

## AJR Show Jan 16th Transcript

0:00:01 - Annncr

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

0:00:43 - 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 people joining us this evening on AskJulieRyanShow.com. Come in through that link, askjulieryanshow.com if you want to have a conversation with me, and we're also going to be taking people from the YouTube live stream chat On YouTube. We're at AskJulieRyan and we've got Samantha helping us over there.

So the gang's all here and we're looking forward to getting your questions, prayers, thoughts, lots of hugs going out to the people in California that are affected with the fires. Our son, Jonathan, and daughter-in-law, dr Mal, are home. They returned to their home late last week I guess it was maybe Saturday-ish, I think and their home is okay. The air quality is terrible. People still aren't allowed to go back into their homes because they've got embers that are still flying around. They've got some winds going on, but lots of love and prayers.

I am going to put the Kelly family information. Some really dear friends of Jonathan and Mal's lost their home. They have two little kids. They lost everything and they had just moved into their home a week ago. And so it's on all my social media AskJulieRyan, on Instagram and on Facebook, so we'll have that up. They've got a GoFundMe page and if you want to donate, that would be great. I did, tim, and I did, and you know it's just something that we feel like we can do to help somebody that's lost everything, so we'll have that up on my Facebook and Instagram page at AskJulieRyan, there'll be a link.

If you want to help the Kelly family, I'm going to be giving away a free class this evening, so you want to stay tuned. Your name may be called If you want to join the drawing. I give away a free session and a free class every month and you need to subscribe to YouTube, leave a review at YouTube or anywhere you listen to the show, any podcast we also take from book reviews. We've got seven books on Amazon. If you just put in Julie Ryan in the book section and leave a review for any of the books, that would be great too. Got the new book Angel Messages for your Life's Journey is available and getting wonderful comments about that. There are real life stories about serendipitous and angelic things that have happened to people in their lives, so we've got that.

So, Chris, let's go ahead and take our first person. See what their question is. You guys know. I never know who's calling in. I never know who's joining us on the live stream. They just put it up. I don't even see the dashboards, so I never know who it's going to be. I never know what the question is. I never know what Spirit's going to say, which makes this so fun every week. Okay, here we go. I forgot to get my glasses out. Let me get my glasses here. All right, I can read it, but it's easier with my glasses. Here we go, All right, hi Julie.

Four years of ovarian cancer with a recurrence, waiting to start a clinical trial. I'm in pain and could really use your help. Deb from Fort Collins, Colorado. Deb, honey, I am so sorry You're in pain. All right, we are going to get you on the radar here in a second.

How this works to those of you that are joining us for the first time is I raise my vibrational level to 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'm going to watch a laser beam come from my body here in Birmingham, Alabama. It's going to hook into Deb in Colorado, and then I'm going to have a hologram of her in my mind's eye and it's going to 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 all you guys to picture what I'm describing, and Deb especially. I want you to picture what I described during the healing, because it's spirit working through me and with me to help you heal yourself, and so when we all picture it, it's like the power of prayer. We're all sending energy to Deb and it'll help her heal better. The other thing is that I'm really descriptive because that's how the healing integrates into the body when we have a frame of reference, and it may be something really funny that comes into my head. Spirit has a great sense of humor or whatever. But just picture it Doesn't matter if you're watching this real time, if you're watching this a year from now, five years from now, doesn't matter. Time doesn't exist in the spirit world. So we're all going to be working together. So here we go. Here comes my laser beam from sweet home Alabama heading out to you, deb in Colorado. All right, got you shooting energy from your feet up through the top of your head.

The other thing is I don't edit anything that I see, because everything's healable. Number one and number two who am I to edit? What spirit's giving me the information about? I'm just the messenger, I'm the facilitator. So I believe, if I'm getting the information, it's for you to hear, because knowing the information is going to help you heal your body. Remember, nobody heals anybody else. Think about you get a big cut in your leg and you go to the emergency room. Well, a doctor's going to stitch it up for you, but they're not going to make your skin grow back. You make your own skin grow back. So these healings happen on the energetic level. They're going to integrate into your body. There may be some complimentary care needed from regular medical doctors, medical providers. This is all part of the healing equation, the energy healing work that I help with. Okay, so got you.

I can see that it looks like it's metastasized. When I see metastasis, what it looks like to me is picture a white dairy cow with black splotches on it. The splotches in the body and the hologram that I'm seeing of you in my mind's eye is where the cancer has metastasized. So let's do a lymph cleanse on you. We'll do the Full Monty for the cancer healing on you. Lymph cleanse imagine there's a big vertical oval inside your body, on the front side of your body. All your lymph fluid is going in there. Lymph fluid is an amber color. It's kind of globby Think of the fluid inside a lava lamp and there's a hole that's open on the bottom of each of your feet. As that lymph fluid spins, the toxins come out the bottom of your feet. So we're doing a reverse osmosis purification on your lymph fluid. That's how cancer spreads is through the lymph.

Now we're doing an extraction of the lymph nodes that have sequestered toxins. Lymph nodes look like little D3 vitamin capsules to me. When they've sequestered toxins they can look brown or black inside of them. Those are being sucked out the top of your head, the ones that have sequestered toxins, and you're being sprinkled with stem cell energy. Light amber color gel sparkles reminds me of Dippity Doo hair gel, which was a thing when I was growing up in the 60s and 70s, and so that sprinkling on your body this is going to regenerate new lymph nodes. There's a vortex forming above your head, beneath your feet, on either side of your front and behind, all spinning concurrently. That's going to generate those lymph nodes.

