

AJR - Dr. Christiane Northrup - Transcript

0:00:01 - Annncr

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

0:00:44 - Julie

Hi everybody, welcome to the Ask Julie Ryan show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. I have such a treat for you today. Dr Christiane Northrup is with us and we're going to talk about the emotional component behind disease and illness. Dr Northrup's a board-certified OBGYN, multiple New York Times bestselling author and she's been a guest on many shows, including Oprah, good Morning America and Dr Oz. In addition, dr Northrup has hosted eight PBS specials and she's a graduate of my Angelica Tenant training. I call her the fairy godmother of women's health and consider her to be a dear friend. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go to talk with Dr Northrup. Chris, welcome to the show. I'm so delighted to have you rejoin us for the third time, returning champion.

0:01:48 - Chris

I know, I know I remember the first one I did. I was up in Deer Isle and we just went on and on about my history and how I got here and all that. So this is fun.

0:02:00 - Julie

I know You're the only guest I've ever had on three times. I'm trying to catch up with Oprah. How many times were you on Oprah?

Chris

Ten

Julie

Ten Well, we got a ways to go. As you know, I call you the fairy godmother of women's health. I love and you are to me. You're the queen. I have learned so much from you. That has I get weepy when I think about it, because I saw you on Oprah 30 plus years ago and I was in my late thirties and you were talking about hormones and menopause and connecting emotions with medical stuff and I thought, oh my God, this woman resonates with me. And that was before I was into woo-woo. I didn't even know about woo-woo yet and I thought, okay, so I bought your books and I read them and then when I did go into perimenopause, I knew what to do and I credited all to you. And that was long before I ever met you or you became a dear friend. So, on behalf of humanity, thank you from all the women of the world and me.

0:03:12 - Chris

Yeah, it's good because you know, after the last four years, because so much has changed in the culture, you know I sort of forget I actually I helped some people back then. You know that's great yeah.

0:03:23 - Julie

Oh, my God, You're the first one that talked about emotional components being involved with medical stuff and you're still one of the only people talking about it. Yeah, and that's really what I want to focus on today. We'll have you back for number four, because you know I'm trying to catch up with Oprah. Ok, so we'll have you back for number four and I'll we'll just go through a bunch of medical stuff, but I thought it would be interesting and fun for us to just go into the emotional component of disease and illness, especially with women. I mean, it's not just for women, it affects men as well. But you've been talking about this for 40 years.

Chris

I have, I have,

Julie

whereas nobody else has.

0:04:10 - Chris

No, because it's too. Our culture doesn't know what to do with it, because we don't really have a language of victimhood. And so you know you're a victim of your genes, or you're a victim of your parents, or you're a victim of your body. I mean, in medical school we were taught that the female body was the inferior model to the male body.

0:05:19 - Julie

Oh, my goodness, that's crazy. I love when you say you're here to teach women what's right about their bodies.

0:05:28 - Julie

Yes, say more about that,

Chris

Okay the female body is the vehicle through which new human life comes to planet Earth. Planet Earth and the processes of conception, gestation, labor and birth are how God manifests into physical form, into three-dimensional form. So all of those processes are sacred. And there's an ancient Middle Ages mystic named Meister Eckhart and he's quoted as saying for all of eternity, god lies on a birthing bed giving birth. The essence of God is birthing. So whether a woman has a physical pregnancy or you know how women are, we you just got back from a thing where you're all these volunteers.

Everywhere there's a woman in touch with her innate create life energies. There is generally things that make life better a beautiful meal meal, a clean bathroom, a bed that's made beautifully, a bouquet of flowers. We really can't help ourselves. In general, it is women who do the family celebrations and think of what's needed for this birthday or whatever it is. Now, some men do that, of course, but in general it is a feminine energy, art form, which is nurturing new life. And this is why on the and I know you have a son who's in into sports, but it's why when an athlete is out there on the field, you know he goes hi, mom. You know, look at me mom. They never say look at me dad. They don't. It's hi, mom. They give the attention to the one who brought them through her body.

0:07:34 - Julie

And in my son, Jonathan's case, if somebody from his team, the University of Alabama, gets injured, he's texting me going mom, scan him, fix him. What's going on? Does he have a torn Achilles? Fix it, he would eat him in the game. So he's even doing that with you know, calling mama, mama, fix this guy. Can you heal him, can you?

0:07:53 - Chris

I love I love that. That is the best. That is, yeah, yeah, everybody should work with Julie and learn how to do this, because we need everyone, all, all hands on deck, because we need everyone, all hands on deck, yeah.

0:08:04 - Julie

Well, and I think that healing is a multi-pronged approach and it's been my experience and I again I first heard this from you 30 years ago on Oprah that it's spiritual, it's medical, it's physical, it's taking responsibility, it's feeling like you're worthy, you're deserving of good health, even if you're a woman, because all the research has been done on men yeah, like you know, say more about that but I know enough to know that a lot of the medications that women are given are doses that were tested on men and they've never been tested on women.

0:08:48 - Chris

That's very, very true. And, by the way, Prozac was put on the market after one study of 12 people for three weeks. I think that we would all be horrified if we really knew what went on. Like, for instance, there's a very famous medical publication, J Wiley and Sons. They just removed 18 journals because most of the stuff was bought and paid for science not true science. And also Marsha Engel, who was the editor-in-chief of the New England Journal back in the 90s, said it doesn't make me feel any better to know that there are almost no scientific studies being published today that you can trust. So you always want to know who's behind it and follow the money.

