

AJR Show Dec 19th 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 Hi everybody.

0:00:45 - Julie

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. And this is our last show of the year, last show of 2024. I'll be on vacation next week, as will be my team. I hope a lot of you get to take vacation days and do fun things too over the holiday, and so it'll be fun to see who's joined us for the last show of the year and it'll be fun to see what their questions are and see what spirit has to say about it.

Remember, we are taking appointments for my grads. There's lots of people scheduling with them. You can get in quickly and they're less expensive than I am and you can talk to them sooner. They're all amazing and you're gonna love them. And then, of course, I have my regular appointments that you wait a little bit, and then I have my priority appointments that you can get in quickly. I had somebody that I talked to today that scheduled yesterday and we talked for an hour priority appointments that you can get in quickly. I had somebody that I talked to today that scheduled yesterday and we talked for an hour. So that's a priority appointment you can get really quickly. So there's that too. So AskJulieRyanShow.com if you want to have a conversation, if you've got a question and you're coming in on the live stream on YouTube, we're to ask Julie Ryan, put your first name and where you're located in the chat. We've got Samantha that's helping there. We've got Chris on the other side, so we are ready to roll Patty.

0:02:15 - Pattie

Hi Patty, Hi honey, how are you? Hi, how are you?

0:02:21 - Julie

Good Merry Christmas, and happy holidays.

0:02:24 - Pattie

Yes, yes. Buon Natale, which means Merry Christmas in Italian, and Buon Capuano, which means Happy New Year in Italian.

0:02:34 - Julie

Okay, buon Natale, yourself Do you do the dinner of all the fishes on Christmas Eve?

0:02:42 - Pattie

Well, since my mother is getting older, my brothers do that. Now I can't eat fish no more. Oh okay, Patty, tell everybody where you are, please. I'm from Queens, New York. You're the queen.

0:02:56 - Julie

Terrific, Patty. You've been with me and calling in this show for what? Six years now, or something like that.

0:03:03 - Pattie

Yeah, yeah, it was before the pandemic it was before, just right before the pandemic.

0:03:08 - Julie

Yeah, terrific, terrific, you got a question for me.

0:03:14 - Pattie

Yeah, just Tuesday I was in the city and when I was coming home city I was walking around. All of a sudden my heart is racing. Now I know that I was dehydrated because I only drank like three cups of water the day before, and now I'm starting to think it's a two-part question. Am I dehydrated and if so, what does the spirit says? How much water should I be drinking?

0:03:44 - Julie

Yeah, there's lots of schools of thought on how much water to drink, because some people say, drink eight big glasses a day. Some people say, drink when you're thirsty. I just drink when I'm thirsty. I try and drink a lot of water but you know a lot of it depends on what you got going on. You can't be running to the john every five minutes if you're on the subway for a long time trying to get home. So you've got to pay attention to that. But is it in Patty's best interest to drink eight tall glasses of water a day? What I heard from Spirit Patty on that is it may be a bit much for you because you're not very big. So I'm 5'9". Somebody as big as I am, you know that's a lot.

0:04:30 - Pattie

I'm 160 pounds. I'm 160 pounds, but how tall are you?

0:04:34 - Julie

You're a peanut 5'1", 5'1" You're no bigger than a minute. So, yeah, when I stand next to you, I'm going to look like an Amazon. So so, yeah, when I stand next to you, I'm going to look like an Amazon. So, anyways, I get drink a minimum of six big glasses a day and you'll be good. The other thing I'm getting, Patty, is add good salt.

0:05:06 - Pattie

So add the Celtic sea salt, add that kind of thing because that's going to help you, you know, not be dehydrated too when you add salt. I already asked my body, like he's asked two days and wants salt. So it says, oh, it's just because I'm taking care of my mom, I'm busy running around. Yeah, it's just that. And my mother, my family, says that when you get older, you don't drink as much water and then you start to become dehydrated. And I really, once I turned 60, I knew that this is happening, so it's easy.

0:05:33 - Julie

Just drink more water, be sure it's purified and you're fine, and stay away from the. You know the sodium you want to drink. You want to use the good salt, get the sea salt, yeah, that kind of stuff. So well, have a wonderful holiday, give a hug to your mama and thanks so much for calling in yeah, you answered my question, thank you, okay.

0:05:56 - Pattie

Bye honey.

0:05:58 - Julie

All righty, we're at AskJulieRyanShow.com if you want to have a conversation with me, and we're at Ask Julie Ryan on the YouTube live stream. So if you're coming in on YouTube, put your first name and where you're located and your question in the chat and Samantha will help you if need be. She's the queen of YouTube over there and we'll get that going too. So, Chris, who's next? Nancy? Nancy from Oklahoma City. Hi Nancy, can you please do a scan on the

cataract, maybe? That I have in my throat? Oh, I don't know what that is. C-a-t. Let me put my glasses on, that might help. C-a-t-a-r-r-h. I don't know what that means. I can't get rid of it. Thank you, I will watch your show when it airs tonight. I don't know what's going on in his throat, Nancy, so maybe you can put it in. It looks like it might be something that's misspelled. So what I'm gonna do is I going to connect to your throat anyways, and we'll see what we can figure out how this works. For those of you that are first time joining our show is I raise my vibrational level to the level of spirit? We all are spirits attached to a body, having a human experience, and when we're attached to a body, we vibrate more slowly simply because the body has mass. So this is what I teach people, this is what I learned to do. I raised my vibrational level. I'm gonna watch laser beam come from my body here in Birmingham, Alabama. It's gonna hook into Nancy in Oklahoma City, and then I'm gonna have a hologram of you in my mind's eye and I'm gonna go to your throat and we'll see what's going on. I'm gonna describe in detail what I'm watching, because once something is identified, then there's a healing that happens, and the healing is something added, something removed. I watch procedures all the time that emulate what I saw in surgery for decades. I'm an inventor and former manufacturer of surgical devices sold throughout the world, and sometimes I see healings that utilize methodologies and devices that haven't been invented yet. So I'm gonna describe it in detail. I want you to envision, Nancy, what I'm talking about, and I also want everybody listening and watching to envision what I'm talking about too, because we're all gonna send the healing. Okay, here's something from Manny C-A-T-A-R-R-H definition excessive discharge or buildup of mucus in the nose or throat associated with inflammation of the mucus membrane. Oh, Samantha, you're the best. Okay, thank you for that clarification. That's a new vocab word for me. I hadn't heard that before. All right, so healing happens on the energetic level. It's going to integrate into the body. That can happen instantly. It can take days, weeks, months, may need some kind of complimentary care like change in diet, physical therapy, whatever. But I'll get that information too. Spirit's giving me information in my head as I'm watching the healing happen. It's spirit working through me and with me to facilitate healing. And nobody heals anybody else. We all heal ourselves. So I'm helping Nancy heal herself. So here we go. Here comes my laser beam from sweet home Alabama heading over to Nancy in Oklahoma City. All right, got you going in.

