you in a boot? No, I tried to do the boot. It didn't work out for a number of reasons. So the orthopedist said just to wear sneakers at all times at home, but I don't know if that's working or not.

0:39:23 - Julie

Okay, I already have you on my radar. What I watched happen was I watched a boot form around your foot and it reminds me of that hard plastic where it would be some kind of a brace. Most braces. Now you got the neoprene braces and then you got the hard plastic braces, like in a boot. You know where it's going to hold your foot stable. So I watched that happen to stabilize your foot because as you're walking things are loosey-goosey in there. How's that permedical term? All those muscles and ligaments and stuff are loosey-goosey and they need to be tight. I'm even getting maybe one of those neoprene braces that you get at the drugstore might be helpful just to add some tightness to it. It's not going to hurt as much, it's going to heal faster.

0:40:21 - Neha

I'll check with them. They wanted me to not immobilize it and to walk because they said it would cause more problems if I did that. But I can ask them again.

0:40:29 - Julie

Well, you're not immobilizing it, You're just providing some support to it while you walk, versus them casting it or you in a boot where they keep it stationary. I understand that, but, boy, the first thing that came in was a support around that foot to help it heal.

Stem cell energy in there, redoing the ligaments, redoing the tendons, redoing the nerves all of that the nerves and the tendons look like. Have you ever seen a little girl's hair like long hair where it has split ends on it? It's got all those little wispies at the end of a strand of hair. That's what an injured muscle and ligament looks like to me. Stem cell energy on that. There's a vortex spinning above it that's going to help regenerate that. But I keep getting. I've gotten four or five times for you to give it more support. Okay, not only on the top part, like on the sides and going up over the top, where's most of the pain.

0:41:39 - Neha

It's the anterior part, right where your ankle meets your foot is kind of where it fell. One of the locations that it fell also fell on my big toe. That's where it kind of originates. But the nerve, irritation, like that feeling like you hit a funny bone is all through my foot and up my leg.

0:42:01 - Julie

Oh gee, so it's pretty much everywhere. Yeah, I'm sorry what dropped on your foot.

0:42:07 - Neha

It was so silly. It was these ice packs that were a couple pounds each, and a few of them fell onto my bare foot, from my height basically.

0:42:18 - Julie

Oh geez, so they had some velocity going on their favor. Oh heavens. Well, I hope that helps feel better.

Neha

Thank you so much,.

Julie

Be healed.

0:42:31 - Neha

I appreciate it.

0:42:34 - Julie

Hi Ms Karen,

Karen M

Hi Julie, how are you?

Julie

I'm wonderful, how are you?

Karen M

Great, such a great show that I'm listening in eagerly, to everyone as well.

0:42:48 - Julie

Oh, thanks. Where are you located? Tell everybody where you look. I know where you're located, but tell everybody else where you're located, please.

Karen M

Oaxaca, Mexico, all the way from Ireland, all the way from Ireland to Mexico.

Julie

I know, and one of these days I want you to speak Spanish with your Irish accent for me.

Karen M

I will.

Julie

Ok, all right, you got a question for me.

0:43:12 - Karen M

Yeah, this time it's me and I got some bloods done today and last year my thyroid was kind of playing up and I lost all the hair and a lot of the symptoms had passed. So I thought, oh, it's great, and I just got bloods done again today. But no, it's still like way off, it's like hyper, so it's overactive. And yeah, I just like to have a scan, or even my adrenals, because they say it's connected to the adrenals. But yeah, I'm really like ugh. I thought I was rectified.

0:43:45 - Julie

Yeah, okay. So here we go. Here comes my laser beam from Sweet Home Alabama heading down to you in Mexico. All right, got you shooting energy from your feet up through the top of your head. You look like a plant that needs to be watered. That tells me somebody needs hormones. How young are you? I just turned 40. Okay, so perimenopause you're right there. And have you had your sex hormones checked, Karen? No, no, I think you want to do that, because all the hormones work together as a symphony. I'm shooting energetic estrogen into you I'm going to check your thyroid here in a second but energetic estrogen into you first. You just perk right up like a plant that needs to be watered and then, once it's watered, it just goes. Oh, thank you.

And it perks up. All right, so I've got that. Let's go up to your thought. Yeah, your adrenals look burned. I mean not burned, but they look like they're fried. Are you under extra stress?

0:44:47 - Karen M

Like this is the thing I don't feel stressed and I do loads of like you know work and yoga and meditation, so I'm like I just don't understand.

0:44:59 - Julie

Yeah, adrenals, when they're overworked and overtaxed, look like roasted pistachio nuts to me. Is that for an analogy? You know my analogies are wild, but honestly, guy, that's how they come in from spirit. So just soaking them in stem cell energy. This is funny, Karen. What just happened was I put a glob of stem cell energy on each adrenal and the shells popped open and the adrenal gland came out and then got into the stem cell energy. So vortex spitting outside. That's going to regenerate those babies.

