

Anncr [00:00:00]:

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.

Julie [00:00:43]:

Hi everybody. Welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We've got a whole bunch of people on hold to have a conversation with me if you want to have a conversation. AskJulyRionshow.com if you're coming in and joining us on the YouTube live, put your question in the chat, please put your first name and where you're located and then what your question is. And we'll be taking those questions all night as well. It's always a blast. I never know who's going to call, I never know who my team is going to put through and I never know what question they're going to ask or what spirit's going to say.

Julie [00:01:24]:

And so it makes it a crapshoot every week, which makes it a highlight of my week. Couple of housekeeping notes. We will be giving away a free session this evening if you want to be in the drawing for next month. I do this every month. Just leave a review, leave some comments about what you think about the show and if you have guests that you want me to have on, leave those in the comments. Wherever you listen to podcasts, we're on all the Networks or on YouTube, just leave a comment which think about the show and then you'll be automatically entered into the drawing. Also, Amazon, if you leave a book review for any one of my books, then those are fair game too. So just leave a review any one of those three places.

Julie [00:02:12]:

We have people that are signing up for the November Angelica tenant training already. We have quite a few that have signed up. It's going to be in Atlanta, Georgia and it's going to be November 1st through the 3rd of this year. It's going to be at the Kimpton Hotel, which is where we had it last year. It's lovely. It's just adjacent to the Atlanta airport. So if you're flying in, it's super easy, free shuttle. And we'd love to have you join us.

Julie [00:02:39]:

This is in person and it is an absolute blast. It will enhance your life in every way and you will have a ball doing it. So Atlanta, November 1st through the 3rd, go to askjulyryan.com, click on Training and angelic attendant training. Okay, let's take our first caller. Oh, we got a question. Okay, Ping. Hi, Julie. It says pingy.

Julie [00:03:07]:

Aloha, Julie. Sounds like they're in Hawaii. My name is Lucy from Honolulu. That was my first clue. Aloha. Please scan my nephew's spine and legs. He has hereditary spastics paraplegia. It's a family genetic disease.

Julie [00:03:27]:

His name is Yong Tang. He's in Shanghai, China. Thanks. Okay, Lucy, here we go. What I'm going to do is I'm going to connect to you energetically in Honolulu, and then I'm going to go from you to your nephew Yang in China, in Shanghai. How this works is I raise my vibrational level to the level of spirit. I'm going to watch a laser beam come from my body here in

Birmingham. It's going to hook into you in Honolulu, and then I'm going to have a hologram of you in my mind's eye.

Julie [00:04:02]:

And it's going to be as if I'm looking at an X ray or CT scan or an mri. Something will be identified that will be a healing for all of. And I'll describe it in detail for all of you that are watching and listening. Please envision what I'm describing in this healing. Because then when we picture it, all of us together, we're going to send healing energy as one to Lucy's nephew. And it's kind of like the power of prayer. You know, you got a bunch of people praying for something and praying for a certain outcome, and it's miraculous sometimes. So same thing.

Julie [00:04:40]:

I describe what I'm seeing in my mind's eye in detail. Sometimes my descriptions are hilarious. And that is, honest to God, how they come into my head. I always say I'm not that creative to make this stuff up. And so remember too, that time doesn't exist in the spirit world. Time's a human creation. So let's go right to Lucy and see what's going on. Comes my laser beam from sweet home Alabama heading west, and it's going to cross the Pacific and Land into you in Honolulu.

Julie [00:05:13]:

Got you. Okay. Going to Shanghai. So it's veering north. Okay. Going to. I think it's Yong. Y O N G Yong.

Julie [00:05:25]:

Yong. I'm asking his permission. I always ask permission if somebody is asking me to scan somebody else. Because it's just an ethical thing with me. I think it's unethical to scam somebody without their permission. Okay, Yong, Do I have your permission? Talking to your Aunt Lucy, your Auntie Lucy. Do I have permission to scan you? He said, I don't think so. That's what I heard.

Julie [00:05:50]:

I don't think so. So when that happens, we can ask their spirit things and we'll get information. The reason I won't scan anybody is because I think it's an invasion of their privacy. It's kind of like somebody has pneumonia. They're going to tell you what they want you to know if you're talking with them. But you're not looking at their chest X ray without their permission. So that's what we're doing. So, Yong, is there something that we can do genetically with your DNA? I do DNA healings all the time and what I'd like to do is do one on you.

Julie [00:06:32]:

He's saying I'm fine, don't need it. Okay. All right. Is there anything that you want Aunt Lucy to know since she's the one that's asking for some assistance for you. I love her for her concern, but I'm fine is what he's telling me. So, Lucy, you may want to talk to him. And then we can try it again another time. So we'll see how that goes.

Julie [00:06:56]:

Thanks, Lucy. How sweet of you to ask, by the way. When there is a genetic thing going on. I work with DNA all the time and watch the DNA get resequenced. And it's like if there's a mutation, the recipe that's telling the cells how to behave isn't working properly. And we can redo that energetically. So talk to them and you're welcome to call back in. We'll try again another time.

Julie [00:07:25]:

Okay, let's see who's next. Hi, Logan. How you doing? Hi.

Logan [00:07:32]:
Well, I wish I was better talking to you on better terms, but life happens.

Julie [00:07:39]:
Please tell everybody where you are.

Logan [00:07:42]:
Bettendorf, Iowa.

Julie [00:07:44]:
Okay. All right. What's going on?

Logan [00:07:46]:
And yeah, just. I don't know exactly all what's going on, but bunch of weird symptoms in my body that make everyday living uncomfortable. Muscle twitching, weakness, weird pains and sensations around stomach area. Just lots of weird stuff. So I would greatly appreciate any insight with a medical scan.

Julie [00:08:11]:
Yeah. Has this been going on for a while or is this a new development?