In the meantime we're doing a heavy metal detox. Two big U-shaped magnets are joined in the middle around your body. They're going up and down your body. They're pulling out metallic particulates. They turn a quarter of a turn until they get excuse me, all the way around your whole body, which they pull out, particulates that look like little pieces of glitter Either sparkly glitter, dull glitter, can look like little strands of metal that look like a piece or a strand out of a steel wool pad. That's what those look like. DNA healing let's do that.

You have 10 strands of DNA that have come out of an X chromosome. Remember, girls have two Xs, boys have an X and a Y. A strand of DNA looks like a strip of paper you'd find in an American fortune cookie with a fortune written on it. It's comprised of four nucleic acids represented by four letters A-T-C-G. One strand can have 100,000 letters, can have up to a billion letters. I'm watching those letters get rearranged, resequenced if you will. Once it's reconfigured it snaps back in to the X chromosome. So that's going to get the way that the cells replicate back to a normal recipe. So I hope that helps.

And look up Thomas Seyfried. Thomas Seyfried S-E-Y-F-R-I-E-D at Boston College Look's amazing research that's happening. And look up a book called Radical Remission. We did a show with Carla Means-Giroux, who's head of the Radical Remission Project, and they found the 10 common denominators of people who have survived cancer and are cancer-free for 10 years or so, and seven of those commonalities are spiritual. So look up, ask Julie Ryan, radical Remission and you'll find that episode and I think you'll learn a lot on that. So that'll help. So I hope you're feeling better, deb. Thanks for your question, all righty. So I hope you're feeling better, deb. Thanks for your question, all righty.

If you want to have a conversation with me, join us at [AskJulieRyanShow.com](http://AskJulieRyanShow.com). If you're coming in on the YouTube live stream where it asks Julie Ryan, be sure and subscribe. Subscribe wherever you listen to podcasts, subscribe on the YouTube channel and then we'll let you know when we release a new show, which is a bunch of them. A week we do interviews and then this live show every Thursday night at 8 Eastern, 7 Central, 5 Pacific, and unless I'm out of town or something or it's Christmas, then I don't do a live show. But most weeks we're doing a live show which makes it fun. Okay, Chris, who's next?

Julie

Hi, Lourdes, oh hi, hi. Is it Lourdes or you?

0:11:49 - Lourdes

pronounce it Lourdes. I pronounce it Lourdes, Lourdes. Hi girl, how are you? Where are you?

0:11:56 - Julie

I'm in Austin Texas, Austin Texas. How are things?

0:12:01 - Lourdes

there it's very nice, but we're supposed to get colder this weekend.

0:12:06 - Julie

Oh well, we're not used to the cold. It is January, we're just giving you a little taste of winter.

0:12:12 - Lourdes

Yeah, how may I help you? Well, I have. My great-grandson will be two years old in April and he's had lots of problems with his skin In his head. He has sores that come with pus. Then they go away for a little bit and then they come back again and it seems like your time is more. It's just problems with all of his skin. Okay, All right, and his name is.

0:12:43 - Julie

Whoopi skin. Okay, all right, his name is Noah and his name's Whoopi Noah Noah. I thought you said Whoopi. I was going to say Wolf. Okay, that's a cute nickname. I didn't think it would be his real name. But okay, all right. What I'm going to do, lord, is I'm going to connect into you and then from you to Noah Whoopi Noah. It says I'm going to connect him to you and then from you to Noah Whoopi Noah, and then I'm going to ask his permission if I can scan him, because I don't ever, you know, invade anybody's privacy, even if they're a newborn, without their permission. So I'm going to. What does he call you? What does he?

0:13:21 - Lourdes

call you Well, nothing yet.

0:13:26 - Julie

What do you call? What's your grandma name? Abuela, okay.

0:13:30 - Joan

All right.

0:13:31 - Julie

Okay, here we go. Here comes my laser beam from Sweet Home Alabama heading out to you in Austin. I want you to picture what I describe, because you're going to be my helper Everybody else listening. Picture what I'm describing for little Noah. Okay, got you, got Noah. Noah, I'm talking to your abuela. She's fun. He's saying, isn't she fun? Yes, she is. She calls you whoopee on the side no, I'm kidding. All right, can I scan you and see if we can help your sores on your skin? He said he's giving me. Yes, he's shaking his head. Yes, so I'm going in. It's gut related, lord. Does he seem to have stomach pain? Does he seem to have bowel issues or that kind of thing? Yeah, this is stomach. Whenever we've got skin stuff going on, it's always the gut. That's where the cause is and that's where our immune system is based too, Lourdes. So my guess is there's a good chance he's been on antibiotics and steroids.

0:14:39 - Lourdes

Is that right? They gave him that for the sores, but of course it doesn't help. But he has problems with constipation.

0:14:50 - Julie

Yeah, yeah, that's because his stomach, his little tummy, is so out of whack. So he's got yeast overgrowth and what I'm watching is I'm watching that get removed, because when we have yeast overgrowth we get leaky gut, which just means there's these little separations in the gut. It's completely healable, it doesn't cause any permanent damage. So he's completely this is all healable. What you want to do is you want to get him on, get him away from refined foods Give him.

If God made it, eat it. If man made it in a factory, do your best to avoid it. All right, so give him that number one. Number two you're going to want to get him on some Nystatin N-Y-S-T-A-T-I-N Nystatin and it's an antifungal Lourdes For little people. It comes in a liquid form, it's a prescription, so you're going to need to get it from his doctor and tell the doctor that he has an overgrowth of yeast and tell him you want some nice statin for him That'll clear up his tummy, some nice statin for him That'll clear up his tummy and his skin will clear up once you get the yeast handled. This is completely fixable, okay, okay.

