

## AJR Show - Dec 21 Transcript

0:00:01 - Intro

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

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan show. I'm so delighted you could join us this evening. My intention in doing this show is to provide information, insight and comfort to people all over the world by helping to answer life's unanswerable questions. And, first of all, this is the last show of 2023. So we're right in front of Christmas.

I'm wishing all of you a wonderful holiday and I hope you have a terrific time with family and friends or doing whatever it is you want to do. Sometimes people just like to be alone and relax, and that's fun too. But just please know how much I appreciate all of you for watching the show, or listening to the show, and calling in and submitting your questions and all that jazz. It helps so many people around the world when they hear you call in and pose a question, because oftentimes it's something that's going on in their life, and when I answer your question, they can apply that information to themselves. So just wanted you to know I'm sending you all wonderful holiday wishes and lots of love too. So let's go ahead and go to the phones. Chris, please bring in our first caller. Looks like Kim's on. Hi, Kim, hi, how are you doing girl?

Kim

I'm good, how are you

Julie

Terrific. Happy holidays, merry Christmas, all that jazz.

Kim

You too, thank you.

0:02:20 - Julie

You bet when are you located

Kim

In Utah, Salt Lake City, Utah.

0:02:26 - Julie

Oh great, okay, Got a question for me.

0:02:30 - Kim

I just wondered if there's a message from my father-in-law.

0:02:35 - Julie

What's his name? Kim Fallen. Do you have a question for him? A specific question. He's on your right. He comes right in. I don't really have a question. Okay, he's talking about Rosemary.

Did he like the herb? Does he know somebody named Rosemary? Does that mean anything to you?

0:03:01 - Kim  
Nothing I can think of.

0:03:04 - Julie  
Okay, when Spirit gives us information and the Spirit talks in symbols and in words and phrases and things like that, it might make sense to us immediately, it might make sense later tonight when you think about it. It may make sense with something in the future. When he said Rosemary to me, what I thought of was the herb. He's telling me yes, it's the herb. So I don't know if you plan on cooking with Rosemary coming up for the holidays or you'll see Rosemary. He's saying when you see Rosemary, especially if it's in person, rub your hands on it, rub your fingers on it and smell it, because that scent will stay with you and he will be letting you know that he's with you. So Rosemary, the herb. Down here in Alabama it's perennial. I have it all year round growing on my porch in pots and I love to do that too.

Rosemary oil, rosemary itself. When you see Rosemary, that's his sign to you that he's around you. The other thing is be open to where you see it. You may see it in a restaurant, you may see it in the grocery store, you may see it like a jar of dried Rosemary, you may see a picture of it. Whatever. Just be open and you'll see Rosemary, and it'll be interesting to see where you see it and when you see it. Wonderful oh thank you.

Well, terrific, you bet, you bet, I bet you eat something with Rosemary and it over the next week or so. I'm just betting, yeah.

0:04:49 - Kim  
Okay, thanks for going in.

0:04:52 - Julie  
Hi, Kim Hi.

0:04:55 - Kim  
How are you? Okay, my first time calling.

0:05:02 - Julie  
Oh, wonderful Welcome. Where are you located?

0:05:06 - Kim  
In Salt Lake, kim. The person before is my daughter and she wanted me to call.

0:05:13 - Julie  
Oh, terrific, well, good. Well, how may I help you? You got a question for me.

0:05:18 - Kim  
Yeah, I, something's not right with me and I've been to doctors and ERs and everybody, but I have dizziness that comes periodically. No, no warning. No, no prompt or nothing, and I have extreme numbness in my legs. Uh-oh, have you been to see a doctor yet? I have seen a doctor, but there's, they seem to write it off. I'm 70 yesterday and so they seem to write it off as old age. Thank you.

0:05:58 - Julie  
Oh, please, oh please. Have you seen Cher? She's 77. I know she looks amazing and she's like running all over the world. Yeah Please, age is not a disease. So numbness in your legs and

dizziness. Is it dizziness all the time? Is it just when you get up from laying down or sitting? When does it happen? Um, it can happen.

0:06:26 - Kim

just come on all of a sudden and I I do have that thing with crystals in my ears, but I've had that checked and that isn't a problem now.

0:06:36 - Dia

Mm-hmm.

0:06:37 - Julie

But the dizziness is still happening.

0:06:39 - Kim

Yeah, yeah.

0:06:41 - Julie

Okay, all right, I'm going to get you on my radar and we'll see what's going on. So how this works, Kim, is I raise my vibrational level to the level of spirit, because we're all spirits attached to a body, having a human experience, and when we're attached to a body, we vibrate more slowly, simply because the body has mass. So I raise my vibrational level, I'm going to close my eyes for a couple seconds and I'll watch a laser beam come from my body here in Birmingham, Alabama, and it's going to hook into you in Salt Lake, and then I'm going to have the equivalent of a hologram of you in my mind's eye. It'll be as if I'm looking at an x-ray or a CT scan or an MRI, and then I'm going to shoot energy through you to see what's going on when you're talking to me. I'm already starting to zap on you, even though I don't have an image of you in my mind's eye yet. I don't have you on my radar, but I I start getting what I call divine downloads.

I start getting information downloaded into my head as we're chit-chatting and I got vertigo right away.