Logan [00:08:16]:
Two months have gone to the doctor. Basically all of April, CT scan of my abdomen area, nothing. MRI of my head for like neurological related issues. Nothing X ray my abdomen, just all the blood tests fine. But yeah. So we're kind of looking at a.

Julie [00:08:43]:
No, a mystery ailment. Have you changed jobs? Have you changed homes? Is there something different in your environment.

Logan [00:08:51]:
Leading up to this? A large amount of life stressors, lots of changes. Yeah, there was a good amount of internal stress that I didn't realize at the time was probably potentially leading to something like this. However, it's been two months since the incident and I've basically been doing nothing, resting if you will and nothing seemingly changed. So.

Julie [00:09:19]:
Okay, incidents like a car accident or somebody died or what happened? Can you tell us?

Logan [00:09:27]:
Oh, well, transitioning from a business pursuits that I was working on for about four years.

Julie [00:09:34]:
Four years.

Logan [00:09:35]:
Financially not in the best of situation, kind of just questioning life in a lot of different facets. Basically everything was a question for me and it was causing me a lot of internal car had to change my car because of financial. There was just a lot of stuff and it all happened at once.

Julie [00:09:57]:
Oh geez. Well the good news about that is you got it over with all at once. You gotta look for the silver cloud. Silver lighting in every cloud. Right? Is that what the saying is? Because you know, that's good. I hear people. My mom had four kids in five years and I remember thinking

how did you do that? And she said, well the good news is we got out of the diaper phase quickly. It wasn't prolonged for a long period of time and that was good because they didn't have disposable diapers yet.

Julie [00:10:25]:

So. All right, let me hook into you and we'll see what's going on. Here comes my laser beam from sweet home Alabama heading to you in Iowa. Got you. Yeah, you're inflamed. Okay. What inflammation? Looks like red fog on body parts. Getting that.

Julie [00:10:41]:

Calm down Logan. And their anti inflammatory energy is a royal blue color and so I'm applying that, that's going to help calm down that inflammation so I can get underneath it. Kind of like when you're driving on a foggy night, you know, you don't have visibility out very far in the distance. You got to clear the fog before you get the visibility. That's kind of how I see this, how I equate it. When you were telling me about it. I was getting yeast overgrowth and. Yeast overgrowth in the stomach.

Julie [00:11:18]:

Have you been on antibiotics or steroids or anything like that?

Logan [00:11:23]:

Not recently, no or no? No.

Julie [00:11:26]:

Okay. All right. And how's your diet?

Logan [00:11:30]:

It's changed a lot since this has happened. I really haven't had much of an appetite, so, I mean, I'm eating what I can, but it's wildly different from preceding to this.

Julie [00:11:40]:

Okay, so it's. You're eating crappy stuff now, and you were eating healthier stuff earlier, or vice versa.

Logan [00:11:45]:

No, not particularly. No. I just kind of. No, definitely not crappier. It's just been less. And I've kind of been. I've stayed away from, like. I've eaten, like, seven to eight foods over the last two months and haven't really pushed it beyond that.

Logan [00:12:07]:

So it's been like some fruit yogurt, and then, like, animal crackers and oatmeal, and that's. Yeah, yeah.

Julie [00:12:15]:

That's not probably optimal either. Oh, no, but that's okay. All right, so I'm in your gut, and you've got yeast overgrowth. You've got leaky gut. This would explain all of these symptoms. When we have leaky gut, there are these little separations in the intestinal wall. Logan. And microscopic particles of food and toxins from the gut, which is the sewer of the gut, get into the bloodstream.

Julie [00:12:40]:

But. And the body says, oh, crap. Literally. Cause we're talking about the intestines. We're under attack, batting down the hatches, and you have malabsorption issues going on. So what I'm watching is clearing out the yeast out of your GI tract, stitching up those little separations in

the gut. When we're under stress, we release cortisol and norepinephrine and other steroid kind of things that cause the yeast to kind of go out of control, and then they release their. They have 99 known toxins.

Julie [00:13:19]:

They release those toxins into the gut. The gut gets irritated, causes inflammation. That's where our. Our immune system is based. So the good news is this doesn't cause any permanent damage and is completely fixable, completely healable.

Logan [00:13:33]:

I have one more question. I apologize. I'm going to my gastro on Monday, and I haven't really had any insight of. I don't know. There's, like, a bunch of stuff going on. Do you have any advice on, like, how I could navigate a conversation of, like, hey, I've been thinking this, because I really don't know what to say?

Julie [00:13:50]:

Yeah, yeah. Yeast overgrowth. If you do an Internet search on that, do an Internet search on yeast overgrowth. Ask them for a prescription for Nystatin. N Y S T A T I N. Nystatin. It's an antifungal they give babies when they have thrush. No known side effects will kill the yeast in the GI tract.

Julie [00:14:13]:

You're gonna feel way better quickly. And the prescription's been off patent for so long, Logan, it's probably \$5 copay, if anything, so that'll help, too.

Logan [00:14:24]:

Thank you very much for your help. I appreciate it.

Julie [00:14:26]:

You're welcome. You'll heal from this. Okay.

Logan [00:14:29]:

Thank you.

Julie [00:14:29]:

You bet. Ask Julyriansshow.com if you want to have a conversation with me, and if you're joining us on the YouTube live, just put your question in the chat and give me your first name and where you're located, and we will get answers for you from both areas, both ways to get a question asked. All righty. Let's see who's next. Cindy. Hi, Cindy.

Cindy [00:14:59]:

Hi, Julie. I'm. Yeah, my name is Cindy, and I'm in Austin, Texas.

Julie [00:15:05]:

Terrific. Welcome. You got a question for me?

Cindy [00:15:10]:

I do. I have a niece who's 37. What's her name? She lives in San Antonio. Her name is Cassie.

Julie [00:15:18]:

Okay.