0:16:14 - Lourdes

Okay, Thank you.

0:16:15 - Julie  
You are so welcome.

0:16:17 - Lourdes  
Thank you, Thank you.

0:16:17 - Julie  
Julia, you're welcome. If you want to join us and have a conversation, come in through AskJulieRyanShow.com. That's a link. It'll get you right in to Chris's dashboard. If you're coming in on the YouTube live stream, we're at Ask Julie Ryan and Samantha's over there to help you. Put your question in the chat. If you're coming in on the live stream, put your first name and where you're located, and then I'm limiting it to one question per person, just so we can get as many people on as we can. Remember to stay tuned, because I'm going to give away a free class here in a little bit. So okay, Chris, who's next? Rebecca? Hi, Rebecca, oh, hi, can you hear me now? Yes, ma'am, I sure can. How are you doing this evening?

0:17:09 - Rebecca  
I'm absolutely wonderful. How are you?

0:17:11 - Julie  
Good. You have the Northern Lights behind you. It makes you look magical To those that are listening. It's beautiful. She's got the Northern Lights scene behind her, so where?

0:17:21 - Rebecca  
are you In Tennessee, east Tennessee, whereabouts In Knoxville? Okay, you're actually where I was. I was born in Birmingham.

0:17:30 - Julie  
Ah, terrific. Well, wonderful Knoxville's beautiful the mountains smoky mountains, great smoky mountains, absolutely. Yeah, how may I?

0:17:39 - Rebecca  
help you. Well, I have some hip issues and I was going to see if you could take a look and see what's going on. Too young to be as bad as I'm walking. What's going on? I just have a lot of pain and a lot of. I've been to the doctor. They're saying arthritis and I've lost a bunch. Wait to help. That's helped a lot, but I'm still having a lot of issues. Okay, both hips is one worse than? The neck, no, both hips, and I just lost my baby sister last year.

She had a hip surgery and she actually passed away because of a bunch of complications. But now I'm freaked out about hip surgery God no wonder Geez, yeah, I would be too, yeah, oh goodness.

0:18:20 - Julie  
Well, I know a little bit about the hip and the knee surgeries because I'm an inventor of surgical devices used in those procedures, that some of them have been on the market for 30 years, so I know a little bit about it and there's bazillions of them done every day and people don't have any trouble and they're up walking like two hours out of surgery.

0:18:42 - Rebecca  
It's amazing. I'm sure it's just a lot of sister problems.

0:18:47 - Julie  
Yeah, it's probably one of my scared issues. I'm so sorry about your sister. Have you read Angelic Attendance yet? My book?

0:18:55 - Rebecca

No, not yet. I'm going to.

0:18:57 - Julie

Angelic Attendance. What happens as we transition? Let me see if I can say it.

0:19:02 - Rebecca

I've looked into it a lot because her loss has made me in the area I'm at now, which has led me to, as I found, you.

0:19:11 - Julie

Oh honey, I'm so sorry. I lost my sister too in 2010. So I know that's all gone.

Angelic attendance. What happens as we transition from this life into the next? Go to [julieryangift.com](http://julieryangift.com). Julieryangift.com. There's a free digital and audio book download there. Anybody listening, [julieryangift.com](http://julieryangift.com)? You can also see it on my website, [askjulieryan.com](http://askjulieryan.com). On the homepage you'll see a link. Anybody listening? Same thing with you, Rebecca. Download the audio book in the digital version. Share it with all your family and everybody who's affected by your sister's loss. I believe it'll give them some comfort and some information. Okay, let me hook into you. Here we go. Here comes my laser beam from Sweet Home, Alabama. I don't have to go that far. You're about six hours from me. So heading northeast from Birmingham, all right, got you going in. The energy is going to your right hip first, Rebecca.

So I'm going in I do see arthritis and I do see that you don't have a whole lot of cartilage in there. So arthritis looks to me like. Have you ever seen corrosion on a battery that's expired? Like in a flashlight, that white crunchy stuff that gets on there?

0:20:35 - Rebecca

Yes, ma'am.

0:20:36 - Julie

You got that all around the hip joint inside, you got the ball in the socket, and so what I'm watching is I'm watching that get removed. That's what it looks like in surgery, too, when a joint is scoped it looks like that curtsy white stuff on a battery.

So, of course, that's what it looks like to me in my head when I'm scanning this. So we're cleaning that out. It's like there's a brush in there that's rotating. Imagine like on a drill, you know. Like instead of a sander there's a brush. It is going around your whole hip joint and it's just cleaning all that stuff out. All right, stem cell energy is getting injected in there Coolest stuff ever. We'll regenerate any body part we need. I'm watching it get injected in there to give you some padding in the short run. Light amber color gel sparkles, because it's woo, woo, gotta have sparkles. Reminds me of Dippity Doo hair gel, and you can look it up if you don't know what it is. And then there's a vortex spinning outside of your right hip. Let me go over to the left hip. The left hip looks bad, but the right hip looks worse to me. Do you find that it's more painful on the right side?

0:21:53 - Rebecca

Yes, yes, ma'am, okay.

0:21:56 - Julie

All right. So same thing. Clearing that out, injecting stem cell energy in there, give you some more cartilage and vortex spinning outside there. We're going to do a whole like dearthritic procedure here on you in a second, but while those stem cells are generating new cartilage for

a minute, arthritis comes from the gut 100% of the time. So what I was just mentioning to Lourdes about her grandbaby 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 or at least read the ingredients. If you're going to eat chips there's lots of brands now that it's like potatoes and sea salt and olive oil Buy those. If you're going to buy it, same with popcorn. You know, if you have to have those snacks, get them with ingredients that are the least amount and ones you can pronounce. For heaven's sake.