I might be checking those crystals to see what's going on with those in your ears and see, and then we'll see what's going on with the numbness in your legs. I don't get that. They're related. Okay, I think there are two separate issues, but we'll see what's going on with them. So here we go. Here comes my laser beam from Sweet Home, Alabama.

Try and picture what I'm describing. Okay, if you can, Kim, because that'll help integrate the healing into your body, because the body's always going to follow what the brain tells it, even if the brain doesn't believe it to be true. All right, got you Shooting energy from your feet up through the top of your head. It's going to your right ear first. The crystals are out of whack. So, for those of you that don't know what we're talking about, it kind of sounds like we're talking in secret code. Kim, we all have crystals in our inner ears and the little hairs in our inner ear. Sometimes the crystals can get stuck on them and they look like little, teeny, tiny little crystals to me, and so the brain thinks that you're turning left when you're turning right, or even sitting still, and so it messes you up as far as the dizziness results from that.

So what I'm doing is I'm watching your head get tilted. Certain ways to loosen up those crystals?

0:09:17 - Kim

Yeah, I have that maneuver, epley maneuver.

0:09:20 - Julie

You're right, that's what it's called, so I would get that again. I think it would make sense for you to get that therapy done again on your ear. Looks to me like it's more in your right ear than your left ear.

0:09:34 - Kim

I don't really see it.

0:09:35 - Julie

It is the crystal's not a place. Yeah, it's more in your right ear. It's always been my right, I'm sorry. While I'm in there I'm just going to rotor-rooter your eustachian tube over there. So for those of you listening, in other countries rotor-rooter means cleaning out a drain here in America. So Americans know what that means. But I've had people, especially from the UK, say I have no clue what that means, so I have to explain it to them. But imagine there's a little tiny corkscrew that's spinning inside your eustachian tube, inside your ear, and that's just cleaning out any kind of debris that's in there. What I'm watching too, Kim, is I'm watching those crystals get sprayed with. It looks like some kind of hair conditioner or something to make them a little bit slippery, like a pump sprayer. You know my analogies are hilarious, but that's how spirit communicates to us what's happening in the healing, so you can envision it and it'll make sense from a human perspective.

So, imagine a little spray bottle of conditioner or some kind of hair something and that's being sprayed on those crystals. Let's do the ones on the left side too, just for good measure, Okay, and it makes them a little slippery, so they're not going to stick to those little hairs in your ear, oh good, yeah.

Yeah, I haven't seen that before, so that's kind of cool. I love it when I get to see new healings. That was a new component of the Epley mover. All right, let me see what's going on in your legs numbness. So imagine that your neurological system looks like a network of tubing, Kim, and imagine sometimes that tubing, if there's some kind of injury, it gets gunk in it, it gets.

Think of aquarium tubing Sometimes it gets uneaten fish flakes or fish poop or minerals from the water or whatever in it, and then it clogs up those tubes and so there's still electrical current going through your neurological system down to your legs, but it's got some gunk in it, so we're just clearing it out. Oh, thank you, imagine those corkscrews are in there again, and it's going to your left leg first. Do you notice that the left leg is worse than the right?

0:12:04 - Kim

I think it's weaker.

0:12:05 - Julie

It's weaker, okay, okay. So imagine watching those little corkscrews spin and then going down your right leg.

now, okay, what it does is it grinds up any kind of debris that's in there, and then it gets flushed out, gets irrigated out and that's really fun to watch, Kim, because the irrigation fluid comes flying out the end of your toes Imagine your feet look like sprinklers. It cracks me up every time I get to see it. Okay, so we're putting stem cell energy in there. Stem cell energy is a light amber-colored gel, has sparkles in it, because it's got to have sparkles, and it reminds me of Dipity-Doo hair gel. Do you remember Dipity-Doo back in?

0:12:51 - Kim

the day.

0:12:51 - Julie

Oh, yeah, yeah, Kind of watery, yeah. So there's a vortex spinning behind your lower back and what that's doing is that's regenerating that nerve tissue, yeah, and so the nerves turn pink and healthy. Oh, so that's what I'm going. I'm going up your back, though I don't see. It doesn't look like you have a ruptured disc or anything. Are you having back pain or just the numbness?

0:13:19 - Kim

I have a little back pain, but nothing significant. It's mostly just the numbness. Okay, all right. Are you diabetic? No, I'm idiopathic. With the diagnosis of neuropathy, I don't have a reason for it.

0:13:36 - Julie

Okay, all right, stay away. I know tough week to say this, but Stay away from sugar. Try and limit the sugar. I just read an article about how vertigo is oftentimes connected to a lot of sugar intake. Oh, which was interesting. I don't know what the connection is, but that's what the research is showing.

0:14:00 - Kim

And there's definitely been a lot more sweets lately.

0:14:04 - Julie

Exactly so have yourself a ball if you're not dizzy, and then get back on the wagon after Christmas. Okay, all righty Well, happy holidays.

0:14:16 - Kim

Thank you.

0:14:16 - Julie

Thanks for calling in you bet. I hope you feel better. Thank you so much you bet. Hi Karen,

Karen  
hi Judy.

0:14:24 - Karen

I'm back.

Julie

How are you, my girl?

Karen

I'm good, I'm good. How are you?