Cindy [00:15:20]:

And she's been having a lot of trouble for well over a year now. She was diagnosed with long Covid last year, and then it's. It's just trans. Nothing has gotten better for her. She also suffers from fibromyalgia. She had that before the long Covid. She was never vaccinated, but she had gotten sick and seemed to have relatively recovered, but then just completely went downhill. So she's been.

Cindy [00:16:07]:

She's been on a lot of different medications to try to knock out the depression, which is very, very bad. She just came back from a residential facility where she was for two months. She was home a couple of weeks and was relatively well. But now she's really tumbled down. And so she's been diagnosed also with melancholy depression. Depression. And she's got a family. And of course, she's had.

Cindy [00:16:48]:

She had to take a leave of absence from her job because she couldn't. Couldn't work. And now the doctors want to give her what they're calling controlled seizures, basically to try to restart her brain because they're telling her that her brain is not turned on and it's not working correctly. So any kind of medication or supplement or food or anything like that is not able to be absorbed and to work in the body. So I would really like some help for her.

Julie [00:17:26]:

Yeah. God bless you. Yeah. And her and her family. How old are her children?

Cindy [00:17:32]:

She's got a 12 year old biological son and she's got a 13 year old and a 10 year old stepdaughters.

Julie [00:17:40]:

Okay, and where is she?

Cindy [00:17:42]:

She's in San Antonio, Texas.

Julie [00:17:45]:

Okay. All right, let me ask her if she will let me scan her. And then I'm already getting, you know, when I'm listening to you, I get what I call divine downloads. I get information coming into my head initially and let me just go ahead and give you those. And then I'll scan her too, if she'll let me. The first one is for the long Covid. Cindy, have her go to flccc.org flccc.org okay. And it's frontline critical care something.

Julie [00:18:20]:

Okay, I forget what the third C is. And these are some of the brightest names on the planet in critical care medicine. And they have all kinds of product protocols there for long Covid.

Cindy [00:18:33]:

Okay.

Julie [00:18:34]:

One doctor in particular, Dr. Paul Merrick, is the most published critical care specialist ever in the history of the world. Not just in America, but throughout the world. So I send a lot of people there when they have long Covid symptoms. That's number one. One other thing too, Cindy. The head of psychiatry at Harvard is a guy named Chris Palmer. Dr.

Julie [00:19:03]:

Chris Palmer, P A L M E R. And he talks about how with his patients who are the sickest of the sick, you can imagine from a mental illness standpoint, people who've been on disability in some instances for decades and haven't been able to function in normal society. He has found a 90% success rate with them by putting them on a ketogenic diet. 90%. And he said it not only alleviates their symptoms, but it also heals their brains. Because a couple of years out, two or three years out, not only are they back to work and able to function in society, but they don't have a need, they don't have any symptoms anymore. On the scans their brains are healed, which I think is really remarkable when we think about it. So is she married? Does she have a husband that can help her?

Cindy [00:20:03]:

She does and she has her mom and she has me and she's had a lot of, a lot of tests and there's. She's got a variety of food allergies. So she's. She steer clears of like bees and other. She's kind of on a mono diet as far as her proteins and such. So.

Julie [00:20:25]:

Well, she's just inflamed and so when that happens, her buckets fall. So it doesn't take much to make it overflow in a stimulus. You know, she can eat a food that she eats and has eaten all her life, and all of a sudden she has a histamine reaction to it. That's very common. So leaky gut. I would do Chris Palmer and I would go to the FLCCC guys and see what she can learn there. And you guys may need to help her with that because she may not be able to concentrate enough to let all of this happen. Let me ask her if I can scan her.

Julie [00:21:05]:

Okay, so here we go. Got you heading south to San Antonio. All right, Cassie, I'm talking to your aunt. Is it okay if I scan you energetically? She said anything that'll help. There you go. So I'm shooting energy from her feet up through the top of her head. Okay. Yeah.

Julie [00:21:27]:

Yeast, absolutely. She's got leaky gut. She's got all that. So I'm working on that. She also. Has she been in a car accident, Cindy, or has some kind of a fall or maybe not even recently, but at some point in her life, she's got a bunch of scar tissue on the left side of her head in her brain. Anything that comes to mind.

Cindy [00:21:49]:

I don't recall a car accident, but she was a good, very good basketball player. So maybe she had some blows here.

Julie [00:21:57]:

She had. You don't even have to hit your head. You know, it's just a fall. You can land on your bottom and cause a concussion. So brain matter, Cindy, looks like thick cooked oatmeal to me. Has the consistency of soft. When I see scar tissue, it looks like the cartilage you'd see inside a chicken breast with the bone in that white, flexible stuff. So I'm scooping that out.

Julie [00:22:21]:

Here comes stem cell energy going into the divot of that brain matter. Like if you took a big spoonful of oatmeal, it's gonna leave a divot in the cereal. And then I've got stem cell energy going in I spirit working through me and with me to help facilitate healing. There's a vortex spinning above her head, and that's going to help regenerate that brain matter. Something else you may want to look into for her with the depression and all of that is amen. Clinics, Amen. Like, amen, hallelujah. Amenclinics.com clinics, plural.

Julie [00:22:59]:

I believe they have one in Dallas. And I think it may make sense for her to have a specific scan on her brain because that's going to show what parts of her brain are lighting up with different activities and they deal with concussion. Even if it's decades ago, the brain still can heal and they can help her with that. I know one of the protocols is a lot of omega 3s, but I would, you know, those are all suggestions, all of which. That can help her a lot.

Cindy [00:23:34]:
Right.

Julie [00:23:34]:
Okay. Okay. You're a sweetie to help her.

Cindy [00:23:41]:
Thank you. It may be a couple weeks before they schedule any of the procedures. She has to go under anesthesia with them as well. And they're looking at doing them two or three times a week.

