

AJR Show March 13th Transcript

0:00:01 - Annncr

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

0:00:43 - Julie

Hi everybody. Welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. So I'm so delighted that you've joined us this evening. If you want to have a conversation with me, please join us at AskJulieRyanShow.com. We have Chris over there who's on the main dashboard and he's going to be putting people on, and then we have Miss Samantha over on the YouTube live stream and we're at Ask Julie Ryan there. So if you have a question, put it in the chat. Please put your first name, where you're located and your question. Samantha will help you if you need it, and we're going to be taking a bunch of questions from the YouTube live stream as well. So we try and get as many questions done as we can.

A couple of things. First, we're going to be giving away a scholarship to Angels and Enlightenment Training this evening, so you want to stay tuned because I'll announce that later in the show. Chris has already been practicing on his drums and God only knows what else he's got in that studio of his. You never know what he's going to come up. We may have birds chirping and angels singing and harps playing, who knows? So there's that birds chirping and angels singing and harps playing, who knows? So there's that we're going to close the scholarship applications for angelic attendant training on Monday, March 17th, St. Patrick's Day. So if you want to submit your application for a free scholarship to the angels and enlightenment training, Chris, if you could put up that banner, that'd be great, please. It's askJulieryan.com/class, askJulieryan.com/class, and graduates are going to choose the winner and they're going to tell me. So it's going to be a surprise to me too, as much as it will be when we announce the winner. We'll announce the beginning of April on the show. I think it's the second week of April. We're gonna do that. So they're reviewing all the applications now, a bunch of my graduates and they're gonna be choosing the winner for that.

Now here's the difference. The Angels and Enlightenment training is like the beginner class. That's self-paced, it's online, and there are practice groups. You know I'm big about practice, so there are live practice groups that go with that. That's what we're going to be giving away tonight one of those classes. And then the big class, the Angelic Attendant Training. That's AAT, that's live. We're going to do it in May 17 and 18th, live online via Zoom, and that's the whole buffet of psychicness. You connect with spirits, you can scan people energetically, do energetic healings, do past life stuff. I mean it's like the whole kit and caboodle. I mean it's like the whole kit and caboodle and that has nine practice groups a week and they're all free for life. So I want you to know the difference. The Angelica tenant training, AAT, is the big class where you learn everything. AET is the beginner class and that's what we're going to give away this evening. So we've got that.

Also, my dear, dear friend, he's like my little brother. I call him Alex Ferrari, who is the guy from Next Level Soul. A lot of you I know watch his show as well. He's having a live event and it's March 28th through the 30th. It's in Austin, Texas, and he's going to have James Von Praag,

who's a psychic. He's going to have Sarah Landon, who's a channeler, and he's going to have other people there. It's going to be a three-day event and it's March again, 28th through the 30th. He's calling it the Ascension Conference and if you're interested in learning more and attending, go to nextlevelsoul.com/slash/ascension. Again, that's nextlevelsoul.com/ascension. So if you're in that area, if you want to fly into that area, whatever. Please go help my little brother,, Alex Ferrari from Next Level Soul, and I'm sure his event will be amazing. So there's that, okay, Chris.

Who do we have joining us this evening? Remember to subscribe you guys to wherever you listen to the show, or on YouTube or both. I mean, what the heck? This first question is from Sarah Sunshine. I love that. Hi, Sarah Sunshine. She says Hi, Julie, I'm Sarah from Nottingham, uk. Honey, you're up late. Would you be able to ask Spirit why my special needs son, freddie, has long-term issues with vomiting, please? Thank you, oh goodness, okay. So, Sarah, god bless you. God bless Freddie. Thanks for staying up late to talk to us.

What I'm going to do, Sarah, is I'm going to connect into you first and I'm going to go from you to Freddie. I'm going to ask him if I can have his permission to scan him. If he says yes, I will. If he says no, I won't, because it's an ethical thing with me. I don't think it's right to scan somebody without their permission. I think it's a violation of their privacy. So we're gonna do that.

How this works for those of you that are joining us for the first time is I raise my vibrational level to the level of spirit. I'm gonna watch a laser beam come from my body here in Birmingham, Alabama, in the Southern part of the US. It's gonna hook into Sarah over in the UK and then I'm gonna go from her to her son. I'll ask his permission. If he says yes, something will be identified, and then I will watch a healing occur in my mind's eye. I'm gonna describe it to you in detail and it can take a form of something getting added, something getting removed. I watch procedures all the time that emulate what I saw in surgery for many years as an inventor of surgical devices sold throughout the world. Sometimes I see healings that utilize methodologies and devices that haven't been invented yet. So, Sarah, you're going to be my helper. I want you to envision everything that I describe and everybody that's watching and listening. I want you to envision what I describe as well, not only with Freddie, but with everybody tonight, because it's all of us working together to help that person heal themselves, because, remember, nobody heals anybody else. We all heal ourselves. So here we go, Sarah. Here comes my laser beam from sweet home Alouette, heading over to you in England. All right, got you Shooting energy from you to Freddie. Freddie, I'm talking to your mom. Is it okay if I scan you? He said yeah, like that, like he was excited, okay. So I'm shooting energy from his feet up through the top of his head.

He's got a lot of it looks like snot, for lack of a better word is does he have a lot of drainage, like mucousy drainage, from his nose or from his throat? I'm getting his stomach gets upset because he's swallowing a lot of snot. So let me remove that and see. And it's not like thick green mucus, it's just runny mucus in his little stomach. What the heck? I can't process all of this. So I would look at different food allergies that are causing it. Certainly, the main ones are going to be dairy and wheat and sugar, things like that, anything that's processed. Try removing that.

I'm looking to see if he has a mold issue in his body. I'm not seeing it, Sarah. I'm not seeing a mold issue. Does he have leaky gut? I don't get that either. I'm getting snot. So if his nose is runny, if he seems to be swallowing a lot of mucus, that's normally from food or from some environmental toxin, but I'm getting food. When I'm scanning somebody. I get what I call divine downloads into my head, oftentimes even before I get them on my radar, and I was getting that it was mucus was causing him to have an upset stomach, so I would check that out. The other thing that just came in is, if he's on medications, check those and see if there's side effects

related to him vomiting and, if so, ask his doctors if you can switch him out. So I hope that helps.