But in general, in general, that which is feminine has taken a backseat to that which is masculine. So in medical school at the time I went, I was told that the smart people became internists and the dumb people became the OBGYNs. I kid you not, this is what was going on. And I remember thinking and I said this to one of my professors okay, okay, the doctor's responsible for the entire next generation, for pregnancy, the most important time of your life, those are the dumb people. That's what we're funneling through Now. It's completely changed, but at that time. That's what had been going on for a while, and that childbirth was something you wanted to rescue a woman from. So I watched the C-section rate soar to 25% during my internship because they brought in fetal monitoring and to this day, despite Hewlett-Packard, there's not a single study showing that fetal monitoring does anything more than increase the C-section rate.

0:11:01 - Julie

Well, it increased the stress rate of the birthing mother, because when I was in labor, my husband was going oh God, here comes a big one, get ready. And I finally said get away from that thing, you're stressing me out, I don't need to tense up anticipating this horrible contraction. And so I made him move away from the monitor.

0:11:23 - Chris

Good for you, so that you could actually feel inside what was going on. What I noticed? And we now have this technological society where we forget to tune into what we know inside. So if you go into the room of any laboring woman, you ask her how she's doing, she looks at the monitor instead of you know how am I actually doing? Well, no, no, no, you got to look at the TV screen to know. Even if the thing is broken, they do the same thing.

0:11:52 - Julie

Oh, gosh Well, and I didn't have any drugs with Jonathan because he came so fast and I remember in my blow my brains out pain which lasted only about 20 minutes, I said to my OB. I said I don't want to do this anymore and she said, yeah, I know, but honey, the train has left the station. You know this is happening, yeah.

0:12:13 - Chris

There's this amazing time there in transition where you think, okay, I'm done, I'm out of here, I'm not doing this.

0:12:20 - Julie

Yeah, yeah, yeah. Well, the thing that makes me the craziest with my clients, most of whom are women, most of whom are our age, is they will be seen by sometimes many physicians and they will be offered an antidepressant or an anti-anxiety medicine because they're being told oh, you're just being hysterical or you're just be, you're just under stress, or whatever. And then I get them on my radar because they come to me when they've seen multiple doctors and they're not getting any help Right and they'll be full of mold or they'll be. You know, they'll have some other big thing going on that nobody's detected. They'll have some other big thing going on that nobody's detected. I can see yeast overgrowth, I can see mold, I can see leaking breast implants. I can see things like that when I get somebody on my radar and it makes me nuts, especially when a woman's had a total hysterectomy and there are no hormones prescribed and when she comes back years later and she's saying I'm a mess and they want to give them an antidepressant. It just makes me nuts when that happens.

And it's more often than not, why, well?

0:13:39 - Chris

because that's how we've done it for years. So think about the word hysterectomy it comes from the word hysteria. Yeah, so just, and and you remember, um, there was a wonderful movie about Walt Whitman called Beautiful Dreamer, and in the time that Walt Whitman was popular as a poet, they were removing women's ovaries if the woman got uppity around menopause. Yeah, Wow.

What happens at menopause is that a woman finds the voice that she often lost when she got her period and she wants to then fit in with her peers, be likable to the boys, all of that. So it's almost like the lower chakra opens up because she's gotten her period now and then this, the tonsils shut down and she doesn't speak. But then perimenopause, who she really is comes roaring back and our culture doesn't want that because we're you know the the woman post-menopause is speaking the truth. I've always said if you want to know where your power is, it's in the place that you've been taught to be afraid of, like oh, whoa, you're, you're menopausal, now you're old and now no one will want you that kind of thing. But this is where the power is because you speak truth.

I remember when my mother turned I don't know 75 or 80, she said it is so freeing. You can say whatever you want Because you don't care. Yeah, yeah, you don't need to fit in anymore. You know you've generally, you've taken your lumps, you've whatever you've done and you don't care. So you know someone around here. Could someone around here please?

0:15:38 - Julie

tell the truth and we need that right now in our society in a big way. Yeah, yeah, so, pivoting a little bit, I want to get into how emotions play into medical conditions. But I want to get into how emotions play into medical conditions. Have you found that to be the case in your long, illustrious career, both when you're practicing and since you've been teaching women around the world for the past several decades?

0:15:57 - Chris

Without a question, and in you know, my huge Bible of women's health, women's bodies, women's wisdom. Okay, so that's like this big, but there's an entire chart about what emotions

go where and because all dis-ease is bio-symbolic and it's a wonderful way to live. So, for instance, Julie, I just have been dealing with a right knee problem for the last three months Now. It's nearly completely healed. If I were a normal person, like just run of the mill, I would see an orthopedic surgeon, probably have an MRI, you know all the rest of it, but I knew there is no reason for this knee to start hurting. Well, there is a reason, and I'm going to find out what it is, and it's about moving forward in the world in a different way. It's the right side, that's the masculine side, and I'm very good at oh good, let's write another book. I can do that with my hands tied behind my back, but I'm in a stage of life where I need to now step back, receive, have more fun, and, yeah, I've put castor oil on it. I've done some things with my Pilates teacher for alignment, my massage therapist and did bio field tuning, you know, and I still had my mother in my right side, a lot, which was kind of fun to figure out. What you want to do Now.

Breasts let's talk about breasts. They're about giving and receiving, and we now have a culture in which women have been taught to be afraid of their breasts. We now know, and we've got incredible literature, that mammograms do far more harm than good. But women have been trained to think that a mammogram will save their lives and that's. The science is not there For every life that's saved. You've screwed up about 300 other lives with unnecessary radiation surgery, fear that kind of thing. So you need to think about these breasts as heart pillows. They're heart pillows and many times women get breast problems when they are longing for love, longing for connection, and they're in relationship with what we call the back walking away. So we need to learn how to receive love, how to receive pleasure, and it begins with accepting ourselves, which was the whole basis for Louise Hay's incredible career and her little blue book, which was the Mental Causes of Physical Illness.