Julie [00:24:00]:
I'm getting a big no on that. I'm getting a big red flag. I'm getting delay, delay, delay. Try some of these other guys. I would read the Chris Palmer stuff. I think all this stuff I suggested I get her into Amen before anything like that happens, because a lot of that stuff's irreversible.

Cindy [00:24:17]:
Well, that's exactly it. It sounds like the worst case scenario.

Julie [00:24:21]:
Yeah. Yeah. I have an aunt that had that done back in the probably early 60s for postpartum depression. That was before they knew what that was. And she was never the same. I mean, it was awful. Awful. And that's how they treated depression back then.

Julie [00:24:40]:
So I would try the diet route first. It's not going to cost her anything. It's not going to cause any harm. It's only going to help her. But I would get her some help in doing that and. And obviously she's the one that has to decide that and talk to her doctors. But there's no reason why she can't delay it at least. Yeah.

Julie [00:25:02]:
So I hope that helps.

Cindy [00:25:03]:
Thank you.

Julie [00:25:03]:
Thanks for calling.

Cindy [00:25:04]:
Thank you very much.

Julie [00:25:05]:
You bet. Bye, Cindy.

Cindy [00:25:07]:
Bye.

Cindy [00:25:07]:
Bye.

Julie [00:25:08]:
AskJulyrianshow.com if you want to have a conversation with me. If you're joining us on the YouTube live, put a note in the chat. Just tell me what your first name is and where you're located. Remember to subscribe and leave a comment about the show and you'll be entered into a free drawing. And then actually if you subscribe and leave a comment, then you're entered into a free drawing for a session and a drawing for a free class. So, you know, you get two goodies when you subscribe and you leave a review if those of you that are listening on your podcast channels, and again, we're on all of them, when you get in front of a computer, just subscribe at AskJulyRide on YouTube and then you'll be Entered into the drawing. Okay, let's see who's next. Lisa? Hi, Julie.

Julie [00:26:04]:
I'm 56, and I'm having eye issues. Blurring and dryness. Eye doctor said nothing is wrong. Please, if you will scan me. I'm in Whitewater, Wisconsin. Okay, Ms. Lisa, here we go. Comes my laser beam from sweet home Alabama.

Julie [00:26:18]:
Heading up to you in Wisconsin. Got you. All right. I'm watching the tear ducts get Roto rootered. How about that? This device that I see, have you ever unfolded a paperclip and made it straight? And that's how I get my Krazy Glue nozzle unstuck. You know, if it gets clogged with Krazy Glue, if I'm trying to use it, and I'll stick that unfolded paperclip into the nozzle. That's. It kind of reminds me of that with this instrument that I see tear ducts get unblocked, but it has a little tiny brush on it, and so it's turning really fast.

Julie [00:26:59]:
So it's going into the tear duct. Looks like the left eye is getting done first. That one may be worse than the right. And I'm going in the right one now. Now I'm watching them get flushed. So I'm watching irrigation fluid come flying out the tear ducts, you know, out of each eye. It's like. It's like your eyes are squirt guns.

Julie [00:27:19]:
That's what it looks like. And got that going on. The, you know, the eye drops that are just lubricants, I can't remember the name of it, but the ones in the green bottle that are just. You don't want ones with a bunch of chemicals and stuff in it. But I get that the other thing, too, is it may have to do with perimenopause and. Or menopause, if you've got that going on. Because a lot of the body fluids are not as robust as they have been when we're younger. So you may want to look into the bioidentical hormones and see if that makes sense for you.

Julie [00:28:00]:
Bioidentical hormones are the hormones that we have in our bodies when we're young and fertile and popping out babies. And as we age, our hormone levels diminish. So the bioidenticals are the exact molecular composition that our bodies make. The synthetic hormones are the ones you hear the problems about. And those have extra molecules added to their formulas so they can be patented. So I would give that a try. Lisa, thanks for your question. Alrighty.

Julie [00:28:28]:
Let's see who's next, AskJuly Ryan show.com askjulie Ryan on YouTube. Okay, Kelsey from Indiana, any messages from my nana? She's saying, think green, but then she's showing me. She's showing me green food, like green jello, lime green jello. My grandma Ryan used to make this lime green jello salad with cream cheese. She'd, like, cut the jello in half and put a

layer of cream cheese in there and some nuts. And it was killer pineapple. I haven't thought of that in about a hundred years. All right, so she's showing me lime green jello.

Julie [00:29:06]:

She's showing me lime green like a lime flavored snow cone. She's showing me lime candies like those. I don't know what they're called, but they're hard candies and they come wrapped and some of them are kind of a lime green color. I don't know what's up with the lime green. It may mean something to you, but that's what she's showing me, lime green. And when they give us symbols like that and signs of things, a lot of the time it doesn't make sense to us right when we get it. But when we think about it later, it can make sense to us or it may pertain to something that hasn't happened yet. Just be open to how you're going to see those signs and symbols.

Julie [00:29:52]:

You may see it in a TV show, you may see it in person, you may see it in a magazine, you may see it on the side of a truck. Who knows? Just be open. So I hope that helps. And a lot of this stuff that I get, you guys is so random that I've just learned over the years not to censor any of it and not to edit any of it. If it doesn't make sense to me, it doesn't mean it's not going to make sense to somebody else. Thousands of examples of that where I thought, ugh, really? Nobody say that. And I do. And it means something to the person with whom I'm talking, so that makes it fun, too.

Julie [00:30:32]:

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

Dave [00:30:40]:

Dave Zemke from Minnesota.

Julie [00:30:42]:

Hi, Dave. How are ya?

Dave [00:30:44]:

Good. My wife has dementia and. And she still can talk, but I'm still concerned about her. Could you do a body scan?

Julie [00:30:52]:

Sure. What's her name, Dave?

Dave [00:30:54]:

Kimberly K. Zemke.