Thanks for staying up late to join us. Give a big hug to Freddie for us. AskJulierianshow.com. If you wanna have a conversation with me, we are on the YouTube live stream at Ask Julie Ryan. Remember to subscribe, remember to subscribe, remember to share with your friends and family, and that makes it extra fun. So let's see who's next. Hi, Jean.

0:09:57 - Jeanne

Hi Julie, it's so nice to see you Nice to see you.

0:10:01 - Julie

Is it Jean or Jeannie? It's Jeannie, Jeannie. Hi, Jeannie.

0:10:06 - Jeanne

Where are you? I'm in Battle Creek, Michigan. Oh, there you go, great. As I talked to you back in October, I had been laid off unfortunately or maybe fortunately at that time and I actually just had a positive on-site interview this week and I thought about you because it was in Columbus, Ohio, and at the time you said you saw me moving and I've definitely opened myself up to that and I'm just just curious this I have a pretty good feeling about this one, but I'm just curious what you see in this particular job in Columbus.

0:10:48 - Julie

I see all green lights, green lights, green light, green light, green light, green light, green light. Yeah, no obstacles in the way, Okay.

0:10:56 - Jeanne

I've been getting a lot of signs this week and you know, in the form of numbers and symbols and things that are very significant to me, and so I just wanted some little extra reassurance for anything that you saw.

0:11:11 - Julie

Columbus is a wonderful town. There's so much to do there and it's growing like crazy and I think you'd really like it a lot. When you get down there, you know a lot of young people, a lot of new businesses coming in and things like that. So right now I'm getting. There's a huge chance you'll get the job Now. Future events are fluid. You know. I have to add the caveat Future events are fluid, so there are a bazillion variables that can come in to change an outcome. But right now I see all green lights. It's like when you're going down a street and there are five or six stoplights in a row and you can see them all from wherever your vantage point is and they're all green and you're thinking, oh great, I don't have to stop at any red light. Yeah, that's what I'm seeing for you right now.

0:11:57 - Jeanne

Yeah, Okay, good luck. Yeah, let us know. Thank you, yeah, hoping I'm ready for a change, and I just remember at the time I was a little scared when you said that because I really wanted to stay here. But I've been kind of just, you know, opening myself up. You said cast a wide net, you know, open a new window, open a new door, open a you know something that's never been traveled before, kind of thing, and I just I've been using that as kind of my, my inspiration and it's it's helped.

0:12:21 - Julie

So I appreciate it, and that's a song from Mame, the Broadway play. So look it up, it's a great song. I love that song. Oh, I did the day you mentioned it. Yeah, the other thing too, Jeannie, is that when we allow ourselves to follow where we're led, things can open up in amazing and

unimaginable ways, because when we're so focused on how we want something to unfold, we're trying to control it out of fear, and we only have a limited frame of reference. So when we allow spirit to guide us like you said, cast a wide net what happens is oftentimes things can materialize that are so far beyond our best expectations because we don't have a frame of reference for it, and so it's going to be fun to watch it all unfold for you. Keep us posted.

0:13:14 - Jeanne

I will Thank you so much.

0:13:16 - Jeanne

I just adore you and everything that you've done for me.

0:13:18 - Julie

Adore you right back, girl. Okay, thanks, Jeannie.

0:13:23 - Julie

Bye-bye, have a great day you too. Bye. Oh, that's fun, you know. That is so true when we think, okay, it's got to go this way, this way, this way, this way. No, it doesn't, because spirit always knows what's best for us, even better than what we know for ourselves, because, remember, they have the whole vantage point. You know, they can see everything. We see limited things from our human perspective, based on what we've experienced in our life and basically what we've read about or somebody's told us. But that's how new things materialize. All the time is we're led to something and spirit's guiding us. So just be open. Good job, miss Jeannie. I love it. All righty, let's see who's next. AskJuleryanshow.com. If you want to have a conversation with me, we're on the YouTube live stream at Ask Julie Ryan and Samantha's over there.

0:14:19 - Daphnie

Here we go Hi Daphne. Hi there, Julie, you are such a bright light, oh you are you. Hi there, Julie, you are such a bright light, oh you sweet girl.

0:14:27 - Julie

I enjoy this girl so much. Oh, thanks. I'm glad you got the memo about wearing pink. For those of you that are listening, daphne and I are both in hot pink, so yeah great.

0:14:36 - Daphnie

Please tell everybody where you're located. I'm in Brea, California, terrific.

0:14:41 - Julie

In the LA area. Yeah Great, how may I?

0:14:44 - Daphnie

help you. Well, I have a lot of people in spirit, but if you can't connect with anybody there, if you can do something to help my knees. I'm trying to avoid surgery. I've got bone on bone, both knees, and I'm just doing everything I can to avoid surgery. So I'm putting myself in your hands.

0:15:07 - Julie

Why do you want to avoid this surgery? Because you're afraid to go through the surgery, or what's going on with that?

0:15:12 - Daphnie

Yeah, I'm afraid to go through it and I just don't want to be laid up for any period of time and I just had these bad feelings about the surgery. So I'm doing everything that I can and the doctor

says that he's never seen anybody move the way I move and be as flexible as I am and have my knees look that bad in an x-ray.

0:15:37 - Julie

Well, congratulations on that. He's a compliment Like oh my God, it looks awful, but oh, by the way, you look great, I love it All right. So let's a compliment Like oh my God, it looks awful, but oh, by the way, you look great, I love it All right. So let's do that. So what I'm doing is it's going to your left knee first and I just go in and I watch where the energy goes.

Daphne, you know this. So what I'm watching is you got a bunch of arthritis in there, girl. Arthritis looks like that white crunchy corrosion that's on a battery that's expired. Perhaps you've left a battery in a flashlight for a long time and then it's not working and you go to remove the battery and you're like, oh my goodness, look at all this crunchy stuff on there. That's what arthritis looks like in surgery on the monitors. So of course, that's my frame of reference, because I've seen it many times. So what I'm watching is I'm watching that get cleared out of your left knee. Does your left knee seem to bother you more than your right, or are they equal opportunity pain?

0:16:38 - Daphnie

Well, they're pretty equal, but the left is definitely worse.

0:16:41 - Julie

Okay. So the energy went there first, so we're clearing that out. It's being irrigated. Now there's stem cell energy going in and the stem cell. So my husband you know Southern gentleman that he is he would say that knee looks cattywhackish to him. So the joint isn't even sitting on top of each other. Your doctor probably told you that I mean it's not even positioned properly. So what I'm watching happen is I'm watching it get repositioned with stem cell energy around it.