I used to keep that little book in my office drawer and when someone would come in with, let's say, six bouts of yeast vaginitis in a year, I knew that's not a monostat deficiency, folks, that's something else. So you want to really start looking at your body biosymbolically. It doesn't mean that you don't use modern medicine, but it does mean if you really want to cure it, you've got to do the biosymbolic. So let me give you an example from my own life. So, toward in perimenopause, I developed a fibroid on my uterus that was like this big, and I got on the stage once in New York City Sometimes I get a little unleashed there and I said I have a fibroid as big as my husband's head. Okay, now the truth of the matter is a fibroid is creativity that has not been birthed yet. What is the womb, except for the symbol of where you gestate your creations physically? So I then decided, finally, because I'd done dietary change, 100 acupuncture treatments, all that, I said what am I doing? I got so tired of looking pregnant. I finally said I know a really good surgeon and I adore him. Just go get the thing out right.

So when I went in under anesthesia, I asked the anesthesiologist to say the healing statements. And this is the work of Peggy Huddleston prepare for surgery, heal faster. And she did her seminal work at New England Baptist Hospital with people having hip replacement and what they would do. They learn to get very relaxed and then tell the blood to leave the operative area and the people got out of the hospital much sooner. I mean, she had a controlled trial and all that. What I did was my healing statements. The most important was and when you awaken, the anesthesiologist saying this as you go to sleep because you're in a hyper suggestible state when you awaken, the pattern that led to this condition will have left your body, and that's what I asked him to say.

And two years later, I was a single woman. So I'm not saying that I'm blaming my husband for causing this. Not at all, because that's not going to help you either. That's me preparing um to take full responsibility. For what was it in that relationship? For what was it in that relationship where I somehow needed to curtail my creative energy? It's putting your creative energy into a dead end job or relationship, and I kept trying to make the marriage work when it had simply run its course.

0:21:44 - Julie

Yeah, I had a fibroid too and it was big. And on the scans, you know, before pre-op, when they were doing them, it had a face it had. It looked like eyeballs, almost looked like a skeleton face. It had eyeballs, had a nose, kind of had a mouth, and my gynecologist and we looked at each other. I went, holy mackerel, look at this thing, who is that? And the blood supply that was coming in there too and, and you know what, it was right before I sold my surgical device company, which led to me doing the Ask Julie Ryan stuff.

0:22:24 - Chris

There it is, like it's, so is. And here's the thing, everybody. If we could see it clearly intellectually, it wouldn't have to come in through our bodies. And so you don't get out the flail and beat yourself up. If it were easy then you'd never kind of learn anything here on Schoolroom Earth.

0:22:48 - Julie

Right. Well, and point being, it doesn't have to involve a relationship, it can be something else that we're being led to do. And I held myself back on all this woo-woo stuff because I thought, oh my God, people are going to think I am just out of my ever loving mind and I got all these companies and it's going to affect my companies. Well, the company was sold, I didn't have to worry about the other ones that I still had and I could start. I could put myself out there and do the Ask Julie Ride stuff. Not that it was easy, I mean it was scary.

Yeah, now I care, right, if somebody doesn't like what I'm saying, fine, go watch football or watch Netflix or whatever, I don't care. But when I started this stuff, I cared because I thought it could have a negative effect. And so to your point, and that's the first time I've really heard it described that way, really heard it described that way. And it makes sense to me now when I look back at the calendar and I see, okay, that's when all that was going on.

So it freed up selling the company, freed up my ability that I didn't have to worry about that and freed up my ability to do really what I was being led to do and resisting. So the creative thing can be a relationship, it can be a career, it can be a move, it can be any one of a number of things, it can be a combination of things, I would imagine.

0:24:17 - Chris

That's right. But also see, in perimenopause you are halting ovulation, so you generally have what's called estrogen dominance and that feeds the fibroid. So it's that's the physical part of it, and the other is the perimenopausal period, which is 6 to 13 years, unless you have a hysterectomy or radiation or something is a rebirth. It's literally you go back to adolescence and now you've found your voice and you now have some agency in the world. When you were 12, 13, you didn't. You were at the mercy of whatever was going on in your family, but now you have the wherewithal to create the life that you truly desire. And so, yeah, and you're going to.

You'll block yourself to the degree that you're not allowing yourself to take a leap of faith. And it was, of course, a leap of faith for both of us, really for me to come out with this, for both of us, really for me to come out with this. I mean, I had friends say to me could you please not talk about acupuncture, meridians and chi and chakras? You lose all credibility. It's like, yeah, but this is where it is. This is how someone can understand what's going on. So I can't keep my mouth shut, even though you know I could hide a little longer within the profession.

0:25:52 - Julie

Well, yeah, and the thing that's really been interesting with you and all the years that I've known you and admired you, even before you became a friend, is you're right. Every time you get

God, you get crucified on this stuff I do, and every time it's like I don't even. I mean, I stopped questioning whether you were right or not years ago, but every time you come out with something whether it's, like you know, keeping the umbilical cord attached instead of cutting the umbilical cord as soon as the baby comes out, or something along the lines of all the other things that you've suggested to women to use alternative methods to heal themselves in addition to Western medicine as we know it and you know and all the recent stuff Every damn time you're right. So you know, if I had a palm branch I'd like fan you with it or something. So it's really been remarkable to watch it all unfold with that.

It's been my experience that every kind of medical condition, illness, disease, whatever there's always an emotional component, energetically. And at the end of every energetic healing and I do thousands of them a year I always do what I call the energy field membrane healing, and that's the container that holds the energy that makes up the body and the spirit and there's always a breach in that membrane. That reminds me of really thin, stretchy saran wrap or like sausage casing, you know that really thin membrane that they'll put the ground meat into making sausage. And I envisioned myself going into that terror hole and I'm shown a scene in my mind's eye. I'm given a year, I'm given a scene, a little bit about what happened. I just got off the phone with a client and I said the year was 1962. I see you, you look like you're maybe eighth grade, ninth grade. You're in a hallway in school. There are a bunch of lockers on either side and it seems to me that you're mortified and it has to do with a group of girls. She's 78. She knew exactly what it was and it forms an energy block. As I perceive it. You know my analogies are hilarious at times. It's just how they come into my head and the block reminds me of a little kernel of unpopped popcorn. Then another life events energy piles on top of it, eventually causing enough. Pressure causes a blowout in the membrane. Bodies leak in power 100% of the time before there's a medical condition that arises.