0:14:35 - Julie

I'm terrific For the end of the year Last show yeah, merry Christmas.

0:14:41 - Julie

Please tell everybody where you are.

0:14:44 - Karen

Merry Christmas to you, Julie. So I'm in Oaxaca in Mexico, but I'm originally Irish.

0:14:51 - Julie

I know we can tell how do they celebrate. I know they have amazing celebrations down there for the Christmas holiday. What do you get to do that's new and exciting and different from what you experienced in Ireland growing up.

0:15:07 - Karen

Yeah, it's a lot to similar. They celebrate on the 24th Christmas Eve more so than the 25th, so that's a bit different for me. But also they do pulsadas, these things called pulsadas, which are like special parties in the lead up to Christmas, celebrate the whole kind of nativity and that idea and there's pinatas and all sorts.

0:15:31 - Julie

Yeah, yeah, and midnight masses are really big deal down there too, isn't it?

0:15:36 - Karen

I think so.

0:15:36 - Julie

I can't honestly tell you it's been a long time since I've gone to Maths. Yeah, I understand that it is. I know people that have gone down there for the holiday and they say the midnight masses are just amazing. Whether your Catholic are not done matter.

0:15:50 - Karen

I didn't know that I would love that.

0:15:53 - Julie

Yeah, you might want to check that out because they're really apparently extraordinary and the music and the all of the celebration and everything. So welcome. You got a question for me.

0:16:10 - Karen

Yes, so I'm calling in on behalf of a friend back home, Natasha, and she was diagnosed with cancer like oh, two and a half years ago maybe, and she's just gone through a rough time and lately is feeling really overwhelmed and emotional. So I asked her if she would like for me to call in for her and see if there's some healing you can do for her, and she said yes.

0:16:36 - Julie

Yeah, what kind of cancer does she have?

0:16:39 - Karen

Well, it started in her pelvis. She had it in her pelvis, but then they found some in her hip and in her lung and it's been ongoing. She's gone through it.

0:16:52 - Julie

I am so sorry. Okay, and where is she?

0:16:56 - Karen

So she's in Clermar's County, mayo in Ireland.

0:16:59 - Julie

My hometown, okay County, mayo. Alright, so what we're gonna do is I'm gonna connect to you in Mexico and then we're gonna go from Mexico up to Ireland. So we're gonna be moving all around. My laser beam is gonna be moving all around here, here we go Comes my laser beam from Sweet Home, Alabama head and south. Okay, got you shooting energy from you way northeast to get into Ireland Cross in the ocean.

It reminds me, Karen, of when you see a plane route you know and the plane will be flying from Mexico and you can see just a line that goes up. It goes across oceans and continents. It's pretty fun to see it in my mind's eye. Alright, god, her. Okay, Natasha, I'm talking to your buddy, Karen, saying yes, it's fine, I gave her permission, alright. So I'm shooting energy from her feet up through the top of her head. Okay, it looks like the. Did you tell me that it spread to her lung? Her lungs look the worst of everything it did have a bit in her lung.

0:18:16 - Karen

Yeah, I don't know if that's. Yeah, I don't know if that's still as present or if she's aware or what.

0:18:25 - Julie

Okay, alright. How are they treating it? She had radiation.

0:18:30 - Karen

She was. Yeah, she's had radiation, she's had chemo like that. She had surgery initially as well, going back, you know, two and a half years ago now, but yeah, she's had a lot of treatment as well.

0:18:44 - Julie

Okay, I can tell that her chest has had radiation because it looks charred, like if you leave a chicken breast on the grill too long and it gets black and gets charred. I can always tell if somebody's had radiation therapy. But sometimes, Karen, I see that with people who live near a nuclear power plant or a missile silo. I've seen that with people who live out in the boonies, you know, near a missile silo, and and they say, well, there's no radiation coming out. Well, I beg to differ, because I can see it in her body. You can see it, yeah, and I'll say, did you chemo? Or I mean, did you have?

0:19:22 - Karen

radiation. She used to be a heavy smoker. Maybe that's the foam of that.

0:19:28 - Julie

No, this is from the radiation, I think.

0:19:30 - Karen

Okay, yeah.

0:19:30 - Julie

So all right. So what I'm watching is watching a DNA healing. Dna looks like strips of paper that you'd see inside a fortune cookie with a fortune written on it. Dna is the recipe that tells the cells how to behave. It's comprised of four nucleic acids, atcg. One strand of DNA can have a hundred thousand letters on it, can have a billion letters on it. I'm watching those letters get moved up and over and rearranged, as if we're re-sequencing the recipe to make it back to a normal recipe. She has seven strands of DNA that have come out of an X chromosome, because everybody's got X's. You know, boys have an X and a Y and girls have two X's. So I'm watching that happen. Three strands of snap back in. When they're done, being reconfigured, they snap back into an X to the X chromosome, and then it all goes back into the body. Now is that really what's happening?