0:23:00 - Rebecca  
Absolutely.

0:23:02 - Julie

Yeah, yeah, so low on the food chain. Stay away from fermented things, Rebecca Wine, beer, alcohol, kimchi, sauerkraut, yogurt, vinegar. Don't pickles, don't eat any of that stuff. Kombucha, sauerkraut, none of that jazz, all right, so that will help. Are you a sugar girl? Do you like sugar? Yeah, sugar is the most inflammatory thing that we can eat. So stay away from sugar. The thing that helped me stay away from sugar it'll be it's five and a half years, going on six years for me I'm a serious sugar addict is brain octane oil. You can get it on Amazon, look it up Brain octane oil and it's liquid. Comes in capsules, comes in liquid. It's going to help you not crave sugar because the brain operates either through ketones, which that helps you create, or through glucose, which is sugar. So you back off the sugar, you're not going to have as much inflammation, you're not going to hurt as much. One last thing we're doing is I'm I spirit working through me and with me to help you heal yourself. Imagine we're taking your skeleton out the top of your head.

Think of the skeletons at Halloween, those plastic skeletons, the whole thing's coming out the top of your head and you know, in the car wash where they have those big turnstiles with fabric on them they used to have brushes on them, those I see turning and what it's doing is it's getting all that crunchy arthritis out of all your joints and out of your whole body. We're dipping your whole body into a big vat of stem cell energy. Reminds me of one of those dunking tubs that you put a coach on and then throw a baseball at them and dunk them in the tub and then skeleton going back in your body. There are vortices, Rebecca, spinning above your head, beneath your feet, on either side of your front and behind all spinning concurrently. That's going to help a lot. One last question Is it in Rebecca's interest to get her right hip replaced, to get a new right hip joint? I didn't hear a yes, I heard an absolutely. I heard an absolutely. So have you been to see the orthopedist?

0:25:22 - Rebecca

Yeah, that's what they're wanting to do.

0:25:24 - Julie

Okay, so the healings happened on the energetic level. It's going to be a breeze for you because it's already done. Now you just have to go through physical steps. Okay, okay, I hope you feel better. Yeah, thank you so much. Get the book, get Angelica Tendance and read it. It's going to help you a lot. Okay, yes, ma'am. Bye, Rebecca, all right.

0:25:45 - Rebecca

Thank you.

0:25:46 - Julie

All righty, askjulieriashow.com. If you want to join us and have a chat. If you're coming in on the YouTube live stream, we're at Ask Julie Ryan. Remember, remember to subscribe. When you subscribe and leave a review, that automatically enters you into a drawing for a free session with me and also a free class. Remember, you can schedule a regular session with me and also I have four graduates now that are working with me to help people. Because I'm only

one person, I only have so much bandwidth and we can get you in sooner. We can get you in a lot less expensively. They're all fabulous. They're all graduates of my class Karen, Johanna, Laura and Jocelyn.

So when you go on my website and you want to talk with one of my grads who are all again just fabulous just click on their picture and then their calendar will show up and a lot of the times you can get in to see them in the next week. I mean a lot of times. There's no wait so you can schedule your private appointment with me. I love to talk to you. We have priority appointments. A lot of times you can get in within a day or two with me. Those are more expensive and then we have my regular appointments and they're out of ways. But the key with that is get on my calendar and then check your confirmation email periodically on the reschedule button, because that will show you earlier dates and times this become available. Because people reschedule all the time, sometimes you can get in quickly. I talk to people every week that say, oh my gosh, I got in in a day.

I go, I know I tell you so askjulieryan.com if you want a private appointment with me or with one of my grads. They're fabulous, you guys. You're gonna love them. Okay, who's next? Linda

Hi, Linda. Okay, who's next? Linda Hi Linda from Southwest Washington State.

Do my guides have any messages for me? Can you be a little more specific? Yeah, they got tons of messages for you. Can you write something in? And can Samantha help us with that? Let me talk about guides for a minute. We all have lots of guides. Well, hopefully we're waiting for a more specific question. You know, general questions are great and we can spend a lot of time on that when I have you or one of my grads has you in a private session. But for the show, give me something specific that we can work with.

All of us have spirit guides. When I scan somebody, normally there are seven spirit guides that follow us around. They're kind of in a horseshoe pattern behind us. They appear to me like versions of Father Time. Thank Gandalf in Lord of the Rings and Dumbledore in the Harry Potter movies. Old man, white beard, white hair, that kind of father time. Thank Gandalf in Lord of the Rings and Dumbledore in the Harry Potter movies. Old man, white beard, white hair, that kind of a thing, and then when we talk to them, they morph into what they looked like in the lifetime. That pertains.

Okay, Linda's saying her financial situation. Okay, so what's going on? What can you recommend to Linda about her financial situation? I'm getting get another job, get a part-time job, at least in the short run, and do it from home, and I'm hearing that there's lots of jobs available that can supplement your income while you're getting back on your feet financially. What I'm hearing in particular, Linda, is the customer service type jobs for any kind of travel related company the airlines, the hotels, all of that, also any kind of customer service Airlines, the hotels, all of that, also any kind of customer service. So, if you go to a job during the day, I'm getting considered doing something, maybe on the weekends and maybe in the evenings, but do it from home, online, to generate more income for you. So I hope that helps.

Thanks for your question. Okay, let's see who's next, Lori.