Yeah, this is diet related. I'm getting. Stay low on the food chain. If God made it, eat it. If man made it and affect you, do your best to avoid it I get. Give up dairy. Give up anything that's refined. That's what's causing the phlegm in your throat and completely fixable. No big deal. You change your diet. Give up sugar. Give up anything that's refined because it processes like sugar and these symptoms are going to go away. So I hope that helps. And you may want to wait and do that till after the holiday, because you know it is the season of sugar plum fairy is dancing in our heads and I get that I don't eat sugar anymore, but don't mean I don't want it, I just don't eat it. So hopefully that'll help, Nancy.

Thanks for your question. AskJulierianshow.com. If you want to talk to me, we're at Ask Julie Ryan on the YouTube live stream. Put your question in the comment section and Samantha will help you if need be. If you want to talk to me, we're at AskJulieRyan on the YouTube live stream. Put your question in the comment section and Samantha will help you if need be. Your first name, where you're located and your question. Okay, it's always fun to see who's next. Hi, chuck.

0:10:39 - Chuck

Hello everybody, Julie and gang how are you sir? I am doing pretty great tonight. I am in Los Angeles but I'm originally from Tennessee, from Knoxville.

0:10:51 - Julie

Oh, great Knox, Vegas.

0:10:52 - Chuck

Yeah, wonderful, and I just heard of you. I just was watching another podcast that you did the last day or so ago and was listening while I work from home, and then I thought I'm going to go to your website and all of a sudden she's got a show tonight. Okay, great. So it was boom, boom, boom, very synchronistic.

0:11:12 - Julie

You were led, darling. You're from Tennessee, you know what that?

0:11:15 - Chuck

means you were led.

I was led? Yes, I've been led to you tonight. How may I help? Okay, my question is I have had psoriasis ever since I was about six or seven years old and tried everything with Western medicine. I've also tried so many other things that are holistic, energetic, past life, diet, elimination, detoxes, parasite cleanses, everything you can think of in the world, and gone to many, many psychics, intuitives, and I would like to know if you get any insight on where the what you said in the podcast, your emotional component or what you pick up, or where did it originally occur and what maybe I can do about it.

0:12:01 - Julie

Yeah, yeah. Well, before I even get you on my radar, I'm getting yeast overgrowth. It's always a candida overgrowth. So I'll get you on my radar and we'll look inside your GI tract and see what's going on there. Do you have any gas bloating brain fog, any of?

0:12:17 - Pattie

those kinds of symptoms.

0:12:18 - Julie

Yeah, it's yeast, but let me confirm. Here we go. My son Jonathan arm, here we go. My son Jonathan, also known as His Majesty in our home, flew in from LA on Tuesday night. So we get him for about 10 days, and his wife is flying in on Sunday morning. She's taking the red eye to Birmingham. So, dr.

Mal yeah, she's a veterinarian. If you need a vet, she's fabulous. I'll send you her information. She's in LA too. So here comes my laser beam, Chuck, heading to you from Birmingham. All right, got you Shooting energy from your feet up through the top of your head. Yeah, you're full of yeast. So yeast in the body looks to me. I'm clearing it out While we're chit-chatting. I'm clearing it out. I'm getting divine downloads. So it's a good thing I'm a girl because I can multitask. It's a female superpower, you know. So I've got, I'm clearing it out. You have so much yeast that it looks like a roux. It looks like if you mix flour and water together to form a sauce. You want to do that? So here's what you want to do, Chuck. Number one there's a gut biome test called Viome V-I-O-M-E.

0:13:34 - Chuck

I just took it I just took it and got the results.

0:13:38 - Julie

It's going to tell you what your superfoods are. It's going to tell you what the foods are for you to avoid. It's gonna tell you everything else. Add the superfoods to your diet. That doesn't mean those are the only things you can eat. It just means add them to your diet because food is the best medicine For those of you that would like to take it. Go to my website, askJulieryan.com. Go on the sponsors page. There's a link there. It'll save you about 50% on the test. There's a link there. It'll save you about 50% on the test. So you want to do that?

Anybody that's listening. So it's a fancy name for a poop test and it's disgusting, but it's not that bad right to do it, would you agree? I mean, it's not something you want to do every day.

0:14:17 - Chuck

I actually have the box here, and it's so weird. This is synchronistic too. I just got the results like two weeks ago and just started looking at it and I was like, oh, that's interesting yeah.

0:14:29 - Julie

And some of the foods. I don't really care what all the critters Latin names are that are inside somebody's gut. What I care about is what are the foods that are going to be best for you to help heal your body. So follow that, number one. Number two stay away from anything refined. Yeast loves sugar, craves sugar. So anything that processes like sugar pasta, bread, chips, you know all that jazz I get. We're in the holidays, go whole hog, have a wonderful time, go on the wagon, you know, after like mid next week, the end of next week if you want. So there's that. Stay away from anything refined because it absorbs like sugar in the body and it feeds the yeast. The yeast is like woohoo partay. So there's that.

Think about making bread. You put the flour in, you put yeast in, you put sugar in, you put a little water or whatever liquid in, and then you set it aside and you cover it with a towel and what happens? It blows up, it expands. That's what's going on in your gut. That's what's the exact same things happening. Fermentation factory so that's number one. Number two stay away from anything fermented. So that's number one. Number two stay away from anything fermented. Chuck Wine, beer, alcohol, kimchi, sauerkraut, yogurt, vinegar, soy sauce, kombucha pickles, all that jazz.

0:15:53 - Chuck

Even the natural, yeah, like sauerkraut, yeah, okay.