Here's my take on what's going on. I'd love your opinion and your input on this. My take is the body is kind of like the final straw going okay. I really want you to pay attention to this, because this is something that's been in there for a long time and you haven't dealt with it. You've been busy, you've been raising your families, you've been having your career, you've been doing whatever, and so it's almost as if the body's going. Hey, really pay attention to this, because here's the symptom of this disease that's always curable. Sometimes death is the cure, in my opinion, yeah, but everything's healable and it's the most important part of an energetic healing, as I perceive it. I don't have time to do it on my show, but when I have somebody for a private consult, we always do that, because in my opinion, we can fix body parts all day long. But if you've got a leak in your energy, what's the point? It's kind of like I would think you saw that in your practice with your gal that came back with six yeast infections in a year, constantly.

0:29:59 - Chris

Constantly so. Here's how it is in shamanism. In shamanism they would say that a part of your soul got stuck in time, which is why one of their things is soul retrieval and this very interesting dowser, Raymond Grace. He said I don't know how to explain it, but what I'm seeing is a lot of fragmented souls and so it's almost like a piece of you gets frozen in time. Because for a little kid or let me give you an example, actually from one of my books Anne-Marie Colbin was the founder of the Natural Gourmet Cooking School in Manhattan and we became friends and she was a macrobiotic cook and beautiful and all that In her 50s, 60s.

She developed high blood pressure for no reason whatsoever, just out of the blue. She ate perfectly. All the rest of it. She went to a very astute internist in New York City and he said to her I want you to. He was trying to get at. Why was this happening? Because sometimes you need enough ego strength as an adult to go back and heal that child part of you.

She laid down in Central Park. It just she had the intention. Intention is everything she had the intention to. Intention is everything. She had the intention to know what it was. She laid down

in Central Park and a memory came to her of being two years old during the Nazi occupation of Holland and her mother left her in a basement with a bunch of strangers to go out and try to find some food. And Anne-Marie knew that if her mother did not come back she was dead, because she didn't have anyone there that she belonged to. It was a bunch of strangers, and so she became utterly terrified. Now she had enough ego strength to go back in time and I want to actually tell the audience how to do this to go back in time to grow up. That frozen in time part of her that was now coming through as terror cortisol, epinephrine and high blood pressure. And after she did that like it took her like two days blood pressure went back to normal, has never been high again. So what, Doris Cohen Dr Doris E Cohen, who's worked with many people on dreams and so on, is a clinical psychologist said that what happens to us with a childhood trauma, or trauma anytime, is you get stuck.

The endocrine, immune and central nervous systems get stuck. At that age you go into your head to survive. All right, I'm just going to bowl through it. I'm going through it. I do not have time to sit here and lose it. Okay, and any surgeon or any adult will tell you there are just times. You just have to move ahead. You don't have the luxury of losing it and, by the way, losing it if you're a little tiny kid movement, sound and tears that will move something out of your body. But we have all of these things that we could not do.

So what you do is you, Doris teaches how you go to the magic garden. What you do is you, Doris teaches how you go to the magic garden and you just take a deep breath in and then you visualize a stop sign and you say stop, you're doing it again. Then you pick a number between one and 10. You go down these steps and you come out into a magic garden. So there's flowers and water and it's safe and it's beautiful. So there's flowers and water and it's safe and it's beautiful.

And then you see yourself as a little kid at that age, between one and ten. The number that you picked it's very often seven, but not always and then you see if that little kid can come over to you and you hold her on your lap or whatever. Sometimes she won't. Sometimes she's angry with you because you've got a seven-year-old running your central nervous system, endocrine system and immune system and they should not be driving your car. They should not be. Then what you do is you say to them I will be back, but I have to take my leave. Now you might remember this ridiculous time. You know your inner child work from the 80s. I'm taking my inner child to work and people would take a teddy bear Like no, you tell the child I will be back, I will take care of you. Now I'm going to be the adult in the room. The adults in your room did not take care of you. I'm taking responsibility for now. So you do this. You go down into that magic garden daily for 40 days and if you miss a day you got to start over and you can heal anything. You will literally grow up that frozen in time place.

I did it with my divorced self when the marriage ended. It was like I felt like a bullet and a knife went into my heart and Doris said to me they did, you know, symbolically. So I went back in time and treated. I'd closed my eyes and, honest to God, Julie, I knew how to you know. She said well, you know, sew up the wound and all that. As I'm there and it's all right here in your mind's eye, I thought, no, no, no, I can't do this. This needs to be packed. So I packed it and then I was in bed and you know, literally every day I would go back and heal myself into the present moment. And then that part was done, instead of dragging it through into the next decade.

0:36:15 - Julie

Yeah, Well, that makes sense to me because and I wasn't taught this energy-filled membrane healing thing. It came into me as I was doing this early on, when I started doing this full-time but that kernel of unpopped popcorn. What I've been led to do is psychotherapy. They want you to unpeel your onion a layer at a time of your life and, yeah, you know, let's revisit all those traumas and everything. And I'm thinking, okay, well, yeah, there's always room for

psychotherapy, but in this instance, with energy healing, I want to get the onion out by the root and what I see is that it gets rid of all that other trauma that's happened ever since then. I want to go to where did that trauma begin? It may be that somebody calls you a poopy head when you were three and it hurts your feelings, and we look at that as an adult and we think, well, that was no big deal, but it was a big deal to your three-year-old little self at the time. That's where that energy block began. That's not where the rupture happened. The rupture happened over the years when more and more emotional energy was piled and stored on top of it, and the information that I get when I do those is mind-boggling.

