

AJR Show Jan 9th 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. I'm thrilled you could join us this evening. This is where we blend spirituality and practicality to help you live a life of purpose and joy. We've got Samantha on the YouTube live stream. If you're joining us through YouTube and you want to ask a question, just put your first name and where you're located and your question in the chat. Samantha will help you with that. And then we've got Chris on the main board and he's going to be handling the callers. So if you want to have a conversation with me, just come to AskJulieRyanShow.com and we'll have a conversation, which will be very fun.

Our hearts and prayers go out to the people in Los Angeles. My goodness, what a disaster, what a tragedy. Our son, Jonathan, and daughter-in-law, Dr Mal, have evacuated on Tuesday late afternoon and thank you for all of you who've reached out asking about their welfare. They're fine. There was some friends' parents about an hour south of where they live in West LA. So far their home is okay, but it's just too dangerous for them to go back.

Jonathan was texting me right before I came up and got in my studio and he said just when we think it's getting better, it gets worse because they called more areas to evacuate, and that's the big problem out there. I lived there for a lot of years, so I know it well, and they've got so many big fires going on in so many different locations throughout LA County. So I'm going to post on my Instagram page and my Facebook page, which are both Ask Julie Ryan I'm going to post some places where you can make donations if you want, and there are two food banks and places like that that are feeding people that are homeless right now. So hopefully that we can help at least from that perspective. And, you know, just keep praying for them, because it's really just a once in a city lifetime kind of a tragedy that's going on and there's no containment yet as of this evening, which is just unimaginable. So send and let's love to all of you. All righty, Chris. Let's see who our first caller is Kim.

0:03:23 - Kim

Hi, Kim Hi, Thank you so much for taking my call. I had an amazing thought that I saw 555 right before I tuned in and I thought she's going to pick me, and I was just so excited.

0:03:38 - Julie

I love that. That's an angel number. It is. It is, yeah, yeah, Any angel number is one that's like three or four of the same number in a row, or it's one, two, three, four or six, seven, eight or something like that. Those are angel numbers which just give us just kind of a yep, that's happening, it's on the way. Yeah, I love it. Where are you?

0:04:03 - Kim

Kim, I'm in Arizona. Okay, what part Prescott? Okay, terrific, well, good. Do you have a question for me? I do. Over the last year, I've lost a lot of weight and I got down to 93 pounds and they found out that I have exocrine pancreatic insufficiency and they've done a lot of

testing showing that my pancreas isn't making enzymes and in addition to that, I've had a loss of teeth and hoarseness and insomnia. And my big question is is there pancreatic cancer which is so hard to diagnose until the end stage? I'm wondering if there is something that they're not able to find yet, and they've done a lot of tests.

0:04:54 - Julie

Okay, well, I'll get you on my radar here in a second. How do you feel?

0:04:59 - Kim

I actually, when I'm rested, feel pretty good. I can't make it through the day without a big nap. But the odd thing is I'm able to like walk up the hills in the mountains close to us for two and a half miles most days, and yet my I don't know what's going on with my gut and you know the the inability to sleep at night. Um, waking up early is is problem and my voice is really hoarse. It's tired. I get tired talking, um, and I've had multiple root canals and teeth pulled and I don't know something is going on.

0:05:42 - Julie

Okay, tell me about your diet real fast, then I'll get you on my radar.

0:05:46 - Kim

I eat whole food plant-based. I eat a little bit of sugar. I don't eat. I don't for the most I probably eat 90% clean. Like not fake vegan food, just whole food plant-based. Like not fake vegan food, just whole food plant-based.

0:06:05 - Julie

Okay, all right. So how this works is as I raise my vibrational level to the level of spirit, and you know this. But for people that are just joining us for the first time, I'm going to watch a laser beam in my mind's eye come from my body here in Birmingham, Alabama. It's going to hook into you in Arizona, and then I'm going to have a hologram of you in my mind's eye, Kim, 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 occur. I'm very descriptive about what I see in my mind's eye, so I want you to envision what I'm describing, because it's gonna help integrate the healing into your body, because the body follows what the brain shows it, even if the brain doesn't believe it to be true, and everybody that's watching. I want you to envision what I'm describing as well, because we're all gonna be working together to send this healing to Kim. And the interesting thing about this, Kim, is it doesn't need to be real time. If somebody's watching this, in a week, in a month, in a year, they're still able to send the healing to you energetically, because time doesn't exist in the spirit world. So I equate it to the power of prayer. When you have people praying or meditating on one thing, then it sends, you know, the healing energy. Nobody heals anybody else. The healing is going to happen on the energetic level, so it'll be done on the energetic level and then it's your spirit's prerogative to utilize it in a way that best facilitates whatever it is you're exploring in this life.

So you know, you have a big cut in your leg and you go to the emergency room and they stitch it up for you. Well, the doctor doesn't make your skin grow back. You make your own skin grow back, and that's what I do. That's what any kind of medical provider does, is any kind of healer. We're all helping you heal yourself, and that's how this works. So here we go. Here comes my laser beam from sweet old Alabama heading out to you in Arizona. Okay, got you shooting energy from your feet up through the top of your head. You look malnourished. Are you on hormones by any?

0:08:24 - Kim

chance you look malnourished. Are you on hormones, by any chance? No, I have. I just asked for them and I just got somebody. I haven't started using them yet. Okay, the bioidentical?