0:16:01 - Julie

Yeah, sauerkraut. All of that, because your gut is a fermentation factory right now with that extra yeast. And when we use anything that's fermented whether it be alcohol or pickles, it doesn't matter it's like pouring gasoline on a fire it just exacerbates it. So avoid that. If you're going to eat fruit, peel it, because there's tons of yeast on the peel. I don't expect you to peel a blueberry or a grape, but certainly buy organic and you want to just peel an apple, a peach, a pear, a plum, all of that. If you're eating Grandma Betty's fruitcake, that fruit should already be peeled, but it's fermented with booze and it's got a ton of sugar in it. So you know, eat it sparingly if you're doing that over the holidays. Number three freeze and reheat leftovers, because there's tons of yeast on leftovers in the fridge overnight.

I am the queen of Ziploc bag world. Everything goes in a Ziploc bag at my house. I write with a Sharpie on the front what it is. I'll lay it flat on a shelf in my freezer. Once it's frozen, I'll stack the packages upright like files in a file drawer. You will save so much food, so much room in your freezer. You're gonna love that.

Two more things Nystatin N-Y-S-T-A-T-I-N, n-y-s-t-a-t-i-n, n-y-s-t-a-t-i-n. Think of New York, staten Island, but it's an I-N instead of an E-N and it's a prescription. Chuck, you want to get your doctor to prescribe that for you. When I had yeast overgrowth it took me a year and a half to clear it up. I was on Nystatin for a year and a half, so people take it for a week and they say, oh, I still have it. Well, you know, sometimes you need to take it a lot longer. It's used for babies that have thrush. It's gentle, it stays in the GI tract, no known side effects, and the thing about it is we can detox too fast. So I talked to a client this morning who said, yeah, I've been doing this and I'm getting worse symptoms.

Well, the body can't handle all that detoxification so fast. So that's why I like Nystatin, because it detoxes slowly and our bodies have so much wisdom you know it's going to detox how it's going to work best for us. And then, lastly, there's a physician named Maria Amasanti. Let me spell that for you. Her website is D-R-A-M-A-S-A-N-T-icom. She is the. There we go. She's the goddess of the gut. She's in London, chuck. She works with people all over the world via Zoom. She cannot prescribe any drugs for you because she's in the UK, but she will help you get your gut healthy in no time. She's a Oxford educated Western medicine doctor. She's an MD. She also does functional medicine, naturopathic medicine. She's a graduate of my class. She does energy medicine. You will love, love, love her. She will help you get your gut healthy. The psoriasis will go away and not come back. So that's a lot that I just threw at you, but you can completely heal, yeah.

0:19:33 - Chuck

Got it. I just wanted to make sure it wasn't karma or something and I just couldn't get rid of it.

0:19:40 - Julie

You know Great. Thank you so much. It's all good stuff, you bet. Have a wonderful holiday.

0:19:45 - Chuck

You as well, and everybody else as well. Thank you, thanks.

0:19:49 - Julie

Take care, all righty, you guys, my books, you can still get them in time for Christmas. We got a whole bunch of them. Here's the new one. We've got the kids books Chris just put that up on the screen the angel messages for kids, for Cats, for Dogs, for Truth. We've got the new Angel Messages book, which Chris just put up, and that's good, I don't have to hold it up. And that is so fabulous. You guys are going to love it. It's true stories about miraculous occurrences, serendipitous things, signs from deceased loved ones and pets, and all the stories are written by graduates of my angelic attendant training and all the proceeds from the book goes to fund scholarships for people that want to come to my training and the one in Atlanta next fall. You guys, it includes airfare, hotel, all your meals, it's all expenses paid. So we're going to be doing that. I'll do an online training in May. You don't need airfare for that because it's in your house or wherever you want to watch it. But Angel Messages for your Life's Journey is available. And then, of course, the flagship, which is Angelic Attendance what happens as we transition from this life into the next. And if you go to askJulierine.com forward slash books, there's direct links to everything on Amazon there for all these books. So askJulierine.com slash books and you can get them usually within a day from Amazon. So they make wonderful gifts and they will be inspiring and they're joyful and people will thank you for them. So keep that in mind on your Christmas shopping list for this weekend.

Okay, let's see who's next, crystal. Hi, crystal, crystal, I don't know where she's located. Samantha, see if you can find out where she is. My mother passed away seven years ago. Same time my three siblings stopped speaking to me and my daughter, yikes. I don't know what to do. My mother was the glue. I need to ask her how to get our family back together. Okay, crystal, what we're going to do is we're going to I'm going to connect to you and then from you, I'm going to connect to your mom her spirit. Let's see what she has to say with that.

The thing that's coming into my head, even before I connect with her, is, when things like that happen a lot of the time is it's best just to let them do whatever they're going to do and you just go on with your life, because oftentimes we don't have any control over that at all. I heard somebody say recently the only thing you can control is changing a baby's diaper or somebody's diaper. She's in Virginia. The only thing you can do is change a diaper. And I thought how perfect is that you can't even control an elderly person whose diaper you're changing or a baby whose diaper you're changing. So here we go, crystal, I'm going to

connect into you in Virginia. I would have found you anyways, but it's fun to know where you are. And then to your mom Okay, mom, any advice for Crystal?

She's saying let them be, let them be. You and your daughter go have a wonderful holiday without them. They can be together, they can do whatever they want. She's saying that they are exhibiting anger and it's part of their grieving process. So give them space, let them be like she said, let them be.

She's saying it again you just think of joy. When you focus on that, you're going to feel bad. It does no good as far as we can't change anybody's behavior, because we can't change what anybody thinks. So there's that. Nobody can change what we think either or change our behavior. So there's that.

Your mom's saying focus on the joy, focus on the reason for the season. Your mom just said. I don't know if she said that when she was alive, but that's really sweet. So you and your daughter go find fun things to do. Focus on all the joyful aspects and your family. Will they come back around? Mom? She's saying some of them, but she's saying that's okay too, because you just focus on joy and focus on your relationship with your daughter. So that may not be what you wanted to hear, but that's what I'm getting from your mama and, by the way, I don't ever edit anything that I get from Spirit, because who am I to decide what you need to hear? I figure I'm just the messenger. So that's what I'm getting. I hope you and your daughter have a wonderful holiday. Go make some new memories with just the two of you and with friends and people who want to be with you. So there you go.