My favorite story is a woman who lives on Guernsey, one of the northern isles off of England, and I saw her as a preteen and there was an explosion behind her and I'm seeing all this in my mind's eye. It's like I'm watching a movie. And I said does that make any sense to you? And she said yeah, I was a victim of an IRA bombing when I was 12 and I had gotten up on a park bench to look at something, and so all the shrapnel went into the side of my body. And she said I still have metal in my thigh. She said I spent three months in the hospital and I thought, okay, that qualifies as a traumatic event. Yeah, but that's where her energy block began and she hadn't ever released it. Yes, so by illuminating it we release it to your point.

Whether you're doing it laying down in the middle of Central Park or whether I'm helping you do it, because I'm seeing it energetically and that energy field membrane heals Body's working on full power. Body can heal and maintain health. I've never seen a membrane get ruptured again after it's been healed. I'm not saying it can't I? Just in thousands and thousands of times I've never seen it rupture before. You've always had a spiritual connection with full body wellness and did something. What was the catalyst that brought you to that, I would imagine early in your career. How did that? How did you get to that that there was more to the story than just what you learned in medical school? And please share with everybody the story about what you were taught your first day of medical school about curses.

0:39:19 - Chris

Yeah, okay, what happened in my family of origin is that I had a sister die in the hospital at six months old and I had named her. Her name was Bonnie Laurie. My mother had viral pneumonia that entire pregnancy which I'm not even sure exists, by the way and they had her on an antibiotic every day, every day, because back then they gave out antibiotics like M&Ms Ooh, these were the miracle drugs right. Then my brother was born and he wouldn't eat either and ended up in the hospital. So when I'm about eight years old, I have a new baby brother and my parents signed him out of the hospital against medical advice because they said well, if he's going to die anyway, a nurse literally came up to my mother and said if I were you, I'd get him out of here. The doctors don't know what's going on. This would never happen now. Now what would happen is the state would take the child, but anyway, they signed him out of the hospital against medical advice and said if he's going to die, then he'll die at home amongst the family, instead of die in a pool of vomit like the other child. So my parents went to everyone my aunt and uncle, my dad's brother and sister were both medical doctors and they couldn't help. We finally found a Dr Crump at Women's Medical who was a pediatric endoscopy like put down a fiber optic light expert, and she looked down in Philadelphia and said the esophagus is so eroded because we were feeding him every hour on the hour with an NG tube, nasogastric tube, and I remember holding the tube I mean that's. You know my mother was totally exhausted and you know they're trying everything to figure out why this kid won't eat. The doctors are telling my mother that he's mentally defective and this and that and the other. The doctor says Take out the tube. The esophagus is so eroded it will rupture if you put the tube down again and then he'll die of the mediastinum. This whole area will get inflamed. They take out the tube. They wait Two to three days. She said let's just see what happens. And he healed enough. Then they gave him this is stupid orange juice. That's a little acid, but he would drink it, scream and drink it and scream. And then they came home and he was eating a roll that the

stewardess on the plane had given him and we all cried and he was a year old and weighed 10 pounds.

I remember standing at the ironing board just before was right after college and I didn't know what to do. I had a bunch of scholarships and I thought I was going to be a biology teacher, um, but then I decided med school was better a degree. And I said to my mother I'm just gonna try to find out why doctors won't talk to you, why they won't tell you the whole truth. And when I went to interview at the University of Buffalo this is God's internet, it's how it works the guy interviewing me had been my brother's primary care physician and he thought that my brother would be either dead or mentally defected. And what I wanted to say is no, no, he's fine. No, thanks to you, because when my mother took him in for grand rounds you know exhibit A they charged her for an office visit. So I didn't grow up with any delusions about doctors as gods.

Also, when I was 12, I was babysitting for a family and they had a box on the shelf that said Natives of Eternity and I opened it. I opened their mail. I never did that stuff. I was obsessed and it was a book by Flower Newhouse, a Christian mystic who saw angels, nature, spirits, divas, the angels of the wind and the fire and I was so excited and I went home and told my mother about it and she set me up with that woman. So we had a whole series of brunches my whole teenage years to talk about spiritual things. So you know spiritual things.

0:43:34 - Julie

So you know, yeah, so that makes sense, that you knew that there was more to the story than just what the you know the medical texts were training the doctors to think. Now, please share with everybody. I love this story. Please share with everybody this story about curses that you heard your first day of medical school.

0:43:48 - Chris

First day of medical school, they're telling us about pointing the bone, voodoo death. They're literally saying voodoo death, that if you believe it you die. And this is, you know, in, like Haitian cultures and all of that and it you know, and I remember them giving the data that there's no way around it. They point the bone and that's it for you. And I'm thinking to myself okay, it's not from pointing the bone, it's from the belief system is so ingrained. It's so ingrained that the people who have that happen, okay, generation after generation after generation, or or you know what are those religions right where they put a you know a chicken head on your porch or a you know needles in a whatever, I mean on an energetic level. This stuff operates at a subconscious level and we humans are so vulnerable to this, like, for instance, we know an, an. Ellen Langer just wrote an incredible book called the Mindful Body Thinking your Way to Chronic Health, and Ellen is the mother of mindfulness and is a professor emeritus at Harvard, and she begins the book by talking about her mother, who actually was cured of breast cancer, by talking about her mother, who actually was cured of breast cancer, but they treated her like such an invalid that she just never got better, whereas if she had been treated differently she would have. And she gives study after study, like here's one you go in for a blood test and they tell you your blood sugar is normal. So let's say your blood sugar is 98. But 99, you're pre-diabetic. So here's how the studies go. If they tell you you're pre-diabetic with one point on the blood test, the vast majority of those people go on to get diabetes. But when they're told your blood sugar is normal, they don't. It is how the mind works on us. So you know.