Julie [00:30:56]:

Kimberly. Okay, I'm going to ask her permission. Does she know you? How is it? Is it mild? Is it advanced? It's still mild.

Dave [00:31:05]:

Yeah, she's in a memory care 24 7.

Julie [00:31:08]:

Oh, she is. Okay, so it's not mild and she is articulate. Okay. But she knows you when you get there and all of that.

Dave [00:31:15]:

Yes.

Julie [00:31:16]:

Okay. All right, I'm gonna connect into you, Dave, and then I'm gonna go from you to Kimberly. Here we go. Comes my laser beam from sweet home Alabama heading up to Minnesota. Got you going to Kimberly. Kimberly, I'm talking to Dave. She said, oh, isn't he wonderful? How sweet is that? I don't know that I've had that in a while. Wow.

Julie [00:31:39]:

Kudos to you, boy. You get. You get two stars for that. You're just going to stick those stars right on your forehead like you got an A on a paper. Okay. Isn't he wonderful? Okay, Is it okay if I scan you, Kimberly, and it's like I'm a human MRI and I can see what's going on in your brain? She goes, oh, yes, yes. All right, so here we go, going in, shooting energy from her feet up through the top of her head. Okay.

Julie [00:32:07]:

Lots of scar tissue in the brain. You may have heard me talk about the brain of Cassie with Cindy, our earlier caller. And brain matter looks like thick cooked oatmeal. Dave has the consistency of soft butter. Again, scar tissue looks like chicken cartilage, the kind you see in a chicken breast with the bone in. She's got a bunch of it in her head. When I see scar tissue in somebody's brain, it's occluding neural pathways, and that's when the dementia and other symptoms can come in. So what I'm watching is I'm watching that scar tissue get scooped out of her brain.

Julie [00:32:47]:

She's got a bunch of it. And then I'm watching stem cell energy light, amber color, gel sparkles. Reminds me of dippity doo hair gel back in the day when I was a kid in the 60s and 70s. And then there's a vortex that sparks spinning above each area that's gotten replaced. And then once those are redone, then the neural pathways will light up. Neural pathways in the brain, Dave, look to me like security system laser beams that crisscross a room, like in a museum or a home or have you ever seen a movie where there are thieves trying to steal something and they're stepping over the laser beams or under them or crawling under them or whatever. That's what's happening. Okay.

Julie [00:33:38]:

Her neural pathways just lit up. Wow. When they lit up, it was like somebody turned on the light switch in her body. Her whole body lit up. Energetically. So do you have any questions that you want me to ask her? Is she cognitively sharp enough to answer your questions?

Dave [00:33:59]:

Yes.

Julie [00:34:00]:

Okay.

Dave [00:34:01]:

I see her every day. I just want to make sure her feet swelling is okay. And I love her.

Julie [00:34:06]:

Her feet? Well, no, it's not okay. Why are your feet swelling, Kimberly? What's going on with your feet? She's saying that it has to do with the medication that she's on and it's causing swelling. She's saying it's a side effect of the medication. Let me go ahead and do a lymph cleanse on her real F. Imagine there's a vertical oval tube that's in the front of her body. It's inside her body, but on the front side of her body, Dave. And its lymph fluid looks like an amber color. It's kind of globby.

Julie [00:34:39]:

Do you remember lava lamps back from the day? And it's kind of a globby liquid. That's what it looks like. There's a hole on the bottom of each foot that the impurities, the toxins are coming out the bottom of her feet. And it's like we're doing a reverse osmosis purification like they do with drinking water. You know, drinking water, I think is all tap water that they purify, and then they charge us \$6 a bottle for it at sporting events, because they can. And so that's what I'm watching happen. But I get it's. It's a side effect of her medication.

Julie [00:35:17]:

Is she on several medications? Yeah. Yeah. It's a side effects. I get that there are some contraindications on the medicines being used with some other of the medicines she's on. Does she seem to be uncomfortable? She's saying yes. With the swelling, yes.

Dave [00:35:36]:

And she has a lot of anxiety. That's the reason for the medication.

Julie [00:35:40]:

Okay. All right. Well, you may want to. There's something called the number needed to treat. Dave. Have you ever heard of that? Number needed to treat. The acronym N as in number. N as in needed.

Julie [00:35:55]:

T as in treat. Number needed to treat. If you do an Internet search on the name of her medicine and you put NNT at the end of will give you a number. It'll tell you some information. It'll give you a number. The higher the number, the less effective the medication. So if the number's like over 20. Well, let's say the number's 85.

Julie [00:36:21]:

That means 85 people need to take a medicine in order for it to help one person. Those are not Very good odds. And then you can look and see what the contraindications are. You can put multiple medicines in and contraindications in the search bar, and it'll give you that information. And you might be able to have an intelligent conversation with her doctor and maybe switch up some of her meds and see if that helps.

Dave [00:36:46]:

Thank you.

Julie [00:36:47]:

Okay, bye. Wonderful, Dave. Oh, how sweet is that? Isn't he wonderful? Oh, my gosh. Sounds like something out of a, I don't know, Ozzie and Harriet episode or something from the 50s. So that was so sweet. All righty, let's see who's next. Hi, Carol.

Cindy [00:37:10]:

Hi.

Julie [00:37:10]:

How are you, my girl?

Cindy [00:37:12]:

Oh, doing pretty good.

Julie [00:37:14]:

Terrific. Please tell everybody where you are.

Cindy [00:37:17]:
I'm in Wichita, Kansas.

Julie [00:37:18]:
Okay, great.

Cindy [00:37:20]:
And I have had restless leg syndrome since my mid-30s.

Julie [00:37:27]:
Okay.

Cindy [00:37:27]:
And I'm 65 now.

Julie [00:37:29]:
Right. And.

