

AJR Show Mar 20th 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. 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. Always fun to be with you on Thursday night. We do this every week at 8 Eastern, 7 Central and 5 Pacific. If you have a question and you want to have a conversation with me, just come in at join us at AskJulieRyanShow.com. And if you're coming in on the YouTube live stream, we're at Ask Julie Ryan Got Samantha over there helping everybody and we've got Chris on the main dashboard, so they're going to be helping us get people on and off. If you're coming in on the live stream, please put your first name in the chat, where you're located, and then your question. We limit everybody to one question just so we can get as many people on as possible. And it's always fun because I never know who's going to be joining us and I never know what Spirit's going to say. So stay tuned. It's as fun for me as it is for all of you to listen to this, and it's fun because I get to bebop all over and talk to all kinds of different people and it's just a blast.

A couple of announcements. I'm going to be teaching a medical intuition and energy healing only class medical intuition, energy healing on the Shift Network. It's going to start April 14th and it goes seven weeks in a row for an hour and a half. If you can't join us live for that hour and a half, it'll be recorded and you can watch the playback and join us when you can. It's only 350 blogs, so if you're interested in learning more or in joining us again it's only medical intuition and energy healing Go to AskJulieRyan.com slash shift.

AskJulieryan.com slash shift S-H-I-F-T. Shift S-H-I-F-T. And obviously the medical intuition stuff is helpful not only for yourself but also for if you have an infant or a child or you want to scan somebody who's in a different part of the world or different house or whatever, or if you have a loved one who can't communicate for whatever reason. Maybe you have an elderly loved one that has dementia or somebody is in a coma or whatever, and you can scan them and see what's going on and help heal them. Help them heal themselves more likely, because nobody heals anybody else. So come join me. AskJulieryan.com slash shift. That's number one.

Number two my dear friend and pseudo little brother. I nicknamed him my little brother, Alex Ferrari from Next Level Soul. He's hosting a live in-person event that he's calling the Ascension Conference and it's happening March 28th through the 30th, so next week, and it's going to be in Austin, Texas. So if you're interested in going and joining the fun, he's going to have James Von Praag, who's a world-renowned psychic, who's going to be doing readings in the audience and with individuals, and then Sarah Landon, who's a channeler, and he's going to have other guests as well. So, again in Austin, Texas, march 28th through the 30th, my buddy, Alex Ferrari of Next Level Soul. He's calling it the Ascension Conference, so he's saying it's the spiritual event of the year. So I know it'll be fun. If you want to join him, just go to nextlevelsoul.com slash ascension and you'll get more information.

So all right, Chris, who's first? Chris? Who's first Zuzana? Hi, Zuzana, okay, from Slovakia, currently in Malta. If possible, I would appreciate a medical scan on me related to allergies and advice on healing. All right, so, zuzana, can you be more specific? You know, type more in and then we'll come back to you. So I need specific questions because for that that's pretty general. Schedule an appointment with me or with one of my graduates and then we can do a whole deep dive. But if you can come back in with more information on specifically what you want me to check, that would be great.

Speaking of my graduates, you guys, they are fabulous. We've got four soon to be five that are talking with clients and you can usually get in to see them within a matter of days and they're way less expensive than I am and they're all amazing. Okay, zuzana is saying hey, fever, all right. So yeah, just go to AskJulieRyan.com and you can see where to schedule an appointment, and then we have a whole hour together, or you have a whole hour with one of my graduates and it's just amazing and we can talk about anything you want in the buffet of psychicness. We can do medical. We can talk to your dead loved ones. We can scan your pet. We can do past lives. We can talk to your dead loved ones. We can scan your pet. We can do past lives. We can tell how close to death somebody is. We can do talk to your spirit guides. Whatever. It's a blast always. Okay, Zusanna, here we go.

Here comes my laser beam from Sweet Home, Alabama, heading to you in Malta. Sounds very exotic to we Americans here how this works. For those of you who are first time joining the show, I raised my vibrational level to level of spirit. I'm gonna watch a laser beam come from my body here in Birmingham, Alabama. It's gonna hook into Zuzana in Malta and then I'm gonna have a hologram of her in my mind's eye and I'll be able to look inside her body and we'll see what's going on. So here we go.

Here comes my laser beam. All right, got you Shooting energy from your feet up through the top of your head. It's just the pollen from stuff being in bloom. Is what's going on? You look inflamed Inflammation, looks like red fog on body parts. It's like this yellow pollen I'm seeing all over you. It looks like somebody dusted you with yellow pollen.

So what can you do in the meantime? Something that's really simple that I do when the pollen's crazy down here in Birmingham is I'll wash my hair and I'll take a shower and wash my hair before I go to bed, because, especially if you're outside, all that pollen gets in your hair and then think about it. It's all over your pillowcase and your face is in it for part of the night and it just makes it worse. So take a shower and wash your hair before you go to bed. And then also, what I'm hearing from Spirit is for you to take vitamin C and zinc. I'm a big proponent of ester C, e-s-t-e-r-c, because it's buffered and it's easier on your stomach, it's not as upsetting for your stomach and you want to take a thousand milligrams of C50, of zinc, and that's going to help calm down. You know all that inflammation and everything. If you're feeling really crummy, take it three times a day and then that's going to kind of keep you from getting sick and keep it from going into, you know, any kind of infection. So hopefully that helps. The shower is really a big deal. Take a shower, wash your hair, it's going to help a lot. Thanks, have fun over there.