So, Julie, you know on our monthly talks, what I say always is so I just figure none of this applies to me. You know they tell you okay, now you're 50, you need a colonoscopy and you need a breast cancer screening and you need I'm like doesn't apply to me. When I go to the gym, if I'm traveling, and you know you put in your age and all that on the machine, I'd put in 40. I've been putting in 40 for a long time and because I figure you know that's what we need to do, you know. So doesn't apply to me. You know age on the driver's license does not apply

to me. That's what I. I don't celebrate milestone birthdays although I've got to come up with something because what I've noticed is when the family gets together for a milestone birthday of somebody oh you know, it's my brother's 70th, or whatever I want in on the celebration, I don't want in on the number.

0:46:54 - Julie

Right, yeah, well, changing directions for a second, or maybe not. Actually, I love the voodoo story. Thanks for sharing that. And, by the way, everybody she was at Dartmouth Medical School. She's at an Ivy League medical school. They're teaching her their first day about voodoo medicine. I thought that was a riot.

0:47:11 - Chris

It is weird, I don't know why, but I'll never forget.

0:47:14 - Julie

Yeah, yeah, yeah. Research shows adverse childhood experiences can lead to a life of medical issues. Yes, and please talk a little bit about that. And then I want to get into some specifics, about toxic relationships in particular. So let's do the childhood thing first and then we'll go into the toxic relationships, okay.

0:47:38 - Chris

So at UCSD University of California in San Diego, in the weight loss clinic, a guy named Vincent Felitti was noticing that it was the people who were losing weight successfully who stopped, and he couldn't figure out why they were having success. And then he overheard an 18-year-old saying overweight is overlooked, and that's what I need to be. And she had been raped and gained 100 pounds in the ensuing year. From that, Vincent Felitti did a huge study called the Adverse Childhood Experiences Study with middle-income, middle-aged people in San Diego not indigent people from the ghetto, just regular folk and he found out that there was a direct correlation between the number of adverse childhood experiences a mentally ill parent, watching your mother be battered, a chronically ill sibling, any of those things and that led to increased use of the emergency room, increased use of prescription medication and premature death. Now this is funny because the study was an amazing study. But here's where they had trouble, Julie and you can still see the adverse childhood experiences pyramid on the I think it's on the CDC website. They turned it over to the CDC, which is kind of like at the end of Raiders of the Lost Ark, where they take the Ark and they box it up and they put it in the basement of the Smithsonian. So it's like, okay, so no one's going to see this again. But what they do is they've got all the adverse childhood experiences down at the bottom and then they have arrows going up to prescription, drug use and this and that, and then they go, mechanism unknown, because this is the whole problem in medicine. They're looking for the biochemical lesion or the genetic lesion and you're never going to find it.

Now what we can say? I knew Candice Pert who wrote Molecules of Emotion and discovered endorphins and enkephalins, and those are the chemicals that the brain makes when it thinks. But also more of them are made in the gut than in the brain. So you know how you've got a gut feeling that doesn't feel right. Or a little kid will say I don't want to hug Uncle Pete, pay attention. Their intuition is really, really good. So here's what we know and it goes right back to what you said. You got that little kernel of popcorn and the saran wrap thing has been injured or someone's soul is stuck in the past. That's what does it. It doesn't mean that if you have a mentally ill child or whatever, that you're destined. It's not that. It's not cause and effect it is if no intervention is done, then this is more likely. But all of our power is in the present and every single one of us and you know this from your work has the power to completely reverse this stuff and be healed.

0:50:59 - Julie

Yeah, yeah, I agree. What are some of the health issues that arise when somebody's in a toxic relationship, whether it be with a spouse or a child, or a parent or a friend or a boss colleague, whomever?

0:51:17 - Chris

Well, here's what happens there. These are often the empath people who are really. They're the healers and they're doing everything in their power to make it right by looking at themselves, putting themselves into a pretzel, and very, very often these are the people who get the environmental illnesses chronic Lyme, fibromyalgia, chronic fatigue. They do everything, they do the dietary change, they do celery juice, they do green juice, they do fasting, they do everything and they never get better until they finally leave that relationship. And I think this has been the biggest lesson for so many healers and so many empaths. And that is one in five people is an energy vampire. They are narcissistic, borderline, cluster B, histrionic, and they're not going to change.

Now in the movies. We go to the movies because at the end, finally the guy gets it and he begs to be forgiven, or your mother finally understands how awful she was. It doesn't happen in real life and that's why we go to the movies. Oh god, the relief he finally gets it and apologizes. It doesn't happen in real life. So what I say to women it let's say they're in relationship to a narcissistic man. Now you can leave and you should leave for your health, so that you don't die of breast cancer. But are you willing to deal with the fact that he will be remarried in 15 minutes? Are you ready for that? Because that's what I've seen over and over. And then here okay, here's the other thing that an empath believes. Okay, when he's with the other woman now the upgraded woman he will change. You don't need to worry, he won't. So probably in five to six years you can be friends with her and you can commiserate what you're dealing with.

0:53:21 - Julie

Yeah, I love how you say that the only time they heal is in the movies. Is that really true, though? I mean, I know it's funny, but is that really true? What do psychotherapists say when there's a borderline personality disorder or a narcissist or something like that? Are they healable?

0:53:49 - Chris

the therapists in their county and they have to finally be brought to their knees and generally they're not because these people are so good at manipulating the system. Now I have to say that the field of psychotherapy is finally waking up to this cluster b designation, because before, like if we were talking in 1995, couples would go to couples therapy and the therapist is doing everything in his or her power to keep them together. The borderline, or the narcissist, is crying crocodile tears, getting all the energy in the room. All the women feel sorry for him and he's grifting the whole gang and the psychotherapist is sucked in and then the empath is sitting there weeping because no one is seeing her side.