0:08:33 - Julie

Yes, yeah that. For those of you that don't know, bioidentical hormones are what our bodies make when we're young and fertile aged, and as we get older, mother nature's hormones diminish and mother nature says, ah, she's not propagating this species anymore, so we don't really need her. And that's when the degenerative things start to happen. So I'm shooting energetic estrogen into you first to perk you up there. By the way, university-based research, Kim, shows that women that start bioidentical hormones in their 40s and 50s are 40% less likely to develop Alzheimer's and dementia 40%. And my feeling is start them whenever you know.

0:09:19 - Kim

Does it matter if I'm 72?

0:09:22 - Julie

Nope, nope, nope. Start them now. Get them going. They're going to keep your brain healthy, your bones healthy, your heart healthy, your skin healthy. So there's that.

Okay, I'm going into your gut. You have what's known as leaky gut. It looks like little tiny slits in your intestinal wall, which looks like sausage casing to me. Again, I'm very descriptive so you can envision what I'm seeing in my head. That is going to help you integrate the healing into your body. So I'm watching a little stitching, a little stitching going on in your gut, and then what we're doing is I want to look at your pancreas. So I'm turning the hologram that's you around in my mind. I'm looking at you from behind and your pancreas looks inflamed and it also looks sluggish. So imagine that there's a spiral of energy Think of the Milky Way galaxy, Kim that's spinning clockwise as I'm looking at you from behind and as it comes down on the right and comes down on the bottom, goes going up on the left side, it's throwing up this sludgy looking stuff that looks like fudge candy. When it's being made, you know it's really hot and they'll pour it into a pan to let it solidify. That's what it looks like. So it's a pancreatic sludge coming out of your body. So we've got that going. As that gets cleaned out, your pancreas is turning pink and healthy.

As I'm scanning you, I'm getting information downloaded into my head. It's called divine. I call it divine downloads and it's from spirit. I call it divine downloads and it's from spirit, and what I'm getting is for you to do an internet search on my buddy, dave Asprey, a-s-p-r-e-y Dave Asprey and vegan, vegetarian and read all that information. He's got a bunch of research on there to help you heal your body as a vegan, as a vegetarian. Okay, so, dave Asprey, a-s-p-r-e-y, and just do that internet search and you'll get lots of information on that. So I hope that helps you feel better.

I'm not seeing malignancy. I'm not seeing malignancy. I'm seeing just malabsorption issues. The other thing that just came in is Beam Minerals, b-e-a-m minerals, plural, com. You want to get their mineral component. It's in a big bottle with a blue label on it. Kim, you want to get their electrolyte component, which is a big bottle with a green label on it, and at checkout, use Julie Ryan all together and that's going to give you a 20% discount. So with the malabsorption issues, you're not getting the vitamins and minerals and stuff that you need and this will help you. It's a liquid that has no flavor. It's amazing. Everybody in my family is on it. All my friends are on it. Everybody can notice the difference.

Okay, the green and the blue label Green and the blue label yeah, okay, yeah.

0:12:34 - Kim

You want to do that too. Thank you, thank you.

0:12:36 - Julie

Okay.

0:12:36 - Julie

I hope you feel better.

0:12:38 - Kim

I will.

Julie

Okay, thanks, Kim. All right, if you want to have a conversation with me, askjulieriashow.com. If you're joining us on the YouTube live stream, we're at Ask Julie Ryan. You can put your name and where you're located in the chat and a question. Samantha's helping out on the live stream side of the equation. We got Chris on the other side, on the main side, so the gang's all here. We're all here to help you and get your questions answered. I like to say that I get to answer life's unanswerable questions with the help of spirit, so that's what we're doing this evening. So give us a call.

Remember to subscribe wherever you listen to podcasts. Remember to subscribe on YouTube. Leave a review, because you get entered into a drawing, for I give a free session away each month, and I give a free class away each month too, and they're valued at a lot of money just by subscribing on YouTube, leaving a review wherever you listen to podcasts. We even take reviews from Amazon off of all my books too. If you've read any of my books, please leave a review for those, because that helps others find this information, especially when they're in most need of comfort. So appreciate your help on that.

Okay, who's next, Chris? All right, we've got this. Hi Julie, it says weird adventures and weird is spelled W-Y-R-D. Now that's creative, that's clever. Hi Julie, I'm on a spiritual path to healing. I do meditate and do pick up on entities. How can I get more connected to spirit? Star in Arizona. Hi Star, thanks for joining us through the live stream tonight.

Well, our heads are big satellite dishes, star, and they receive and they transmit frequencies. Every spirit has a frequency that they keep throughout all their lifetimes, similar to a radio station frequency. You know you tune to 103.4 and it's classic rock, and then you turn to 94.5 and it's country and it's that frequency is megahertz. Right, it's a frequency. It's what that program's being broadcast on that electronic frequency. Same thing with spirit. You don't need to have known the spirit to talk to it. The spirit can still be attached to a body. It doesn't need to be somebody just in heaven. So you just think of them. That tunes your satellite dish head to their frequency. It opens something similar to a two-way radio communication and then you just say something to them and they're going to answer you. How you know it's from Spirit is, it's instant, fast as you can snap your finger.

The answer is going to come into your head. It's going to feel like it's your thought, and sometimes Spirit will answer you before you've even finished the thought all the way. And that really messes people up. When they're first starting to do this, they're like wait a minute, how can that be? Well, again, time doesn't exist in the spirit world. Time's a human creation. So talk to spirit and then get answers.