Hi, Lori, thank you. Thank you so much for our call on Tuesday. I was gonna say I just talked to you, girl. Pain is much better until I did a small hill and hip replacement is in pain. Ugh, honey, what are you thinking? All right, let's, let's look into you and we'll give you some stem cell energy to give you some padding. Okay, inflammation, which I can see it. I just hooked into you. Inflammation looks like red fog on body parts and anti-inflammatory energy is a royal blue color. Put that on, get it calmed down and putting some stem cell energy in there just to give



you some extra padding as you're healing. So take it easy, you wild girl, just let your body heal. So great to hear from you again.

I love it when I get you guys for a whole hour. We cram so much in. For an hour we could talk to your dead grandma. We can scan you energetically, medically we could talk to your cat. We could help your pet. We can tell how close somebody is. We do past life stuff. We talk to your spirit guides and angels, anything from my buffet of psychicness and my graduates they all have buffets of psychicness too, because they took my class. So you know we can talk about anything and everything. You know it doesn't need to be just one topic when we're together for an hour. So askjulierryan.com, do you want to schedule an appointment? Okay, who's next? Hi Jack, hey Julie, how are you, I'm terrific. How are you, sir? I'm doing great.

Great. Tell everybody where you are, please. I'm in Grand Rapids, Michigan. Grand Rapids, Michigan. All right, Well welcome. How may I help you? I'm calling for my aunt.

0:31:48 - Jack

She had a bad fall at work and actually broke her neck in three different places, oh geez. And she's now in physical therapy trying to get the use of her hands again and she can move a little bit, but anything you can do for her.

0:32:04 - Julie

Aren't you, sweetie, to be helping your auntie? What's her name? Jack? Her name is Mary. Mary and where is Mary? Does she live in Grand Rapids with you?

0:32:14 - Jack

She doesn't, but she just got here today at a physical therapy place, so she's in Grand Rapids now.

0:32:20 - Julie

Okay, all right, she's staying in Grand Rapids while she's doing her physical therapy.

0:32:24 - Jack

Correct.

0:32:25 - Julie

Okay, all right, I'm going to connect into you and from you to Mary and I'm going to ask her permission if I can scan her. Does she know we're going to be working on her tonight? Did you prep that? No, I haven't talked to her.

Okay, all right, here we go. Here comes my laser beam from Sweet Home Alabama, heading straight north, a little bit northwest from me. All right, got you going to Aunt Mary? Aunt Mary, I'm talking to your favorite nephew, jack. Isn't he fabulous? Yes, he is All right. Is it okay if I scan you energetic to help you heal? She said, yeah, anything and everything, bring it on. So yeah, she's in some pain. All right, let's get that calmed down. First, anti-inflammatory energy is being put on the inflammation which looks like, as I mentioned, red fog on body parts, and what we're doing is I'm taking her again, spirit working through me and with me to help facilitate healing, taking her skeleton out of her body, dipping it into a big vat of stem cell energy, like what we just did with Rebecca. Back in her body, vortices spinning above her head, beneath her feet, on either side, front and behind, all spinning concurrently. In the meantime, let's do a healing on her neurological system to get her nerves back online.

Imagine Jack and everybody that's listening or watching. Imagine that the neurological system looks like a network of aquarium tubing. Imagine that the neurological system looks like a network of aquarium tubing and when a nerve is injured it's got the diameter of maybe a piece

of angel hair pasta. So it's really. They're really thin, but they're tubes. So when there's injury to a nerve it gets gunk inside the tube. That's a medical term I made up, jack gunk G-U-N-K. But it stands for dead cells and other debris that gets in those tubes. So imagine those tubes are all over her body and imagine that there are a bunch of little corkscrews that are spinning inside the tubes and they're grinding up any kind of debris that's in the tubes, all right, and they're multiplying. So there's lots of them that are just grinding through all those tubes. So we've got that. Does she have surgery on her neck? Yeah, when it happens, she had surgery.

yes, yeah, that's what I'm seeing. Okay, I can tell she said surgery, so I'm going to come back and work on that. So those tubes are getting cleaned out and now there's irrigation fluid going through them to get all that ground up. Gunk out, jack, and imagine it's coming flying out the end of her toes. Imagine her feet look like sprinklers. That's what this looks like.

Remember, spirit has a great sense of humor and we're supposed to be able to picture this stuff to help it integrate into her body and help us send that healing energy to her. Okay, on the neck where she had the surgery, I'm watching more stem cell energy get injected around her neck. There's a vortex spinning behind that's going to help her neck heal faster. I'm also watching a grid that reminds me think of a you know what chicken wire is, or a tomato cage. I'm watching that get put around her neck, kind of as a stabilizer, and it's energetic. Obviously it's a metaphor for what I'm watching and it goes right into her body but it's going to help stabilize her neck while she's healing. It's kind of like absorbable sutures they put in and then they just disintegrate once they're inside the body after they do their job. Same kind of thing, so I hope that helps her heal quickly and I hope that helps her pain level. Yeah, I appreciate it very much, thank you.

You are most welcome. Thanks for calling in AskJulieRyanShow.com. If you want to join us for a conversation, we're at Ask Julie Ryan on the live stream on the YouTube channel, which we're taking questions from both. If you're joining us on the YouTube channel, which we're taking questions from both, if you're joining us on the YouTube channel, you can put your question in the chat. Please put your first name and where you're located, and we're taking some of those questions as well. And askjulierionshow.com. Remember to subscribe. All right, I'm going to take another call or so and then we'll announce the winner of the free class after that. So let's see who's next. Always fun,

Julie  
hi, Pia.

0:37:10 - Julie  
How are you, my girl.

