

AJR Show - Transcript Dec 12th

0:00:01 - Annncr

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

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We've got Chris on the main board tonight. He'll be handling all the callers. If you want to have a conversation with me, I'm at AskJulieRyanShow.com and just come in and we'll get you on. We'll get as many of you on as we can and then, if you're joining us on the YouTube live stream, we're at Ask Julie Ryan on YouTube and we have Samantha with us handling that.

If you want to put a question in the chat, please just put your first name, where you're located and your question, and we're going to be taking people from both places, which is always fun for me because I never know who's calling in. I never know who they're going to put on, I don't know what their question is, I don't know what Spirit's going to say. So makes it fun for me every week. A couple of announcements. First of all, it's fun for me every week. A couple of announcements. First of all, reminder I've opened up graduate appointments. We've got three graduates of my Angelic Attendant training class. They are taking appointments. You can get in to see them quickly. They're way less expensive than I am and people have already started scheduling with them. So, also, I have priority appointments. If you want to talk to me for an hour on a one-on-one appointment, I have several open next week, you guys. So if you've got something that you want to talk to me about, you don't want to wait. Priority appointments are what you want to do. I don't know how many I've opened next week, but several you want to do. I don't know how many I've opened next week, but several. And then I think one the night before New Year's Eve. I think I've got one for December and then I got a bunch of them in January that are open, and then my regular appointments are scheduling out for a bit, but get on my calendar and then just check the reschedule button on your confirmation email, because people reschedule all the time. So one other thing remember my Ask, Julie Ryan Live is Tuesday, the 17th, next Tuesday.

That's a blast. It's at 8 Eastern and it's like the show without. It's just way more relaxed and it's more of a conversation with everybody that joins. It's more like a get together. And I give away a free session valued at 750 bucks. You guys, every time I do a live I give away a free class and lots of other free prizes. So you want to join us, if nothing else, so maybe you might win something. Chris, who's our first caller.

Trudy Hi Trudy, asking Julie for healing for my friend Wanda, near Birds Hill Park, Manitoba, Canada, who's 66 and has just been diagnosed with throat cancer, back of throat and air tonsils and on back of her tongue. Oh, Trudy, I'm so sorry. Okay, so let me get connected to you and then I'm going to go from you to Wanda and how this works. For those of you that are first, that's your first time joining us. I raised my vibrational level. I forgot to have my glasses out. Let me get my glasses out here in my drawer in case I need them. I raised my vibrational level to the level of spirit because we're all spirits attached to a body, having a human experience. When we're attached to a body, we vibrate more slowly, just because the body has

mass. So I watch a laser beam come from my body here in Birmingham, Alabama. It's going to hook into Trudy up in Canada and then I'll watch a laser beam go from Trudy to her friend Wanda. I'm going to ask Wanda for her permission to scan her. If she says yes, I will. If she says no, I won't because I just don't think it's ethical. And then I'm going to shoot energy. If she gives me permission, I'm going to shoot energy through her and it'll be as if I'm looking at an x-ray or a CT scan or an MRI. Something will be identified. Immediately. Thereafter there will be some type of energetic healing that will begin.

I want you guys, all that are listening and watching, to envision what I'm describing, because if somebody is the person with whom I'm working like you know let's say, Wanda was listening I want Wanda to envision it too, because it'll help integrate the healing into her body. But when we all envision it together, we're all just sending the healing into her body. But when we all envision it together, we're all just sending that much more healing energy to the person that needs our help. So group effort's always a good thing. All right, here we go. Miss Trudy, here comes my laser beam from sweet home, Alabama, heading up to Canada and got you going from you to Wanda. Got Wanda, Wanda. I'm talking to Trudy. She says I know it's fine, so Trudy must have set that up ahead of time. Good job on that, trudy. All right, I'm shooting energy from her feet up through the top of her head, I can see where the cancer is.

Cancer looks to me like it's brown or black. It's kind of has a sticky consistency to it. Think of hot tar when a road is being paved with asphalt and it looks lumpy. Think of a head of cauliflower. That's what cancer looks like to me in my mind's eye. My analogies that I get from spirit sometimes are really hilarious and honestly, god, I'm not that creative, I can't make all this stuff up, but that's just how the visuals come into me and I think that it's to give us a human understanding for this healing that's happening.

So what I'm doing with Wanda is encapsulating that cancer in the back of her tongue is where it showed up, first a little bit of it on her throat. She's got way more on the back of her tongue it looks like to me than in her throat. Her throat does look inflamed, which just means that it looks red and probably hurts a lot. So putting anti-inflammatory energy on that looks like a oil blue fog that'll calm it down. But encapsulating the cancer on her throat and on her tongue and then what we're doing is removing that. There's a little stem cell energy going on her tongue. It looks like a light amber color gel, has sparkles in it because it's what would cut up sparkles, and it reminds me of Dippity-Doo hair gel. And so that's being placed on her tongue, in the back of her throat, where we remove the cancer.

There's a vortex spinning inside of her throat and what I'm watching now is we're watching a DNA healing. Dna, of course, is the recipe that tells the cells how to behave, and it's comprised of four nucleic acids represented by four letters A-T-C-G. One strand can have 100,000 letters on. It can have up to a billion letters. I'm watching those letters get resequenced. Imagine playing Scrabble in warp speed. We're taking the DNA that's mutated to cause the cancer cells back to a normal recipe. There are seven strands. These strands of DNA.

You guys look to me like a piece of paper you'd see inside a fortune cookie with the fortune written on it. Again, I don't make this stuff up. Dna, you guys look to me like a piece of paper you'd see inside a fortune cookie with a fortune written on it. Again, I don't make this stuff up, it's just how it comes into my head. So got that three strands are reconfigured. They come out of an X chromosome because, remember, girls have two Xs, boys have an X and a Y. See, when you call into AskJulieRyan.com, or I mean my Ask Julie Ryan show, you get a sixth grade science review to a DNA. So that's what's going on there. Okay, they're all reconfigured.