First thing in your head is going to come in. Spirit's always going to give you something that's either neutral or positive. They're pure love. They will never no spirit ever will say anything

derogatory, demeaning, degrading, nasty to you. If you're hearing that, that's your brain. Start over, you know.

Ask a question and then I have a new explanation for AI. Artificial intelligence is what AI stands for. It also stands for attention, intention, your attention, satellite dish head, your attention on whoever it is you want to communicate with. And then intention is what do you want to know? And you just ask. Also, of course, my classes. We've got the Angels and Enlightenment training. That's online and that's self-paced, kind of like my beginner class with Communicating with Spirit, but it has four live practice groups a week with a facilitator who's a graduate of my big angelic attendant training class where you learn how to do everything that I do in a weekend, and when you're in the practice sessions, they're live and it really helps because you get validation for the information you're getting. Then, the more validation you get, the more you learn to trust it. The more you trust it, the easier it is, and then it's just second nature. You turn it on and off in a nanosecond, so I teach you how to do that there too. So just go to AskJulieRyan.com, click on the training page and look at the different trainings and choose one, and both come with live practice groups, and that's the key really to developing your skills. Thanks so much for your question. We're at AskJulieRyanShow.com If you want to have a conversation with me. We're at AskJulieRyan on the YouTube live stream Speaking of my graduates of Angelic Attendant Training.

We have four of them now that are working with clients, my clients who want to get in to talk to somebody quickly, and they're way less expensive than I am. So just go to AskJulieRyan.com. Go to book your appointment. You'll see my schedule. You'll also see my four grads' schedules, and they are fabulous. Everybody that has talked to one of them a lot of people have sent me emails and said, oh my gosh, Johanna or Laura or Karen or Jocelyn, they are wonderful, just like you said. I'm like, yeah, of course I'm going to tell you. So, they've been hand chosen by me. They do the whole buffet of psychicness. You're going to love them. So if you want to talk to me, great, get on my schedule. If you want to get in to talk to somebody really quickly, you can use one of my graduate store. I do have priority appointments where you can usually get in in a couple of weeks. So yeah, sjulie.com, book your appointment. See who's next.

Julie
Hi, Anne-Marie.

0:19:08 - Anne-Marie

Hi, I'm so excited I got on. I've been wanting to talk with you for a while, ever since I found you. I'm like what a ray of sunshine this woman is and so important you're doing so. It's just phenomenal. I'm so impressed by the work that you're doing and I know we can all do this, but I'm just grateful to you. Thank you so much. Oh, you're so welcome. You're in Connecticut, okay, great. Oh, you're in Connecticut, okay, great, I'm in Connecticut, yes, and I'm calling because I'm 64 and starting to feel like, oh, I'm getting old, and I keep hearing you talking about the hormones and I'm thinking I probably should do that.

But I wanted to talk to you first because I'm feeling like you know, on the Wizard of Oz, the tin man, who feels like they're just like not moving anymore. And I used to play tennis and I used to run and now I you know if I walk three miles, that would be a lot and my hips are really hurting. So I've been doing a lot of hip exercises and stretching and they just still don't seem like they're. They're just not getting any better and I don't want to have surgery. I will just not have surgery. So so I'm concerned about that, and then just a couple of other little things. I don't want to throw too much at you, but like my dad has skin, yeah, one One we limit it to one thing.

0:20:23 - Julie

Let's do that. Let me get you on my.

0:20:26 - Julie

Yeah, let me see what's going on, just so I can get as many people on as I can, absolutely, so I limit it to one question. So what I'm going to do is I'm going to connect into you energetically. Here comes my laser beam from Sweet Home, Alabama, heading up to you in Connecticut. Got you. You look like a wilting plant that needs water. That's what a woman who needs hormones looks, like me. So I've shot energetic estrogen into you, like what I did with Kim, our first caller, and you just perk right up like you've been watered.

I've been on them. It'll be 21 years this spring for me and Marie. I wouldn't be without them. They keep your brain healthy, your bones healthy, your heart healthy, your skin healthy. I don't have any aches and pains because of the hormones, because we're tricking my body, making my body think I'm in my early 30s instead of my mid 60s, like you. And so my friends that aren't on the hormones, that have all these medical issues, I'm like what are you guys doing? You know, get on the hormones. Like I told Kim, you had a 40% less likely chance of developing dementia and Alzheimer's. That alone is worth it. And so I have people say to me okay, but don't they cause cancer? No, they don't.

The bioidentical hormones are the exact molecular composition that our bodies make when we're young and fertile. If estrogen caused cancer, every 15-year-old girl on the world would have cancer. And if you think about it too, who are the women that get cancer and get heart disease and all kinds of other dimensions stuff? They're postmenopausal. They haven't seen estrogen in decades, so I got on this early. I saw Dr Christiane Northrup on Oprah 30 years ago when I was in my mid-30s. So when I started going into perimenopause I knew what was going on because of her. Now she's a dear friend of mine. So bioidentical hormones the exact molecular composition our bodies make.

Here's how you find somebody who's a practitioner Call a couple of compounding pharmacies in your area and ask them who's prescribing bioidentical hormones through them. They're going to give you a list of doctors and then ask them if any of those doctors are gynecologists. I am partial to gynecologists for this because, number one, they're experts on girly parts. Number two, your consults and your blood tests and all that other stuff is going to be covered under your insurance. And number three, if they want to do an ultrasound on you, they got it in their office so it's convenient.