Daphne Light amber color gel has sparkles in it because it's woo-woo Got to have sparkles. And it reminds me of Dippity-Doo hair gel, which was a thing in the 60s and 70s when I was a kid. So for those of you that don't know what I'm talking about, you can look it up. They still sell it. And then there's a vortex spinning in front of that left knee. Let's go over to the right knee and see what's going on. You've got more cartilage in the right knee. You've got bone on bone, but it's not as bad as the left knee. But it's probably doing the heavy lifting because your left knee hurts more. So you're probably babying your left knee more. So that joint is being repositioned too. It again, isn't as bad from a repositioning thing as the left knee Stem cell energy going in. Light amber color gel sparkles dippity-doo vortex out front light amber color gel sparkles dippity-doo vortex out front. This stem cell energy Daphne is the absolute most amazing stuff ever because it'll regenerate any body part we need and it's just fascinating to watch it and it will regenerate those areas. So let's ask Spirit is it in Daphne's best interest to have her left knee replaced with total joint surgery? I get a yes, it is. But here's a tip, and you may have heard me say this before. You know I'm an inventor of orthopedic surgery devices, so I know a little bit about them not tons, but enough to you know. Give me a frame of reference. The thing that I've heard over and over again from the surgeons and the orthopedists that I know Daphne is use robotics to line up the implant. It's the most important thing for you to remember because it's more precise. The surgeon can finish the surgery. It doesn't all need to be done with robotics, but use the robot to have your surgeon line up the implant and then do the surgery. And then the other thing to remember is you want to get a device called Game Ready. Game Ready is a pressure and cooling device that the athletes use. Like all the sports professional, college, high school they all have game ready and you put ice in it and there's water that flows through a tube and it applies cold and pressure.

My husband had both of his knees done and you know, of course I'm an inventor. So I froze water bottles and put it in there because I don't want to be emptying and refilling all that ice. So use frozen water bottles. I got those little ones, daphne, and I froze about 12 of them, so six would fit in there at any given time. When those had melted, I had another six that were frozen and I'd switch them out and the ones that had melted would refreeze. And then we did that for the first probably two or three days. You can rent those devices when you have the surgery. So get that.

That's going to make a big difference and help you heal. Is it in Daphne's best interest to get the right knee replaced as well? Yes, three months later I'm getting. Give yourself three months in between. I'm also getting that because you're in such good shape. You will make a very speedy recovery. You're gonna have a new lease on life. You're gonna be saying to yourself why in the heck didn't I get this done years ago? Because you're not gonna have any pain. You're not gonna have any pain and I can tell you from when I was helping Tim, they had him up walking two hours post-op. So you are not going to be laying around very long.

And I have a dear friend that's 93. Her name's Nina. She had her knee done and she did so well that she went to physical therapy once and she could do everything that they wanted her to do. So they told her she didn't need to come back and she was back up in a week going out to lunch doing running around. She's 93. So I think you're afraid unnecessarily of it. So you know, talk to people that have had it done. Everybody I know that's had their knees done. Set always says gosh, I wish I would have had it done 10 years earlier. Give it some thought. Yeah, but line it up with a robot you want your surgeon ask them, do you line up the implant with a robot first, if they don't find one that does, it's that important and then get the game ready and they'll all know what that is. So I hope that helps. Yeah, thank you very much. You're welcome. Let us know. We'll zap on you when you're going in for the surgery if you decide to go down that road. Thank you so much. You're welcome. Bye, daphne, bye-bye.

Okay, askJulierianshow.com, if you want to have a conversation with me and if you're coming in on the YouTube live stream, we're at AskJulieRyan, so we're taking questions from both. It's always fun to see who calls in, what their question is, what spirit says, I never know. So it's as fun for me as it is for somebody listening going hmm, what are the questions are going to be tonight? The other thing, too is I have so many people and have had over the years who have something going on, like somebody listening, who needs their knees replaced and their knees are hurting, and they get healings too. From listening to that conversation with Daphne, I've lost count of how many people say, oh my gosh, I had the same thing going on. I listened to the healing, I pictured it myself and it worked on me at the same time. So I think that's pretty cool too. When that happens. Spirit's amazing, amazing, amazing.

Okay, Christopher, who's next? We've got Deborah. Hi, Julie Deborah in Memphis. We've got Deborah. Hi, Julie, Deborah in Memphis. That's not too far from me. Will you please scan check-in with my dog, Perseus. He was diagnosed with lymphoma January 28th. Is he in pain, transitioning or needing anything from me? Thank you, okay, here we go, miss Deborah, heading in to Memphis. All right, got you Going over to Perseus.

Perseus is in his body, his spirit's in his body. He's not dying, so that's good Lymphoma. What we're doing is we're just gonna do a lymph cleanse on him. I've already started it going. There's an IV that was hooked up as I just got them on my radar and there's liquid going in. Looks like an IV, it's got sparkles in it and as it goes in, it's pushing out the old lymph fluid. So we've got that going on. There's a big metal dome. I see this with humans and his is just more of big metal dome. I see this with humans and his is just more of a horizontal dome. The human ones are big vertical domes and it reminds me of the cover that you'd see on a plate of room service food in a hotel and as it lifts off, it pulls out all of the lymph nodes that have sequestered toxins. So that's what's happening with Perseus, but his is more like a roast

dome. I have a big God. I don't even know what. It is, probably aluminum. It weighs a ton and it's a roaster, like a turkey roaster with a dome lid on it. And so that's happening, pulling out his lymph nodes Okay, stem cell energy going in on the IV. There are vortices above his head, beneath his feet, on either side of him, front and behind, all spinning concurrently. So that will help.

Perseus, what do you need from your mama? More treats. They always say more treats. What else do you need? A blanket? He'd like a blanket. Do you want to be treated for the lymphoma? He says absolutely not. He doesn't want to do chemo or anything like that. If that's being recommended, he does not want to do that at all. He just wants to be with you and have more treats on a blanket. So those are pretty easy. I hope that helps Debra, and I think he's going to be around a while. I don't think he's checking out anytime soon. So thanks for your question. Alrighty, stay with us because I'm going to give away a free class here in a little bit and remember to subscribe. Remember to share this with your family and friends and we'll see who's next.