Trudy, you're a sweetheart to call in for Wanda. Have her listen to this and have her envision the healing. In the meantime, there's a scientist at Boston College called Thomas Seyfried. He is one of my favorites. He says cancer needs sugar and fermentation in order to grow. Remove

those two things. Cancer doesn't have a source to use to spread. So I would look that up, Thomas Seyfried, Boston College, and his research on cancer. He makes a lot of sense to me. Hope that helps. You're a sweetie to call in AskJulieRyanShow.com if you want to have a conversation with me. If you're coming in on the live stream, come in at Ask Julie Ryan. Remember to subscribe. You know that's how you win the prizes. You got to subscribe on YouTube, you got to subscribe to my weekly blog at AskJulieRyan.com and then you got to leave a review if you want to win a free session or a free class with me. So subscribe when you're doing it. Okay, let's see who's next. Hi Ben hey. Julie.

How are you, sir? How are you doing? I'm terrific, I'm good. How are you, sir? Great, where are you? Well, I'm in Charlotte, North Carolina. Oh, not too far. No, right down the road. Terrific. How may I help?

0:10:21 - Ben

you. So I'm really concentrating on getting into shape. I'm walking at least five miles a day, lifting weights three days a week. So I'm hoping you can fine tune my body to really maximize the benefits of everything I'm doing from like every walk, every pushup, so really just maximizing like the effectiveness and efficiency of weight loss and muscle gain. So I don't know if you can like lather me up in some dippity-doo, but I'm all for it.

0:10:49 - Julie

Absolutely, Ben. You look pretty fit to me, but you know I can't see much below your shoulders, so your shoulders look fit. There's a reason for that.

Your shoulders look fit to me. Here we go. Here comes my laser beam from Sweet Home, Alabama, heading over to you in North Carolina, in the Queen City of Charlotte. All right, got you shooting energy from your feet up to the top of your head. Okay, a couple of things. First of all, your energy field then looks to me like it's staticky. You need to ground. Do you know about grounding?

I've got a ground mat right underneath my desk right now. Perfect. I am a huge fan of grounding sheets. I sleep on them every night. Fitted sheets. You got to have skin on the sheets, so don't be wearing your word cleaver flannel pajamas. All right, you know, maybe maybe sleep in shorts or something. You got to have skin on them. But then you ground the whole night while you're asleep. It's so efficient. The grounding mats are good too, but we need to ground, especially with all the electronics that we have in our world, Ben, and so I'm grounding you.

When I watch somebody ground, I see spikes come out the bottom of your feet and they go into the core of the earth. You know how, in the I don't know what they call the movie that Hugh Jackman's in and he's Wolverine, and you know the spikes come out of his fingers. He's Wolfman or whatever. That's what it looks like to me. It looks like these spikes come out of the bottom of your feet and go into the core of the earth. Again, these are analogies, for the healing that's happening. To give us a human sense, a human perspective and also spirit is so hilarious, Vin, that it just. Some of these analogies are just hilarious. They crack me up. So we've got that All right, you're grounded. I'm going to recommend Beam Minerals to you, B-E-A-M Minerals. Go to beamminerals.com and order the mineral formula and order the mineral formula. Order the electrolyte formula minerals in a blue bottle, a bottle with a blue label.

0:13:17 - Claudia

The electrolytes are in a bottle with a green label Use.

0:13:18 - Julie

Julie Ryan at checkout, and use those. Most of us are walking around with 40% of the minerals that we need. Walking around with 40% of the minerals that we need and that's gonna help you build muscle and help your body stay healthy. It's super important. I take them, my husband takes them, our son, Jonathan, takes them, and we just don't get sick because we take the minerals. They don't have any flavor. I put them in a glass of water. My husband, Tim, just chugs them. So does Jonathan out, chugs them. So is Jonathan out of the cap. You want to take a half a cap full if you're doing both. That's number two.

Number three I would suggest and I love, the Paleo Valley protein powder. It's made from bone broth and I don't eat sugar, vin. I haven't eaten sugar in five and a half years, but oh my goodness. They have this chocolate flavor and I mix a scoop of that with a scoop of the caramel flavor. It makes the best hot chocolate you've ever tasted.

No sugar, tons of protein, tons of collagen, which helps your hair, your nails, your skin, your bones, your cartilage, all of that. And just go to AskJulieRyan.com, go on the sponsors page on my website, then click on the link there for Paleo Valley. It's organic. It is the most delicious hot chocolate I can't even tell you so. I am so thrilled to have found that and I'm really enjoying it without any sugar in it, but it's as good, if not better, than, the stuff that has a lot of sugar in it. So go to the Paleo Valley tab on AskJulieRyan.com on the sponsors page. Those are the three things I'm getting. That'll help you increase your protein, give you collagen. It will ground you. If you get the grounding sheets, be sure and use that grounding pad, but I think the grounding sheets are even easier. And then the beam minerals and you're golden. I appreciate it, Julie. Thank you so much.

You bet. Thanks for calling in, all righty, askjulieryanshow.com. We're on the YouTube live stream at Ask Julie Ryan and it's always fun to see who's calling and who's joining us to see what their questions are and see what spirit has to say. I always see new stuff. I had a graduate of my class who did a private appointment today to see what their questions are and see what spirit has to say. I always see new stuff I saw. I had a graduate of my class that did a private appointment today. Oh my gosh, you guys, I saw multiple new things I'd never seen before and I've done tens of thousands of scans. But her energy combined with mine because she's a graduate of my big class holy Moses, it was just just phenomenal. We were, we were cracking up. I kept saying I've never seen this before and it was really fun in the healings that I watched happen with her. So always new things. All righty, let's see who's next. Hi Tina, hi Julie, how are you? I'm terrific.