That's a metaphor, that's an analogy of what's happening in this healing so that we can try and understand it from our human frame or reference. So when you picture it, when everybody listening that pictures what I'm describing, we're all working together for Natasha to help heal her. It's kind of like when a lot of prayer is being said for somebody, same thing, or a meditation on one topic. It's all that energy going together. So that's what's happening. Let's

do a lymph cleanse on her. The person who says she's not dying because I wouldn't be able to do all these healings?

on her if she was Her spirit's in her body and she's not dying at the moment. That may be different later tonight or tomorrow, but right now, when somebody is dying, as you know, the spirit exits through the top of the head and it holds on like a bubble. And when somebody is in what I call the 12 phases of transition, I'm unable to scan them because the spirit is the power source for the body. When the spirit's out of the body, it's like looking at an x-ray in a pitch black room without any electricity, so I can't see what's going on.

0:21:54 - Karen

Telepathically is what I'm talking about so that's the best news, right?

0:22:00 - Julie

So lymph cleanse all her lymph fluids in a vertical oval spinning lymph fluids, kind of a amber color, karen, it's globby. Have you ever seen the fluid inside a lava lamp? Yeah, it's kind of globby. That's what this stuff looks like to me. There's a hole that's open on the bottom of each foot. You know spirits hilarious. So these analogies oftentimes, as you know, are hilarious.

So the toxins are going out those holes on the bottom of her feet, and then there's a big metallic dome that's come down on top of her and what it's doing is it's sucking all the lymph nodes out of her that have sequestered toxins. And lymph nodes look like little d3 vitamin capsules, little vitamin d3 capsules and so they get sucked out, the ones that have toxins in them. And how we can tell is they either look brown or black inside. And then she's being sprinkled with stem cell energy light amber color gel, sparkles, dipty-do hair gel what we were talking about before with the Kim and and so vortex above her head, beneath her feet, on either side, front, behind, all spinning concurrently. That's going to help regenerate lymph nodes.

And then the last thing we're doing, karen, is there's a heavy metal detox. So imagine two great big U-shaped magnets that are joined in the middle. They're going up and down her body. They're pulling out metallic particulates. They turn a quarter of a turn until they get all the way around her body and the particulates that come out look like imagine a little speck of glitter. Or imagine a little speck of dull glitter, not sparkly glitter, just dull glitter. And also I see these strands. Do you know what steel wool is? Steel wool pad you'd use?

0:23:57 - Karen

to clean up.

0:23:57 - Julie

Yeah, yeah, yeah the parts and pans, yeah, yeah so it looks like a strand of steel wool and those are pulled out as well, and then any kind of remaining dust is irrigated. So I hope that helps how it. How is she emotionally?

0:24:14 - Karen

well, she's in a bit of an emotional low at the moment. I bet it's been a lot and a lot of up and down and you know kind of think she's getting somewhere and then something else. So, and just this time of year and ever since, so she's yeah. I was chatting to earlier and she was just saying, yeah, she was bit overwhelmed and emotionally low.

0:24:37 - Julie

So then I was like, hey, I'll try get on Julie show if you want, cuz she's fast asleep now yeah yeah send her a copy of my book, angelica attendance, and I think that's gonna give her a lot of peace and comfort. And you know, whether she, whether she lives for a long time or not,



eventually she's gonna lose somebody she loves and eventually we're all gonna be a position yeah yeah, you can have Amazon send it to her over there.

0:25:09 - Karen

Yeah, they'll get it to her in a couple of days yeah amazing. Thank you so much. Okay, is there, Anton, that she any message from her spirit around and that she needs to be wearable for something that might support her or do, or each, or I don't know nutrition, nutrition, nutrition is what I'm hearing.

0:25:29 - Julie

I would get her in touch with Dr Maria in London. Dr, Maria Massanti and it's her web. Her websites dr am as a n t l dot com and we'll put it in the show notes so I would get her in touch with Maria. Maria can help her really build up her immune system yeah, that should be a lot.

0:25:56 - Karen

Yeah, thank you, Julie

Julie

you are most welcome.

0:26:00 - Julie

Have a wonderful holiday and and let me know if you go to midnight Mass down there. I want to hear about it.

0:26:06 - Karen

Well, I absolutely right. Okay, lots of love.

0:26:08 - Julie

Bye you too. Bye, bye, merry Christmas to you. We do this show every Thursday night at 80 Eastern, 7 Central and 5 Pacific, except next week because I'm going to be off the week between Christmas and New Year's. I have family coming into town, so that'll be fun to be with them. But just go to AskJulieRyanShow.com and we'll get you right on and see what your question is.

You know I'm a buffet of psychingness, so you can talk about whatever you want. I mean, talk to your dead grandma. I can skin you health-wise, we can skin your pet, we can do past life stuff. We can get advice for you from your spirit, guides and angels, whatever Anything spiritual. I'm game as long as it's legal or not ethical. But yeah, usually the questions are I don't think I've ever had one that's legal or not ethical, illegal or not ethical, but just thought I'd throw that in there too.

All this information's available on my website, askjulieryan.com, and on all my social media channels and on YouTube, askjulieryan.com. We'll post a little note on the day of the show saying hey, askjulieryanshow.com, call in if you got a question, and next week, when we're not doing a live show, we'll post there too. No live show tonight, but Merry Christmas and Happy New Year and all that jazz. Let's see what else. While you're on my site, askjulieryan.com, you can sign up for my newsletter and that's the question somebody has submitted online, and I answer it and send it out on Thursday mornings with all the call in information If you want to call into the show, just as a reminder too, and you can schedule an appointment with me there and I'm booked out a little bit. But the key is get on my calendar and then you can look to see if somebody has rescheduled and get in sooner. Just keep your confirmation email and click on the reschedule button when you think about it. And I had a gal this afternoon who somebody rescheduled last night. This gal that I talked to was in New Delhi and she made the appointment six hours ago. I'd never talked to her before. She was new to this whole thing.