If you don't want to do the hormone route the prescription side of the equation go to my website, askjulieryan.com. Go on the sponsors page, ann Marie, and scroll down till you come to AMATA, a-m-a-t-a and that's Dr Northrup's site. She has over-the-counter products that help with the phytoestrogens and that's primarily for women who don't want to get a prescription or they can't afford to pay for the prescription. It ends up being about a dollar a day and she's a dear friend. I know what her quality control standards are and I know people who love her products. I have several friends that use her products. So go on my website, because that link will take you into a special portal into Dr Northrop.

0:24:18 - Anne-Marie

So, you want to go there, all right, but I can also look up compounding pharmacies Right.

0:24:23 - Julie

Just do a search, put your zip code in, or your postal code if you're out of the US, and there are doctors all over the world that are doing this because it's wellness medicine.

0:24:40 - Julie

Yeah, and you're going to be a new woman? Yeah, yeah, your hips look inflamed, but it's not like you need new hips. I would try the hormones first and also pay attention to what you're eating, because anything refined like sugar and bread and pasta and all that jazz is just like eating sugar. It's the most inflammatory thing we can eat and it causes joint pain and all kinds of inflammation. So I would pay attention to that and then look into the hormones too. So I hope that helps.

0:25:15 - Anne-Marie

That does help. I've been taking glucosamine chondroitin with MSN for a long time. Do you think that helps at all? Yeah, yeah, it's good.

0:25:24 - Julie

So let's bring in the big guns with your diet and with the hormones. See if that helps. Thank you, and then send us a video of you walking up three miles up the road. I hope you feel better. Thanks for calling in. Thank you, you bet. Take care. Oh, how fun. All right, askjulieriashow.com. We do this show every Thursday night at 8 Eastern, 7 Central and 5 Pacific. You can join us at AskJulieRyanShow.com or you can come in through the YouTube live stream and that's at AskJulieRyan. Also. We put notices out every Thursday on my Instagram channel, my YouTube channel, which is at AskJulieRyan, tiktok, all that stuff. It's all at AskJulieRyan and AskJulieRyan.com. You can sign up for my newsletter there and that's a question somebody has submitted online and I answer it. I answer a question each week on that and in the body of the email it says hey, remember, if you want to call in, here's how you do it.

So we're trying to make it easy on you to call in and join the fun each week.

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

hi, Lucy, Julie, my husband, brad, whose health is failing, has blood cancer. Oh, no, from responding to 911 at the Twin Towers, oh goodness, okay. And let's see what else she's saying. His chemo meds are not working. Any messages for relief. He says he's ready, he's ready to go to heaven, or he's ready to get healed, or what. Samantha see, if you can get Lucy to give us that answer and get it to Chris so we can get some more information from Lucy, please, okay, so what I'm going to do, Lucy, is I'm going to connect into you and then, from you, I'm going to hook over into your honey, brad. I'm assuming you're in New York, because he was a first responder, it sounds like on 9-11. So, going in and connected to you, my laser beams hooked into you, going from you to Bruce Okay, Bruce is not in any of the phases of transition right now, Lucy, which means he's not dying at the moment.

So, Bruce, do I have permission to scan you energetically? He says yes, yes, yes, I like that. Okay, I always ask telepathically to scan somebody because I believe it's an invasion of somebody's privacy to scan them without their permission. I can do it, but I won't do it and I feel like if they want me to know something, they'll give me permission and then I'll be able to see what's going on. Otherwise, we'll just talk to their spirit One time we get information that way too. So I'm shooting energy from Bruce's feet up through the top of his head. Okay, it looks like it's metastasized. Metastasized cancer looks to me like picture a dairy cow with black spots on it, a white dairy cow. You know how dairy cows look. Like somebody threw a blob of paint on the side of them. Okay, Lucy's coming back. He's ready for heaven. Well, he's not dying at the moment, so we're gonna do a healing on him. She's in California now. He's a retired firefighter Okay.

So what we're doing is we're going to do a lymph cleanse. Imagine there's a big pneumatic tube, like at the bank. At the drive through, you put the container and it sucks it into the

building, and so there's a big pneumatic tube that's a vertical oval. It's in the front of Bruce, it's inside his body, but it's on the front side of his body, and what it's doing is all the lymph fluids gone in there, Lucy, and the lymph fluid looks like an amber color. It's kind of globby. Looks like the fluid inside a lava lamp you can imagine. There's a hole that's opened on the bottom of each of his feet and the toxins are coming out the bottom of his feet. So we're doing a reverse osmosis purification on his lymph fluid. Now there's a big metal dome that's come down on top of his body. As it lifts off, what it's doing is it's removing lymph nodes that have sequestered toxins. And lymph nodes look like little D3 vitamin capsules and when they've sequestered toxins they can look brown or black inside.

Remember, the reason I'm describing all of these things that I'm seeing is so that you can envision, and everybody listening can envision what I'm seeing, because we're all sending the healing to Bruce, all collectively. So we've got that going and now he's being sprinkled with stem cell energy. Light amber colored gel sparkles. Reminds me of Dippity Doo hair gel at the 60s and 70s when I was a kid. And now there are vortices that are spinning above his head, beneath his feet, on either side, front and behind, all spinning concurrently. That's gonna regenerate his lymph nodes. Heavy metal detox two big U-shaped magnets joined in the middle around his body, going up and down his body, pulling out metallic particulates. They can look like little sparkly pieces of glitter, little dull pieces of glitter. They can look like a strand of steel wool out of a scrubbing pad used in the kitchen. And so it goes around his body, turns a quarter of a turn. Got that off? All right, let's do a DNA healing.