0:26:03 - Daphnie
Sharon Hi.

0:26:04 - Julie
Sharon. Hi, how are you, my girl, doing? Good Good, you look like you're in the hospital. Yes, I can tell. So tell everybody where you are, please. I'm in Tucson, Arizona, Tucson. All right, how may I help you?

0:26:22 - Sharon
Well, I'm here finding out that I've got some what appear to be bone mets from breast cancer a few years ago. So in the past I treated this with natural and energetic type healing and frankly, I've done really well with that. It's been 16 years. But of course, you know, on offer are more conventional treatments, more like for palliative reasons. Anyway, I just wanted to get some healing and your input on best path forward.

0:26:58 - Julie
Yeah, all right, we're going to do the full Monty on you, girl. Okay, I'll take it. Okay, here comes my laser beam from Sweet Home, Alabama, heading out to you in Tucson. Got you Shooting energy from your feet up through the top of your head, okay, so when I see a cancer patient that has metastasized cancer, it reminds me of the picture of a dairy cow like a white dairy cow with black splotches on it, and where I see the cancer it looks like black splotches in the body. So I can see several areas of it. They're small, they're not very big, they're little, and so they're all encapsulated. They just got encapsulated instantly. So imagine we just contained them in like a plastic capsule thing Think of a Ziploc bag or we wrapped them in saran wrap or something to contain them. And we want to do that to keep those cells from moving around. So first we're going to do a lymph cleanse big pneumatic tube, vertical oval, in front of your body and it's inside your body, Sharon, but it's on the front of your body.

Lymph fluid is an amber color. It feels globby to me, like the fluid inside a lava lamp, and it's spinning clockwise as I'm looking at the hologram. That's you, that's in front of me and there's a hole that's open on the bottom of each of your feet. So the toxins are coming out the bottom of your feet as that spins. It's what they do with Dasani and Aquafina and other purified water. They use a reverse osmosis purification. They keep the fluid but they get rid of the toxins. That's what we're doing to your lymph fluid. So that's number one. Number two that dome I was just talking about with the dog. That big metal domes come down on top of you. As it lifts off, it removes lymph nodes that have sequestered toxins. They look like little D3 vitamin capsules, if you can imagine that, and when they've sequestered toxins they look brown or black inside. So those all get sucked out the top of your head when the dome lifts off.

Remember these analogies as wacky as they sound, they're the picture that's put in my head from spirit, so we can have a human frame of reference. And when we envision them, even though they don't make sense to us, it's helping integrate the healing into your body, because the body is going to follow what the brain shows it, even if the brain doesn't believe it to be true. My favorite example of that is think of a time when you were watching a sad movie perhaps, and you knew it was pretend, but at the same time you were crying. Well, your body was following what your brain was showing it, even though your brain didn't believe it to be true. So I think that's how this works. So we've got that and now we're doing a heavy metal detox.

Sharon, two big U-shaped magnets on either side of you joined in the middle, going up and down your body, pulling out metallic particulates. It turns a quarter of a turn until it makes a full rotation all the way around your body. So it's got a couple more rotations to go. The particulates that it pulls out look like little sparkly pieces of glitter, little dull pieces of glitter, and they can look like a metallic strand. That is similar reminds me of those strands in steel, wool scrubbing pads that you use in the kitchen to scrub pots and pans. That's what it looks like. So we've got that going.

Now we're gonna do a DNA healing. DNA, of course, is the recipe that tells the cells how to behave. Comprised of four nucleic acids represented by four letters A-T-C-G. One strand can have 100,000 letters on it. Can have up to a billion letters on it. A strand of DNA looks like a fortune inside a fortune cookie to me those little strips of paper and so I'm watching all those letters get rearranged back to a normal sequence. You have five strands of DNA that have come out of an X chromosome. They're getting returned back to a normal recipe to tell the cells how to behave. The most important thing for you to remember is that everything is healable. The body has the capacity to heal everything. You know that You've been doing that for 16 years, right? So it's just time for a tune-up for you with this stuff, so you're not dying your spirit's in your body and your body has the capacity to heal all this stuff. Couple of things. First of all, radical Remission is a book. Have you read it, Sharon?

0:31:47 - Sharon

Radical Remission- I know exactly what you're talking about. I haven't read it, but I know the book you're talking about.

0:32:02 - Julie

Okay, I had the head of their project on the show. It's episode 590 something. Her name's Carla means Giroux, and Giroux like G-I-R-E-A-U the French spelling of it and watch that episode, because what radical remission is is data from people from all over the world who were put in palliative care, sent home with get your affairs in order, that kind of thing, and they're up walking around 10 years later and they are totally cancer free. And they came up the research came up with the 10 most common denominators and seven out of the 10 were spiritual. So it's worth hearing what Carla has to say and or reading that book. That's number one.

Number two one of my favorite researchers on cancer is a professor called Thomas Seyfried and he's at Boston College and he has been studying cancer for 30 years and he says cancer has to have glucose, which is sugar or any kind of glucose you know, fructose, glucose sucrose, all the same thing and or fermentation. In order to survive Glucose and fermentation, you take those away, the cancer cells. Order to survive Glucose and fermentation you take those away, the cancer cells can't survive. So those are two things. I would look him up If you just do an internet search on his name and read some of his articles or watch a couple of his interviews. He really resonates with me in the work that he's doing. It's not, you know, let's

drug it or burn it or cut it out. Let's go down to the source the glucose, the fructose and he's had remarkable research.

Also, there's a woman who's a scientist cancer scientist at Harvard, who's a graduate of my class, and she's done research on vitamin C IVs, very high doses, and she's getting ready to publish an article. So we will let you know once that comes out. But they are having amazing results with high doses of vitamin C IVs to treat cancer, especially breast cancer or metastasized breast cancer. So I want you to remember that as well. So hope all of those things help. You're going to be fine. You're going to be able to heal all of this stuff. Once the DNA strands were reconfigured which they were, all those encapsulated cells that I saw throughout your body they just dropped away and they disappeared.

0:34:39 - Sharon

Thank you so much, Julie.