She saw me on the internet and wanted to chat with me about her dad. So she went on my calendar and an appointment was available six hours later. I'm telling you it happens all the time. So the key is get on my calendar. My trainings are there too. You'll see the links for that. Angels and Enlightenment training is my online training. You can do that anytime. And also, angelic, attendant training is my in-person live training over a weekend and that's really fun too. So we're arranging for the next one of those. But the online training you can do anytime you want. So everything you need is at [askjulieryan.com](http://askjulieryan.com) and we just added a page for our sponsors. So there are lots of links there for all the stuff that we talk about on the show the gut biome test and the beam minerals and things like that and there are big discounts there. So just [askjulieryan.com](http://askjulieryan.com), click on the sponsors page and you'll see those there as well.

Okay, here this week we got a question from Ann, and Ann lives in Westerville, Ohio, and she says Hi, Julie, I discovered you a few years ago and have listened to all 430 episodes, sometimes more than once. We're on 432 tonight. This is episode 432 tonight, which blows my mind that we've done that many. She went on to say I love your interviews with your amazing guests and have learned so much from you. Here's my question.

I live a pretty clean lifestyle, then time each day working out with weights, cardio, walking in nature or yoga. I eat well, pray and spend time with family and friends. She sounds like a model human to me. She says Some days I feel full of energy and have motivation to get things done, but in all caps there are more days that I feel low and unmotivated and feel like I'm on the struggle bus. I know you say our vibrations are low when we are on the I Feel Creppy channel. So I'm wondering if there's something else going on. I know, although I never give into my yucky feelings, I get up and move, hoping to turn my day around, but the entire day feels like I'm carrying around on the weight of the world. Would you be able to scan me and provide some insight on any changes I can make? I'm 62, with four amazing kids, two sweet granddaughters and a loving husband. I am so lucky and have no reason for these feelings of dread. I appreciate you and someday I hope to share how I discovered you after my mom passed. It's a great story. No coincidences, I was meant to find you. Thank you, a loyal follower, ann. So here's my response. Doesn't she sound like a model human to you? Okay, gosh, if we all live like that, I don't think there'd be any illness in the world at all. So my response says hi, ann. Thanks for your kind comments and for listening to my show. I'm so honored.

As you probably know, I grew up in Worthington, right next to Westerville, both suburbs of Columbus, Ohio. What you may not know, however, is I worked as a cashier at Rush Sporting Goods in Westerville for six years, two in high school and four in college. That job was one of the three I worked to pay for my degree from Ohio State small world. Yeah, I worked full time, three different jobs, three part time jobs which ended up being full time, and went to school full time to pay for my college. So one of them was at Rush Sporting Goods. That was the longest one.

As for your fatigue and feelings of dread, and to get some answers for you, I energetically connected to you and saw in my mind's eye you look like a wilted plant. That's how a woman appears when she's in need of hormones. I believe your fatigue and depression are being caused by a lack of hormones. She said she was in her 60s, right? She said she was 62, I think, yeah, 62. Okay, as we age, our hormone levels decrease and mother nature doesn't think she needs this anymore because we're no longer having babies and populating the planet. Well, it's possible to fool mother nature and make her think we're much younger than our biological age by using bioidentical hormones. My dear friend and women's health expert, christian Northrop MD, says, quote bioidentical hormones duplicate the structure of our hormones exactly as they are found in our bodies. End quote. I hope you feel better. I added some bioidentical estrogen energy to your body and you perked right up.

To find a practitioner near you, please call a compounding pharmacy in your area and ask them which physicians are prescribing hormone replacement through them. You may want to call more than one, you may want to call two or three. My personal preference is to use a gynecologist if possible. After all, they're female anatomy specialists. The best news is, with bioidentical hormones, you'll quickly be feeling like yourself again. Hugs and happy holidays.

So, ms Ann from Westerville Ohio, it's an easy fix Go find a doctor to help you with that. Interestingly enough, I talked with a client today who's an OBGYN in California and we talked about bioidentical hormones and he was saying, oh my gosh, he loves when his patients come in for hormones because, especially when they come in for the first time and he says that he puts them on bioidenticals and it just enhances their life in every way, and then when they come back in, they're happy, they're thrilled, they're delighted to see them. He said that's the best. Part of his practice is helping women with the bioidentical hormones. I hope that helps you too. Hi Ryan,

Ryan  
hi Julie,

Julie  
I like your name.

0:34:57 - Ryan  
Thank you very much.

0:34:59 - Julie  
You must be way cool with a name like Ryan.

0:35:02 - Ryan  
I don't know. Is that what they say?

0:35:05 - Julie  
Well, that's my name too, so you know, yeah, yeah, I think anybody with my name is real cool. It's cool. Anyways please tell everybody where you're located.

0:35:16 - Ryan  
I'm in Reston Virginia.

0:35:19 - Julie  
Okay, terrific. Well, happy holidays, Merry Christmas, thank you you have a question for me.