All righty, askJulieryanshow.com if you want to have a conversation with me. If you're joining us on the YouTube live stream, come in and ask Julie Ryan. If you're joining us on the YouTube live stream, come in and ask Julie Ryan. Put your name and your question and where you're located in the chat. Samantha's over there to help you with that and always remember to subscribe and click on the bell so you get notified when we release a new show, which is four times a week we're cranking them out Amazing interviews, and then every Thursday night we do the live call-in show. So I love that you join us All righty. Let's see who's next. Hi, hi, how are you? I'm doing well. How are you Good? Is it Parmeet or Parmeet? Parmeet, parmeet with an M? Hi, parmeet, where are you, girl?

0:09:28 - Parmeet
Oakland, california, Oakland, terrific.

0:09:32 - Julie
How may I help you?

0:09:33 - Parmeet
This is a really interesting story that is still happening, so I'm so excited to get your opinion on this. It dates back in 2017 and I'll be as quick as I can because it's a long one. I had a Reiki appointment in San Francisco, and I've had multiple before then, but this one was so special because I saw a face. It popped up so suddenly with a white flash that I thought even the Reiki artists saw it, and I even, like, heard myself say, but I guess I didn't say anything. Whoa did anybody see that? And then, all of a sudden, a face just pops up. The face. He was beautiful. He was a young man, longish kind of hair. I can still see him so perfectly clear. He was angry at me. He didn't say a word, and I know I asked him who are you? I feel bonded or connected to you, and until this day, it's like still it gives me chills.

Fast forward to 2021. I gave birth to my son Ishan. He's a blessing. It's so uncanny, though, because when I look at my son, I see that spirit who I met in 2017. But I met with a medium and she had mentioned that that is his, that was his spirit, and he was waiting for me. My son is now three and a half. He at two. He was diagnosed with level two autism, so he's pretty much nonverbal. That's it comes with challenges and I feel I'm trying my best to be the best mom and advocate that I can be for him. It's like now it's become my passion project. I love him so much and I'm here that I just want to. As long as I'm here, I just want to be able to help him, whether that is speaking or using devices. But for me, I'm a Scorpio and I need answers and I need to know why. So I kind of want some guidance from you if Ishan has the ability to speak and if there's anything that I can give to him to support that?

0:11:50 - Julie
Yes, he does absolutely have the ability to speak and his diet is going to be super, super, super important. You want to do a heavy metal detox? Look that up, because that's really important. And then also look up Dr Chris Palmer. Chris Palmer, p-a-l-m-e-r-m-d from Harvard, and he has done a lot of research with autistic children and he finds that if you can put them on a ketogenic diet, that it really helps their brains heal and it really speeds up their healing, if you will.

So what I get, may I do a healing on him. Well, I've got you on. That would be lovely, terrific, and the the face that you saw. What I would heard from spirit was its name was Martin. What, right, okay, martin, m Martin, m-a-r-t-i-n. So tell me your son's name again Hermine, eshan. Sorry, spell it for me E-S-H-A-N. Eshan. Okay, all right, and he's three and a half now, all right, so I'm going to connect into you, I'm going to go from you to Eshan and then I'm going to ask his permission if I can scan him and we'll go from there. So here we go. Here comes my laser beam from sweet home Alabama, heading out to you in Oakland. Got you All right, going to Eshaan. Eshaan, I'm talking to your mommy. He goes. I know it's fine, cool, All right, sweetie. And so I'm going in and I'm in his brain.

Brain matter for me looks like thick cooked oatmeal has a consistency of soft butter. When I see neural pathways in the brain, they look like part of a laser beam in a building that crisscrosses the room, or if you've ever seen a movie where they're in a museum and they're trying to steal something and they're rolling over the laser beams and under the laser beams and all of that kind of thing. So that's what neural pathways look like. He's got some that look like they're singed, they look like they're burnt. So what I'm watching is I'm watching those neural pathways get cut, spliced if you will and then what we're going to do is we're going to

use stem cell energy to heal them. So imagine that we've got a mold and it's got a schematic of all the neural pathways in the brain.

When I was a kid, there was this kid I guess you call it, and it was called creepy crawlers. You ever heard of creepy crawlers? And they pour this liquid into this mold and you'd heat it up and then it would come out with spiders and worms and junk like that, and so that's what it reminds me of is stem cell energies going in this pattern of all of his neural pathways and there's a vortex spinning above it. So it's got grooves in it. You know that mimic the neural pathways, and so what I'm watching is I'm watching that schematic of his neural pathways get taken out of the mold. It's getting put into his head and it's assimilating on top of his current neural pathways and there's a vortex spinning above his head and that's gonna help heal those neural pathways that have been injured.

By the way, we've got a gal I think we're gonna release the show this weekend or perhaps next and it's Sally Miller, who's an expert on working with children with autism, and she says they're all telepathic and they're all communicating telepathically, like the telepathy tapes. She was on the telepathy tape, so it's a great interview. We've already taped it. You're going to want to listen to that one. Okay, yeah, yeah. So hopefully that'll help.

He's darling. I believe he will speak. Thank you so much. Pay attention to his diet. Do the heavy metal detox. I'm doing it right now. Two big U-shaped magnets around his little body, going up and down his body, pulling out all the metallic particulates. And schedule a session with me and we'll spend an hour and we'll you know, we'll really do a deep dive. That would be lovely. So much, all right, you bet. Enjoy your evening. Thanks for joining us. Bye, parmi. All right, askJulierianshow.com If you want to have a conversation with me, and we're on the YouTube live stream at Ask Julie Ryan.