0:34:41 - Julie

So that's what the healing is we encapsulate them, we do the DNA healing, the lymph cleanse, the heavy metal detox. Once that's over, they just disappear. So I'm going to take your skeleton out of your body, just as you know, one other little icing on the cake here. So imagine it's Halloween and we have one of those plastic skeletons, and so the skeleton's coming out of your body, it's being dipped into a big vat of stem cell energy back in your body, vortices spinning above your head, beneath your feet, on either side front and behind, all spinning concurrently. That's going to regenerate bone in the areas where it needs it. So I hope that helps. How much longer are you going to be in the hospital? I leave tomorrow. You leave tomorrow, good, okay, all right. Well, look that stuff up and you're going to get a lot of information that I think you'll find helpful. Great. Thank you so much, Julie. You're welcome.

I appreciate it. Okay, sending you a big hug, alrighty. Thanks for calling in from our hospital bed. Oh, my goodness, wow. Okay, all right, askJulieryanshow.com, if you want to have a conversation with me, we're on the YouTube live stream at Ask Julie Ryan. Youtube live stream at AskJulieRyan. Stay with us because I'm going to be announcing the winner of an Angels in Enlightenment training class here in a little bit, and it may be you. You may be the lucky winner. So if you want to be included in the drawings for a free class for Angels in Enlightenment training, aet and or a free session with me, all you have to do is just subscribe to YouTube Ask Julie Ryan on YouTube or anywhere.

You listen to podcasts and leave a review, because we choose one. We give away a free class the first Thursday of the month, and we choose that from the reviews. Amazon counts too. For any one of my seven books you can leave a review. We'd look at those as well, and also for the Angels in Enlightenment training too. We'll do that on the third Thursday of the month, and then you know, I do my Ask Julie Ryan Live on the fourth Tuesday of the month, which I don't remember what the fourth.

Let me look on my phone here and see what that date is. I don't remember what the fourth here. Let me look on my phone here and see what that date is. I don't remember off the top of my head. Let's see here what is the fourth Tuesday of the month. Here it is going to be the 25th, so March 25th. Come to my live at Julierine.com slash live, and we do it on Tuesday night for a couple of hours. I take questions from people that have joined us and I give away classes and a free session then too. So you know you can join us and I choose recipients there too. So all kinds of ways to win free prizes here Makes it more fun. Alrighty, Chris. Who's next? Chloe?

0:37:41 - Julie
girl how are you, honey?

Chloe
I'm doing okay. I was actually calling in to give you a little bit of an update. I know every time we talk, you always ask how my grandpa's doing, and I was actually calling because she passed away on Friday super suddenly oh honey, I'm so sorry.

Yeah, it was really crazy. None of us were expecting it at all. I know that she was kind of you know just, you know, after my grandpa passed she's just been on her own and I think that probably contributed to it. But after talking to some of her friends too, it kind of seemed like maybe she was in the phases for the last couple weeks, because a lot of them said that seemed like she was fading. So we just wanted to call you and like, give you that update and maybe see if you can have a message from her or anything. Sure, Absolutely, Please tell everybody where you are. I'm actually in Washington right now, where they lived.

0:38:37 - Julie
Washington State.

0:38:39 - Chloe
Yes.

0:38:40 - Julie
You look beautiful. Thank you being a grieving girl for those of you that are listening. She looks fabulous. So Chloe is special to me and special to the show, because she got it. What was that two years ago? Has it been that long?

0:38:57 - Chloe
Yeah, just about my grandpa passed away in July of 23.

0:39:01 - Julie
Okay, so almost a little less than two years ago, and we asked him if he had a message for your grandma and he said, yeah, take her a daisy. And it was like in the middle of the fall, and I remember saying good luck, finding just one single daisy. And he was very adamant, he didn't want a whole bunch of daisies, he wanted one daisy. And then we had somebody that listened to the show the next day and she said Grandpa is talking about the song Bring Her a Daisy a Day Dear. So I sent you an email and you asked her if she knew that song, and she sure did. So it was really sweet. Okay, so remind me of her name. What did you call her?

Chloe
Kathy.

Julie
And what did you call her? Grandma?

Chloe
Grandma,

Julie
all right, so, grandma, I'm gonna connect from you to her. She's on your right, your grandpa's next to her. They're together, they're holding, he's kissing her hand. How sweet is that?

0:40:08 - Chloe

He's kissing her hand, oh, he always did that, like in life too, so that's so sweet he used to kiss her hand in life.

0:40:17 - Julie

Oh yeah, all right. What do you guys want Chloe and the family to know? Your grandpa loved music, didn't he? He was? What a character. He's going reunited and it feels so good.

0:40:31 - Chloe

That's so cute he's singing that song. Oh my gosh, that's hilarious, all right.

0:40:39 - Julie

I wonder if he even knew that song when he was alive. Obviously he knows it in heaven, but yeah yeah, Okay. So he's dancing with her. He's twirling her, you know, like he's got his left arm up and she's twirling underneath. They are just total bliss. What do you guys want them to know? Have Daisy's at the funeral. Are you going to do a funeral for her?

0:41:02 - Chloe

We're going to do one, probably a little later in the spring. We didn't ever do anything with his ashes either, just by happenstance, so we're going to probably spread their ashes together.

0:41:11 - Julie

Yeah, the only flowers that they want at the service is daisies. They only want daisies. They're just saying only bring daisies and they're showing me that have bunches of daisies. Like don't have them arranged, just have bunches of daisies and then throw them, you know, on the ground. Are you going to bury their ashes?

0:41:33 - Chloe

Probably not. So they had a huge garden and they both were really into gardening and so we were thinking about spreading their ashes in the garden. They did that for every one of their pets, so we were thinking about doing that with in the garden.

0:41:47 - Julie

They did that for every one of their pets, so we were thinking about doing that with them as well, at least for part of their ashes, for their garden at their home? Yeah, are you guys going to keep their home? We are, yeah, yeah. So they're showing me throwing the daisies on the ground. So they don't want like big fancy arrangements like you see at funerals, they just want bunches of daisies. And your grandmother's saying it'll be easier to get them in the spring than it was in the fall for that when you came. So, oh, how sweet. Do you have any other questions for them?

0:42:19 - Chloe

Was she in the phases for like any time before, or did she just pass super suddenly Two months?

0:42:24 - Julie

She's saying she was in the phases for like any time before, or did she just pass super suddenly, just two months? She's saying she was in the phases for two months. She said she saw all. She saw a lot of family members, spirits. Your grandpa was there the whole time too. She said she saw her mother and her dad first, which makes sense because those are usually the first spirits that show up. And she said that because of you she knew not to be afraid, because she knew that they were gonna be there to greet her who had a bulldog. She showed me a bull. There was a bulldog there. Who had a bulldog.