I think a lot of us spend time worrying about people that don't want to be with us. That's a waste of time. Be with people who love you, who want to be with you. Forget about the ones that don't want to be with you. They're in their own drama and you just go live your life and have fun. That's the bottom line. So, and that's after 65 years of, you know, watching drama and trauma in my own life and in my friends' lives too, and it's just, it's not worth it, it's just a total waste of time.

Okay, let's see who's next.

Thanks for joining us, crystal Deb. Hi, Deb, deb from Wisconsin. My mom, Evelyn, has been in hospice in Marshfield, Wisconsin, with Alzheimer's for almost two years and she sleeps 99.9% of the time. Is she in a state of transition? I'm going to connect into you, Deb, and then I'll go from you to your mama. Here we go. Comes my laser beam from sweet home Alabama heading up to you in Wisconsin, got you going to your mom. She's in phase 11 of 12, of the 12 phases of transition. That's how we're surrounded by angels and the spirits of deceased loved ones and pets. At the end of our lives Happens for all of us, no matter how we die, whether it's instantly, like in the case of a homicide or suicide, or whether it's prolonged, like your mom, over a long period of time, and it's really comforting to see and so that's what's in my book, angelic Attendance what really happens as we transition from this life into the next.

You can buy the paperback if you want. Just go to my website, askJulieryan.com, go to the books tab. You can buy the paperback if you want. Just go to my website, askJulieryan.com. Go to the Books tab. You can buy the paperback. I mean you can buy the digital and the audiobook version as well. But I'll give you a free one, Deb, and anybody listening that wants one. Just go to AskJulieRyan.com On the homepage. You'll see Download Free Audiobook and Digital of Angelica Tica attendance, and there are graphics in there.

There's an explanation of what the different phases are. There's lots of stories of families with whom I've worked that you're going to find to be really heartwarming and just bring joy to your life. So you'll know what's going on with your mom. So let's ask her, miss Evelyn, three

questions. I always ask somebody that's dying Are you ready to go? She's saying more than ready. She's saying I've been ready for a long time. More than ready. Are you in pain? No, not at all. What do you need for them to just let me come? He's talking about heaven. So he's kind of like okay, air traffic controllers in heaven, I'm ready to go. But actually, evelyn, you decide when you want to go. So you, whenever you're ready to go, you just go. They're happy to welcome you anytime and all your loved ones will be there too, deb.

One other thing there's a chapter in the book called the Walk to Heaven, and that's a dress rehearsal for people who are afraid to die, and so I would suggest download the audio book version and the digital for free. Play the audio book in your mom's room. Let her listen to it, because hearing is the last sense to go when somebody is at the end of their lives, and I believe that when she gets to the walk, let her listen to the whole thing. It's only about three hours, but when she gets to the walk to heaven section, I think it'll alleviate a lot of her fears about going, and it's a dress rehearsal Also. One other thing I would suggest, Deb, is go on my website and Crystal, I'm sorry, I don't know why I'm calling you Deb, crystal, what you can do, too, is go to my website, askJulieryan.com, and go to the 12 phases of transition page. There's a chart there that has all 12 phases in it. Download that chart, it's free. Download it, save it on your phone and then just ask what phase of transition is my mom in, and you'll hear a number in your head and that will be your guide, referred to the chart, and that'll help a lot too. So good luck with all of that. She's surrounded by angels. She's surrounded by spirits of deceased loved ones and pets. It's a glorious scene, so know that. Good luck with everything, Crystal. Sorry about that. I'm not sure where the Deb was coming in from. AskJulieryanshow.com.

If you want to have a conversation with me, we're at Ask Julie Ryan on the YouTube live stream.

Remember to subscribe anywhere you listen to podcasts. Subscribe on YouTube, subscribe all over on my website. If you want to win a free session with me, all you have to do is subscribe on YouTube, leave a review about the show, what you like We'd love to hear from you and then also subscribe for my weekly blog. That is a question somebody has submitted online and then I answer it, and then you'll be entered into a drawing for a free session with me and I'll get you for a whole hour. I give those away once a month on that first Thursday of the month each month, and then I also give away a free one at my Ask Julie Ryan Live, which is on the fourth Tuesday of the month, and then I also give away a free one at my Ask Julie Ryan Live, which is on the fourth Tuesday of the month, and that's fun too. So subscribe to YouTube, subscribe to AskJulieRyancom for my newsletter and leave a review anywhere you listen to this show and on YouTube. Okay, Chris, I'm ready.

0:31:03 - Shawna

Hi Shawna, hi Julie, thanks for having this, and I was with you Tuesday night, I think, so that was great to hear too. Thank you.

0:31:15 - Julie

Wonderful. Where are you located? I'm in Indiana. Oh, terrific. Who's your girl?

0:31:21 - Shawna

Yes, yeah, for a couple of years. Yes, yeah, terrific. Well good, how may I help you? So I had the pleasure of talking to you, gosh. It was like a year or two ago. It's been a while and I'm in my late 40s and you had helped suggest that I try hormone therapy, which I have. It's helped with a lot of symptoms. Estrogen in particular has been great, but it's giving me a lot of acne and rosacea. This is something I've struggled with off and on my whole life, like I don't have gluten, I don't have dairy, you know all of these things. I've always been able to just cut those things out and it was fine, but I'd like to be able to continue this and not have to cut it out. So

I'm wondering if there are any suggestions or any insights into what I can do to help my body with this one.

0:32:29 - Julie

You're on bioidentical hormones, right? Yes, okay, the ones that our bodies make when we're young and fertile age. Are you on testosterone or progesterone?

0:32:38 - Shawna

as well. Not testosterone because my levels are fine. Yes, progesterone as well.

0:32:43 - Julie

Not testosterone because my levels are fine. Yes, progesterone Okay. So I would suggest that you revisit the testosterone, because that's kind of like the Holy Trinity Testosterone, estrogen and progesterone. If you still have a uterus, because that's what makes the lining shed, I will say I tried testosterone a bit ago and that also gave me acne.