0:16:23 - Tina

How are you? I'm very well, very well. I'm calling from Northwest Territories, Julie. How are you? I'm terrific. How are you? I'm very well, very well. I'm calling from Northwest Territories, Canada. Terrific.

0:16:31 - Julie

Well, welcome. How may I help you this evening?

0:16:36 - Tina

So last summer I was in a hospital. I think I hurt my hips really bad through where I tear out work on my feet. I was a personal support worker. So I had a CT scan done and they think that the inner muscles that run along that hug the uterus were the problem. And I'm not sure if that's correct. If I walk too much or do too much I get leg pain on both sides. Sometimes I feel like my ovaries are a problem. They told me that there's nothing wrong with them, so it's more like you just do a scan and see what actually is going on.

0:17:15 - Julie

Is it both hips, Tina, or just one?

0:17:19 - Tina

I believe it's more toward the left. Sometimes I'll get pain in their waist, I don't understand. More toward the left, and sometimes I'll get pain in their waist.

0:17:26 - Julie

I don't understand. Yeah, okay, all right, here we go. Here comes my laser beam from Sweet Home, Alabama, heading back up to Canada to get you All right. Got you Turning the hologram that's you around in my mind's eye going in. I was getting your left hip was worse I get even before I get you on my radar. I get what I call divine downloads. I'm getting information downloaded into my head even when we're just talking and when I have you for an hour in a private appointment we'll chit chat for a few minutes, usually maybe 10 minutes at the beginning, and I'm getting all kinds of divine downloads even before I get the person on my radar. If they want a medical scan, so got that. It's interesting, Tina, because it looks. Did you play sports? Were you in a car accident? Did you have a big fall? What's any of that precipitating this?

0:18:21 - Tina

No, I used to be a very active person. I'm 58 and I was before this. I did a lot of walking, hiking, bike riding, yoga very active, probably too much for my age, and plus my job, plus with my job being on my feet and being a personal support worker you know lifting people off the toilets and you know all that stuff. So wear and tear.

0:18:47 - Julie

God bless you for doing that job and helping people that need that help. You look like you're about 38. For those of you that are listening, she looks like she's about 38. Either you have a really good filter on your camera or you look great, or both All right.

So the reason I'm asking, Tina, is if you imagine the hip joint is a ball and then there's a socket right. The ball fits into the socket and the backside of the socket is starting to deteriorate a little bit. You know those skating use those skating theaters that the skateboard guys use. You know they'll go into like a big U and they'll skate and come up and they'll do flips and stuff like that on their skateboards. So imagine that. But what I'm seeing is that the back part of your hip joint is starting to wear down. I mean, it's still very solid, but it's wearing down. So what I'm seeing happen is that the ball of your hip joint is moving back farther than it needs to. It needs to stay in the middle. So what I'm watching happen again this is spirit working through me and with me to help facilitate healing. I'm watching stem cell energy get put on that backside of your hip socket and then there's a vortex spinning behind it, excuse me and that's regenerating that hip socket to make it more level. So the ball stays in the middle. Does that make sense? So far how I'm describing it.

Okay, let me go over to the other side and let me see what's going on on the right side. So when your left hip gets out of whack, it makes you into a twisted sister. You're a twisted sister, so your pelvis, you're trying to compensate it with your right hip and so it just gets out of whack. Your right hip looks like it's in front of your left hip. You're not going to be able to tell that if you look sideways in a mirror, but I just watched a chiropractic adjustment to get your right hip back in the line so that it's level, like if I'm looking at you from the back. I want them to be, I don't want one in front of the other. The left hip looks like there's more of an issue there. The right hip, I think, has just been out of whack. Do you see a chiropractor or an osteopath?

0:21:20 - Tina

I've seen a chiropractor twice in the last six months for my neck, so okay. So if I do go to a chiropractor, do I tell him what you say and that he will adjust?

0:21:30 - Julie

Tell him you want a full body adjustment and I would suggest that you consider going once a month just to keep everything lined up, especially with the work that you're doing, because you're twisting, trying to lift your patient and you're you know you're tweaking your pelvis when you're doing that. So, yeah, I would go once a month just to keep everything lined up, just so that you stay healthy. I go once a month and I don't have any pain, but I just want to keep everything lined up so that I don't have pain.

0:22:05 - Tina

How do I stop the deterioration? Is there a way to stop it from getting worse or to help fill the back up, or is it too late for that?

0:22:12 - Julie

Well, I would that paleo valley bone broth that I just talked about, with the collagen and all of that. I would do that what I was just talking about with Vin and also the beam minerals, because that's going to help you replenish the minerals in your body. The stem cell energy is going to help rejuvenate that. But great question, go to AskJulieRyan.com, go to the sponsors page, beam minerals and then the Paleo Valley. I would do both and that's going to help you with the collagen and the protein, and then the bean minerals is going to help you regenerate new bone to do that Awesome.

0:22:54 - Tina

I hope that helps. Thank you so much. Hope you feel?

0:22:56 - Julie

better. Okay, thanks again for the work that you do to help people. Oh, no problem, my pleasure, all right. Okay, take care, my pleasure, all right, okay, take care. Thanks for calling Bye. You guys, remember? You know it's shopping time for the holidays. Remember my books? We've got the new Angel Messages for your Life's Journey. That is available now. Go to AskJulieRyan.com, the books page, or you can just look it up on Amazon. Just type in Julie Ryan Books and it'll come up. But it's even easier from my site because it links you right to the Amazon page.

Angel Messages for your Life's Journey. And then for grownups, you know, we have Angelic Attendance. We've got Angel Messages for your Life's Journey attendance. We've got angel messages for your life's journey and we've got the two-minute rule. And then for kids, we've got the whole angel messages series Angel messages for kids, for dogs, for cats and for truth. And they're just darling. They're beautifully illustrated children's books and kids love them and the adults love them because they're simple, they're easy, the adults get it when they read it and the kids absolutely get it. So put the books on your Christmas list and give the gift of spirit and love and understanding to all your family and friends and hopefully they'll enjoy them.