0:42:57 - Chloe

I don't know. They did have a lot of different dogs over the years. Yeah, there was a bulldog, yeah, and she had a lot of people on the other side like her. She had a son on the other side too, and so I feel like she had just as many people there as here, and that's kind of given us some comfort. And we didn't give her your book when my grandpa passed, so I think that might've helped prepare her.

0:43:18 - Julie

That's what she's saying. She's thanking you for that because she's saying when her mom's spirit and then her dad's spirit showed up, she wasn't afraid. She knew what was going on, and she's saying that it made it so much easier. She's saying she didn't really talk much about it with the family because she didn't want to alarm anybody. She didn't want you, you know, being worried or going out of your way or any of that.

0:43:40 - Chloe

Yeah, we all kind of got the impression, like now that it happened, that she had known for the last like little bit, maybe a couple months, like you're saying two months, but yeah, she didn't tell us like anything. But, for example, she was going to come watch Lila, my daughter, while we went to Greece in like three weeks, and she just called me last Sunday and said I don't think I'm going to be able to make it, I don't think I'm going to be feeling better by then, because she wasn't feeling good. And I remember thinking what do you mean? You won't feel good in three weeks, like you're not going to feel better. And then she died on Friday, which was just so crazy, right, right.

0:44:15 - Julie

She knew. She knew, yeah, oh well, thank you for calling in and letting us know. You're so special to me and to the show and gosh. We feel like we're living all of this with you and thank you for you know, letting us be a part of this celebration of your grandparents. They sound like they both were really extraordinary.

0:44:39 - Chloe

Yeah, they were great people.

0:44:41 - Chloe

Thank you so much, Julie. Your book has helped our whole family so much. So and your podcast, obviously.

0:44:46 - Julie

And you know right here. For those of you that don't know what we're talking about, let me get it. Chris can put it on screen and Angelica Tennant's what Really Happens as we Transition from this Life into the Next. And anybody that wants a free copy, just go to Julieryangift.com. Julieryangift.com and you'll get a free digital and audio book version that can be a download, and it comes with different drawings in there that shows you the position of the angels and the deceased loved ones. So, Chloe, anybody in your family that hasn't read it, please share that link with them. It's just JulieRyan.com and they can get a free digital and audio book download. So I hope that helps, sending you the biggest hug ever. Thank you, Julie, you bet. Take care. Bye, Chloe.

0:45:40 - Chloe

You too.

0:45:40 - Julie

Bye, oh, how sweet is that, oh, my goodness. Well, you know, there's something to be said for them just going in their sleep, or however. It's easy and quick for them and it's just how they choose. We all choose when we go, where we go, how we go, who's with us or not when we go, and what the circumstances are that surround our passing and our transition, if you will, into pure spirit form. And what a heartwarming story, my goodness. Oh gosh, Chris, do you think we should announce the winner now? You got your drums handy. See, I told you guys he loves this part because he's got all kinds of tricks in his studio. Okay, I think I can read this without my glasses. Here we go.

This is an Amazon review for Angelica Tennant's, the book I was telling you about, and this person calls themselves DC. So, dc, you wrote an Amazon review for Angelica Tenants and DC says angels are amazing. This book is an amazing adventure into the magic and reality of angels and how they surround us with love and support throughout our lives but, most importantly, at the moment of our passing. Dc goes on to say I love the descriptions that Julie shared regarding how our spirit, people, loved ones, pets and angels come in from the spirit realm to help each soul make the transition into the afterlife. I love how she calls it spirit people. I thought that was cute Shoot. I'm assuming DC is a she, but I don't know. I love how DC calls them spirit people. Dc goes on to say I've experienced the passing of four close family members in recent years and had hoped they were spiritually assisted in death. Julie's descriptions of just how much help there is is truly comforting. Wish I had read this book years ago.

So, dc, who left an Amazon review, you are the winner of an Angels and Enlightenment training class valued at \$300. And in order to claim your prize, all you have to do is just go to AskJulieRyan.com and you'll see a button on the homepage that says Ask Julie. Just send us a note, say hey, I'm DC, I won the Angels in Enlightenment training class, and then my assistant, Rachel, will help you with all of the details. So congratulations to DC. See, that's an Amazon review, okay. So Chris surprised us with his own fanfare there. I love it. Thanks, Chris.

Okay, let's take another question. See who's next. Hi, Brandy, you just never know what's going to happen on the Ask Julie Ryan show, which is what makes it so much fun. Okay, Brandy, hi Julie Brandy from Merritt Island, Florida, and I've been feeling drained, stressed and just overwhelmed and also wondering what my psychic superpower is.

I've never caught a live excite. I've never caught a live excite. Probably excited that she's been on live. Okay, miss Brandy, I'm going to connect to you down in Florida. We'll see what's going on with you. Okay, here comes my laser beam from sweet home, Alabama, heading to you in Florida.

I got you Shoot energy from your feet. Show up your head. You look wilted girl. You look like a plant that needs to be watered. I'm not sure what your age is, but I'm shooting energetic estrogen into you and vitamins and minerals and just energy. You look like about a 20 watt light bulb and you need to be about a 200 watt light bulb at least. So I'm watching that. What's going on with this? Just completely depleted is what I'm getting. What have you? Are you like? You're overwhelmed and stressed is what you're saying. Well, you're overwhelmed and stressed because you don't have the right hormones and you don't have all the right minerals.

Get some Beam Minerals, b-e-a-m minerals.com. Use Julie Ryan at checkout. You'll get 20% off. They're amazing. I just can't say enough good things about them. I've been on them for about a year and a half. Personally, I never get sick, I have tons of energy. I mean they're just everybody I know that uses them, loves them. I had a client yesterday that told me she's been on them for three weeks and she can feel a difference already. So beamminerals.com Use Julie Ryan, all one word at checkout.