0:37:16 - Julie  
I know. Tell everybody where you are, please.

Pia  
I'm in Sweden.

Julie  
She's in Sweden, all right. How may I help you? Thank you for being up in the middle of the night to join us.

0:37:28 - Pia  
It's one of my sons. Yeah, he's been on antidepressants for 12 years now. Okay, and he's been trying to cut down on them. Yeah, Because I think now he doesn't know that I'm contacting him. Okay, I think it's because he's bipolar and the doctor wants to change his medication, but

he can't. He just he's miserable, he doesn't sleep and he gets nightmares when he tries getting off the antidepressants. So my question is can you help him? What's his first name? Pia?

0:38:14 - Julie

I'm Mika, okay, all right, I'm going to connect into you and from you to Mika, and then I'm going to ask into you and from you to Mika, and then I'm going to ask his permission if I can scan him. I never, you know, I don't scan anybody without their permission because I think it's an invasion of their privacy. It's an ethical thing with me. I could, but I won't. So I'm going to ask his permission. If he says yes, I will. If he says no, I won't. But we can still talk to his spirit. And the reason I do it that way, Pia, is because I figure his spirit's going to tell us what it wants us to know, and it's not like we're looking inside his brain x-ray without his permission, kind of a thing. So that's where I draw the line. All right, here we go. Here comes my laser beam from Sweet Home, Alabama. I'm heading over to you in Sweden. What time is it there? Is it about? You're about six hours or seven hours, 2.40.

2.40,. God love you All. Right, so I got you. Okay, Mika, I'm talking to your mom. Is it okay if I scan you energetically? He said I don't think so. Right, like that. I don't think so. Okay, so that's fine.

Let's talk to his spirit what there's, a couple of things that you can do to help help him, and let's see if he would be amenable to this. First of all, there's a guy who's head of psychiatry at Harvard Medical School and Medical Center here in Boston in America, Pia, and he treats the sickest of the sick, patients from a mental situation. His name is Chris Palmer, Dr Chris Palmer. He has found that only 10% of his patients are responding to medication only 10%. But the other 90% respond to diet, in particular, a ketogenic diet, very low carbohydrates, and he talks about how his patients can get off their medication. Some of them have been on disability for decades. He gets them back to work, he gets them back functioning with their families and then I'm using air quotes normal society and it's all with diet. So you may want to look up Dr Chris Palmer. It's Chris Palmer, md, Harvard, and you'll find a bunch of interviews of him and you'll find his books. I subscribe to his newsletter. It's super informative. That's number one.

The other doctor that I'm going to suggest and we're going to have her on the show here soon, in the next month or two Her name's Kelly Brogan, b-r-o-g-a-n. Dr Kelly Brogan, I believe she's an MD and a PhD and she specializes in helping patients, primarily women, but it would be a similar protocol. I would think We'll talk to her about it when she's on the show. But you'll get some golden nuggets out of her information. She helps women get off antidepressants and wean themselves. That's the thing that people don't tell you.

We've had Dr Amen, the psychiatrist, on the show and he says that that's the thing that they don't tell you. When they put you on the antidepressants is it's really hard to come off of them and that's what Mika is experiencing. So I would look up those two doctors' names. Dr Daniel Amen is another one. A-m-e-n like amen, hallelujah at the end of a prayer it's spelled that way A-M-E-N. And I would look up their information about depression and about getting off the antidepressant medicines, and you're going to find a lot of information that will help. But the first thing that came into my head, pia, was diet. How is Mika's diet? Is he eating a lot of carbs, primarily.

0:42:33 - Pia

Probably. He has two small children, so he's yeah.

0:42:40 - Julie

Yeah, so well, good, they need to be eating healthy too. So when they crave the refined carbs, it gives them a dopamine hit. You know, it's like all of us we eat cookies and it makes us feel better, you know, for a short period of time until we have the sugar crash. But yeah, he's

getting the dopamine hit. But what it's doing is it's propelling his brain not working right, and so that'll help. But I would look up those three doctors and you'll get a bunch of information that you'll find helpful. So good luck. God bless you. It's so hard to see our babies in suffering, isn't it so hard, no matter how old they are. Yeah, yeah, okay, you go back to bed, honey. Sweet dreams. Bye, bye, pia. Oh gosh, all right. Askjulieryanshow.com. You'll want to join us for a conversation and we're at Ask Julie Ryan on the YouTube live stream. Subscribe, remember to subscribe, and you're entered into a free session. Chris, do you have your drum roll ready? Should we do the? Let's do the. He loves doing that, you guys. Before we started recording, he was practicing with his button. Okay, this is from Tina Marie Wilson. Tina Marie Wilson, you are the winner of a free Angels in Enlightenment training from me, valued at \$300. And here's what Tina Marie said this podcast, talking about the Ask Julie Ryan show, this podcast is incredibly comforting. So grab a cup of tea and cozy up with your new friend who asks all the right questions. Julie Ryan has an unlimited energy for this intuitive work. Thank you, Julie, for connecting with all of us. Okay, girl, Tina Marie Wilson, send me a note. Askjulieryan.com. Go to my website. You'll see a button that says Ask Julie. Send us a note. Say hey, I'm Tina, I won the free class and my assistant, Rachel, will help you and we will get you all set up and you're going to love it.