That Sally Miller interview is really good. The conversation is great. It's so much fun to talk to all of these experts in a whole bunch of different fields, whether it be medical, woo-woo, psychics, healers, whatever, and I'm always prepping to find questions that will give all of you and me answers to questions we haven't even thought of yet while we got them captive. So I hope you enjoy those too. While you're on the channel, remember to leave a review. Remember to subscribe and hit the bell on YouTube and subscribe anywhere. You listen to podcasts. We're on all the networks there as well. All right, who's next? Hi, jeannie.

0:17:20 - Jeanne

Hello, where are you? I'm in Brighton Michigan this week staying with my family, and this is a little update. I'm so like you just mean by year honestly just calling on me because I you said keep me, keep you updated. I talked to you before I had a job offer. I interviewed for a job that probably went really well, and the update is I got the offer and so I actually went down yesterday and did some house hunting.

0:17:51 - Julie
In where.

0:17:53 - Jeanne
In the Columbus area.

0:17:54 - Julie
That's what I thought. Columbus, Ohio yeah.

0:17:57 - Jeanne
And I, Julie it's you know and they say write down what you want and be very detailed. So I found the thing that I want, but now it feels like maybe it's too good to be true, but I have to

make a decision. I have to make a decision today on this one house that I looked at and I'm just like, is this good? I'm being very cautious, but I just feel like okay, Absolutely.

0:18:20 - Julie

You write down everything you want. You find everything you want. Why the heck do you want to mess it up? Mess it up with negative comments. What if? What if this goes wrong? What if that goes wrong? What if it's fabulous? What if you love it? What if you know it's the perfect house for you? And you're following your intuition and it's the first thing that comes in your head oh my God, buy this house, Follow it Don't overanalyze the crap out of it, just do it.

0:18:45 - Jeanne

The process I've been through is just kind of that, you know, overthinking, and I'm trying to get over that. But you know that just that feeling of, yeah, it's like things are falling into place and I, just I and that's what I even said in my my, my note to myself like everything will feel, like it's just, you know, boom, boom, boom, falling into place. But falling into place, but it's, you know, I guess I'm just, I have it's today, I'm trying to make this decision, and so I'm just like you can't, I can't tell you how happy I am that I talked to you because it's just, it's going to help me, yeah, make this decision.

0:19:14 - Julie

I see all green lights. I see no obstacles. Do it, Enjoy it when is it?

0:19:20 - Jeanne

It's in. Well, Sudbury is the town. Oh yeah, yeah, yeah, great, super cute little area. I feel like it's more my speed, so. I'm excited, I just yeah, I just always love to hear what Julie Ryan says.

0:19:36 - Regina

Aww.

0:19:37 - Jeanne

Yeah, I adore you. I just appreciate it.

0:19:39 - Julie

You started talking about it and I'm hearing do it, do it, do it in my head, yeah.

0:19:47 - Regina

So good luck. Thank you so much.

0:19:48 - Jeanne

Thanks for calling me Appreciate it Over the moon happy. So thank you.

0:19:52 - Julie

Good. Enjoy your new job and your new adventure. I will In the city of Mother.

Yeah, yeah, I love it, enjoy. Okay. Bye, jeannie. Thank you so much. Good luck. Bye, all righty. AskJulieRyanshow. Thank you so much, good luck. Bye, all righty.

AskJulieryanshow.com. If you want to have a conversation, askJulieryan.com is where everything is, but AskJulieRyanShow.com if you want to join us and ask a question, and we're on the YouTube live stream at Ask Julie Ryan. If you want to join us, you can put a question in the chat. Samantha's over there helping out everybody. Put your first name, where you're located and your question, and Chris is going to be putting those up too. So let's see who's next. How fun. She's got a new adventure, new job. Jeannie's got a new adventure, new job, new house. How fun is that? All righty, Joya, hi Joya, this is Julie from Indy.

Okay, we have three IVF embryos and two that might develop further. Will they yield one to two healthy babies, or should we try to retrieve more before transferring these embryos? So is it in Julie's best interest to retrieve more before they transfer the embryos? Get a no on that, Julie. Will they have one to two healthy babies? Yeah, maybe three. There's three baby spirits above your right shoulder. They look like little orbs, Julie, and, by the way, I love your name and they look like little orbs and they're above your shoulder and it doesn't mean they're all going to incarnate, but it means that there's a good chance they will, because baby spirits attach to the mom's energy field before they're conceived, which I think is really cool, and so these embryos have already been conceived, so I think there's a really good chance that you're going to have one or more, absolutely yeah, so good luck. Keep us posted. Let's know what happens.

All righty, remember if you want to schedule an appointment with me, just go to AskJulieRyan.com. I've got priority appointments, I've got regular appointments. When you schedule, remember, if it's out of ways, check back on the reschedule button on your confirmation email, because people reschedule all the time. I had three people this week that were scheduled out in several months and they got in within a couple of days, so they were thrilled several months early. So remember to do that. And also remember you can schedule with my graduates, who are all fabulous, fabulous, fabulous. We're going to announce the winner to the Angelica attendant training in May my big training, the scholarship winner in a couple of weeks. My graduates are reading all of the scholarship applications and sorting through those and they'll choose a winner and then you can also sign up for that.