Okay. So your levels need to be adjusted and use what your body is doing in addition to the blood tests, because a lot of people say, well, my blood tests say whatever, great, but that's just a moment in time when you get your blood drawn. So you wanna pay attention to how you're feeling and what you're experiencing with that. The queen, the goddess I call her, the fair godmother of women's health is Dr Christiane Northrup, and go to drnorthrup. D-r-n-o-r-t-h-r-u-pcom. D-r-n-o-r-t-h-r-u-pcom. Go there. Anything and everything you want to know about women's bodies, including hormones, bioidentical hormones all of that is there. She has written I think five or six New York Times bestsellers I'm in the last two, which was an honor, and she's a graduate of my class, angelic attendant training, but she's just, she's the queen. So I would go there and see what you can learn. But everything I've ever read or heard, and from me personally I've been on bioidentical hormones for 20 years this year. It's the three. It's estrogen, testosterone, progesterone, and I don't know all the nuances about when you have excess of one it turns into something else and all that kind of thing. But that's what's going on and it sounds like your diet's really good too.

I would also. I would consider too, Shauna, doing the Viome test. Go on my website, askJulieryancom. Go to the sponsors page. Click on that link for Viome. It'll give you half off, I think it's 40, it's 50 or 60, maybe even 60% off, because my team negotiates these great discounts for all of us, which I appreciate, and I would see what it says about what kind of state your gut's in. I would see what superfoods are for you to incorporate into your diet, what the foods are for you to avoid everything else, because things that we eat are healthy foods, but they're not healthy for us in some instances. So, like what I was mentioning to Chuck, I would check that out as well. So I hope that helps.

Okay, I just shot some energetic testosterone into your body to help balance you out. Yeah, I think you're missing that. You don't have to have a lot, but you want to balance it because the body's going to make up things that it's missing. One other thing too, sean, is I would try the BEAM minerals B-E-A-M minerals. Again, askJulieron.com. Go to the sponsors page. That will give you the minerals that you need to be healthy, because most of us are walking around with about 40% of the minerals that we need for our bodies to operate optimally. So I would check that out too. I think that can help a lot. I love them. I've been on them for a year, so has my husband, so has my son, and they're just amazing. Yeah, so check that out too.

Okay, hope you feel better. Happy holidays. Thank you. Bye Shauna, bye AskJulieRyanShow.com. If you want to have a conversation with me, we're at Ask Julie Ryan on the YouTube live stream and just put your first name and where you're located and your question in the chat, and we'll be able to take a bunch of those too. Samantha's over there to help you. Chris is at the main switchboard the main whatever you call it master board, and so

he's direct in traffic. He's like my conductor, oh, so that's always fun. Okay, let's see who's next.

0:37:10 - Pattie

Hi Jane. Well, hello, Julie, how are you?

0:37:14 - Julie

I'm so excited.

0:37:16 - Pattie

Well, I'm truly grateful to get on tonight. I'm experiencing COVID right now. Oh no, where are you, Jane? I'm in Billings Montana.

Oh, wow, and I know exactly who exposed me, when, where, and it's just followed the progression. So what are your symptoms? Well, it started with a sore throat. Tomorrow it'll be a week, started with a little scratchy throat and then just the typical cold really a sore throat. Couldn't sleep for several nights, which is unusual for me and then the sore throat has gone away and now I'm in that no, get up and go mode. Very, you know, the fatigue has hit and so I'm sleeping well, but get up and then feel like I want to hit the couch right away.

0:38:16 - Julie

Right, so I'm zapping on you while we're chit-chatting. By the way, oh, thank you Getting the virus out of your body. I would ramp up on the vitamin C and zinc to help you continue to heal.

0:38:30 - Pattie

Are you doing that now? I am doing that, thank you. I'm taking a bunch of supplements and just trying to rest and drink water, trying to rest and drink water, and but you know, I initially had the vaccine and then never followed up with it, so I'm grateful that I went this long without getting it. But in Montana it's getting cold now and we're moving inside and that's exactly what happened. So I was exposed.

0:39:03 - Julie

It is the good old fashioned flu cold. I mean it's just I got to test now for it because all flu and all colds is a form of that. It's the same thing. So, vitamin C, I would do the ester C. So it's buffered, it's going to be easier on your stomach. Ester C, take the H out. E-s-t-e-r, e-s-t-e-r okay, okay, and then I would do a thousand milligrams of that, Jane, three times a day. I would add 50 milligrams of zinc to it.

0:39:37 - Julie

Because that's a huge, huge antiviral supplement. Those two together, the zinc really. It really makes it have like turbocharged antiviral when you use the zinc. The other thing that came in for you too, Jane, was I'm glad you're drinking water. I would drink bone broth. You know you can get the chicken bone broth and or chicken broth. I just think if you're going to be eating chicken broth, what the heck get the bone broth? Get the grass-fed bone broth. You can get it at Costco, you can get it a lot of places, and Paleo Valley is they have this bone broth protein powder.

Jane, it is so amazing, I am telling you. I mix it with water, I put a scoop of caramel, salted caramel. I put a scoop of chocolate in there. It is the most delicious hot chocolate you've ever tasted in your whole life. You know I don't eat sugar, so it's sugar-free, it's got a ton of protein, it's got collagen in it and it's bone broth, so it's going to help you heal. It's organic. Go to my sponsor page, askJulieRyan.com. Click on the sponsor page AskJulieRyan.com slash sponsor. Click on the Paleo Valley link and go get some of that bone broth powder. You can put it in

really anything, but I drink it in water, I heat up the water, I'm telling you it is the best hot chocolate I've ever tasted, with the caramel in it.

0:41:21 - Pattie

Yeah, I appreciate the tip Absolutely.

0:41:24 - Julie

Yeah, in the meantime, go get, have your family get you some bone broth, organic, right. Okay, yeah, vitamin C bone broth. I would get the Paleo Valley. I think they have four flavors. I think they have vanilla regular. I think they just came out with an apple cider kind of a flavor, but I mix the chocolate and the caramel together, jane, I'm telling you it is smooth, it is amazing. So, askJulieryan.com, go on the sponsors page and you'll see Paleo Valley. One other thing get some sunshine on your skin. All right, vitamin D, right.

So be sure you're taking your vitamin D. We are getting some. Take your B minerals.

0:42:07 - Pattie

Right, I do take the B minerals, you know, to get outside. You know it's cooler here now, I know I know that, so anyway. I'll just bundle up.