Okay, let's see who's next, Rosie. Hi, Rosie, I'd like to understand if my eating difficulties are physiological or emotional in nature, as I've been experiencing high levels of anxiety for quite some time now. Thank you very much. Okay, Rosie, where are you? I'm going to connect into you, but let us know where you are. If you type that in, that would be really helpful. So here we go. Here comes my laser beam Concord, California. Here comes my laser beam from Sweet Home, Alabama, out to Concord. That's Northern California. So got rosy, okay, shooting energy from your feet up through the top of your head.

Okay, couple of things. You look like you have a kind of a gray cloud in front of your frontal lobes, in front of your forehead, and that's a sign of depression. Looks to me like you're on some kind of medication, maybe over the counter. But when I see an oily ring around the cloud that looks like the brain fog, I can always tell that that means that there's some kind of medication going on. There could even be weed. You know some people are smoking weed to try and make them feel better, but the problem is it helps in the short run. But then I was just listening to Dr Amen earlier today and he says it causes more anxiety in the long run. And it's just crazy. He said you're on this cycle then. So again, this is like a broken record.

Tonight I would do the beam minerals and I would also do more protein. I would stay away from refined foods. Rosie, this is your eating and this is physiological. This is your eating and this is physiological which is causing the emotional, because when we eat refined things, our blood sugar goes up and down. We can get leaky gut, which means that we get malabsorption issues and all of that. So do keto as much as you can. Stay low on the food chain. If God made it, eat it. If man made it in a factory, do your best to avoid it. I would increase your protein, increase your good fats olive oil, coconut oil, avocado oil and then stay away from the sweets as much as you can, and you're going to be amazed at how well that works.

The head of psychiatry at Harvard is a doctor named Chris Palmer and he treats the sickest of the sick you know, the bipolar people and the people who've been on disability for many years and haven't been able to work and he finds that when he can get his patients to eat a ketogenic diet, they get off all their medications and their brains heal. Now that's a big statement. He said that the medications only help about 10% of his patient population, and he also says that these people who are eating keto, they go back to work and they go back into normal society. So I think the keto diet really has a lot of merit to it. He also talks about that. There's over 100 years of research on the ketogenic diet, because they've used it for over 100 years and studied it on children that have seizures, like epileptic seizures. That's how they control those in children. So there's a lot of research on it. Dr Adkins is cheering from heaven with all the ketogenic stuff. So there you go. Hope that helps.

Thanks for your question, Rosie. If you want to have a conversation with me, I'm at AskJulieRyanShow.com. To have a conversation with me, I'm at askjulieriyanshow.com. If you're joining us on the YouTube live stream, then you want to go in and ask Julie Ryan and just put your question, your first name, where you're located in the chat, and then we'll get you on too. Remember to subscribe. Remember to subscribe to my blog at AskJulieRyan.com.

Remember to leave a review anywhere you listen to this show podcast, youtube. You can even leave a review on Amazon. We choose winners from that. So if you read any of my books, especially Angelic Attendance, please leave a review. It helps other people find this information, usually when they're in most need of comfort. And the new book, angel Messages for your Life's Journey please leave a review on that. It's really uplifting. You guys are going to love it. It's all true stories written by graduates of my Angelic Attendant training class and all the proceeds from the new book go to funding scholarships for people for my class. And those scholarships, you guys, if you want to apply for them, once we release the opportunity, it's all expenses paid to come in person your airfare, your hotel, your meals, your class. I mean, it's everything's covered. So, angel messages for your life's journey Okay, let's see who's next. Hi Claudia, where are you? Hi Claudia, where are you? I'm calling.

0:30:01 - Claudia
I'm from Florida, okay.

0:30:02 - Julie
Terrific, how may I help you? I'm calling, I'm from Florida. Okay, terrific, how may I help you this evening?

0:30:06 - Claudia

Yes, so I've been experiencing a lot of pain in my knees. It started in the right, okay, and then it moved along in the left and I would think it's because I've been trying to, you know, balance more on the left that it started in the left. But it all started a few years ago when I got a job at a hotel where I stood for well, the job was at a front desk, so I stood for the day and then when I saw the doctors and they kept giving me painkillers, but the painkillers would just assist for a certain amount of time and then it will start again. So I read your book, the Angelic Attendant, and I saw you on Next Soul podcast and I said, wow, you're amazing. So I said, let me try you to see if you can assist me with that.

0:31:00 - Julie

Sure, sure, here we go. Here comes my laser beam from Sweet Home, Alabama, heading down to you in Florida. All right, got you Shooting energy from your feet up through the top of your head. The hologram that's you in my mind's eye, Claudia, is turned around to the back, so I'm looking at you from behind. I'm looking at your knees from behind.

I'm watching stem cell energy get injected around your joints, around your knee joints. It went to your right knee first. I think you told me that's someone that's hurting or began hurting the most. So imagine there's a needle, stem cell energy, light amber color gel has sparkles in it. Reminds me of Dippity-Doo hair gel, which was a thing when I was a kid in the 60s and 70s. You can look it up. It's a real thing. They still sell it on Amazon. I think it's hilarious. So I'm watching that get injected on the right side of your right leg, on the left side of your right leg, so adding more cartilage in there. There's a vortex spinning out in front of your knee. Let me go to the left knee. Same thing a little bit being put in on the right side of your left knee, more on the left side of your left knee vortex spinning out front of your left knee.