Most of us are mineral depleted because our food supply is not great and the soil is depleted of minerals because of the funky farming they've been doing for the last few decades. So we've got that. Okay, shot energetic estrogen into you. You're perked back up on that. I would call a couple of compounding pharmacies, brandy, and just look it up online, put your zip code in and call them and ask them who's prescribing bioidentical hormones through them and ask if any of them are gynecologists and then go see them. You don't have to be perimenopausal or menopausal in order to use hormones. I see a lot of young women that have been on the pill or they've had a baby or they used IVF or something like that, and their hormones are out of whack and they go on bioidentical hormones for a short period of time just to kind of get back to a baseline. So that's what I'm getting.

It's mineral depletion, it's hormones, it's nutrition. Stay low on the food chain. God made it, eat it. If man made it in a factory, do your best to avoid it. Avoid sugar, avoid, I would say, the gluten stuff, the dairy you know. Take all that stuff away, at least to the beginning, to see if that's going to help you feel better. It's your gut, your hormones and lack of minerals and nutrients, so hopefully that'll help you feel better. Thanks for your question. Okay, Chris, we've got time for another one.

0:52:08 - Julie
Marina, how are you girl?

0:52:10 - Marina
from New York right. I have been on your show several times, but since I was there last time, I had a bad diagnosis and I was diagnosed with breast cancer. I had surgery, I had gone through treatments. My question to you if you can scan me and see if I have left any cancer cells? Because my oncologist insists on taking hormone suppressant medication and I tried for 10 days and you said don't eat sugar. But after I started taking these pills my sugar craving became absolutely crazy. So I want, if it is possible, can you scan me to see if I have cancer cells? And another question that I get from your shows can I activate stem cells myself, or only you can do it?

0:53:09 - Julie
Oh, you absolutely can do it yourself. You know what they look like. They're light amber colored gel. They got sparkles in them and they're like dippity-doo. Absolutely, yeah, you could do it yourself. So what I'm going to do is hook into you and we'll do the same healing that we did on you, that we did on Sharon earlier. So, and you're, you're in New York, correct? Yes, am I remembering that? Yes, okay, all right. So here we go. Comes my laser beam from Sweet Home, Alabama, head north. I'm going to do the abbreviated explanation, since we went through it already.

So the lymph fluids going in that vertical oval tube. Two holes have opened on the bottom of each of your feet. It's spinning. We're getting the toxins out. And then the big domes on you pulling out lymph nodes that have sequestered toxins. Got that going. Heavy metal detox those two magnets that are on either side of you going up and down your body pulling out metallic particulates. Got that DNA healing. You only have two strands of DNA that have come out of an X chromosome, and so I'm watching those get rearranged. Those are back in. Already it went fast. So picture the stem cell energy going in. So did you have a lumpectomy? What?

0:54:23 - Marina
happened Lumpectomy. It was very small. They caught it at the very beginning.

0:54:28 - Julie

That's what I'm seeing. It looks like a lumpectomy to me. So I'm putting stem cell energy on that spot where they took that lump out and there's a little vortex there, marina, and it's just redoing the skin and all the tissue and all of that stuff. So I'm looking at you for cancer cells. Everybody's got cancer cells but our immune system keeps them at bay, so we've got that going on. I'm not seeing any clusters of them anywhere. Like on Sharon, our earlier caller. I saw the different areas in her body that got encapsulated. I'm not seeing that with you at all. So stay away from the sugar. You heard what I said with her. Do the radical remission. Watch that episode with Karla Means Giroux, and it's episode five something, 570, 590. Just do Carla with a K, ask Julie Ryan, Karla with a K, and you'll find that episode. Watch that or listen to it. Thomas Seyfried, s-e-y-f-r-i-e-d at Boston College and read his research and then look up the research on the high doses of vitamin C IVs.

0:55:44 - Marina

I wrote it down. I take a thousand milligrams of vitamin C every day for since the COVID started, every day.

0:55:52 - Julie

Perfect, perfect, perfect.

0:55:53 - Marina

What about pills? Should I avoid them? To suppress my hormones, you always said when produced avoid it.

0:56:01 - Julie

Well, I'm not a practitioner so I can't tell you that one way or the other. All I can tell you is your body has a tremendous capacity to heal and you've got to talk to your doctors about that. If you want to do your own due diligence on the medicines, what you want to do is put the name of the medicine in a search bar and then type the acronym NNH, nnt. Nnt is number needed to treat, that's the number of people that need to take a medicine in order for it to help one person, and the higher the number, the less effective the medication. And then, if you put the medicine name in and you put NNH after it, that's number needed to harm. And obviously you know you want low numbers on the number needed to treat and the number needed to harm. You want high numbers, right? So 5,000 people have to take it in order for one person to be harmed. But that's going to give you a lot of information. Drug companies have to do clinical research and they have to send that research into the FDA before those drugs can be approved for sale. I had to do clinical research on my surgical devices that I invented and manufactured, so we had to do clinical studies, so I'm familiar with it, because we had to submit all that stuff before we were able to sell my devices. So that's a way for you to get information and then you can look and see what the side effects are and talk to your doctors about that. I think you look great, so I'm so glad you're doing so well.

And lay off the sugar girl. Stay off the sugar. Thank you, okay, alrighty. Thanks for calling in. Okay, Chris, do we have time for one more person? Here we go. Hi, Sheryl. Hello, how are you?

0:57:57 - Sheryl

my girl. Oh goodness, Julie, Thank you so much for taking me. I've been to so many different doctors in a short period of time. It's just getting kind of like really overwhelming

0:58:12 - Julie

Where are you?

0:58:12 - Sheryl
I'm in Delaware,

Julie
okay, all right, so what's your most pressing issue?

0:58:17 - Sheryl
Okay, I'm just going to choose one. I just went to a doctor, finally found one, and I because I just have been having so many different memory issues that it's just been extremely frustrating. So I finally found a doctor to go to. We did a Q-E-E-G thing I don't even know Well anyway and in it basically it was just white matter, inflammation and short-term memory, that type of thing. So I don't remember all of the details or whatever, but I was just hoping that you could scan, do a healing, because this is just really really interfering.

0:59:05 - Julie
So it's scary too, I'm sure.

0:59:08 - Sheryl
Oh, it has been for quite many years actually, just been really frustrating and I just thought, okay, well, maybe you know, change this, do this, try this supplement, do this, you know, and it's just been, it's been.

0:59:25 - Julie
You look young. How young are you?