And, by the way, this works equally for men. Good men tend to um connect with these borderline women who you can't take your eyes off because they're, you know, they're stunning and they're exciting and they will suck the living daylights out of a good man. Um, so you need you need to know what you're dealing with. When I went through my divorce, I didn't even know what the term narcissism was I just thought.

So tell everybody. Tell everybody what it means. Narcissism is someone who is incredibly self-centered. They run for the victim position. They're incredibly good at it, no matter what.

Okay, so I'm going to give you a little example from my own life. So we have a new baby and I'm, you know, sort of working all the time and I asked my then-husband for some help. He bangs the table I don't get shit time to myself runs up the stairs, curls up in a ball and, you know, wants my attention while I'm trying to deal with a newborn baby and working 80 hours a week. And then he says to me later, when I get like this, I need more of your love, not less. It's like whoa.

And I bit on that hook over and over and over, to the point when I remember when I finally healed the pattern and I was with Ron, who you knew, and he was having knee replacement, and we're up at his place and we've got the wood stove going but it's a soapstone stove and I'm not used to that and the smoke is going all over the place and I don't know how to open the windows because they were different from anything, and he's yelling and the smoke and this and that I'm doing everything in my power. And then I was so triggered I realized, oh my God, I was about ready to just burst into tears. And I went in where he was lying down because he was post-op and he says come here, I'm not angry with you, just come here. I just wanted the smoke out of here. It wasn't about me at all. I'd never had a relationship where the guy took responsibility for their part of the street. I was always trying to make him better, make him feel better.

Oh, and here's what we do, Julie. What we do is, you know, the guy says oh God, you know, my wife divorced me and I can't see the kids. And what the empath does oh God, I can heal him. Oh, the poor guy, I can heal him. No, you want someone who's taken responsibility for healing themselves. So a normal person, not an empath, would say what a loser. That is a terrible pickup line. But an empath, oh my God, let me help you heal, let me heal your heart, you poor little boy.

0:57:51 - Julie

Well, and your first husband was a surgeon, who was a very successful surgeon, so this was not somebody who you know needed his handheld, one would imagine. But yeah, kind of crazy. How do we recognize when we're with somebody who's an energy vampire and energy vampires, my my understanding and I'd love, I'd love to hear more about this. It's not just a spouse or a partner. It can be a child, it can be any one of those people that I mentioned before. So how do we recognize that that's really what's going on with that person?

0:58:23 - Chris

one of the first things is you check your own energy. So I was with someone who's actually very famous woman. I went to her house and we're having lunch. It's tomato soup, served by her cook and whatever Julie. I could not keep my eyes open. I wanted to fall asleep in the soup. Then I wanted to just lie down on the priceless oriental rug. I was. It was just suddenly it's like the Wizard of Oz with the poppies, poppies, poppies. You literally begin to feel that like you're drained. It's like we call them vampires for a reason. They're literally drinking your life energy and, for those people who can see this psychically, they literally are going into your energy field and pulling your energy toward them yeah, so what?

0:59:19 - Julie

but what are the character traits?

0:59:21 - Chris

they're usually usually larger than professional victims. They're professional victims, but they're often very charismatic and very good looking and you can't take your eyes off them and they will. So I want to give you an example of this. I had one who was a friend of mine. You know, she was a model and she was used to walking in the room and have all the men fall all over themselves. But what I noticed, when we weren't all paying attention to her and she wasn't on stage, she became a deflated balloon. She had nothing to say. It was the.

When I started to look at that, when I started to see it, it was was like oh my God, they have to constantly be getting what's called narcissistic supply. That's your money, your attention, your energy, your nurturing and that's what they live on narcissistic supply, and they're a bottomless pit. And they're a bottomless pit. And then you'll notice here's what happens. They'll give you one little crumb. We have to really notice this in ourselves. They'll give you one crumb and it feels really good, like, oh, they must think I'm worthwhile. This is where the celebrity worship comes in. If you've been around enough celebrities, there's usually nobody there. There's just nobody there. It's a big show. So, if you know, I've been on the bus with these people and all the rest of it, and I'll never forget being on the bus with one sort of big star, and all these adoring fans had brought her gifts. She took every gift, put it in a giant trash bag and they put it in the trash receptacle before leaving town. Whoa yeah.

1:01:25 - Julie

Yeah, so Hollywood, I would think, has a lot of these characters, unfortunately, and when they start to, they don't, probably don't age well, would?

1:01:37 - Chris

be my guess. Narcissists never age well. Narcissists do not age well, whereas the rest of us, who are not narcissists, we finally start to get a handle on it.

1:01:48 - Julie

Yeah yeah, exactly so if somebody is in a narcissistic or an energy vampire kind of a relationship and they want to get out, I know there's a bunch of gaslighting and oh, you're so wonderful, the push me, pull you thing, you're wonderful. And then you know you're awful in the next sentence and it doesn't make sense. How do they navigate that? How do they do that and how do they know that that's really part of the equation that's making them sick.

1:02:21 - Chris

Well, they generally don't know, because no doctor is going to see the pattern, which is why I wrote Dodging Energy Vampires, so that people could see the pattern. But there's some things you can do. You need to start with clamping the umbilical cord between you and them. So there's a few things you can do. Like gray rock, gray rock they come in the room, they're just a gray rock. You're not giving them any energy. Um then the other thing that you can do, um, is do communication written like it's got to be written down, because they'll change the story every time. I never said that. I never said that. I'll tell you what's notorious when you're sharing custody of children with someone like this and they keep changing the schedule and the children are used as pawns in the situation, it's very, very hard, but there are ways around it. One you have to build up your own self-esteem so that they no longer have the ability to keep you down, because if they can keep you down, they keep getting the narcissistic supply.