Just go to askJulieryan.com slash A-A-T, askJulieryan.com, slash A-A-T, and then you learn how to do the whole buffet of psychicness. It's live, it's online Zoom. It's over a weekend, it's May 17th and 18th and it's a blast. So come join us. It's a blast, so come join us. All righty, Christopher.

Who's next? Kavita? Hi, Julie from Long Island, new York. Kavita, I could really use some help with loud tinnitus, some hearing loss. Okay, so here we go.

Here comes my laser beam from Sweet Home, Alabama, heading to you up on Long Island in New York, got you shooting energy from your feet up through the top of your head. It's going to your left ear first. Kavita Looks to me like you've had some ear infections at some point, maybe even when you were little, in that left ear, because when the eardrum is perforated, like you know, it looks like a little hole in it or a scar. You have a hole that's healed up, but it's not flat, and so what happens is it reverberates differently with that. So what I'm doing is I'm watching it get cut out just where that scar is, and then I'm watching stem cell energy get applied, vortex spinning outside of your ear and that's going to regenerate your eardrum. In the meantime, much in a corkscrew go through your eustachian tube to clear that out. Got that going.

I've heard good things from acupuncture. I have a couple of clients that have been helped. They emailed me and I was getting for them to do acupuncture to help on the physical side after the energetic healing happened. Because you know the healing is done on the energetic side and then it integrates into our body and we can help it integrate by doing some things that are going to be from a physical standpoint, like what I was talking about with Parmi, our first caller. You know pay attention to her son's diet and do heavy metal detoxes on him. So same thing here. Got that Eardrums getting stretched in different directions.

Musical notes, energy and sound waves are bouncing off the eardrum. I always watch it get tested when there's a healing on the eardrum which cracks me up and the reason why I see musical notes and sound waves because I've seen them like that for many, many years in these healings. And when I had this studio put in my house, you know, with this red foam which I love I asked the engineer and his team that was putting it in and they were sound

engineers and I said why am I seeing both? And they said because they're very different. Musical notes can elicit an emotional response, more so than regular sound waves. I thought that was an interesting explanation. So, kavita, I hope that helps. You may want to try somebody that does acupuncture too. See if that helps. Thanks for your question. Let's see who's next. Hi Andrea. Hello, hi Andrea.

0:26:43 - Andrea

How are you? I'm good. Where are you? I'm in Illinois.

0:26:47 - Julie

Okay, terrific, I heard you got a little bit of that white stuff last night. Yes, we did Again. Yes, my brother lives in the Chicago area and he sent me a picture of it and I said you're welcome here anytime. My cherry trees are blooming.

0:27:04 - Andrea

Yeah, I'm ready for the spring weather, yeah.

0:27:06 - Julie

I bet, I bet Got a question for me for the spring weather.

0:27:12 - Andrea

Yeah, I bet I bet Got a question for me. Yeah, so I've been struggling with like some brain issues. I was diagnosed with auditory processing disorder recently and then some other things that go along with that. I've been having like spine I've got back issues as well and then dealing with maybe some gut issues and then a lot of anxiety because of all of it Okay, so which one would you like to work on tonight?

0:27:37 - Julie

Because that would be a full appointment to go through all of that.

0:27:42 - Andrea

Well, I'm trying to figure out what it is that's causing it all. Is it one thing causing it all, or is it all connected? That's what I'm unsure of, I think, between my gut and my brain is where I'm really unsure of what to do.

0:28:00 - Julie

Your gut. Let me get you on my radar. Here comes my laser beam. All this stuff originates in the gut. You get your gut healed. All the rest of this stuff goes away. You know the back pain, all that, the inflammation it all comes from the gut. Unless you break your arm or something or you injure yourself from an orthopedic standpoint, then you've got inflammation from that. But most inflammation originates in the gut, which is where our immune system is, even arthritis. People say, well, that could be. I go well, yeah, it is. Change your diet and you'll see you're not going to be in as much pain and it's miraculous when that happens. So you want to stay low on the food chain. You have leaky gut and my guess is you have gut issues that, based on what I'm seeing probably gas, bloating, brain fog, things like that Leaky gut looks like to me.

You know what a sausage link looks like? Okay, so it's in casing. They'll ground up the meat or the chicken or whatever and put it in casing. So the casing is what the intestinal wall looks like. It's only one cell thick and if we took a little knife or box cutter and we made little slits in it, that's what leaky gut looks like to me. And what happens is microscopic particles of food and toxins from the gut get into the bloodstream and the body says, oh no, we're under attack, batten down the hatches. And the body says, oh no, we're under attack, batten down the hatches and it makes the cell membranes tough to keep out the invaders, which is great. In the meantime, it keeps out the vitamins and minerals and hormones and brain chemicals and all

that stuff and you have malabsorption issues. So that's what's going on. So stay low on the food chain.

Okay, if God made it, eat it. If man made it in a factory, do your best to avoid it. Stay away from fermented foods, not for life, just in the short run. Okay, because you got too much yeast and fermentation it just exacerbates it. Okay, it's like pouring jet fuel on a fire and then you want to. If you're going to do fruit, peel it because there's tons of yeast on the peel. Okay, freeze and reheat leftovers, because yeast gets on them in the fridge overnight. Never put a slice of lemon or lime in your drink of any kind, because there's tons of yeast on the peel. And if you're in a restaurant, they cut those things up early in the morning and they're sitting at room temperature, so God only knows what's growing on them.

You know when you go into a bar and you see all that fruit salad sitting in those little containers. You know on the side of the bar and I was like, oh, how long has that stuff been sitting out? And then you want to do a gut biome test. Go to Viome V, as in Victor I-O-M-Ecom Okay, and use Julie Ryan all one word at checkout.