0:42:21 - Julie

And no, I'm going to finish here Now. Remember my first job out of school was in Sioux Falls, South Dakota, so I know what kind of weather you get in the winter. That's why I don't do snow now it cured me for life but sit in a window with the sun coming in, like you're a potted plant. I want you to do that for 15 or 20 minutes. Put a t-shirt on so that you'll be warm but that the sun can hit your skin. Okay, wonderful, thank you for that.

0:42:52 - Pattie

Yeah, I can do that Well think about dogs and cats.

0:42:56 - Julie

What do they do? They lay next to a window in the sun.

0:42:59 - Pattie

My neighbor's cat does it all the time, exactly.

0:43:03 - Julie

Stretched out. You can too, yeah.

0:43:06 - Pattie

Happy holidays, merry Christmas. I'm very grateful. Thank you so much.

0:43:12 - Julie

You bet I hope you feel better. Take care. Bye, Jane, all righty. AskJulieryan.com AskJulieRyanShow.com. If you want to have a conversation with me and we're at Ask Julie Ryan on the YouTube live stream, put your first name and your location and your question in the chat and Samantha's there to help you if need be. So let's see who's next there to help you if need be. So let's see who's next. Shane, hi, Shane. Shane from Iowa.

Three weeks ago, the vision in my right eye went blurry. Oh, I can't see much out of that eye. I'm looking for ways to clear it up. Well, first of all, go to the eye doctor. I'm hoping that you went to the eye doctor because you don't want to be messing with that. You may have a detached retina or something, but let me get you on my radar and let's see what's going on. Here we go. Here comes my laser beam from Sweet Home, Alabama, heading to you in Iowa.

Okay, in your right eye, the hologram that's you in my mind's eye, Shane. I'm looking at you from behind and what I get is that I don't see a detached retina, but I would still go get it checked. Go see your eye doctor, if you haven't so far, and what I'm seeing is this I think it's called viscous. It's kind of like a gel that gets in the eye. Some of it can come loose in the eye. I've had it too and you think, oh my God, what's happening? And then your eyes just kind of blurry for a while. That's what I'm seeing. So I'm watching that get irrigated out. But the most important thing is for you to be working with an optometrist at least. If not an optometrist, go to an ophthalmologist, that's an eye surgeon. You need somebody who's a medical professional to check out your eye to be sure that it isn't something more serious, because when that happens and it happens right away you could have a detached retina and you want to get that fixed right away so that you don't lose vision in that eye. So I'm watching it get cleared out and okay, all right, hopefully that'll help. But if need be, go to a you know one of those urgent care centers at least and have it checked out, or the emergency room. If you don't have an urgent care center near you, that would be better, but eye doctor would be the best. So thanks, Shane, hope you feel better.

All righty, let's see who's next, Chris.

Hi, Chris, my husband died by suicide in August of 2023. I'm so sorry. The second year has been so hard for me. I just want to hear from him. I had no closure and we weren't in a good place.

Okay, so first of all, Chris, remember what I said a few minutes ago Nobody can affect anybody else's behavior, because nobody can control our thoughts. So that's number one. Number two get a copy of my book Angelic Attendance. It's going to give you a lot of comfort when you understand that your husband was surrounded by angels and the spirits of deceased loved ones and pets when he passed. Nobody dies alone, ever, regardless of this situation. So let's get him on the line and see what he has to say. Here we go, I'm heading out to you and then got you All right. Go on to your husband.

Okay, what do you want to say to Chris? She had nothing to do with this, so there's no reason for her to suffer over guilt. It's a total waste of time. It was all me. I wanted to experience it. I was ready to go. This was a quick, easy way to go.

He's saying he apologizes for all the drama and trauma and grief that he caused. He's saying that he would do it again because he was just ready to go and it was a quick, easy out for him. But he is happy, healthy and whole. He's around you all the time. He's telling me something about watermelons. I don't know if that means anything to you. You know they come in with this random stuff that doesn't make any sense to me, but normally it'll make sense to the person with whom I'm talking. So think about watermelons, think about. If it doesn't make sense right away, it may make sense later, when you think about it. It may pertain to something that hasn't happened yet. So just be open to that. You may see pictures of watermelons on something. You may see watermelons in the store. You may go to somebody's house that's serving watermelons. That may have been one of his favorite foods. There's just a whole plethora of explanations. But he's saying that. But he's happy, he's healthy, he's whole. He wants you to know that he's good and you didn't have anything to do with it. So I hope that helps. Thanks, Chris.

Okay, askJulierianshow.com and we're at Ask Julie Ryan on the YouTube live stream. Anything that you want to know, pretty much you can find on my website. Like Chuck he said, I went to your website. I found out you had a show tonight, yeah, so get on my mailing list, my email list. We send one email out on Thursday mornings just to remind you about the show, and we also post it on all the social media places too. So it's just a reminder. And then, as I mentioned, you

can submit a question and we choose one a week that I answer in the blog, and it's always fun and it's always interesting to see. It's not always fun. It's always interesting to see what the questions are and interesting to see what spirit gives us as a response. So askJuliere.com. You can find anything you need there. Okay, let's see who's next. Hi Elizabeth, hi Julie, you have beautiful decorations behind you. For those of you that are listening, she's got this beautiful tinsel. Stop behind her, thank you.

0:49:51 - Elizabeth

You bet, where are you girl? I'm in Salt Lake City, Utah, right now.

0:49:55 - Julie

Okay, great Terrific. How may I help?

0:49:58 - Elizabeth

you. I was wanting to see if you could scan my body, or my energetic body, and tell me if there's any imbalanced energy that needs to be clear to help me get pregnant. I'm in my early 40s and this is really the only time that I've really attempted to get pregnant. I've been married with my husband for about eight years now and we decided we want to start, and I also wanted to know if getting pregnant and having a child is in my best interest.

0:50:31 - Julie

Absolutely. I got a yes, absolutely. That's what I heard in my head. Yes, absolutely, very emphatic yes, yes. So you're on the right track. Okay, what I'm going to do is I'm going to hook into you, Elizabeth, and then what I'm going to do first is I'm going to look for spirit babies attached to your energy field. Have you heard me talk about that?

0:50:49 - Elizabeth

I have.