Cindy [00:37:32]:
I'm on three different medications, trying to stay on lowest dosages as possible. Pramipaxel, which was FDA approved back in the 2000s. It's a medication for the tremors for Parkinson's. And Klonopin was the first one I was put on back in the 90s because I was hyperextending my knees at night. And so that just basically kind of like knocks me out more than anything else. And most recently has been gamma patent, which really affects my brain function, which I'm not happy about at all. So I have. Every couple of years, I look through what the latest research has been on it, and I started taking iron with vitamin C for absorption, and I didn't really see any kind of effect from that.

Cindy [00:38:35]:
So there's a possibility of injectable iron. I hadn't had insurance, health insurance for quite a few years until just recently. I'm turning 65 in July, so I'll be going on Medicare. So I was just wondering if you knew anything about restless leg syndrome causes, treatments, what's a possibility for me.

Julie [00:39:00]:
Yeah, I know diet has a lot to do with it. And people go, well, it can't be that simple. It really is a lot of the time. What I've read is that it's insulin resistance.

Cindy [00:39:14]:
Yeah. And I'm not pre diabetic or diabetic. And I got off sugar a couple years ago, although it's difficult to be completely off sugar, and I eat very, very few processed foods. I actually cured IBS good. From correcting my diet and lost 40 pounds.

Julie [00:39:34]:
Good girl.

Cindy [00:39:35]:
And that hasn't changed.

Julie [00:39:36]:
The restless legs.

Cindy [00:39:38]:

The restless legs.

Julie [00:39:39]:

Have you. Is it all day long or is it just at night, it starts about.

Cindy [00:39:44]:

4 o' clock in the afternoon for me. So I actually take my medications. Like I take a dose like about between 4 and 6, depending on how bad it is that day. And then I take a second dose like at 8:30, 9 o' clock, somewhere around there. And then I go to bed between like 9:30 and 10. If I forget to take it, then I'm up for hours and hours. And the only thing that really helps is if I use bolster pillows and I lay stomach down on top of them. So I'm putting pressure down.

Julie [00:40:18]:

Oh, wow.

Cindy [00:40:18]:

Because even if I get up and walk around, I'll have my legs. My left leg specifically is the one that's most effective. But I'll get it like down my right arms and everything. So if I put pressure on like all my limbs, laying down on my stomach, it helps a little bit. So. But my leg will actually, my legs will actually buckle from the rls when I'm like just walking around trying to walk it off.

Julie [00:40:48]:

Oh, wow. Okay. The iron that came up, what did your doctors say? That you're low in iron?

Cindy [00:40:54]:

No, it was a study that was done. They were actually using injectable iron, you know, that they had. There was, I think it was Cincinnati had done a study on it. So I had used ferocious iron from like a really high quality iron. And then my doctor said, well, you really need to use a vitamin C. So I had bought a really good high quality mix, vitamin C mix that didn't have any sugar in it to help absorb the iron. And that was like 5000 IDUs a day.

Julie [00:41:31]:

What I, what I'm getting, and that's why I'm asking about the iron, is because I did get that you're low in iron. But the big thing is I get you have malabsorption issues. I got the insulin resistance is an issue. I got leaky gut. I got iron because of malabsorption, lack of iron and other things. So to start off, beamminerals B E A M minerals.com and it's liquid minerals use Julie Ryan, all one word at checkout. You'll get 20% off. It doesn't taste like anything.

Julie [00:42:07]:

It tastes like water. And that those are the basic building blocks that you need in order to help heal the cells. We did a show with Caroline Allen, who's the founder of Beam Minerals. I said wow so many times on that show. Carol, at the end of the show, I said, I gotta come up with another word. Cause I've said wow so many times. Cause I learned so much from her. And what I learned is it's the basic building blocks for the body to heal.

Julie [00:42:38]:

And most of us are walking around with maybe 40% optimal minerals in our bodies. So if you're taking magnesium and you're taking iron and you're taking other stuff and it's not helping. You got a malabsorption thing going on. So there's that also. I think the B minerals are gonna help a lot. Try those.

Julie [00:43:00]:

She'll do a 30, she'll look at you from a 30,000 foot view and help you get off that medication and help you heal the restless legs and also help you with the insulin resistance. There's a guy named Jason Fung, Dr. Jason Fung, MD.

Cindy [00:43:18]:

Yeah, that's who I actually started with. The intermittent fasting, which I do.

Julie [00:43:23]:

Yeah, yeah. And he talks about a lot of the tests that the doctors do on the insulin resistance. It really, they're not conclusive. And so if you're following him, that's good. That's a really good start. I like him a lot. I think he's amazing.

Cindy [00:43:40]:

I do too.

Julie [00:43:41]:

He gets people off of, you know, diabetic stuff. I get that you got insulin resistance and it may be because of the malabsorption issues that you've got going on, which is leaky gut. And if you said you, you helped heal your ibs. IBS is leaky gut. That's what's going on there. So, yeah, hopefully some of you.

Cindy [00:44:03]:

I used to not be able to eat without having to like run to the bathroom immediately afterwards. And that's a thing that's been gone for over two years now.

Julie [00:44:12]:

Good. So you're healing your body now. It's time to get these restless legs healed so you can see, sleep well and not have to get up and not have to take all that medicine. The body has a tremendous capacity to heal. Everything's healable. So I would check into those different things, be minerals.

Julie [00:44:33]:

And then the insulin resistant, the leaky gut stuff.

Cindy [00:44:37]:

Excellent.

Julie [00:44:38]:

Okay, thanks so much.

Cindy [00:44:40]:

Thank you so much for everything that you do.

Julie [00:44:42]:

Thanks, Carol. Hope you feel better. All righty. Askjulyrianshow.com if you want to have a conversation with me. And we're at Ask Julie ryan on the YouTube live stream. Remember to subscribe, remember to leave a review. Share this with your family and friends. And when you do, you're automatically entered into a drawing for a free session and also a free Class that I give away every month, which is very fun.