Angels in Enlightenment training. It's online, it's self-paced, it's a couple of hours worth of tutorial and then the key, you guys, is we have practice sessions, multiple ones a week that are live with people who have taken the class, and that's when you practice and that's when you get really good at communicating with spirit. You got to practice. It's kind of like when you're learning to drive a car. You know you can watch a movie, you can read a book, you can watch somebody else do it, but until you're behind the wheel and you're doing it yourself, you don't really get it. This is the key. All my trainings have practice groups. They are the key, the key, the key and plus they're a blast. So, Tina Marie, send me a note, we'll get you all set up. Anybody else that wants to join Tina Marie in the drawing just subscribe on YouTube, leave a comment on YouTube or anywhere you listen to the show on any podcast, and you will be entered into the drawing for a free session. We'll do that next in a couple of weeks and then a free you know, a free drawing.

Also, I give away a free session and a couple of free classes on my Ask Julie Ryan Live each month, and it's the fourth Tuesday of the month I think it's the 20th. I gotta look on my calendar. I think, yeah, it's the 28th, it's January 28th, so the last Tuesday of the month and just go to askjulieryan.com forward slash live and we do it for two hours. It's a blast and I answer people's questions, people join us from all over and I give away all kinds of free prizes, which is so much fun. It's a little more relaxed, a little slower paced and it's kind of like a pajama party. We all get together and have a ball, so join us for that too.

Askjulieryan.com slash live on January 28th Did I say 28th? Is it 28th or 29th? 29th, 28th Did I say 28th? Is it 28th or 29th? 29th? 28th, January 28th, Tuesday Sorry, blonde moment. Okay, Chris, let's see who's next.

Sarah, hi, Julie, Sarah from North Carolina, loving all your podcast episodes. Thank you so much. We work really hard on them, my whole team and I. Can you take a look at my husband, Jim? He gets bad neck headaches. Would love to know what's going on. Any messages from Spirit? Thank you, okay, Sarah from North Carolina.

Here we go, comes my laser beam from Sweet Home, Alabama. That is not very far. So here we go. All right, got you Going from you to Jim. I watch a laser beam go from Sarah over to Jim and then I have a hologram of him in my mind. So I am shooting energy through him. Jim, I got your permission, right? Yes, he's saying yes, okay, good, I guess I must have known that. But I always ask what's going on.

I'm watching an energetic chiropractic adjustment on his neck. He's a bit of a twisted mister, all right, so I watched that. If you don't see a chiropractor. If he doesn't, I would get him to one. That's the first thing when I watched his neck get adjusted. I then watched his whole back get adjusted his hips. He's a bit twisted. His pelvis is the left side is a little in front of the right side, sarah, so I watched that get put back in place. I watch both sides of his neck get adjusted. I'm watching the neck get pulled up almost like an immediate traction. You know when if you pull up on somebody's neck, like you put the back of your hands, you know on the back of their head and then you pull up. That's what I'm watching. Try that. It just looks like it's irritated, looks like it's out of alignment. I'm not seeing bulging discs or anything. He's just twisted. So hopefully that'll help.

Ask around, ask your family and friends who has a chiropractor that they like, that they've gone to for a long time and would they recommend that you check them out and chiropractors. If you find one that you like, oh my gosh, they're amazing. You know you can be in pain and walk out five minutes later and you have no pain. It's amazing what they can do. So give that a try. Thanks, sarah. All right, askjulieryanshow.com, join us that way, or Ask Julie Ryan on the YouTube live stream. Let's see who's next Got time for a few more questions.

Julie  
Hi, joan,

Joan  
hi, how are you?

0:49:48 - Julie  
I'm lovely, how are you, my dear?

Joan  
I'm great. I'm here in St Paul, Minnesota,

Julie  
okay, terrific,

Joan  
and I hope you're not sick of doing joint injuries. I've got chronic pain in my left hip that's now migrated down to my knee. I finally saw the doctor and she said I'm bone on bone on the hip. She said it's not bad enough yet to do surgery and I said well, I guess I'll have to wait until the aliens come and teach us how to regrow cartilage. But then I thought no, I can just ask.

0:50:19 - Julie  
Julie Ryan. You can ask Julie Ryan, and you know what that makes me nuts when the doctors say that well, it's got to be really, really bad before we do this surgery. Listen, go get a different opinion from another doctor. I'm going to get you on my radar. There is no reason to suffer because these procedures are so wonderful now for the hips and the knees and the shoulders. You know I've been in that business. I started in that business 40 years ago and, my God, the you know the procedures they do now for the hips.

The hips are easier than the knees. They do them outpatient. They get you up walking two hours post-op and everybody I know that's had their knees and their hips done, everybody says I wish I would have done it 10 years sooner, including my husband that's had both of his knees replaced. So okay, here we go. I'm going to hook into you and St Paul got you shooting energy from your feet up through the top of your head. All right, I always follow where the energy goes first, and the energy, Joan, is going to your right hip first. Is that the one that's hurting or is that the one doing the heavy lifting it?

0:51:26 - Joan  
must be the one doing the heavy lifting.

0:51:28 - Julie  
Okay, all right, sometimes it goes there first.

So we're going to work on that one first and then we'll go to the left one. So the right one. What I'm watching is I'm watching it get stretched. Imagine all the muscles and the ligaments and all that jazz. I'm watching it get stretched out. So it's just tight because it's working overtime, because it's your gait is off because of the pain on the left side. Your gate is off because of the pain on the left side, most likely.