The reason why I always see vortices connected with stem cell energy is, in my opinion. Here's what I think's going on it transforms the stem cell energy into any body part we need. And if you go back to your grade school science lessons, we all learned that every cell has a nucleus. Every nucleus is surrounded by cytoplasm, which is a watery gel like dippity-doo Right, and our bodies have a centrifugal force in them that causes the cells to spin and that's how they divide and multiply to the tune of billions of them a day. So when I'm watching stem cell energy get used, I'm watching in warp speed what our body does to heal itself. And remember, nobody heals anybody else ever. We all heal ourselves. So the work that your doctor does, the work that I do, the work that other medical providers and healers do, we're helping facilitate you healing yourself. So I'm watching that.

In the meantime, I would increase again the Paleo Valley. You know, bone broth, protein and collagen. That's going to help. And then the BEAM minerals B-E-A-M minerals. Go to askjulieryan.com, go to the sponsors page. These companies have given us a discount for my listeners and my community, which I so appreciate them doing that, and that's the best way to access the discount. Just go in through my website, askjulieryan.com, and those are both going to help. The other thing, too, that's coming in, Claudia, is that that inflammation normally comes from the gut. Okay, even when you're on your feet all day, that inflammation comes from the gut, and chances are good that the medicine that you were given and or have you had steroid shots too, in your knees no, not yet.

Okay, all right, yes, just the painkillers, the very common one for inflammation, yeah, yeah, and those all mess up our gut lining and our gut ecosystem in the gut. So again, stay low on the food chain. Try and stay away from anything that's refined, anything that's fermented. I know we're coming into the holidays, so splurge on Christmas, splurge on Christmas Eve. If you stay off of that stuff and then you splurge, you're going to be able to tell I'll bet you that your knees

are going to hurt more. And then you're going to say, ok, I don't need any more convincing, you know that's what's going on. Yeah, so I hope that helps you feel better.

0:35:10 - Claudia

Yes, Can you just repeat the medication for me that I should look for for the inflammation?

0:35:16 - Julie

Yeah, go to AskJulieRyan.com and go to Paleo Valley. Go to that link, go to the sponsors link on my website and go to Paleo Valley and look for the protein powder Comes in chocolate, vanilla, caramel and plain. I love the chocolate and the caramel and I mix them. Yeah, yes, I was saying.

0:35:42 - Claudia

Thank you.

0:35:43 - Julie

And then I would do Beam Minerals, b-e-a-m Minerals and go in there and you want to order the mineral supplement it's a bottle with a blue label and you want to order the electrolytes, which is a green label bottle, and you take half a capful of each. We need optimal minerals in order for our bodies to heal, because that's the basic thing that we need in order to regenerate cells and get rid of inflammation and stuff like that. So hopefully that'll help.

0:36:21 - Claudia

Yes, and I thank you very much.

0:36:23 - Julie

You are so welcome. You are so welcome. I appreciate you. You are so welcome. Thanks for joining us.

0:36:27 - Speaker 7

Thank you, it's my pleasure.

0:36:29 - Julie

Bye-bye, bye-bye now AskJulieRyanShow.com if you want to have a conversation with me, and we're at Ask Julie Ryan on the YouTube live stream. So let's see who Chris is picking next. Elaine Hi, Elaine, Elaine, from Sacramento. Today is Our Lady of Guadalupe Day, okay, and my mother-in-love mother-in-love how sweet is that Passed 12 years ago today. Please let her know how much we love and appreciate her. Thanks, okay, Elaine.

What I'm going to do is I'm going to connect from you to your mother in love, probably also known as your mother-in-law, is what I'm imagining, is what I'm imagining. So she's there. Our Lady of Guadalupe had, if I remember correctly, help me with this, Elaine. She had this cape and on the inside of the cape were these big roses, and when she appeared and when the Blessed Mother appears, also known as a Virgin Mary, most of the time there's a rose scent in the air. So, Elaine, what I'm watching is I'm watching your mother-in-law with big roses, like those big, huge roses, and she's picking off the petals and she's throwing them at you. So if you not throwing them at you, she's like throwing them towards you in a gentle, you know, loving, kind way, and so if you smell a rose scent, that's what that's coming from. That was really sweet, that picture. If you guys look up Our Lady of Guadalupe, she's known for her roses and she's known for this. It's like I guess it's her cape or her gown or something, if I'm remembering this correctly, and it's depicted most of the time in the paintings where she has great, big, huge roses on the inside of her cape. So there you go. Thanks, Elaine. How sweet is that. When I was growing up it used to be that nobody. She says hey, Julie, great to see you Love your show. Thanks, Elaine. Thanks for submitting a question and for joining us tonight.

When I was a kid, you know, mother-in-laws were like, oh, they'd have a mother-in-law house or mother-in-law suite so you could keep the mother-in-law sequestered. And that's not so much the case anymore. I think most of us that have daughters-in-law, we have a great relationship with them. I have a great relationship with my Dr Mal, who's my daughter-in-law. So, yeah, Elaine just came back on and she said perfect, correct, beautiful. So I have had situations. I was on a show recently where the host was fanning Sage at me through the camera. I could smell it, you guys. I could smell it in my office camera. I could smell it, you guys. I could smell it in my office. So, Elaine, pay attention, because I'll bet you, before the next 24 hours you know finishes you're going to smell roses. You're going to smell like a rose scent somewhere. So let us know if you, and then I'll let everybody know that's watching and listening. All righty, let's see who's next.

0:40:00 - Noelle

Hi Noelle, hi, how are you? How are you? I'm terrific. How are you, my girl? I'm great. Let's see, I'm in the middle of the ocean right now, near Grand Cayman. Wow, are you on a cruise ship? I am, oh you lucky girl. Wow, yeah, I didn't think I was going to be able to call in tonight. I'm so honored that you're calling in on your vacation oh no.