You'll get 50% discount and that's going to tell you what the ecosystem is in your gut and, more importantly, it's going to tell you, based on that, here are your superfoods. Incorporate these into your diet. Here are the foods for you to avoid. Here's everything else. Eat this a lot, eat this a little. I would get a hold of some Nystatin N-Y-S-T-A-T-I-N. It's an antifungal, it's a prescription, so you got to ask your doctor for it. And then Dr Maria is in. She's in London and it's D-R-A-M-A-S-A-N-T-I.com and she's the goddess of the gut. She'll help you get your gut healthy. That when you said the auditory processing disorder, when you said that I heard nah, that's exactly what I heard from Spirit.

0:31:58 - Andrea

I heard nah, really, oh, that's interesting. Okay, no, it'll be interesting when you get your gut healthy. If that goes away, okay, I will do that. I hear that Wonderful. Thank you.

0:32:12 - Julie

Because I'm getting divine downloads in my head while we're talking and while I'm watching the healing and describing it. Yeah, and they're so funny, like, oh, I'll give her a diagnosis and then I'll go that's not right or no, or something like that. Oh my gosh, yeah, yeah, schedule an appointment with me and then we'll have a whole hour to do a deep dive?

0:32:33 - Andrea

Yeah, that would be wonderful. Thank you so much.

0:32:35 - Karen

Take care Thanks for calling you too.

0:32:39 - Julie

AskJulieRyanShow.com if you want to have a conversation with me and if you're joining us on the YouTube live stream. We're at Ask Julie Ryan, so come join the fun. You can't join us live. You can always listen to it on the recording. This is show 611 tonight. You guys, that's a lot of shows, 611. So I can't hardly believe that. And if you listen to my early ones, where it's just me and I don't have any help, you'll hear how we've improved the quality from Chris. Chris is he's the man behind the curtain making everything work and sound good. So, all righty, let's see who's next.

0:33:25 - Regina

Karen, Karen, my girl.

0:33:36 - Julie

Guys, Karen's one of my graduates that does appointments. Oh my gosh, what a nice surprise.

0:33:39 - Karen

I thought I'd surprise you Absolutely. Tell everybody where you are. I am in Tucson, Arizona, okay.

0:33:46 - Julie

And you've been. You took your class when you took Angelica 10. Oh my gosh.

0:33:51 - Karen

I took it in 2020. I was your seventh class. I always remember because it was the seventh class. It was in the seventh month and it started on the seventh day.

0:34:02 - Julie

Well, there you go. Spiritual perfection. And when you, you know and seven means spiritual perfection in the Bible, you know, when you do seven times three, it's 21, and two plus one equals the Trinity. So look at that Fabulous.

0:34:18 - Karen

Yeah, that's awesome.

0:34:20 - Julie

Oh wonderful.

0:34:21 - Karen

If people here haven't taken your class, they got to take the class. That's awesome, thanks.

0:34:27 - Julie

It's fun too, isn't it? Oh yeah, it's great. Thanks, it's fun too, isn't it? Oh yeah, it's great. The frequency is unbelievable. Yeah, it's lots of fun. Well, wonderful, well, you got a question for me, or you just couldn't stop by to say hi?

0:34:39 - Karen

No, I've got a question. I've got some plantar fasciitis going on in my right foot and usually with a couple of weeks I can get rid of it. It's been going on about a month and it seems to be stuck in the ball of my foot under my two little toes, and I don't know if I've got a pinched nerve in there or something else is going on.

0:35:03 - Julie

Okay, so I've already connected into you to see what's going on. It doesn't that's not plantar fasciitis underneath your toes. That's something else going on with that. And does it feel like you're walking on a rock?

0:35:20 - Karen

No, it doesn't. It doesn't feel like a rock, and that's why it's kind of confusing, because I mean it's on the bone where the plantar fasciitis attaches, but it's at the top of the foot, not at the heel, so it's just really sore.

0:35:38 - Julie

Yeah, it looks more like a Morton's neuroma to me instead of the plantar fascia.

And so the plantar fascia for those of you that don't know it's like these tendons that go down your foot and those hurt like crazy when that happens. You know, the best thing that I've found

to help with that is the downward dog pose. If you go in the downward dog pose and you do walk the dog, you know for those of you that don't know what I'm talking about you're in an inverted V. Your hands and your feet are on the ground and your butt's up in the air and it's a V shape. And so walk the dog means you lift and raise your heels like you're walking, and that stretches out that plantar fascia. That heals it faster than anything. I know. You know, after we do that, so yours doesn't even look inflamed.

It looks like a Morton's neuroma to me, which looks like a little, almost like a little stone, and it's not, but that's what it looks like in my head, and so what I'm doing is I'm scooping it out and then I'm putting a little dollop of stem cell energy in there. There's a little vortex spinning above it, and so that's what I'm watching happen. So that's gonna smooth that out with that area. It may be affecting that top part of the plantar fascia, just kind of radiating out from there, but it looks like a Morton's neuroma to me. So hopefully that'll help and it comes from wearing cute shoes.

0:37:18 - Karen

You know, and that's the whole thing that gets me, I don't wear cute shoes. I mean, I always wear these really sort of solid shoes that you know. I haven't worn heels probably for 30 years, you know.