So let me see what's going on with that that one. I'm watching a little bit of stem cell energy get injected around that joint. And when I see it get injected into a joint, Joan, which is my late sister's name, so you're special to me right off the bat it looks like one of those great big needles and syringes that they use at the orthopedist office to put the you know anti-inflammatories in there. That's what it looks like to me. So got that going on. There's a vortex spinning outside of your right hip. That's going to just help your right hip be working properly, to help pick up the slack. Okay, let me go in the left hip. Yeah, your left hip needs to be replaced. The ball in the socket, the front part of the ball is starting to disintegrate. It's like it's getting worn down. So I'm watching stem cell energy light amber color gel sparkles, dippity-doo. I'm watching that get packed onto the ball, kind of like if you had putty and you were going to pack it and build that ball in the joint back up. That's what I'm watching happen and I'm watching stem cell energy get in there. You've got arthritis in there too. That white crunchy stuff that I was talking about with Rebecca earlier looks like battery corrosion. So clearing that out and stem cell energy being injected into there. So that'll help For you and Rebecca both, and anybody that's ever looking at a joint replacement.

The most important thing to remember, Joan, is find a surgeon who's going to line up the implant robotically. All right, they don't have to do the surgery with robotics, but you want to get them to line up the implant robotically. People that do that, the patients that do that, recover in half the time. Wow, okay, that's number one. So remember that. You wanna ask if you're talking to a surgeon and I would get a second opinion. But when you call to make your appointment, ask the receptionist does Dr Schmo line up the joint with robotics and they'll know. They'll tell you yes or no and if they don't, ask to talk to their nurse. That's number one.

Number two there's a device called Game Ready, g-a-m-e Ready. It's an ice and pressure machine that you can rent for the first week post-op machine that you can rent for the first week post-op. It's what every athletic complex you know, the big high school programs, all the college programs, all the pro programs have those. And you put ice in it and some water and the cold water goes through this tube, into this mat thing that you put on your body and it has pressure and cold. We were told to get that for Tim. My husband Worked great, worked great, and you know I'm a crazy entrepreneur, so of course I had to tweak it a little.

So here's what I did, just as a little tidbit of helpful information. You're supposed to put ice in the cavern and then put water in it. Well, I bought a bunch of those small water bottles, the plastic water bottles, and I froze 12 of them, and then what I did was six of them would fit into the compartment where you're supposed to put the ice, and then I put the water in it and so the water was running over these frozen water bottles and then it lasted about 12 hours and then I'd switch them out because I had another six bottles in the freezer. So I put the ones that had defrosted back in the freezer and I took the frozen ones out of the freezer and put it back in the device and it worked great and it was so much less mess and so much easier. So, game ready. Be sure that you have the surgeon line up the joint with robotics.

0:56:04 - Joan

Sounds good. Thank you, yeah, my husband had both knees done and he was able to go back to skiing and hiking and biking. Yeah, that's amazing.

0:56:14 - Julie

Yeah, go back to skiing and hiking and biking. Yeah, that's amazing. Yeah, and post-op a lot of the time that people will say I don't know about your husband, but mine said and I've heard this a whole bunch of times from people that have had joints replaced they say there's less pain post-op from the surgery than there was before I had the surgery done. So they've made amazing, you know, advancements in those procedures and there's no reason for you to be suffering like that Will that take care of the pain that's migrated down to my knee.

0:56:44 - Joan

Is that just because the hips ought to drain or out of?

0:56:47 - Julie

Yeah, yeah, yeah. So thanks for reminding me on that. What I just did was I did a chiropractic adjustment on your knee, because your knee is like a little twisted, it's out of kilter because you're favoring that hip, and then I put some anti-inflammatory energy on that. It looks okay. Your knee joint looks okay. It's way more on your hip. You know what? Well, I got you too. Let's just take your skeleton out of your body and we'll dip you into a big vat of stem cell energy just to regenerate bone. Think of Halloween, the skeletons coming out the top of the body, one of those plastic skeletons being dipped into a big vat of stem cell energy. All right, coming back in, going back in your body vortices above your head, beneath your feet, on either side, front and behind, all spinning concurrently, and that's going to help you. You've got a little bit of bone loss going on, girl. You've got some osteopenia going on.

0:57:43 - Joan

It's full osteoporosis but I'm taking AlgaeCal for it, which is the guarantee, and it's unsettle bill bone.

0:57:51 - Julie

Okay, so I'm seeing osteopenia more than osteoporosis at this point. Osteopenia and that's what that stem cell energy. That's why spirit led me to do the dip of the dippity-doo with you on your whole skeleton. But osteopenia looks like divots in the bone. Osteoporosis looks like holes in the bone. Think of sea coral with holes in it. That's what that looks like. So that's all filled up. The other thing that can help a lot, joan, is Beam Minerals, b-e-a-m minerals.com. Use, julie Ryan, all one word at checkout, and that's going to help you regenerate bone too, because most of us walk around with about 40% of the minerals that we need to be healthy. It's liquid, it doesn't have any flavor, it tastes like water. You're going to notice a huge difference when you start using that. Yeah, so beamminerals.com, Julie Ryan, all one word at checkout you'll get 20% off.

0:58:51 - Joan

Thank you.

0:58:51 - Julie

Okay, hope you feel better. Thanks for calling 20% off. Thank you, okay, hope you feel better. Thanks for calling All righty everybody. What a treat to be with all y'all. That's what they say down here this week on the Ask Julie Ryan show. I want you all to root for the Ohio State Buckeyes on Monday night. They're in the national championship against Notre Dame, but you know I'm a graduate of the Ohio State University, so I want you to help me get my team across

the finish line and be the national champs. In the meantime, sending you lots of love from Sweet Home Alabama. We'll see you next time. Bye, everybody.

0:59:33 - Anncr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube. At Ask Julie Ryan and like her on Facebook. At Ask Julie Ryan To schedule an appointment or submit a question. Please visit [AskJulieRyan.com](http://AskJulieRyan.com).

0:59:48 - Disclaimer

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