0:40:36 - Noelle

Yeah, so well, I didn't think so. I actually I signed up for next Tuesday. I didn't think I was going to be able to call in today. So just giving you a little backstory on my question, because it kind of goes into your point of how you always tell us to ask spirit and the first thing that comes into your head is what you should. So right before I was getting on, he just kept coming to me to ask about my brother, which is not what I was going to ask about tonight. So I'm like, are you sure? Are you sure? So I'm going to ask about my brother.

So the backstory is a couple months ago I called in, or I think it was one of the lives and um and um, you walked my brother home and said he was in um, the 10th uh phase and during that time you had also said, um, like you were, you were asking me could I see him? And you know you said, and I said he was, my dad was close to him, my dad was seeing him. And it wasn't a situation where I could, I was close to him or could get down there. It's wasn't a situation where I could, I was close to him or could get down there. It's kind of a complicated scenario, anyway. So you had said, you know, send them the angelic dependence book.

And I'm just I'm telling you all this because what's happened in the last week, it kind of has all fallen into place. So my dad and stepmom, they lost their little kitten the other day. So I sent them your angel messages for cats and Angela Dependents book, so it was sort of like I had a reason to send it and it made sense. And then on Tuesday I'm going to have the opportunity to be in Miami so I can go up to see my dad for lunch and for actually for my birthday, and he's going to go get my brother and we're going to see my brother. So, um, I my question is, is there anything um that he needs for me? And I get, he's still in stage 10. And now I've inspired my sister and her daughter and her new little, my dad's grandbaby grandson is all going to be there. So it's kind of like this complete divine reunion. I mean, it can only be explained that way, in my opinion.

0:42:54 - Julie

And right before Christmas too.

0:42:57 - Noelle

And right before Christmas, so it's a combination of my birthday and Christmas holidays. It's hard for us all to get together, especially because I'm gone with work for months at a time and this just kind of all worked out and it was not a scenario that you know, even if we had tried to plan this in advance. You know, it's kind of falling into place, like things do when they're

divinely guided, in my opinion. So sorry for that long-winded whole explanation, but I thought it was important.

0:43:25 - Julie

Yeah, absolutely Give everyone the best, and this is what the new book's about Angel Messages for your Life's Journey. It's all about these serendipitous, seemingly miraculous, angelic-inspired, spirit-inspired occurrences that all of my graduates that contributed to the book they've all had these experiences in their lives and they're all true stories and it's to let us know that everybody has them and it's just a matter of being open to them and watching for them, because everybody goes through it, and you're obviously going through it in a big way and, like you said, divine intervention with your brother being so close to passing. Gosh, what a miracle that everything is coming together like that. Remind me of your brother's name, please.

0:44:20 - Noelle

Oh, it's Chris and he's in Lake Worth Florida.

0:44:25 - Julie

Okay, all right. And what's going on with Chris?

0:44:28 - Noelle

Um, he's, he's, it's, he's just, I think he's. He's had a life and he's at the end of his. My mom's with him. I mean he's mentally ill, it's just, I think his body's just shutting down. He had cancer years ago and he hasn't done anything to go back to get treated for the cancer.

0:44:53 - Julie

I mean it's a whole other long story, but Okay, so your mom, your mom's still living, or your mom's spirit is with him?

0:45:01 - Noelle

No, my mom's spirit.

0:45:03 - Julie

Okay.

0:45:03 - Noelle

All right, all right. My dad lives. My dad lives close to him. He's in a like an assisted living.

0:45:09 - Julie

Okay, all right, I'm going to connect to you and then I'm going to come back to your brother, Chris. So here we go. Here comes my laser beam head south down to the Grand Caymans. Are you going to be working over the holidays then?

0:45:22 - Noelle

Yeah, I'm off. This is kind of my breakfast. Yeah, no, I'm working.

0:45:27 - Julie

Okay, well, thank you for doing that for the people that are on the cruise and helping make their holidays wonderful. Okay, got that Going from you to Chris. I agree with you, he's in phase 10 still, so let's ask him the three questions. For those of you that don't know what we're talking about, if you think Noelle and I are talking secret language, we kind of are. We're really not secret agents, right.

But in my book, angelic Attendance what really happens as we transition from this life into the next I describe how angels and the spirits of deceased loved ones and pets are positioned

around Chris, and so when somebody is dying, we're all surrounded by angels and the spirits of deceased loved ones and pets, and as that configuration shifts and changes, that's how we can tell what phase of transition somebody's in. What I would recommend is, if you haven't done this yet, Noelle is, go to my website, askjulieryan.com. Go on the 12 Phases of Transition page. There is a chart of all 12 phases. You can download it for free. You've got it. For those of you that have a loved one at the end of their lives, go to my page the 12 phases of transition on my website, askjulieryan.com. Download that chart on your phone, save it on your phone in the photographs, and then you just ask, and while you're getting very good at this, obviously you just ask spirit right, what phase is my brother in? Is that how you do it? And then you hear a number.

0:47:16 - Noelle

Yeah, that's how I do it, and I, yeah, and I, you know, of course I second guess myself, but I just I'm like, okay, I heard he's still in phase 10. But he's, what's interesting is like, you know, he's not, he's not bedridden. I mean like my dad's going to go pick him up, he's going to go to lunch with us, I mean he's not in a great.

0:47:43 - Julie

I mean, I know he can barely function and he'll probably sit at like this most of the time, but he's, you know. Yeah Well, and and that's the thing is that the phases can take. They can happen instantly, like in the case of a homicide or suicide. They can take days, weeks, months, even years to happen. I had a gal early on when I first started doing this show. I had a gal call in for two years and her dad was in phase 11 of 12. For two years he had Alzheimer's and he took a long time to transition. There are always three questions that I ask Noelle, you know this and that is Chris, are you ready to go? He says yes, more than ready. He's saying yes, more than ready. Are you in pain? He's saying most of the time he's in pain. What do you need? Just to say goodbye is what I heard him say. So what an opportunity for you guys to all be together. Have you talked about bringing in hospice?