Julie [00:45:10]:

I hear these great stories from people and they'll say, I was driving to work and I heard my name called for a free session and I screamed out loud. And I was in my car by myself,

fortunately. So I didn't look like a goofball, but I thought that was cute. So let's see who's next. Who's next up? Looks like we got a question. Deborah. Hi, Deborah from Ohio. O h, I O, girl.

Julie [00:45:35]:

That's where I'm from. Do any of my sisters who passed have a message for me? One is talking about ribbons. Something about ribbons. She's showing me hair ribbons. She's showing me, like, ribbons that you'd get at a horse show or at a swim meet or something like that. The ribbons that are kind of round, and then they've got a. Some ribbon that hangs down from that. She's talking about ribbon.

Julie [00:46:06]:

What do you want to know with the ribbon? We won lots of contests. See if that makes sense to you. And go, Buckeyes. Right. Oh. And then they respond with IO so that's terrific. Thanks, Deborah. This is from Alondra.

Julie [00:46:28]:

Hi, Alondra. I had a session with you on 5 24. I had an MRI after our session and was told I have a bulging disc at C5 and 6. Wanted to ask for a little more healing. Absolutely. Going in. Okay, Alondra, tell us where you are. Put it in the chat and then let's see where you are.

Julie [00:46:51]:

My laser beam's gonna find you anyways, but it's just always interesting to see where you are. Okay, going in. Vertebrae being propped up. They're these little spacers that I see used in these healings, and they remind me of the spacers that a tile mason will use when they're laying tile before they put the grout in. And those hold the vertebrae up in place. And then we've got the discs being put back in, and there's this netting that's being administered between the upper and the lower vertebrae. And what that does is it holds the disc in place. I've added a little stem cell energy to make the discs fluffier because when we start to have disc degeneration, that's when they can bulge because they're not as fluffy and they don't hold the vertebrae up.

Julie [00:47:42]:

When the vertebrae. This is what it looks like to me. I don't know if this is what's actually happening, but it's a metaphor for what I'm seeing in my mind's eye, or it's an explanation, which is a metaphor for the healing that's happening. The vertebrae look like they start to push the disc out. So hopefully that will help, and hopefully you'll feel better. Okay, let's read who the winner is for the free session. Let's see what we've got here. Drum roll, please.

Julie [00:48:18]:

Here, I'll do it my own. Okay, what do you think? Do I have a career in the music business? I think not. Okay, here we go. This is from somebody that calls themselves Wine Smurf. That was pretty funny. Wine Smurf says, and this is a book review off of Amazon for angelic attendance. This book, what really happens as we transition from this life into the next. And she says, don't even question whether you should read this book.

Julie [00:48:50]:

It should be taught in all schools and to all walks of life. It has been a comfort and friend not just for me, but for many people with whom I've shared it since I ran across Julie and her amazing work. How sweet is that? You're going to want to send copies to everyone you know, then thank your higher self for leading you to this wonderful human. And all she has to teach us not just about dying, but all the magic that surrounds us if we simply choose to have the courage to see it and live it. Winesmurf, you left this review on Amazon. Girl, you just won a free session with me valued at 250 bucks. We have an hour. We can talk about my buffet of psychicness.

Julie [00:49:39]:

Anything off the buffet. We can talk to deceased loved ones. I can scan you energetically. We can do healings on you, on family members, on friends, on pets, whatever. We can do past life scans. We can, gosh, talk to your spirit guides, your angels, everybody that you want. And we cram a lot in that hour. So when you schedule an appointment with me for an hour, people say, okay, well, I know this is just for medical.

Julie [00:50:06]:

I say, no, we can cover anything you want. It's your time, so we can do that. So, weinsmurf, just send me a note. AskJuryrian.com on the homepage it says, ask a question. Ask Julie a question, just click on there. Say, hey, I won the free session with Julie. And we will find a date and time that works with your schedule. By the way, anybody that wants a copy of Angelica Tenants, let me see if I can get this picture on here so it's not so glary.

Julie [00:50:38]:

If you want a free digital and audiobook download, just go to julierian gift.com julieriengift.com or you can find a link on my website, askjulyrian.com and we'll send you a free digital and audiobook version. So share it with your family and friends. I agree with her. I think this information needs to be taught to everybody because people are so afraid to die and they're so afraid for their loved ones to go. And it's glorious. We're surrounded by angels and spirits of deceased loved ones and pets. Certainly it's heart wrenching for those of us left behind, but the transition process, and once they get to heaven, it's all glorious. So thanks, Weinsmer.

Julie [00:51:23]:

All righty. I think we have time for one more call or question. Let's see who that is. Okay. Laura. Hi, Laura, where are you?

Laura [00:51:34]:

I'm in Austin, Texas.

Julie [00:51:36]:

Oh, my gosh. We got all these Texans and Midwesterners on tonight. Wonderful. Well, welcome.

Laura [00:51:43]:

Thank you. I was diagnosed with mold toxicity and mast cell activation syndrome two years ago. I've been sick for five years. I was in the beginning. I was bedridden. Very, very sick. Had to quit my job. I'm now, you know, functional.

Laura [00:52:03]:

And I've. I've tried everything. I've done everything. I just want to know if there's. What exactly is it that's going on in my body, what can I do to fix it?

Julie [00:52:14]:

Yeah. And. And the. The mold toxicity. And people think that mold is just way overrated as far as making people sick. But 25% of the population, you're one of them. I'm one of them. We can't tolerate those toxins that are in mold.

Julie [00:52:30]:

I walk into a room, I can tell you instantly if there's a mold problem. My husband is oblivious to it. So I have so many clients just like you, Laura, that have been so, so sick from mold exposure. Was it in your home or your office? Where was was.