0:35:26 - Ryan  
I do, yeah. So since springtime I've had this ringing in one of my ears. That's gotten really loud and I know, you know, tinnitus is something that's very common.

This is a pulsatile version, and so it's in sync with my heartbeat, and so I've been to several specialists about this and it's kind of a mystery, and so, trying to get to the root of it and what's causing it, it's kind of kind of feels like a fire alarm that's going off all the time in my head and nobody else can hear it, and so it can be very anxiety producing, and so I'm trying to get to the source of this to try to solve it. I also have been sick a lot more this year than previous, so that's what I got.

0:36:14 - Julie  
Stick with the flu, with the cold, with what?

0:36:18 - Ryan

Yeah, I've had a lot of colds, had like a stomach virus, which I haven't had one of those since I was a teenager. Yeah, just all different varieties of colds mostly, I guess.

0:36:30 - Julie

Yeah, I have little kids.

0:36:33 - Ryan

Yes, I got a three and a half year old and also a 10 month old.

0:36:39 - Julie

So they're kind of like little Petri dishes and they bring all kinds of fun things to their parents when they're little. So part of that's most likely what's happening too, just to get you exposed to things you haven't been exposed to in a really long time.

0:36:56 - Ryan

Ah, okay, gotcha.

0:36:58 - Julie

Yeah, yeah, yeah. So what I'm going to do, Ryan, is I'll connect into you and then I'll have a hologram of you in my mind's eye and we'll see what's going on with that. I'm getting information downloaded into my head and I'm being guided to look at your right ear. Does your right ear seem to be worse than your left?

0:37:17 - Ryan

It's all in the right ear.

0:37:18 - Julie

All in the right ear, okay, so here we go. That's what I call divine downloads. I get information in my head just even while we're chit chatting. So here comes my laser beam from Sweet Home, Alabama, heading over to you in Virginia. I got you All right. The hologram that's you in my mind's eye has been turned around, so I'm looking at you from behind and I'm going into that ear. Do you remember having ear infections as a kid? Or perhaps as a young adult? Maybe?

0:37:49 - Ryan

Yeah, I haven't had many of them, but I have had some in my late 20s and then also in my late 20s and then also more recently.

0:38:00 - Julie

Okay, all right. What I'm seeing is some scar tissue on your eardrum, and imagine that the scar tissue looks like. Have you ever seen a wound that probably should have been stitched but there weren't sutures put in and so it's not as clean of a heel of the scar that's on it? That's what this looks like. So what I'm watching is I'm watching that tissue where the scar is. It's not flat, so it's called a keloid, if you ever heard that where a scar will heal, but it's kind of raised.

And so what happens is it messes up the reverberation of the eardrum, and so what I'm watching happen energetically, brain, is I'm watching it get cut out, and then I'm watching stem cell energy get used to regenerate that eardrum. Light amber color gels sparkles because it's woo-woo and watery consistency. You know you gotta have sparkles. It's gotta be fun you gotta have sparkles.

0:39:05 - Ryan

I know you gotta have sparkles.

0:39:06 - Julie

Do you have girls? I have one girl. Do you have one girl? She's gotta be all about the sparkles. Prepare yourself so there'll be a vortex that'll be spinning. That's spinning right outside of your ear. That's regenerating your eardrum. This stem cell energy stuff, brian, is the coolest thing ever because it'll regenerate any body part we need. I have seen it regenerate whole organs before and they can show up on subsequent scans and it freaks the doctors out. I've had several of them call me and say what the heck are you doing in a house and stuff work. So stem cell energy.

Okay, now what I'm watching is I'm watching the eardrum. The tympanic membrane is what it's called. I'm watching it get pulled in different directions, like it just got pulled in the 10 o'clock position, 5 o'clock position, 2 o'clock position, 6 o'clock position. Think of a pair of bongo drums. The membrane that's on top of it is depending on how tightly it's connected. It's going to determine what the tone is of that drum, and the same thing happens with the eardrum. And then I watch the eardrum get tested. That's what I'm watching right now in my mind's eye.

So imagine that musical notes and also sound waves are bouncing off that eardrum, still getting tweaked a little bit, still getting pulled a little bit. And when I had this room this is my recording room with all this red foam in it when I had it put in my home, I asked my sound engineer why do I see sound waves and also musical notes, and they energetically. I would think it would all be sound. And he said, well, music is a different frequency and that's why it can elicit an emotional response. I thought that was interesting, but I always see sound waves and musical notes. The other interesting thing about that too and I want to figure out more about this see what I can find in some research when I have a minute is we had a guy on the show named Evan Alexander, who's a neurosurgeon that had a near-death experience, and when he was having his near-death experience he heard what he calls celestial music and he said the music kept getting him to higher and higher vibrational frequencies.

So there's something there. I don't know what it all means yet, but your eardrum looks good now, so hopefully that'll help. Yeah, I think that this is related to those ear infections that you've had While I'm in there. I'm just going to clean out your eustachian tube on that side too. So imagine a little corkscrew that's spinning through there. You know rotor rudder in your eustachian tube. Let me do the other side too. We'll get the other eardrum. The other eardrum has a pinhole in it, ryan. It doesn't have a scar on it like your right eardrum. So I'm just putting a little drop of stem cell energy on that little tiny vortex and that'll heal that up, and so hopefully, that'll help Beautiful.