There are 10 strands of DNA that have come out of an X chromosome. Remember, girls have two Xs, boys have an X and a Y. So I always see the DNA come out of an X chromosome when I'm doing this healing. The strands of DNA look like a piece of paper you'd see inside a fortune cookie with a fortune written on it. Here in America anyways, I've learned that they don't do that in other parts of the country. That's an American, Chinese thing. So fortune cookie strip of paper comprised of four nucleic acids represented by four letters A-T-C-G. One strand can have 100,000 letters on. It can have a billion letters. I'm watching those letters get resequenced. Imagine being moved up and over to form a new formula. When the DNA is resequenced it snaps back in to the X chromosome. So we've got four that have already resequenced. We've got some more to go. Six more, okay. Three more have just reconfigured. Okay, we got three more to do. Two are in last one's in, okay, so hopefully that will help.

If you haven't read my book, *Angelic Attendance What Happens as We Transition From This Life Into the Next*. If you want a free copy of it, Lucy anybody watching or listening you are welcome to a free copy. Just go to Julieryangift.com, and we will send you. Just fill out the form. We'll send you a digital and an audio book version for free. You're welcome to buy the paperback if you want, but I send the digital and the audio book for free because the book has drawings in it of how the angels and our loved ones and pet spirits are surrounding us at the end of our lives. So when Bruce is really ready to go and it sounds like he's saying he is, but he's not in any of the phases of transition that I'm seeing when he's ready to go, let him know that he'll be surrounded by angels and the spirits of deceased loved ones and pets, and you may wanna play my audio book version for him so he knows what to expect in that transition period and it brings lots of comfort to people.

It has great stories in it of families with whom I've worked, and some of them are even hilarious. I think you'll enjoy reading it, so I hope that helps. Thanks for your question, Lucy. Sending you lots of love.

Okay, let's see who's next. Hi Kwaita, hi. How are you?

Kwaita

I'm okay, thanks, how are you?

Julie

You got a buddy with you. Who's your buddy?

Kwaita

It's my daughter Snazo.

Julie

Hi Snazo, how are you girl? Happy New Year. Where are you guys?

Kwaita

We're in South Africa,

Julie

oh my gosh. Well, thank you for joining us. How may I help you?

0:34:04 - Kwaita

Snazo has got a hearing problem because she had German measles, okay, and as a result of that she got bipolar and then she struggled at school and I'm not sure whether it's forgetfulness or it's because of bipolar, or she's just not serious.

0:34:24 - Julie

Okay, all right, she's probably bored. Is it boring? Is school boring? Not really, it's not really boring. That's what I heard. She's bored Not really, it's not really boring. That's what I heard. She's bored, so, all right.

So, Snazo, I'm going to hook into you. Here comes my laser beam from Sweet Home, Alabama, heading way far south to South Africa. Here we go, I'm going to connect into you. I've got a hologram of you in my mind's eye. All right, it's going to her brain. All right, it's going to her brain and I can see the damage in the brain from the German measles that damaged some of the nerves. The neural pathways in the brain and brain matter looks like thick cooked oatmeal to me, and scar tissue in the brain looks like chicken cartilage the kind you'd see in a chicken breast, with the bone in that white flexible stuff. So I'm scooping that out right now. The neural pathways look like laser beams as part of a security system in a museum or a home or a building. If you've ever seen a movie where they're crawling under the laser beams to get a painting, to steal a painting?

0:35:40 - Kwaita

Yeah.

0:35:41 - Julie

So some of them look like they've been fried with the German measles, and so what we're watching is stem cell energy is being added to regenerate the brain matter. We've removed the scar tissue and those neural pathways are going to light back up here in a second. There's a vortex spinning above, Snazo above your head, and that's going to help generate the stem cell energy into new neural pathways. That's what I'm watching happen energy into new neural pathways. That's what I'm watching happen. The other thing that I'm getting in a divine download too, is to be very careful with her diet. Okay, give her a ketogenic diet, because the refined things, the sugar, so meat anything that's high protein, good fats. Meat, you know, anything that's high protein, good fats olive oil, avocado oil, coconut oil Okay, stay away from processed foods. Okay, what do you like to eat?

0:36:47 - Kwaita

We like fruits? Okay, yes, I do like fast food, she likes fast food, yes, okay.

0:36:53 - Julie

So fruits okay, but eat some protein and some fat first, okay, before you eat the fruit, because that gives you a really big sugar rush. And there's a doctor at Harvard over here, ladies, and his name's Chris Palmer, and he's done a lot of research on bipolar and all of the big mental health issues and he's found that 90 plus percent of his patients, when they eat a high protein, high fat diet, that their mental health improves. A lot of them have been on disability for years and he's able to help them heal their brains to the point where they're off medication and they return to work in normal society. So for the bipolar thing, I would look at the diet side of the equation too, okay, so hopefully that'll help. Sending you both a hug, thank you, bye. Thanks for calling in... sending you both a hug, thank you Bye.