All right, let's go up to the thyroid and see what's going on. It's not atrocious, but it's got some. It's got some crud in it. So let's just give it, let's just clean it out. Imagine there's your thyroid and I'm looking at you from behind, and imagine that there's a spiral of energy that's spinning. Think of the spiral in the Milky Way galaxy, the picture of the Milky Way, you know one of those kind of spirals. And so that's happening and as it spins clockwise from behind, as I'm watching it, and it comes down around the right side and under the bottom and starts to come up the left side, it's throwing off this sludgy looking stuff which reminds me of have you ever made fudge fudge candy?

0:46:28 - Lisa
or seen it made.

0:46:30 - Julie

Have you ever seen it made? Well, it's liquid, you know. They mean it kind of looks like a, looks like a sauce almost, and then they will pour it onto a pan and then it hardens, it solidifies once it cools, so it kind of looks like liquid fudge coming out of there, which is just toxins. So, yeah, how's that for a visual? Got liquid fudge coming out of your thyroid? But I know, but once you can picture that and you picture that spiral getting all of that out of there and then the thyroid looks pink and healthy. So that's what I'm seeing.

I would call a compounding pharmacy or two. Karen, do you know what that is? A compounding pharmacy? Compounding pharmacy is a pharmacy that makes prescriptions from scratch. So they'll work with a lot of times nursing homes, elder care places, home care patients. A lot of veterinarians use compounding pharmacies as well. I would call a couple of them and ask them if they have anybody that's prescribing bio identical hormones through them, and that's what you want to check out. Parymentopause can last 20 years or longer and you're right at the age, girl, where it starts, so you may want to do though you know it's usually not that big of a deal, especially if you can treat it.

The other thing is you can go to a4m.org and that's anti aging medicine, and they have people all over the world. And then the other one is, the Institute for Functional Medicine, ifm.com, ifm.com, and that's the Institute for Functional Medicine. You put in your postal code, Karen, and that'll give you doctors in your area or within whatever mile radius you plug in. So those can be ways that you can find somebody to help. So I hope that helps you feel better.

0:48:50 - Karen M

Yeah, me too. I'm doing acupuncture, so I don't know if that's bringing some benefit as well. I'm hoping so, but thank you for those. I look into it.

0:49:00 - Julie

You bet. Thanks for calling.

Karen M

Thanks, Julie.

0:49:04 - Julie

Bye.

0:49:06 - Julie

Hi Mary.

0:49:08 - Mary

Hi, how about we call this the Dr Julie Show?

0:49:11 - Julie

I guess! At first I thought it was going to be all about animals, so we're getting some humans in there too.

0:49:21 - Mary

Well, mine's medical too, but I do like to talk animals.

Julie

Great, where are you?

Mary

I'm in Michigan, southeast Michigan, north of Detroit.

0:49:33 - Julie

All right, wonderful what's going on health wise.

0:49:38 - Mary

Oh, my goodness. Well, I can relate to some of your guests. I'm ultra, ultra sensitive and I've been dealing with ongoing chronic pain since childhood. Really, I have three auto-immunes that have been diagnosed and I have tried just about everything, from acupuncture to Reiki, to chiropractic, to specialists, homeopathics, pharmaceuticals, you name it. Prayer, this pain, just it just. I keep getting more and more added on to the load I'm already carrying and I feel like, spiritually, I'm not getting something. Maybe I can't come up with another reason that I'd have to suffer all this physical pain and I'm not.

0:50:48 - Julie

Is it full body pain, Mary? Is it orthopedic pain? What kind of pain?

0:50:53 - Mary

Well, I have fiber myalgia, if you know what that is, so that affects the off tissues in the muscles. I do have structural issues bulging desks in my neck. I have poly myalgia rheumatica, which affects the major joints. These are the ones that have been diagnosed, and then I also have Crohn's disease, which was my most recent diagnosis, and over the last two weeks I've been struggling with vertigo, positional vertigo, cheese Geez, I'm a stubborn like I. I keep marching on. I don't like to focus on the pain, really, so it's Difficult for me to come here and go. Wow, wow, wow. You know, yeah, yeah, but it's a very yummy.

0:51:44 - Julie

Oh, I bet. Okay, all these things that you mentioned all stem from the gut, your guts out of whack. You have what's called leaky gut, which is when microscopic particles of food and toxins from the gut get into the bloodstream and Caused inflammation and causes the body to be in an immune response. The body goes oh crap, literally, because all these toxins are coming from your intestines, which is the sewer of the body. Right and it's. It's got you in an immune response.