0:59:35 - Sheryl
54. All right, and are you on medications now? Two for high cholesterol and I went to him because I'm I've been shaking and I don't know where that's coming from, so I don't know. I went to a heart doctor, did the stress test. They put me, my doctor put me on two high cholesterol medications because it was so high and I didn't know if it was. If the shaking is coming from any of these things, if it's coming from toxins, my hormones, my back nerves, like I'm just I'm all over the place trying to figure out like what.

1:00:07 - Julie
Okay. So there's a couple of things I want you to search for. The statins, that's the high cholesterol medicine. There's a book called the Truth About Statins or something like that, and it's by a doctor named Stephen Sinatra Think of Frank Sinatra, Stephen Sinatra I don't think they're related At least I don't know that they are and he's deceased now. But his information's really, really interesting and I would look up statins and look up the research. There's 20 years worth of research that's not publicized because statins are a huge moneymaker and they help some people, but a side effect is memory loss and dementia. And when I see somebody that has dementia and it's usually women who have Alzheimer's or dementia and they have lots of scar tissue in their brain which I'm going to check your brain out here in a second, Sheryl but when they have a lot of scar tissue in their brains and they're in like the later stages of Alzheimer's or dementia, I'll say, was your mom on statins by any chance? And they'll say yeah, for 40 years. I'll say oh, okay, and then I'll send them the research that shows that that can cause dementia.

In the 1940s the normal cholesterol level was 400. Today they want it around 150. And we need cholesterol for brain function, we need it for cell function, we need it for a bunch of other functions. So I would encourage you to do your research and do diligence on the research on statins. Go to PubMed, p-u-b-medorg, pubmedorg and look up you know statin research and see what you can find.

What I was talking about before with Marina, the number needed to treat, the number needed to harm Lipitor is a great example. It's a billion-dollar statin in revenue. The number needed to treat for Lipitor is 100, which means 100 people need to take it in order for it to help one person. How does it help that person? It prolongs their life by four days. So if you look up that drug name just as an example, and you put NNT after it, you'll get all that research. So look up whatever you're on and see what the side effects are and see what the long-term help is on that Number one. Number two have you been in any car accidents? Did you play sports? Have you had any big falls? Are you a skier or a water skier or anything like that?

1:03:01 - Sheryl

Yes, that's what I was talking to the adopter about. I have had car accidents several and I've had vertigo off and on for many years and I have fallen and hit my head pretty hard a couple times. So I don't know, when you do a scan, maybe you can just see and tell me, like, really like what's going on there and I don't know. One of the doctors seemed to think that the shaking was coming from the brain, since that tells the body everything to do, but I was just like well, I don't know if it's toxins, like, and I'm just I don't know if it's hormones, I'm just having a really hard time even getting a doctor to even like check my hormones. This is like crazy.

1:03:52 - Julie

I'm getting medicine when you're talking about this. I'm getting. Check your medicine. Check your medicine, Okay.

1:04:08 - Sheryl

Well, I haven't been on the cholesterol medication for realistically like that long and one of the concerns I had before maybe like a year and a half, almost two years ago, I went to a neurologist and I asked them could any of my prior medications be causing any of this, because I've been on so many different things over the year? And basically he just kind of looked at me like I was crazy and he was just like no, and I was like I'm not sure that's right.

1:04:29 - Julie

Yeah. So follow that gut intuition, put the name of the medicines that you've been on, do the NNT, do the search. And I would try it on more than one search engine, because big pharma, you know it's a lot, of, a lot of ad dollars there. So let me get you on my radar. So here we go. Here comes my laser beam from sweet home Alabama over to you in Delaware. Got you in your brain.

Brain matter, Sheryl, looks like thick cooked oatmeal to me. Scar tissue in the brain looks like chicken cartilage that white flexible stuff that's in the chicken breast with the bone in. So I'm scooping that out in the areas where I see it and it leaves a divot in the brain. Matter Looks like oatmeal, feels like soft butter. All right. Stem cell energy is going into those divots. You have four pretty good sized ones that I'm seeing. Stem cell energy light amber color gel sparkles dippity-doo going in those divots, fortices spinning above each area.

All right, when I see scar tissue in the brain, I always watch it get removed because it can occlude neural pathways. This is my layperson understanding of it. But neural pathways in the brain look like little laser beams that crisscross a room in a museum as part of a security system or a home or an office building. You know the movie Ocean's Eleven did you ever watch that? Or the Thomas Crown Affair, where they're trying to steal a painting or something from a museum and they got all these laser beams that are crisscrossed in the room, okay. Where they're trying to steal a painting or something from a museum and they got all these laser beams that are crisscross in the room, okay, and they're diving under them and rolling under them and jumping over them and stuff like that. That's what happens there. So as the

brain matter gets regenerated, then those neural pathways are gonna light back up and so, okay, one more area to be regenerated. It's regenerated. Neural pathways are lit up.

I believe you can heal all of this stuff. Meds is the first thing that came in. You've got scar tissue in your brain that was just removed. That can heal as well. You know the body has a tremendous capacity to heal itself. The way to heal concussions is with lots of fish oil, lots of omega-3s. Make sure it's purified and the heavy metals are taken out of it. Purified and burpless. You don't want to taste like fish all day, so do that. My favorite guide to helping heal concussions is Dave Asprey D-A-V-E-A-S-P-R-E-Y. If you do an internet search and you just put concussion Dave Asprey. He's a buddy of mine and he's had a couple of concussions and he's healed them and he's got the whole protocol on there. It's heavy amounts, omega-3s and stuff like that. I would do the medicine search as well, see what's going on with that. I believe you'll completely heal from this, so I hope that helps.

1:07:33 - Sheryl

Oh my gosh, thank you so much.

1:07:35 - Sheryl

I appreciate you greatly, and you look so beautiful, thank you.

1:07:39 - Julie

No, thanks, okay, Hope you feel better. Thanks, Sheryl, you bet. Okay, everybody. That's it for this week. Always fun to see who's gonna call in and DC who left the Amazon review. Let us know. We'll get y'all hooked up and get you signed up for the class. Remember deadline on Monday, March 13th for the askJulieRyan.com slash AAT. That's the scholarship application for my big class in angelic attendant training. All these classes, you guys just trying to make it easy and fun so you can learn how to do all this stuff that I learned how to do. Everybody can do it and the classes are a blast. So till next time, sending you lots of love from Sweet Home, Alabama. Bye, everybody, we'll see you next week.

1:08:29 - Annncr

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.com.

1:08:55 - Disclaimer

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