0:42:28 - Ryan

Thank you so much, Willie.

0:42:30 - Julie

You bet you bet. The other thing that I would suggest is talk to Dr Amassanti D-R-A-M-A-S-A-N-T-I. She's an Oxford educated internist. She's a general practitioner in London Ryan and she does functional medicine and she's a graduate of my class, so she does energy medicine as well. She's the goddess of the gut. She's going to get your gut healthy. That's where your immune system is based. So I would work with Dr Maria. Have her help you get healthy, and then your immune system will be able to handle everything that your little Petri dishes bring home, so that you don't get sick.

0:43:13 - Ryan

Okay so.

0:43:14 - Ryan

I mean, yeah, absolutely, I'll give her a call, check her out at the nation.

0:43:17 - Julie

Yeah okay, yeah, and we'll have her website in the show notes too. And she's really that good Maybe I send her pretty much. Either tells me or sends me it out and says oh my God, this doctor is amazing. She can't prescribe you any drugs because she's in England, but boy, she nails it. She will get you healthy in no time.

0:43:41 - Ryan

Wow, she sounds incredible. I can't wait to talk to her. Yes, she is.

0:43:45 - Julie

All righty Well. Happy holidays, Merry Christmas.

0:43:48 - Ryan

Happy holidays to you too.

0:43:50 - Julie

Thank you Hi, Hi, Dia.

0:43:53 - Dia

D-A. Hi Julie, how are you?

0:43:56 - Julie

I'm wonderful. How are you?

0:43:58 - Dia

Good overall.

0:44:00 - Julie

Let me say it again Wonderful, terrific. You got a question for me.

0:44:06 - Dia

I do. I do so about. I think it was about two months ago I felt a lymph node that felt like a marble in my neck and that kind of freaked me out and I went and got it checked out and had a clear chest X-ray and then they did a CT scan and that was clear. And I had a cough at the time and was told it should go away. And it hasn't gone away and the cough has been gone for a while and so and I granted I just had surgery like four weeks ago, and so I don't know if that meant that the lymph node wanted to continue its hyperactivity, but I'm not sure that that would have caused that. So I'm just curious if there's anything going on that is having to drink out.

0:45:03 - Julie

Did you have surgery on the lymph node or you had a different kind of surgery?

I had a surgery for prolapse, so a totally unrelated Okay, all right, what am I going to do is get you on my radar and we'll see what's going on. So here we go. This is my laser beam from Sweet Home Alabama hooking into you. Okay, got you Shooting energy from your feet up to the top of your head. So the lymph nodes on the right side of your neck, yes, yeah, that's where the energy went. Okay, it is hard. Goodness. What is that? Usually they're kind of squishy, but they're just enlarged, okay. So let's just remove it. I'm watching it get

encapsulated, Dia, and then pulled out of your neck, and then what I'm watching is a glob of stem cell energy going in little vortex outside that spinning.

To keep that going, let's remove the anesthesia from your body. Anesthesia has a lot of heavy metals in it. So two big U-shaped magnets are on either side of your body. They're going up and down your body. They turn a quarter of a turn until they go all the way around your body. They're pulling out metallic particulates and little strands of metals. All right, they've popped off. We're irrigating any kind of leftover dust that's in there.

To see what's going on with that, okay, so lymph cleanse. Imagine a big vertical, oval pneumatic tube, like you see at the drive-through at the bank where you drive up and you put the little container in it and it sucks it into the building kind of a thing. That's what this reminds me of Lymph fluids in amber color, it's got a globby, like the fluid inside a lava lamp and it's spinning. Two holes have opened, one on the bottom of each foot, dia and those toxins are coming out the bottom of your feet that are in your lymph system. A big dome has come on top of you, sucked out any lymph nodes that have sequestered toxins. So got that going and all right. And then being sprinkled with stem cell energy again vortex above your head, beneath your feet, on either side front and behind all spinning concurrently. So hopefully that will help with that. The lymph node came about after your surgery or was there before? Was there before? It was there before?

About a month or so before Okay, and it didn't change any. It hasn't changed at all.

0:47:44 - Dia

On the right side I have a tick bite that I've been tested for Lyme. It's not Lyme, but it remains irritated, and so I don't know if you know like it's close. I don't know if it's in the matters.

0:47:58 - Julie

Well, yeah, it's just going to sequester those toxins that we just removed. So I would work with Dr Amasanti dramsanti.com. She will help you get your immune system in line by helping you with your gut, and this will all go away. Great, yeah, so well. Merry Christmas, happy holidays.

0:48:24 - Dia

Thank you. I really appreciate your help and your support.

0:48:28 - Julie

You bet Take care. Thanks for calling in. Thank you Bye. Hi Betsy,

Betsy

Hi Julie,

Julie

How you doing my girl Okay?

0:48:41 - Betsy

I'm a little under the weather today, with a bit of a cold, mostly in sore throat, but I have a more pressing health crisis going on. Yeah, just what if you could tap in and get any sense of what's going on? Sure, what's happening? What are your symptoms? Well, I've been diagnosed with a type of kidney disease and I have very pretty unstable blood pressure issues going on, and I was diagnosed like six years ago and had not had any symptoms until very recently. So this is kind of throwing me for a loop, but I don't know. If you want to know the type of kidney disease that they found, would that be helpful. Is it PCOS? No, it's called Fibrillary Glominal Nephritis.