0:37:31 - Julie

Yeah, that's usually where foot problems come from. And you're, you know, you're in a good climate, so you've got warm weather, but it usually is from wearing some cute shoes with no support in them, and it happens a lot. And so and this is a great example of when you have something going on you want a second opinion. You know we can scan ourselves, but I get second opinions too if there's something going on with me and if, sometimes, even if there's something going on with a really close loved one, we want to get a second opinion too, because emotion comes into play and you just want somebody to give you a little bit of validation that, yeah, what I'm seeing is right, what I'm getting is right.

0:38:18 - Karen

So that's why I called, because I scanned it, I thought it was a Morton's neuroma, but the pathogen didn't go there. So then I'm like, okay, so am I just making this up, or is it really there?

0:38:31 - Julie

Okay, yeah, yeah, your first hit was correct. It's what I'm seeing and my chiropractor when I've had them before. Karen, there's this. It's like a trigger thing that I don't. She calls it an adjuster. It's spring loaded and she'll do that. It's got like an eraser tip on it. It's got a rubber tip on it and they'll put it on an area and they'll spring it and they'll click it a few times. She did that several times on a Morton's neuroma I had on my foot. It went away, it got rid of it. I'll have my chiropractor work on it, have your chiropractor work on it and you guys, Karen is an amazing healer and she can do the whole buffet of psychicness. She's amazing, amazing, amazing. So just go to askJulieryan.com and go schedule an appointment and you'll see Karen's beautiful picture and you can click on her picture and schedule with her.

0:39:30 - Karen

Great. Thank you so much, Julie. You're welcome. Honey, Love you.

0:39:34 - Julie

Love you too. All righty, Chris, we've got time for some more, so who's next? Hi, kara, how are you, my girl? I'm good. Thank you, terrific. Where are you? I'm good, Thank you, terrific. Where are you? I'm in Denver, Colorado. Okay, wonderful.

0:39:53 - Kara

You got a question for me. I do. Yeah, I was diagnosed with something called thyroid eye disease about a year ago, year and a half. It's an autoimmune disease. Usually it goes along with thyroid. I don't actually have a problem with my thyroid, my numbers are always really good. I've been focusing on gut health, overall health, working with a naturopath, doing all the things acupuncture, all that and I've got a lot of the symptoms in remission and reversed it and shocked my eye surgeon by doing so. But I still have some lingering, an eye droop, an eye bulge. So one eye bulges, one eye droops and I'm hoping to kind of reverse that as well. And am I missing anything with my health outside of the gut health and the leaky gut and things like that?

0:40:33 - Julie

Yeah, so that would be my first thing, but let me get you on my radar and we'll see what's going on. We'll give you an eye job, we'll give you a blepharoplasty and we'll I'm going to check your thyroid too. So here we go. Here comes my laser beam from Sweet Home, Alabama. This is free plastic surgery girl, so I'm going to try it on myself. See what happens. I never think about that. All right, so here we go. Got you Shooting energy from your feet up through the top of your head. For those of you that are listening, it looks like Kara's. Is it your left eye? It looks like to me. Yeah, my left eye droops a little bit. Your right eye doesn't look bulgy to me, but I believe you when you say it is. But when I'm looking at your picture, I can see your left eye is drooping with that. So, thyroid eye disease. What did they tell you?

0:41:24 - Kara

about that, just that it's an autoimmune disease and it's the inflammation of the fat and muscle behind the eye and it can lead to blindness if the symptoms continue. But I was able to reverse it before I needed any sort of surgery to alleviate that eye pressure.

0:41:40 - Julie

All right.

So what I'm watching is I'm watching the eyelid get fixed like a plastic surgeon would do, just. I'm watching it get tacked up so that it's going to close. And this is interesting. I haven't seen this before, kara, but I'm watching. You know what a blind stitch is, where a seamstress will take a needle and thread and they'll thread. They'll take the thread and you can't see a stitch from the other side. That's what I'm watching happen with your eyelid in the crease. I'm watching a little fold happen and I'm watching it get stitched so that it's what I would call a blind stitch, so that it's not going to show. To hold that up, all right, I'm watching the eyelid open and close and I'm watching the tension get adjusted by spirit. So that's happening. All right, let's go behind your eye and see what's going on with that. It looks like there's a you said fat muscle atrophy behind the eye Inflammation. Yeah, okay, I'm seeing a space behind your eyeball. It's like usually there's the eyeball and it's in all the tissue and stuff around it. So I don't know anything about this condition, so I'm just free balling it. I'm just telling you what I'm seeing in my head, which I do anyways, but I don't. I don't have a frame of reference for this, but you got the eyeball and then you got the tissue behind it. There's a space between that and the muscles and all the plumbing and all the blood supply and stuff coming in. So what I'm watching is I'm watching the vascular system and the muscles behind your eye get pulled so that it gets rid of the space. Does that make sense? Okay, so they're getting pulled and they're getting tightened and it kind of like a horse has reins and you've got reins on both sides with. You know that the rider's going to hold in both hands and if they bring them together, then they'll just hold them with one hand. You know the reins on both side of the horse's head. That's what I'm watching happen and I'm watching them get secured so that they're tightened. It's like they're loose and there's too much of a space there. It reminds me of maybe elastic that started to lose its stretchiness. So I'm watching that happen. As far as the bulging on your left eye, let me see what's going on with that. So I do see too much padding behind it. So what

I'm watching is I'm watching that get shaved down a little bit with a device that looks like a laser potato peeler. How's that for a spiritual instrument? I see that used on prostates a lot and what I'm talking. I talked to two guys today that we did that heliopic. I could just see. I could imagine them squirming in their seats. You know they're like, oh guys, don't like it when you're doing stuff down there. But yeah, that's all right. They asked me to work on it. But I see this potato peeler that's like hotwired, it's like a laser and it cuts and cauterizes at the same time. And that's what I'm watching happen behind your eye, on the other side, with the bulging. So that just went back in. All right, your eyes look great.