0:50:50 - Julie

Okay, so for those of you that think we're talking in secret code, we are, but here's the secret to the code Baby's energy is attached to the mom's energy field before they're conceived and they look like little orbs and they're going to be over your shoulder and if it's multiple a multiple birth they'll be over both shoulders. If it's not, then, and there's multiple babies, they'll be spaced off, like. It reminds me of driving by an airport at night when the planes have their landing lights on and you can see them waiting for Claire's to land and they're stacked off in the distance. That's what they look like. So at night, when the planes have their landing lights on and you can see them waiting for Claire's to land and they're stacked off in the distance, that's what they look like. So here comes my laser beam from Sweet Home, Alabama, and then I'll look at your girly parts and see what's going on. Yeah, here we go. Here comes my laser beam from Sweet Home, Alabama. You have two baby spirits above your right shoulder. They are not multiples, they're not twins. There's ones spaced out behind the other Doesn't mean they're both gonna incarnate, but it means that you've got two of them there, okay, so got that going on and I'm going in now to look at your girly parts. The hologram that's you in my mind's eye has been turned around to the back, so I can look at you that way.

Okay, so ovaries look good. Left ovary has more eggs in it than the right ovary. We're giving the left ovary a little bit of a tune-up, Elizabeth. Imagine that there's a spiral of energy. Think of the Milky Way galaxy spiral. If you look at a picture of the galaxy and I'm looking at you from behind, so it's spinning in a clockwise direction. So to the right, because I'm looking at you from behind, so your right and my right got that going, just tuning it up a little bit. A little bit of stem cell energy going in there, just to plump it up a little bit. When the stem cell energy goes in, it generates more eggs, which I love. It's all your DNA and everything but eggs.

Inside the ovaries look like blonde caviar to me. You got dark caviar, those fish eggs. These are blonde caviar, so they're kind of a light orange color. So that's what it looks like. You get ready to ovulate from your left side. Is what it looks like to me and how you can tell. Is it looks like. Did you ever have an underground I used to call them underground zits where you had a zit, maybe on your chin, and it didn't have a head, but it was red and swollen and hurt like crazy? That's what it looks like on the ovary when the egg is getting ready to pop out. So you've got one of those on the left side. Let me look at the right ovary and see what's going on there. So same thing spiral of energy just cleaning it out.

Weem cell energy going in. We'll add some more eggs. Got that going. Okay, I think they're called the villae. They're these little finger kind of things that are on the end of your fallopian tubes and they remind me of seaweed in the water that just kind of flowed in the water, seaweed in the water that just kind of flowed in the water. And so stem cell energy is going on those, just to make those a little longer. They shorten as we age and that's what grabs the eggs once you ovulate and brings them into the fallopian tube. You have corkscrews that are in both fallopian tubes. They're spinning, going through your tubes. We're just kind of roto-rootering those. I mean, what the heck? I got you on my radar, mine's well, so we got that going in All right. Looking at your uterus, it's tilted a little bit. Has any doctor told you that before?

0:54:38 - Elizabeth

Yes, my gynecologist. Sometimes when I go and get my annuals, she has a hard time and get my annuals.

0:54:44 - Julie

She has a hard time. Yeah, it's tilted All right. So what I'm watching is I'm watching it get put back in place. So we're tilting it the other direction so that it's not going to be an issue with that. It's not going to be an issue anyways, but it's just easier to get pregnant with that. And then I watch this all the time. Elizabeth, I watch your cervix not your cervix, but a cervix get reinforced. So picture a four by four gauze bandage with the vertical and the horizontal threads that are woven together to form the bandage. I watched those threads get woven together on your cervix and they're kind of in a crisscross pattern and it just strengthens your cervix. When we're in there, a little bit of stem cell energy on there and we've got that going. I think you look great. All that stem cell energy. Girl, you're going to be like the bionic babe here when you're getting pregnant.

0:55:43 - Elizabeth

I know I'm a little older, but I just now start, feel like I'm ready to have a family. Yeah, yeah.

0:55:51 - Julie

Two suggestions. Number one my buddy, Dave Asprey. You want to get a hold of his book called the Better Baby Book. Do you have that already? I see you shaking your head.

0:56:03 - Elizabeth

I do not, but I've heard you mention it before, so I need to.

0:56:06 - Julie

Better Baby book. He wrote it with his former wife, who's an ER physician. It's what you can do to get your body in great shape. She restored her fertility and had two kids in her 40s, so it worked great for her. The other thing I'm going to suggest is you want to do a consult with Saskia Rowell? I've had her on the show. You can just look it up on an internet search. Ask Julie Ryan. Saskia S-A-S-K-I-A and her website is getpregnantnow.com getpregnantnow.com. She is so amazing, Elizabeth. She has like a 95% success rate in working with her moms who want to have babies. So getpregnantnow.com with her and she'll work with you on any emotional blocks that may be going on. And I can do that with you, you know, to some extent

on an hour long consult. But I always send women that are wanting to become moms. I always send them to Saskia because she's the queen. She's really going to be helpful for you. So, yeah, well, come back on with the baby's picture where the baby's born.

0:57:30 - Elizabeth

Thank you so much, Julie Ryan, and happy holidays, you're welcome.

0:57:33 - Julie

You too. Bye-bye, okay, so here's a YouTube. Hi, Julie, I'm a longtime depression sufferer and I'm trying to live on a higher frequency, but my energy is super low. It's like my body has the flu, but I'm not sick. Can this be a block somewhere? This is due to diet and lack of minerals, carol, and hormones most likely. Let me get you on my radar and see. Let me know where you are. That's always fun to hear where you're coming in from, so Samantha can help us with that. All right, here we go. Here comes my laser beam hooking into you. Got you? Yeah, so I'm shooting energetic estrogen into you.

First, bioidentical hormones. You want to consider those, and the best way to find a practitioner is to call a compounding pharmacy, and that is a pharmacy that makes prescriptions individually. They don't just pour pills from a big bottle into another bottle for us. So you want to do that. Ask them who's prescribing bioidentical hormones through them. Ask them if any of those practitioners, any of those doctors, are gynecologists. I have a preference for gynecologists when it comes to female hormones. They are experts on girly parts. They will bill your insurance for your consult and also your blood tests, and all of that she's in Florida. Okay, thanks. And if you need to have an ultrasound, they got the equipment right there in their office so you don't have to make another appointment and that'll be covered under your insurance too. So I'm a big fan of those. That's number one.