0:49:39 - Julie

Okay, so what does that mean in English?

0:49:42 - Betsy

Well, I don't know exactly. It's very rare. They don't know much about it at all. So most of the med treatments are kind of they're not exactly experimental. The drugs have been approved for it, but they don't have great success rates. So I sort of have always believed that the mind body are very connected. So I guess I'm curious if there's something I need to work on from that angle or if it could be dietary, I don't know. Just kind of awesome little overwhelmed with it no, I bet.

0:50:25 - Julie

what are your symptoms?

0:50:28 - Betsy

Well, mainly I've had the blood pressure issues and I've had to be hospitalized twice with that in the past four months and then I'm on medications for it now and it's more stable. But you know, the kidney function continues to decline, thankfully rather gradually, but still it. You know it has a scary outcome. Yeah, if it's, yeah, I bet okay, all right.

0:51:01 - Julie

Where are you, betsy? Where are you located? I'm in Virginia Beach, Virginia. Okay, come these Virginia people on tonight? Yeah, here we go. Here comes my laser beam from sweet home, Alabama, head, northeast.

All right, got you shooting energy from your feet up through the top of your head. Looks to me like your left kidney is worse than your right. That's where the energy went first. So what we're gonna do is we're just gonna give them a tune up, both of them. Imagine that there's and it's spirit working through me and with me Betsy. So imagine that there's a spiral of energy that's spinning in your left kidney and then it's gonna start in your right kidney. Just started.

And imagine that when it spins, I'm looking at you from behind. When it spins, it comes down on the right side and then, as it comes up on the bottom, as it's heading up the left side, it's throwing off this sludgy kind of material. Have you ever made fudge candy at home? Yeah, or seen it made? You know when you, when it's hot, before you pour it out so it can harden. That's what it looks like to me. It looks like hot fudge when you're making fudge candy. So, okay, that's coming out, that's throwing out all the sludge. Same thing on the right side as well. Left side's got way. It's worse on the left side, and mind-body connection being said earlier to your point about that, the left side of the body is the feminine side of the body, the right side is the masculine side.

So when I see it's usually more than one thing happening on one side or the other of the body, it usually means that you want to nurture your feminine side some. So go do a spa day, take a bubble bath, have lunch with girlfriends, watch a chick flick, whatever. Just nurture your girly side and that's gonna help with that. All right. So it's still cleaning out right. Right kidney's done, left kidney's still getting the sludgy stuff removed with that diet. Of course, your gut is really the key to everything. If you can get your immune system healthy and your gut healthy, that's gonna help a lot. Dr, I'm just on T. I feel like an ad for her tonight, but she is really that good.

0:53:40 - Betsy

I didn't mention that before, but I do have a lot of stomach issues mm-hmm.



0:53:49 - Julie

Yeah, that's where our immune systems based, and when our immune systems out of whack, that's when when any kind of medical condition arises. So you want to get your gut healthy, Betsy, and she will help you do that. She works with people all over the world via zoom. Okay, left side still spinning, so let's give that a minute here in the meantime, I'm just gonna shoot energy from your feet up through the top of your head. Just give you a little bit of a boost to help you feel better and working on your chest and your, your head with the cold and the sore throat, anti-inflammatory energy in your sore throat, we're doing a snotectomy in your nasal passages. It doesn't, that's a term. That's a term. I made up a snot. I like it. My brother Jay has a cold and a chest cold and a sinus thing and, and so I talked to him yesterday morning. I said well, I just did a snotectomy on you and did it on your lungs, do? He said, well, I can tell, because I just copped up a couple of fur balls.

0:54:57 - Betsy

I said there you go daughter and I watch the movie together today and we've had a roll of toilet paper in front of us because we both had the nose running.

0:55:08 - Julie

So yeah, yeah, yeah, okay, yeah, yeah, okay. So got that going on, rinse out your sinuses. If you can do, you have a neti pot or something like that. Yeah, yeah, you use those. Those work, great be, and I actually have one that's battery-powered. It's not a neti pot, it's another device. But when you got that stuff going on in your head, if you can use that saline water, the salt and the saline is gonna help dry up your sinuses from the drips and it just keeps that stuff out of there so it doesn't get stuck up there and get infected.

So we got that going okay, that kidney still. It's still cleaning it out on the left side, yeah, yeah, so I'm gonna just watch that. I'll watch that and make sure it'll end eventually, but you're getting a really good tune up these kidneys, yeah, so hope that helps you feel better. Appreciate that very much, okay, merry Christmas, happy holidays. T

Betsy

Thank you, merry Christmas, Julie,

Julie

All righty, everybody. That's it for this week. What a joy to get to talk to everybody that called in and sending you so much love from sweet home Alabama. I'm gonna be cooking for 12 on Christmas day and wish me luck. Hopefully I you know everything will turn out okay, but enjoy your family and friends. Sending you lots of love. Bye, everybody. See you next time thanks for joining us.

0:56:46 - AnnCR

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

0:56:55 - Disclaimer

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