Now, on the healing, let me look at your thyroid and see what's going on. Your thyroid looks spotted to me. Normally, when I see a thyroid that's diseased, it can look dark or gray, and normally a healthy thyroid is going to look pink to me. So yours has spots of gray on it. So let's just do a. We're going to roto-rooter it. We're going to clean it out. So imagine, as I'm looking at you from behind, there's a spiral of energy spinning in a clockwise direction and as it comes down on the right side and it comes up on the bottom and comes up on the left. It's throwing off this sludgy looking stuff Think of fudge candy when it's still liquid before you put it in a container for it to solidify. So I'm watching that happen. All right, as those toxins come out of your thyroid. That thyroid's getting pinker as more and more of that happen.

All right, I just heard it crank back up. When I hear that thyroid start back up after a healing, it sounds like a diesel motor, like somebody's starting a Harley or a diesel truck. It's hilarious. So you're working on full power now. I do think you got some stuff going on with the thyroid still, even if it's not showing on your blood tests. Are you working with a functional medicine doctor? Yeah, regular blood checks, yeah, yeah, yeah. So there's a book by Isabella Wentz, w-e-n-t-z. She's a doctor of pharmacy, she's a PharmD, that's what that's called. You may want to read or listen to that book and I think you'll get some nuggets of information that you'll find helpful. I don't see Hashimoto's with you, but there was definitely something going on with your thyroid.

0:47:10 - Andrea
Yeah.

0:47:11 - Kara
So, I hope that helps. Thank you so much. Appreciate it.

0:47:15 - Julie
Thanks for joining us All righty, askJulierianshow.com. If you want to have a conversation with me, and we're at Ask Julie Ryan on the YouTube live stream so you can join us there too. Remember to subscribe, remember to click on the bell so you get notified when we have a new show that we release. By the way, you guys, we have five channels on YouTube now. We've got English, Spanish, Portuguese, german and French, so all the shows have been dubbed into those different languages and more and more people are finding them. So if you know somebody that speaks one of those languages and you think they may like the show, please send them a link. Again, it's English. That's the main station. Obviously, send them a link. Again, it's English. That's the main station. Obviously, Spanish, Portuguese, german and now French is our most recent one. So just helping people understand how easy it is to work with spirit and how it really can help enhance our lives in every way, and we're doing it in lots of different languages. Now, alrighty, let's see who's next Irma, hi, irma, she says. Hi, Julie Irma.

In Eustis, Florida, I've had a frozen shoulder for about a year. They're considering surgery, but I'm just not sure it's improved. But I'm just not sure it's improved, but I'm only 44 and I'm worried about not having a full range of motion. Okay, let me hook into you, irma, and here we go. Here comes my laser beam from Sweet Home, Alabama, heading south. I have no clue

where Eustis Florida is, but I know where Florida is, so I know I'm heading south. All right, got you shooting energy from your feet up through the top of your head, just as I suspected.

Frozen shoulder is normally an issue that can be rectified with bioidentical hormones. So when I see a woman that needs hormones, even though you're 44, you think, oh, I don't need any hormones because I'm not old enough yet. Well, perimenopause can last for 20 years or more and it can start when you're in your late 30s, and usually frozen shoulder can be fixed by going on some estrogen. So when I see a woman that needs estrogen, her energy field looks like a wilting plant that needs to be watered and I shoot some energetic estrogen in there. I spirit working through me and with me, of course, to help you heal yourself. And you just perked right up and I see you with full range of motion in both shoulders. You're doing front circles big ones, back circles big ones, little ones, arms straight out to the side. So try that.

Bioidentical hormones, of course, are the hormones that our bodies make when we're young and fertile-aged, and as we age our hormone levels diminish and Mother Nature says, aha, she's not propagating the species anymore, we don't really need her. But we can fool Mother Nature and make her think we're 30 when we're 60 or 70 or 80, whatever. And so we just give our bodies back what we had in higher doses when we were younger and it keeps your brain healthy, your bones healthy, your heart healthy, your skin healthy. And studies show that women that start on bioidentical hormones in their 40s and 50s have a 40% less likely chance of developing Alzheimer's or dementia. And a lot of people say well, don't hormones, doesn't estrogen cause cancer? And my response is always well, if estrogen caused cancer, every 15-year-old girl on the planet would have cancer. Because that's when our estrogen levels are the highest. And when you think about the women who are sick, with heart disease and dementia and you know what else Osteoporosis, cancer, stuff like that Most of them are postmenopausal and haven't seen estrogen in decades. Estrogen is protective. But you want the bioidentical estrogen, not the synthetic estrogen, because the synthetic estrogen has extra molecules added to its formula so it can be patented. So, Irma, after that long tirade there, you can tell I feel strongly about it. I've been on them myself for 21 years and wouldn't be without them.