0:37:55 - Julie

Thanks for calling in AskJulieRyanShow.com if you want to have a conversation with me, and we're at Ask Julie Ryan on the YouTube live stream, so come join us. Come join the fun. We'll get some more questions on. Like I said, I never know who's going to call. By the way, the new book, angel Messages for your Life's Journey, is still doing great and it's wonderful stories about miraculous and serendipitous occurrences. They're all true stories. They're all written by graduates of my Angelica attendant training class and you can get it on Amazon. You can get it at my website, askjulieryan.com, and we were number one in the spiritual releases. So thank you to those of you that have gotten it and are enjoying it. I talked to a friend today who bought a whole bunch of them and gave them out as Christmas presents, and she said she had two people today call her and say they were in tears of joy not sad tears, but tears of joy. They were very touched by the stories in the book. So, angel Messages for your Life's Journey and it's really sweet, your Life's Journey, and it's really sweet. And we're going to record the audio book soon, so we'll have that out soon too and you'll be able to get that it's out right now in paperback, in digital form and soon to be, the audio book. So hope you enjoy that. All righty, see who's next.

And hi Ann, hi Julie. I was born in Birmingham, where I am. I went to Samford University there yeah, local school, it's lovely. I'd love to hear from my deceased older sister, Sandy. How did her leg get broken? Ann now in Boone, North Carolina, okay, so is your sister Sandy still alive or is she in heaven? If you could let us know on that. What I'm going to do is I'm going to connect to you, Ann, and then I'll connect to Sandy's spirit. Doesn't really matter if she's in heaven or not, but it's just interesting to find out if she is. I heard when I connected to her how did her leg get broken? I heard she fell and Boone has ski resorts there. I know where you are and you guys had a lot of damage in the hurricane a few months ago, so I hope that that's all getting rebuilt and put back together. But I heard that she fell, so I hope that helps. Thanks, ann, all righty. Askjulierundshow.com. Ask Julie Rund on the YouTube live stream.

0:40:44 - LeAura

Hi, hi, I'm LeAura.

0:40:49 - Julie

Hi, LeAura, so nice to see you. Where are you, girl In North Carolina? Okay, terrific, you look like you're in. It's Leora, so nice to see you. Where are you, girl In North Carolina? Okay, terrific, you look like you're in a recording studio.

0:40:59 - LeAura

I'm in a cabin. I have my headphones on, but I'm in a cabin, oh good, good, terrific, well welcome.

0:41:06 - Julie
How may I help you?

0:41:08 - LeAura
So wonderful to connect with your work and I'm new to it and I'm loving what I've seen.

I saw you in Alex Ferrari, so I'm at a very healthy 65, but I recently discovered that I do have osteoporosis in the lumbar and cervical degeneration, as well as disc degeneration. My issue right now and I'm working with exercise, weight, weight resistance, all of that I have a healthy diet and lifestyle, um, but the issue that is prominent is that I'm getting cariesthesia of the arms and hands, which is numbness, uh, and extreme pain, tingling, and all that in the arms and hands, especially at night, with the arms and hands and fingers, and sometimes and oftentimes throughout the day with just the hands and fingers, sometimes one hand more than the other. I suspect that it might be due to the cervical degeneration and which includes some bone spurs, uh, but I'm not certain I could. I also know I do a lot of meditation and spiritual work and I think my I'm aware of frequency adjustments and upgrades and so I know there's a lot of energy running through the body and that might be contributing. So I'm wondering if that's something that you can scan and weigh in on.

0:42:19 - Julie
Yeah, yeah, are you on hormones?

0:42:23 - LeAura
No, I have tried that and it didn't work so well for me, so I'm taking supplements that are beneficial for the things. Any depletions there. I do have an MTHFR genetic mutation that could be compromising the absorption of some vitamin B and I'm working with that to methylated B.

0:42:44 - Julie
Yeah, most people have that.

0:42:46 - Patti
They've made it into a thing.

0:42:47 - Kim
Oh, really yeah.

0:42:48 - Julie
I read like 99% of the human population has that and it's just become some big buzzword. So no big deal, don't get wound up about it. Yeah, it's just a way it's a marketing thing to sell you more supplements and stuff Look into. I would encourage you to try the bioidenticals again, because it sounds to me like you just weren't on the right toes, so try that. Go on my website and ask julieryan.com sponsors Go down to the Amada link and go in and look at that at least. If you don't want to do the prescription ones, that's the first thing. If you've got malabsorption issues, that's gut, that's coming from your gut. So let me get you on my radar and let's talk about the discs and the osteoporosis. Here we go. Here comes my laser beam from Sweet Home, Alabama, over to North Carolina. That's a quick trip, yeah. So got you shooting energy from your feet up through the top of your head. Okay, it's gone to the osteoporosis. First, LeAura, osteoporosis looks to me like sea coral with holes in it, and osteopenia looks like divots in the bone. You have actual holes in your bones. So, no problem, everything can be healed. Girl, I'm pulling your eye, spirit working through me and with me to help facilitate healing. We're just pulling your skeleton out of your body, out of the top of your head, dipping it into a big vat of stem cell energy, light amber color gel sparkles, dippity-doo, putting it back in your body. There are now vortices that are spinning above your head, beneath your feet, on

either side, front and behind, all spinning concurrently. That's going to regenerate your bow. I feel that.