I have heard so many doctors over the years. Mary say all autoimmune diseases are all leaky gut, 100% of them. So doctors aren't. Most regular doctors are not trained to look for this, let alone treat it. But there is a doctor that I recommend. I say she's the goddess of the gut. She will help you get well. This is all healable. Every last piece of it is all healable. Even arthritis comes from the gut, that inflammation. So that's where the immune system is based. And you want to go to doctor? Amasanti. Go to dr am as a n and we'll put that that's gonna be in the show notes so you don't have to remember that Look at the show notes and it's Dr Maria.

Amasanti, she is a whiz, she everybody I send to her Mary, she gets their gut healthy at all these other symptoms go away and they go back to their doctors and the doctors are saying, well, what did you do? And they said well, I, you know, I changed my diet, I started doing these other things. The other thing that's really a big deal is beam minerals. Be am Minerals I took my second dose today.

0:53:42 - Mary

Good girl, that's something interesting. Sure, I'm so excited about this product so I got them yesterday and I got the the pack. It has two of the minerals and two spritzers. Yeah, so within the other thing I didn't tell you, I could keep you on for two hours with all my ailments. I have a chronically burning tongue. Oh no, drives me easy. I mean all the time, 24 7. Within 40 minutes of drinking the first dose, I would say the burning decreased by at least 40%.

0:54:21 - Julie

Yeah, yeah, this stuff's amazing. I we had Caroline Allen, who is the founder of the company, on a couple weeks ago.

0:54:30 - Jo

That's probably how you heard about it.

0:54:32 - Julie

Yeah, yeah, and I started taking um no, probably about me around Christmas time and they and for those of you that don't know what we're talking about, listen to Caroline Allen. It's I the. The show was, I think, two shows ago and we she talks about how we're also lacking in minerals and that the nutrients and the vitamins and the hormones and all of that Can't nourish the cells if we don't have the foundation, which is the minerals, and it's not minerals that we take in our vitamins. Vitamins and minerals, those just don't absorb, especially when you got leaky gut. So, anyways, I started taking them about seven weeks ago. Oh, my god, I have had so much more energy, and I had tons of energy before, but double it. It's remarkable.

0:55:21 - Mary

So but I wonder do you think if I Give these minerals Some time to work before seeking more medical attention?

0:55:36 - Julie

Well, first of all, for those that are listening to us, beam minerals be a Minerals, two M's in a row, beam minerals calm. Use Julie Ryan at checkout for 20% off. Just Julie Ryan together. I Would continue with the minerals. I would get in touch with Maria. You can usually get in to see her in a couple of weeks. She's gonna put you on a Regimen, a protocol that won't involve any medicines, because she's in London. She'll work with you via zoom or on the phone and she's gonna help you get your immune system and your gut healthy. These other things are gonna. I think that they're gonna go away. I think your body is gonna be able to completely heal itself. I.

0:56:19 - Mary

Sure hope. So like I wondered if there are some sort of spiritual message Because of all the pain I've had all these years.

0:56:28 - Julie

Yeah, don't give up. That's what I'm hearing. Don't give up. I'm stubborn, yeah, I'm stubborn. Severe. Persevere, and in doing that, that's serving you. This is all benefiting you in some way. Never give up. There's always and there's always a way, and the body is is equipped to heal itself. The. I see miraculous things all the time With the body.

0:56:52 - Mary

I actually am a miracle. I was in the hospital for a month after a bowel obstruction and I should be dead. I had sepsis. I had a Bowel obstruction for nine days. Oh my, and you know, for a 45 year old to be in the hospital for a month, you know it was bad. But, I never gave up. Yeah, I never once even considered dying.

0:57:19 - Julie

Well, that's what your spirit came in to explore an experience. So you're on the path. Don't ever give up, because you're gonna be able to heal yourself. I completely believe that, 100%. So good luck. Called Maria, called Dr Maria, she's gonna help you and all this stuff's gonna. It's gonna subside, I promise. Thanks so much.

0:57:39 - Mary

Thanks so much.

0:57:42 - Julie

You bet. Bye, Mary,

Mary

Bye, bye,

Julie

Alrighty everybody. That's it for this week. Thank you so much for joining us. Just call in to come in next week. If you want to ask a question, askjulierieryanshow.com. 8 Eastern, 5 Pacific. Sending you lots of love from sweet home, Alabama. Bye.

0:58:05 - Intro

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube. It ask Julie Ryan and like her on Facebook. I'd ask Julie Ryan to schedule an appointment or submit a question. Please visit askjulierieryan.com.

0:58:20 - Disclaimer

This show is for informational purposes only. It is not intended to be medical, psychological, financial or legal advice. Please contact a 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.