Call a couple of compounding pharmacies in your area. Ask them who's prescribing bioidentical hormones through them, and then you can go visit one of those doctors. I prefer a gynecologist, if you can find one. Ask them if any of those doctors prescribing through them are gynecologists, and here's why I'm partial. Gynecologists are experts on girly parts number one. Number two your consult and your tests will be covered under your insurance, so it's less expensive. And number three if they want to do an ultrasound, they got the equipment in their office, so it makes it easy, and then that's going to be covered under insurance too. So hope that helps. Check out some hormones you are so welcome. She says thank you so much. Some hormones you are so welcome. She says thank you so much, Julie, you are so welcome. All righty, Chris, I think we have time for another person. Let's see who we got. Regina, hi, regina, hi, how are you?

0:53:00 - Regina

I'm terrific. Where are you? Hudson River Valley in New York, oh perfect.

0:53:04 - Julie

I bet it's beautiful have your daffodils and stuff started coming up yet Just recently.

0:53:12 - Regina

Yes, oh yeah, that's a good thing, wonderful. How may I help you? One question Since elective surgery many years ago, my legs have bowed out at the knees, which inhibits walking. But is there a way to help this without more surgery?

0:53:35 - Julie

Yeah, yeah, let me get you on my radar, we'll see what's going on. What kind of surgery did you have?

0:53:39 - Regina

They removed nails that had been put in there when I was a teenager, nails that were originally meant to hold the tibia and femur together to the kneebone. Were you in a bad accident or something?

0:53:53 - Julie

No, it was congenital. Okay, all right. So what I'm watching is here comes my laser beam from Sweet Home, Alabama, heading to you up in New York, got you Shooting energy from your feet up through the top of your head. It's gone to your right knee first, your right leg first, and so what I'm watching is you're going to appreciate this. You know spirit is so much fun, these visuals that they put in my head, that spirit puts in my head. We're supposed to have fun when we're doing this. So here's a fun one for you. Head. We're supposed to have fun when we're doing this, so here's a fun one for you.

When you build a snowman and you're trying to get the head and the body, you know you usually have like three snowballs, big ones, that you roll, that you make a snowman. You can take a bunch of snow and pack it on to one side to make it more rounded. That's what I just watched happen. I watched a big glob of stem cell energy get put on the inside of your right leg, at the knee, and coming down to pack it up, like when you're making a snowman. You know you're packing snow on it to make it more rounded. Do you know what I'm talking about. Are you with me? Yeah, yeah. And then there's a spiral of energy that's spinning outside of it and what's happening is that's generating new bone and cartilage and whatever we need so that it's not bowed. All right, so it's got to make it make your leg look straighter. So let's see what's going on. Is the right one worse than the left, or is the right one doing heavy lifting?

0:55:30 - Regina

The left one is worse because it just is and the right is compensating, yeah.

0:55:37 - Julie

Yeah, and it's kind of half and half, regina. The energy will go to the body part that's doing the heavy lifting, sometimes first to reinforce that, and then we'll go work on the one that needs more work, or vice versa. It's always fun to see you know which side of the body they're going to. So same thing. I'm watching stem cell energy globs of it Again, like we're making a snowman get pecked. I've never seen this healing before. So this is fun. But that's why you know you may hear me say, oh cool, I haven't seen this before. And then it's just in my bag of tricks, right, I'll see it going forward with probably many other people. But the spirit sends me these healings and then they're there. So pack in the stem cell energy. You know, light amber colored gel sparkles reminds me of Dippity Doo hair gel and there's a her eyes perked up on that, you guys. She knows what Dippity Doo is so from the 60s and 70s, right. And there's a spiral of energy spinning out front and that's straightening that leg too.

All right, so I'm watching you. So do you use? What do you use to help you walk? Do you have a walker? Do you have a cane? I have a wooden cane. Okay, all right. So I see you walking with it. Looked like one of those pole things, not really a big hiker pole, but I could tell that you were using something to help you walk. So I'm watching you walk with that. There's one on each side. You're getting used to it from a balance standpoint, so I'm watching your feet get balanced because they're so used to the bowed legs that they're not, you know, used to being flat on the ground. I'm watching that and then, as you walk further, I see you just throw that cane away. You're just like I don't need this anymore and then you're walking just fine. So hope that helps. Do you ever get on a treadmill? Hope that helps. Do you ever?

0:57:46 - Regina

get on a treadmill? No, because I thought I couldn't really. You know, I sort of gave up on that. But what you're saying is amazing to me, and if I should get on a treadmill, I'll find a way to do it.

0:58:02 - Julie

That's what I'm seeing. I'm seeing you walking on a treadmill to get used to balancing.

0:58:07 - Regina

I'm seeing you walking on a treadmill to get used to balancing, and you know the treadmill you can do it slowly, but just hold on to both sides as your brain gets used to your feet and your legs balancing getting your balance back. So I was worried about balance if I did any correction at all. So that's a beautiful idea, Thank you. Yeah, you bet, you bet.

0:58:33 - Julie

Well, good luck with that. If you decide to go through the surgery, you know the healing's already happened on the energetic level. It's going to integrate into your body. And if you decide to do the surgery, it's going to be a breeze because it's already done on the energetic level. Thank you so much. You're welcome. Thanks for joining us. Good luck with that. Alrighty, everybody. Always so much fun every week. So come join us next week with your question. In the meantime, sending you lots of love from Sweet Home Alabama, have a wonderful week, wonderful weekend. We'll see you next Thursday. Bye, everybody.

0:59:18 - Ann cr

Thanks for joining us. Be sure to follow 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 To schedule an appointment or submit a question. Please visit AskJulieRyan.com.

0:59:32 - Disclaimer

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