Beamminerals.com Did you get on those yet? Go to Beamminerals.com. Use Julie Ryan at checkout. Use the minerals, use the electrolytes. Take half a capsule. Have a cap full. Excuse me, it tastes like water. It's going to give you all the minerals that you need to help you be healthy. Most of us are working around with 40% of the minerals that we need, and that's the basis for all cellular growth. We got to have the minerals that we need and our soil is so depleted, which means our food supply is depleted. So there's that. Let me look at your back real fast on the disc degeneration. So imagine that your back looks like a rack of baby back ribs. My analogies just come in hilariously sometimes right.

They are intended to give us a human frame of reference for all this energy healing, woo-woo stuff we're doing right. So imagine that the ribs are your vertebrae and the meat in between the ribs are your discs. So you've got disc degeneration in several discs, from what I'm seeing. So stem cell energy you're going to be like the bionic babe by the time we're done with you putting dollops of stem cell energy all the way up, I see six discs that are getting worked on simultaneously. They're being pushed in there, these spacers, LeAura, that have gotten the vertebrae into a normal space Think of spacers that a tile mason would use when they're laying tile and so the discs are being regenerated and there's this little fine netting that goes from the upper to the lower vertebrae and it looks like the netting that you'd use to get a goldfish out of a fishbowl or out of an aquarium.

And the funny thing about this is when I go back in and scan somebody years later, that bedding's still there after the healing. I'll say, did we work on your back? And they'll say yeah. I'll say, well, I can tell because it's not in there normally, but it's a healing that goes in, that stays in. So we've got that going on. Okay, then I do believe that's what's causing the numbness, so we're just roto-rootering out your neurological system. I'd love to have you for an hour and let's really do a deep dive on that. So just go to my website, askjulieriyan.com, schedule a time with me or with one of my graduates, and you know, let's just get that, get you a full body tune up, okay, and this is all healable.

0:47:11 - LeAura

It's all healable. Well, thank you so much, so wonderful. You are so welcome, and I'm really looking forward to reading more of your work.

0:47:18 - Julie

Oh, thanks, I'm looking forward to having you for an hour.

0:47:21 - LeAura

I will do a deep dive. I checked your calendar. I know it's booked until September, but I definitely would. I'm definitely going to keep checking.

0:47:28 - Julie

But the key is, you get on the schedule and then you check your reschedule button on your confirmation email and what happens is people reschedule all the time and sometimes you can get in within a couple of days, but you got to be on the calendar, okay.

0:47:42 - LeAura

So yeah, give that a chance. Thank you so much.

0:47:45 - Julie

Okay, you bet. Thanks for calling in. Okay, bye, you bet, all righty. Askjulieriyanshow.com If you want to have a conversation with me. We've got time for a couple of more questions. I think at

least here's somebody called Adriana. Here's somebody called Adriana. Adriana, please read my mom, rosario from Marlborough Mass. I would like to know in what stage she's currently in. She has ovarian cancer stage four. I appreciate you always. Okay, appreciate your back girl. All right, Adriana, let me get your mama on my radar here and see what's going on. So I'm going to hook into you first and then I'm going to go to your mom. All right, got you, go into your mom.

She's in phase seven of the 12 phases of transition. That is what I talked about in my book Angelic Attendance. We all go through 12 phases of transition. Angelic attendance we all go through 12 phases of transition, regardless of how we die, how we end our lives, if it's instantly, like in the case of a homicide or suicide, or if it's prolonged over days, weeks, months, year, years even. And she's surrounded by angels, her spirit's out of her body. It looks like a cartoon caption bubble or a speech bubble above her head. That's how the spirit holds on. She's got angels around her. She's got deceased loved ones, spirits and pet spirits. By the way, university-based research shows that 90% of people at the end of their lives see the spirits of deceased loved ones and pets 90%. So when we think grandma is hallucinating because she's seeing her mother, who's been dead for 50 years, she's not hallucinating. She's actually able to see her and communicate with her. And so keep that in mind, Adriana, as you go through this with your mama. So got that.

So let's ask her our three questions Are you ready to go? She's saying yes. Are you in pain at times? She's saying at times it subsides and then at times it ramps up. So get her medication handled. If she's on hospice or if not, you may want to get in touch with them and bring them in because they can manage your pain easier. And then, number three what do you need for them to let me go? So for you and your siblings and other family members you may want to mention to your mom. Hey, mom, it's okay, if you go, we're going to miss you, we'll be okay. Please watch over us from heaven.

And again, free copy of my book. It's, julieyangift.com. Just go there. You'll get a free digital and audio book download, and I always suggest that people play it for their loved one who's at the end of their lives, because it helps release a lot of fear in the dying process. An awful lot of people are afraid to go, and when they hear stories about how people are surrounded by angels and the spirits of deceased loved ones and pets, it really alleviates the fear. So you're so welcome. She's put a note in that says thank you, you are so welcome. Look for the little miracles along the way, because they'll be plentiful and, you know, just stay open to that. It's amazing the stories that I hear from people who go through the end of life time with their loved ones. What a privilege, all righty, let's see who's?

next.

0:51:36 - Patti

Hi Patty, Hi Julie, how are you? My girl, I can't believe I'm talking to you. My heart is racing.

0:51:42 - Julie

Oh well, I'm so delighted to talk to you. Where are you? I'm in Rochester, new York.