0:48:43 - Noelle

I was going to bring it up to my dad when I see him, because my dad doesn't think he's dying. My brother's stable right now on his meds, so he thinks my brother's doing great. So it's yeah.

0:49:00 - Julie

Yeah, I know.

0:49:01 - Noelle

But he had a hospice with my mom, so my sister's going to be with me and I was going to just mention it to my dad.

0:49:07 - Julie

Mention it to your sister too, and maybe mention it to your-

0:49:11 - Noelle

No, that's what I mean I was going to talk to my sister, so we can both talk to my dad. Okay, because we both did the hospice thing together with my mom.

0:49:19 - Julie

Well, and it may be a situation too where hospice can control his pain and hospice can be involved.

0:49:27 - Noelle

Is he letting anybody know he's in pain? That's the thing I don't.

0:49:31 - Julie
I hear a no.

0:49:32 - Noelle
Yeah, so I will, I will, I will, I will that, um, I will we're, I will talk to my dad and, um, you know, see if we can somehow push the needle with hospice, um, and maybe I can ask Chris, you know, maybe he'll, if I ask him, maybe he'll share and we can make that. Is there anything like my mom that my mom wants us to know, because I obviously know she's there helping him.

0:49:57 - Julie
Bring in hospice to control his pain and that's how you present it to Chris. Hey, if we bring hospice in, it's going to be covered. You know it's not out of pocket and they'll be able to help you control his pain. Yeah, hospice is amazing yeah.

0:50:13 - Noelle
Okay, great, but I wanted to, so that's the message. I will definitely, you know, I will do my, I will do my part, I'm so proud of you that you're talking to the spirits and beyond.

0:50:23 - Julie
Good job, girl. It's easy, isn't?

0:50:25 - Noelle
it. Yeah, it's about trusting myself, but yeah, that's right.

0:50:28 - Julie
And it's the first thing that comes into your head. We're all doing it. We just don't realize that we're doing. You ask a question that tunes your satellite dish head to spirit. Whether you're talking to your mom's spirit, you can talk to Chris's spirit when you're out in the middle of the ocean. You know it doesn't have to be the spirit of somebody in heaven, it can be the spirit attached to somebody's body too. So do that, and it's that first thing that comes in your head Fast as you can snap your fingers. And the more you do it, the more you're going to trust it.

0:51:00 - Noelle
The more you trust it, the more it just becomes second nature, and so so the place, the assisted living place that he's at, wouldn't they, why wouldn't they do? They just not know Like, why wouldn't he's got like a case manager? He's got people.

0:51:18 - Julie
I think they wait for the family, like is there a baby bringing in a heart? No, no, it's a family thing, yeah.

0:51:25 - Noelle
I would talk to the family about it. Well, no, I mean I'm going to say something. You know what I mean, since I'm physically going to be there, but I just, yeah, I just, yeah, okay, well, good luck with all that.

0:51:34 - Julie
Enjoy the rest of your journey. Okay, happy birthday. Thanks, Noelle. Anybody that wants a free copy of Angelic Attendance what really happens as we transition from this life into the next you're welcome to buy the paperback, but you can get a free digital and audio book download. Just go to AskJulieRyan.com On the homepage. There'll be a button that you can push and it'll say you know, get a free copy of Julie's book and we'll give you the digital and the audio book download.

Share it with everybody in your family, anybody you want, because this information is so helpful and really helps people at the end of their lives themselves. Helps people who have a loved one who's dying. Also comforts people after the fact when they know this, and university-based research shows that 90% of people at the end of their lives see the spirits of deceased loved ones and pets as they're transitioning. So keep that in mind too, and I just that's why I give away thousands of these every year, sometimes thousands a month, because it's just just so. Elaine's coming back and I just bought the Kindle version. Can't wait to read it. Yeah, it's just so helpful, the information that's out there.

The first time I saw all of this stuff was with my own mother when she was dying, and that was in 2002. And I was led to write this because it helps so many other people I mean 90% of people see their spirits of their deceased loved ones and pets as they're transitioning. We think grandma's hallucinating, grandma's not hallucinating. Grandma can actually see her father, who's been dead for 90 years. So how cool is that Gives them so much comfort. All right, I think we have time for another question, perhaps Chris Cheryl. Hi, Sheryl, how are you?

0:53:43 - Sherly

girl oh. I'm okay. How are you Actually? I actually need some of your help, though. Okay, where are you though? Okay, where are you? I'm in Lewis, Delaware, okay, terrific. Yeah, I've been for quite a while. I went to the doctor about this. They really weren't able to help me. I had an MRI done and it came back normal. The issue is is that I'm having some like my hands shake, having like these painful muscle spasms, and I feel like the energy just like runs through my body and I can just feel it like just going through it.

So I was having a lot of vision changes this past year and I kept going back to the eye doctor, so I was just hoping. I don't know if it has anything to do with my back, because I have rods and scoliosis. Is this something neurological? Is it something? I was having pain on the side of my head and in the back. My eyes have been fluttering like all kinds of stuff going on here. So there's more to this. I just don't know what it is like stuff going on here. So there's more to this. I just don't know what it is, and I'm hoping you can just direct me to help me, however, because I don't know what it is.

0:55:02 - Julie

Yeah, okay. So I can see your camera shaking. That's because your hand is shaking, I would imagine. Yeah, yeah, okay, here we go. Here comes my laser beam from Sweet Home, Alabama, heading up to you in Delaware got you shooting energy from your feet up through the top of your head. So the first thing I'm doing is I'm grounding you, like Van our caller before. So these spikes come out of the bottom of your feet, go into the core of the earth.

I would look into grounding products. I would get a grounding fitted sheet. I have two of them because I changed my bed every week and so I sleep on them. I would look at that. I get them on Amazon. Just look for grounding sheets, bed sheets, fitted sheets. That's number one. I would do the beam minerals as well that you heard me talk about, and I would do the increased protein and collagen too. To askjulierine.com sponsors page, paleo valley and beam minerals.