Laura [00:52:50]:

It was in my attic. Attic of my house. And it caught fire from a gas leak. And so the whole ceiling came down, and I was in and out of the house just trying to salvage things. And I guess that's when I was breathing it in. And then later I found out it was all over my office where I worked.

Julie [00:53:10]:

Yeah. Yeah. Unfortunately, that's more common than not. Okay, so what I'm doing is I'm connecting into you, and we're going to clear it out energetically. Were you having GI issues as well? Are you still everything that goes with mold?

Laura [00:53:29]:

I don't have rash. That's the only thing I don't have. But I have everything else. The brain issues depersonalization, which is horrible. Breathing. The breathing difficulty is really bad. Dizziness, pain. Just pain.

Laura [00:53:44]:

My abdomen, chest and back, those are the worst ones.

Julie [00:53:50]:

Yeah. Okay. So clearing the mold out, you have so much of it that it looks like moss growing on the side of a tree. So getting that cleared out, there's always yeast overgrowth when mold is present. There's a guy I want you to do an Internet search on this, Laura, and his name is Andrew Heyman. H E Y M A n and he's at, I want to say Western Virginia, not West Virginia, but Western Virginia, like in the State of Virginia Medical center or university or something like that. He teaches in the medical school there. And if you do an Internet search on him, you'll find information about him.

Julie [00:54:38]:

And he is one of the foremost experts on mold healing from mold. There's lots of information, too, with Mark Hyman. M D H Y M A N and he has lots of information out there about mold. And the other person is Dave Asprey. A S P R E Y There's a doctor in San Diego named Neil Nathan.

Laura [00:55:07]:

He's the one. And he diagnosed me. He diagnosed.

Julie [00:55:10]:

Oh, is that right?

Laura [00:55:11]:

And, yeah, I'm on his protocol, taking antifungals and every. And binders and all that stuff. And, you know, he says it could be a year. I've only started taking those since December. He says you're looking at probably a year or more. But I just don't feel. I don't feel like there's anything happening. Is it something? I mean, can you tell me, is.

Laura [00:55:35]:

Is there healing happening in my body at all?

Julie [00:55:39]:

Oh, I'm sure there is. I'm sure there is. You're functioning now. So that's a really good point that you made early on. You still have a lot of mold in your body, and I think it's really important to too, Laura, for you to be working with a physician while you're doing this, because it's so tricky. It can be three steps forward and five steps back if you detox too fast. And I know it's gonna

be well now. And yet your liver and your kidneys and their other organs are gonna be going, whoa, whoa, whoa, whoa, what's going on here? And you don't wanna overtax them as you're detoxing.

Julie [00:56:20]:

So trust that your body knows what it's doing. And I would work with somebody that really knows what they're doing on the mold detoxing. Dr. Nathan obviously is an expert, but. And trust that your Body's doing what it needs to do to heal and take the time it needs to heal again. I think the fact that you're up and you're conversant and you're not bedridden and all of that is a huge step in the right direction. In the meantime, what I've done is I've cleared out the mold out of your system, stitch up your leaky gut, removed the yeast, and what's happening now is there's a liver cleanse going on. So I'm looking at you from behind.

Julie [00:57:02]:

The hologram is you in my mind's eye looking at you from behind. And there's a circle of energy. Think of the Milky Way galaxy. There's a spiral of energy that's spinning. And as it comes down on the right, it's clockwise. As it comes down on the right and goes on the bottom and comes up the left, it's throwing out this sludgy looking stuff out of your liver. So we're roto rootering your liver is what we're doing. We're giving it a tune up.

Julie [00:57:29]:

And it reminds me of fudge candy before it solidifies. Have you ever made fudge? Yes. You know when it's hot and you pour it on a pan or like in the fudge shops, they poured on a marble, something like a marble slab, and then it'll solidify there. So that's what I'm watching right now. Yeah. You're on the mend. Absolutely. What did you do with your home? Did they tear it down and you rebuilt or did you move? What did you do?

Laura [00:57:58]:

I was, I was. The outside was fine. It was just the inside was, you know, burned and water damage and smoke damage and so the whole inside was black gutted. And I was going to rebuild. I was right in the middle of rebuilding when I got really, really sick and I just. I had to stop everything and. And it's, you know, looking back, I think it was probably a good thing it burned.

Julie [00:58:22]:

I was just going to say that it sounds like it's a blessing in disguise. Yes, certainly. Yeah. So it's just. It's just in a state of disarray still. You haven't gone forward? No, no, no. This.

Laura [00:58:34]:

This was a couple years ago. It was in the middle of being rebuilt. It was completely gutted. New roof, new windows. I got sick. I had to quit. I ended up selling it, actually. It was going to be better than it was before.

Laura [00:58:47]:

I was kind of disappointed. But, you know, I have. I'm in a new, you know, beautiful home now and with no mold. So. So that's good.

Julie [00:58:55]:

Perfect. Yeah. You know, there's always a silver lining to every cloud, isn't there? It's not fun when you're in the middle of it, but if we can stay just in that place of knowing that it's all unfolding perfectly and we're going to benefit in some way, it's always interesting to look back and say, okay, that was awful going through that and yet there are some benefits to it. So, yeah, good luck with all of that. Hopefully this healing will help and will integrate into your body and help you, help you detox. Even better. So I hope you feel better.

Laura [00:59:30]:
Thank you.

Julie [00:59:31]:
Okay. Thank you. Thank you. Bye. Bye. Alrighty, everybody. That's it for this week. Always fun to talk to whoever calls in and whoever sends us a chat.

Julie [00:59:44]:
Hope you have a wonderful weekend. Sending you lots of love from sweet home Alabama. Bye, everybody.

Anncr [00:59:53]:
Thanks for joining us. Be sure to follow Julie on Instagram and YouTube @Ask Julie Ryan and like her on Facebook @AskJuly Ryan. To schedule an appointment or submit a question, please visit askjulyryan.com this show is.

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