0:51:49 - Patti

Okay, terrific, well welcome, thank you. So I'm battling a cold right now, so forgive me, and I had shoulder surgery last Friday, so a little under the weather here, but that's not why I'm calling. I actually have a bunch of autoimmunes and the most recent diagnosis I have is about 15 months ago. I started losing my hair.

0:52:19 - Patti

Forgive me, because it's such an emotional thing.

0:52:22 - Patti

You know, for men it's part of the landscape sort of, and hard for them, but for women we're sick or something right. So I started losing this hair and I just entered menopause so I kind of thought it was related to that. But I had a biopsy done and it came back. Only 1% of all the people with hair loss have this diagnosis and it's called LPP, which is lichen planopolaris. It's a form of like a scarring alopecia and they say it never comes back and hard to tell in this camera right now. But I have lost so much already. I just want to keep what I have lost and I do believe that we can heal ourselves. And I know you're not Jesus and you're not healing me, but can you help me heal myself?

0:53:20 - Julie

please, yeah, yeah, yeah, absolutely. And somebody, somebody saying that there's nothing that can be done about it. That's just what they learned. It doesn't mean it's true. I mean there are so many stories that I get to hear Patty, of people that were told go home and get your affairs in order, you got this. This is incurable. Whatever they're up walking around, 10 years later they have no symptoms.

All autoimmune originates in the gut. It's all gut. We get your gut healthy. All that stuff's going to go away. I have seen it thousands and thousands of times with people from all over the world. I have seen multiple doctors on stages in person give talks about how everything that's an autoimmune disease can be cured by getting your gut healthy. So, leaky gut. I'm hooked into you already. What I'm doing is you've got malabsorption issues. Is what's going on? You've got leaky gut, so I'm gonna stitch up the leaks. It's all diet related. We're going to tweak your diet. We'll give you some ways to tweak your diet. 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. That's not just sugar, but it's anything processed bread, pasta, chips, snacks, anything like that. If God made it, eat it. If man made it in a factory, do your best to avoid it. Okay.

0:54:58 - Patti

And I actually eat really clean, believe it or not. High fiber, organic on account of my Crohn's.

0:55:04 - Julie

Great. I would suggest you do the gut biome test and go to viome.com. In the checkout, use Julie Ryan as the coupon code. You'll get 50% off a gut biome test.

Patty is a fancy name for a poop test. You do it at home. You don't need a doctor's orders. Sounds disgusting, it is Well, you take this little teeny piece of poop and this little teeny little spoon thing that they give you and you put it in this little teeny vial and they analyze it. You send it back to the company, they analyze it and they're going to tell you, based on your gut biome, all the critters in there.

But more importantly, here are your super foods. Incorporate these into your diet. Here are the foods for you to avoid, some of which are healthy, but they're not healthy for you right now. And here's everything else. Eat this a lot, eat this a little. So let's do the patty diet to help heal your gut instead of somebody's written a diet. That's number one.

Number two I would do the B-minerals that you've heard me talk about, b-e-a-m minerals.com. Use Julie Ryan, all one word at checkout. It's gonna give you 20% off and we negotiate these discounts for our community, so utilize them. I mean, my team is talking to these companies to get us a discount so that you can enjoy those products. And then I want you to talk to Dr Maria and it's D-R-A-M-A-S-A-N-T-I.com D-R-A-M-A-S-A-N-T-I dot com D-R-A-M-A-S-A-N-T-I dot com. Chris has got the banner up so you can go back and watch this and it's on the screen now. Okay, and she is the goddess of the gut. She works with people from around the world.

She will help you get your gut healthy. She is an Oxford educated general practitioner, md. She does functional medicine, holistic medicine, naturopathic medicine. She's a graduate of my class, so she does energy medicine. You will love, love, love, love, love her. She will help you get well. All right. So those are my suggestions for you. This is all healable and you're going to be amazed at how these symptoms go away when you get your gut healthy.

0:57:33 - Patti

Am I going to keep my hair? Yep, yep.

0:57:37 - Julie

Promise Yep, get your gut healthy. Yep, absolutely. So put stem cell energy on it, and you know those baby dolls that look like they have hair plugs in them. That's what I'm watching happen to your head right now is there's hair plugs going in and stem cell energy is regenerating it. So, yeah, it's all fixable. Good luck on your shoulder. I hope that heals well too.

0:58:01 - Patti

Oh yeah, thank you. Okay, all right, it's not fun.

0:58:04 - Julie

Okay, keep us posted. Thank you, you're welcome.

0:58:06 - Patti

I will Thank you so much, Julie. Love you, love you back.

0:58:09 - Julie

Bye-bye, all righty everybody. That's it for this week. Again, everybody in LA, sending you lots of prayers, lots of good thoughts, lots of hugs. I'm going to post different places where you can make donations on my Instagram and Facebook page. They're all at. Ask Julie Ryan and, in the meantime, sending you lots of love from Sweet Home Alabama. We'll see you next time. Bye, everybody, thanks for joining us.

0:58:39 - Ann cr

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 Ask Julie Ryan. Julie on Instagram and YouTube at AskJulieRyan and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question. Please visit AskJulieRyan.com.

0:58:52 - Disclaimer

This show is for informational purposes only. It is not intended to be medical, psychological, financial or legal advice. Please contact a licensed professional. The Ask Julie Ryan Show, Julie Ryan and all parties involved in producing, recording and distributing it assume no responsibility for listeners' actions based on any information heard on this or any Ask Julie Ryan shows or podcasts.