I would look at the bioidentical hormones. Number two diet. Chris Palmer, who's head of psychiatry at Harvard, treats his patients with a ketogenic diet and you can imagine he has the sickest of the sick for whom he cares and he said a lot of these people have been on disability for decades. When he gets them on a ketogenic diet and they follow it, not only do they go back to work but they assimilate back into society and their families. And he said, it not only gets rid of their symptoms, it heals their brains. Ketogenic diet, low carb. So that's number two. Number three I would get on the Beam Minerals B-E-A-M.

Go to AskJulieRyan.com, click on the sponsors tab, go to Beam Minerals there's a link there, it's a 20% discount and get on the minerals. I would take the Micro Boost, which is the minerals. I would take the MicroBoost, which is the minerals, and I would take the other ones that are the electrolytes. The MicroBoost, I think, is a blue label and the other one's a green label.

Lastly, while you're on beamminerals.com, they have a spray, carol, that's called Happy Lights, h-a-p-p-y, hyphen, l-i-t-e-s. You want to get it. It's just a little spray bottle, Squirt four or five sprays out, like maybe a foot from your face, and then breathe in that, and it's essential oils and minerals that really help with depression. I have a client whose granddaughter she got some for this little girl. I have a client whose granddaughter she got some for this little girl I think she's eight and it helps her so much with her depression that she carries it in her little purse, she carries it in her backpack, she's always got some with her. So, happy lights, beam minerals I would get on those and I think you're gonna feel like a new woman when that happens. So good luck with all of that. It's all fixable Diet, minerals, hormones. Hope you feel better. Thanks, Carol. Okay, Chris, who's our last person? Bohana, hi, girl, bohana, bojana. Why do I always mispronounce your name? Bojana, boyana, bohana, bojana. Why do I always mispronounce your name Bojana, bojana, bojana. See, I'm messing it up that way, bojana.

1:01:50 - Bjoana

How are you honey? I'm good. I'm going to have a quick question. I'm in London.

1:01:56 - Julie

London, I know so. It's the middle of the night.

1:01:58 - Bjoana

God love you Staying up so late on an airplane traveling back home to my family for Christmas. So I have a taxi in one hour, so that's good.

1:02:07 - Shawna

Where is that?

1:02:08 - Julie

Where's home In Slovenia, Slovenia. Okay, what's your question?

1:02:22 - Bjoana

So I was diagnosed with pneumonia, like a lung disease. It's hurting a lot. I have antibiotics, quite a lot of painkillers. It's better now. I'm just asking if you can do any kind of like, help me with the treatment and is there any psychological reason why this happened? Because, yeah, like for three days I didn't know who I was and I couldn't get out of the bed. Like I couldn't do anything and I was just thinking did I overdo it? Like what you know? Did I have too much in my everyday life? Like why suddenly so much pain is in my body?

1:03:01 - Julie

Yeah, I've got you on my radar already. I'm already in there looking around and I see mold. Where's the mold exposure? Do you have mold in your apartment? Have you been in a building that's moldy? I'm clearing it out right now. Cust and infection yeah, you got mold exposure. So I'm clearing that out of your lungs right now and I know you're on an antibiotic, right, but I'm seeing a viral. I'm seeing fungal, fungal infection. The antibiotics, you know they're trying to keep it from being a bacterial infection or, if it was, it looks like the antibiotics working already, because I'm not seeing antibiotic energy, which is a hot pink color and almost like a fuchsia color. I'm not seeing that. I'm seeing more fungal, even viral, viral. Looks like watery beef broth to me. That's what I'm seeing there. So vitamin C zinc will be really helpful what I talked about earlier with that and clearing out your lungs, applying anti-inflammatory energy. So, yeah, you'll be fine.

So it's more fungal, okay, more fungal, yeah, and think about when you're home and see how you feel, because I get that. It's your environment. So go drink lots of good chicken soup. Let your mama take care of you, you know. Let her wait on you. Let her take care of you. And how long do you get to stay? Two weeks, even more, yeah, yeah, all right. And so what's a holiday tradition that you guys do on Christmas Eve or Christmas Day? That's special there.

1:04:47 - Bjoana

Me and my family. We celebrate Christmas on 24th of December, so we have a dinner and then after dinner we open the presents. So we don't open on 25th, and I think that depends. Not everyone does that, yeah. And I think that depends. Not everyone does that, yeah. And then 25 is just like doing nothing, having just a day off, yeah, and then usually it's just, it's a quite light dinner. On 24th we don't even have a meet because I think it's connected with the religion that we are, yeah. So it's like, yeah, it really depends. If I ask my friends, it's not that much tradition that you have it in United States.

1:05:37 - Julie

Yeah, yeah. Well, it's always fun, I think, to find out what other countries do for the holidays. I love to watch those movies. You know where it takes place, someplace else or even the travel channels where they're doing like a Christmas excursion. So you look good, see how you feel when you're there. I think it has to do with where you were living and you're in a new place now, right, yeah, I think this place is okay where I am now.

1:06:08 - Bjoana

Thank you so much, okay.

1:06:09 - Julie

Have a wonderful holiday, have a great flight.

1:06:11 - Pattie

Thank you. Bye.

1:06:13 - Julie

Okay, bye, bye, okay, everybody. That's it. As I mentioned, this is our last show of 2024. What a year. Thank you to everybody that listens to the show and calls in and submits comments, and wherever you listen to the show, if it's on YouTube or on any of the podcast networks Remember, we're on YouTube. We're at Ask Julie Ryan's Español. We're at Ask Julie Ryan Portuguese. We're introducing Ask Julie Ryan German next week. That'll be out, so all of our shows are translated into those languages. And we're also on all the Spanish speaking podcast networks too, so we're getting the information out to people from all over the world. I hope you and your family have an amazing holiday and I'm looking forward to being with my family and taking some time off next week. So I'll see you in 2025. Sending you lots of love from Sweet Home, Alabama. Merry Christmas, happy holidays, seasons of greetings, all that jazz. Bye, everybody, thanks for joining us.

1:07:24 - Annncr

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

1:07:37 - Disclaimer

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