1:03:38 - Julie

Yeah, it seems to me too that I've noticed that cancer, in particular with women breast cancer, particular with women breast cancer, gynecological cancer is most of the time with women who are good at giving but not good at receiving.

1:03:56 - Chris

That's right. So there's an old adage people who have trouble receiving tend to attract. People who have trouble giving have trouble giving, and so you literally have to practice your receiving muscles. In the old version of the Color Purple there's a scene and I think it's with Oprah, and Danny Glover is the bad guy, and she stands up because she's finally realizing wait a minute, I don't deserve to be treated like this. He has kept all of the letters from her, from her sister, and so, year after year after year, she's gone to the mailbox and there's never any letter. He's kept every one of them and put them under the floorboards and she's then okay. She moves. This is

important. She moves from despair to righteous anger, which will mobilize you out of despair and depression. Righteous anger, you have no right to treat me like this.

I used to want to keep that scene on a loop in my office at Women to Women, where she says to Danny Glover's character you touch me again and your life will rot. There's something about standing up. Tina Turner did the same thing to Ike. She had one dime, one dime and she said all I want from you is my name. You don't owe me a cent. And then she went on to become Tina Turner. Yeah, yeah, that's our job here, because only recently have we begun to understand and we now have a society that aids and abets this cluster B thing. Oh, my feelings are so hurt. Or you know, I just saw a YouTube video recently where a woman goes to the school board and she says here's what I'm noticing you have 30 people in here who are here to make sure your feelings are protected. There are all adults in the room. There are no children here. We need to talk about busing issues, whether they can spell, whether they can read. We don't need to have your feelings taken care of. We've overshot in our society. Interesting.

1:06:16 - Julie

Well, back to what we were talking about when we first started this conversation, and that is for women in particular to get to the place where we know we deserve to be spoken to in a way that makes sense, whether it be with family members or a spouse or a child or a doctor or somebody else, a colleague at work or a boss. And you know that. What was the movie? I'm just not going to take it anymore. You know, with Albert Finney, I think was the guy who yelled out the window and blanking on the movie. With that I could talk to you all day long. A couple more questions as we're winding down here. What's the one thing about women's health that most women don't know, but they need to know that?

1:07:11 - Chris

you are not designed to disintegrate after the age of 50. You're not designed to be bent over with osteoporosis, to get heart disease and to have breast cancer, high blood pressure, high cholesterol. It's all a myth. What we call the aging process is largely determined by your attitude, your activity, your diet, all the things that are under your control. I don't think we are even close to understanding what the Bible meant when it said you are made in the image of God. And when Jesus said these things and more you shall do.

Also, I want to particularly call out the Christians because, you know, I always think I thought you believed what Jesus said. So why don't you practice it? And you know, I was in church the other day and this guy had had some surgery for melanomas and I just said, all right, if we're supposed to, you know, pray and expect you to get well, let's do it. You know. And I got a bunch of people around him and laid on their hands and I follow a guy named Praying Medic and he said, well, I had to practice. God told me I had to practice. So I went into Walmart, you know, and I would look for the people with the wrist splints and then I would just pray for their carpal tunnel. And he said I got pretty good at it because it actually was my belief, not theirs, that mattered.

1:08:44 - Julie

Interesting. Well, and on my call-in show, I tell everybody when they're listening to me do a healing, yeah, I say. I want you to envision what I'm talking about, because it's all of us working together and it's similar to the power of prayer, when we're all focused on one outcome. Yes, we have the ability to help that person heal. Nobody heals anybody else. We all help them heal themselves. When you were practicing yes, you didn't. At the end of a procedure, when you sutured up or stapled up an incision, you didn't make the patient's skin grow back, they made their own skin grow back. That's right. You were helping them heal themselves. Own skin grow back, that's right. You are helping them heal themselves and that's the work that I do too, yes.

1:09:31 - Chris

Last question why do we incarnate? We incarnate because this is a third dimensional place unlike any other in the universe, and what you do here to raise your own frequency changes the entire universe. Because this is the planet, the gangster planet of extremely heavy lifting, and I've heard from my friend Daniel Brinkley, who's been dead four times that there's a big waiting list to come here to earth, because this is the place of incredible spiritual mastery. It is harder here than any other place in the universe.

1:10:10 - Julie

I've heard that too, and I've also heard that in the spirit world, there's no right or wrong, there's no good or bad, it's just an experience. And so when we're going through some kind of a horrific situation perhaps, or something that's really taxing in heaven, they're going oh, I wonder what she's going to do with this, how's she going to create out of that? What's going to happen next? You know and it's like they're watching it with anticipation we can't understand that. In our, from our human perspective, we're thinking why, in the name of God, what I want to go through something like this, and it's benefiting us in some way, and it's benefiting all of humanity in some way as well. I think so.

Yeah, been my experience too. Yep, you are so extraordinary, brilliant, brave, golden ovary courage, teaching the world. Women of the world and men need to know this too, for their wives and their daughters and their mothers what we can do and how we really can create a life of joy and a life of purpose and a life of health. And you have my lifelong respect. You know that, and I just adore you and love you and thank you for coming on the show. How can people learn more about you and your work?

1:11:32 - Chris

DrNorthrup.com. We got everything there. You can follow me on X. I have a sub stack, true North, that I enjoy doing. That's sort of my inner circle thing. I'm on Telegram but, drnorthrup.com, I've got an e-news that you can sign up for that tells you what's going on. Yeah, sounds good.

1:11:52 - Julie

All righty, everybody. That's it for this week, sending you lots of love from Sweet Home, Alabama, and from Maine too, where Chris is. We'll see you next time.

1:12:03 - Ann-cr

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.

1:12:18 - Disclaimer

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