And then what I'm doing is we're going to straighten out your back for the scoliosis and we're also going to roto-rooter out your neurological system. How about that? So you're going to get a full body tune up. My girl, here we go. So on your spine, your spine looks to me as I'm looking at you from behind, it curves a little bit to the right. So imagine there are these two metal rods on either side of your spine and your spine's being heated up with a laser to make it pliable, like think of a potter with clay. The clay needs to be moldable so that they can make whatever it is. They're making a bowl, or a vase, or a statue or whatever. And so the rod on the left is stationary. The one on the right is moving very slowly towards the left. It's straightening

out that pliable spine. And when they get in their right positions, Sheryl, they lock into a groove, and it reminds me of the groove on a sliding glass door going out to the patio or a deck or a porch or something. And so that's in place. Your spine is lasered again to solidify it, kind of like a potter's going to fire their creation. You know, to keep it solid. So we've got that.

And then let's do your neurological system. So imagine that your neurological system looks like a network of aquarium tubing, and aquarium tubing sometimes get gunk inside of it. It can get uneaten fish flakes, fish poop, minerals from the water, whatever. Well, that's what it looks like inside of the body. To me the circumference is think of a piece of spaghetti. That's kind of the diameter of these nerve tubes and they run all over your body for your whole neurological system. Again, this is a metaphor for what is actually inside the body so we can envision it. So imagine there are these corkscrews that are spinning inside of that tubing, and are you young enough to remember the Pac-Man game back in the 70s?

0:58:10 - Sheryl

Oh, yeah, for sure.

0:58:11 - Julie

And you remember how the Pac-Man we need all those little dots and then they divide and multiply. That's what this reminds me of, because the corkscrews multiply and they divide and they go through all your neurological system and they're just grinding up any kind of gunk that's in your neurological tubing. Tubing how I think of it is. If you've ever had a cord on a lamp and it has a cut in it, you know it impedes the electrical current going to the lamp or the electrical device. Same thing with the neurological system. That's kind of an analogy that I've seen in my mind's eye. So by cleaning out all that debris which is dead skins, dead cells and other kinds of debris in there, it just cleans it out. So now what's happening is all that gunk is ground up and we're irrigating it out.

So this is the most fun part, Sheryl, because it comes flying out the end of your toes. Imagine that your feet look like sprinklers, okay, and the fluid's flying out the end of your toes. Imagine that your feet look like sprinklers, okay, and the fluids flying out the end of your toes. So now here comes the stem cell energy light, amber color, gel, sparkles, dippity-doo and there are vortices that are spinning above your head, beneath your feet, on either side of you, front and behind, all spinning concurrently and that's gonna regenerate your neurological system. The first thing that came in was you're so mineral depleted, you're extremely mineral depleted. So that would be the first thing I do is the beam minerals, and I think you're gonna find that your body's gonna be able to help heal itself just by giving the body what it needs as a basis. So I would try that and hopefully that'll help.

1:00:02 - Sheryl

Okay, good, Because I wasn't sure where this was coming. Is this like some sort of precursor to like Parkinson's or like, do I have some Alzheimer's or something coming on? Do I have some Alzheimer's or something coming on? And I was just like I haven't been able to get a proper diagnosis or get help going to the doctor. So is there something I mean else, that? Is there someone specific I need to go to? Or, like you know, can spirit direct me to someone who can actually like help me a little better? Because this has been going on for quite a while and, like I said, I went to a neurologist and it was. It came back normal, so it has to be something else.

1:00:44 - Julie

So you, went to those doctors to rule out all the really big, scary stuff. So let's go. Let's start with the basic stuff, what I just told you go to askjulieryan.com, go to the sponsors page. You're going to be amazed. The body has the capacity to heal everything, absolutely everything, and sometimes we just need to give it a little bit of help, to give it the basics that it

needs to heal, and everything's healable and your body's going to heal itself. There's not a doubt in my mind I get a no on Parkinson's. I get a no on MS.

The first thing that came in, before I even got you on my radar, was that you were lacking in minerals. The other thing you just stuck out your tongue and you have overgrowth of yeast. You've got, really you do. Your tongue is coated with a white coating on it, and so that's something else. So stay low on the food chain, right? If God made it, eat it. If man made it, in fact, you do your best to avoid it. Stay away from fermented food, stay away from anything processed sugar, anything refined. Yes, you've got an overgrowth of yeast which is exacerbating this. Yeah, when you have a white coating, when you have a white coating on your tongue, that's yeast overgrowth. Yeah, so your gut's out of whack. Yeah, I hope you feel better.

1:02:08 - Sheryl

Well, I appreciate this greatly because it gives me peace of mind that it's not something it's you know what I mean Like horrific, so anyway. So I just wish you so many blessings and thank you so much for everything that you do.

1:02:25 - Julie

Well, honey, thanks. Right back at you, and that's why you went to see all those doctors for them to tell you that they don't know what's going on. This is all basic stuff. You get your gut healthy. This stuff's going to go away, perfect, okay.

1:02:34 - Speaker 7

Thank you.

1:02:34 - Julie

Thanks for calling. Take care, bye-bye. Okay, everybody. That's it for this week. Remember, I've got my live on Tuesday. Just go to askjulieryan.com forward slash live. Come join us. Maybe you'll win a free class. Maybe you'll win a free session with me and get your books and what else? What am I forgetting? Schedule your appointments with me, priority appointments, regular appointments with my graduates. You're gonna love them. They're fabulous. Alrighty everybody Sending you lots of love from Sweet Home Alabama.

1:03:08 - Annncr

Bye everybody. Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan and like her on Facebook at AskJulieRyan. And like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyan.com.

1:03:24 - Disclaimer

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