

AJR Show Re-Run Oct 9th 2025

0:00:01 - Annncr

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

0:00:43 - Julie

Hi everybody. Welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We've got Chris on the call-in side this evening. Just go to AskJulieRyanShow.com if you want to have a conversation with me and we have Samantha on the YouTube live stream and that's at Ask Julie Ryan For those coming in on YouTube. If you have a question, just put it in the chat and put your first name and where you're located and then your question and we will be taking questions from both.

First of all, prayers, thoughts, lots of love, lots of positive juju going out to the hurricane victims and the people that have all been affected by crazy numbers of tornadoes. In Florida yesterday we had Helene and then Milton come in in less than two weeks. So lots going on here in America, especially in the Southeast where I am. We've had nothing in Alabama it's all completely skirted us. But lots of prayers and love and donate money if you can. Tim and I did. We've donated a big sum actually to the relief effort. So if you can donate, please do. We've launched Ask Julie Ryan Portuguese on YouTube this week. That's really exciting for us. We've been working hard behind the scenes our team has, and so we've got Ask Julie Ryan English, ask Julie Ryan Spanish and now Ask Julie Ryan Portuguese, all on YouTube. We'll have French and German by the end of the year, so just trying to get more languages out there. If you know somebody that speaks Spanish or Portuguese, suggest that they go on YouTube to the Ask Julie Ryan in those languages and we can get this information spread.

Also, my training in Atlanta. We still have people signing up for it. It's November 1st through the 3rd. Had a couple of people sign up today, which it's gonna be so amazing. You guys, we've got people flying in from all over the US and some countries outside of the US. Got a lot of graduates that are coming in for it too, to be helpers, so that'll be fun. If you can't join us for the whole weekend and you're in the Atlanta area or within a couple of hours or, you know, two or three hours of Atlanta, come join us at least on Friday night, November 1st, because we're going to be doing a live show like this, but we'll be doing it in person in Atlanta. So come join us for that November 1st through the 3rd, Atlanta, Georgia. Askjulieryan.com and you'll see more information on the Angelica attendant training. Okay, let's see who our first caller is. Hi, angel.

0:03:42 - Angel

Where are you? Well, I'm in East San Diego. Okay, terrific.

0:03:47 - Julie

You got palm trees behind you, so I'm hoping you're not in Florida.

0:03:51 - Angel

We have palm trees, but I'm nowhere near the ocean, that's right. Yeah, we haven't had rain in five months.

0:03:57 - Julie

Oh my, oh well. Well, I hope you've been enjoying the sunshine. Oh yeah, good. Well, you got a question for me.

0:04:06 - Angel

Uh, yeah, personally, um, I've had issues on and off with my digestive system, mostly my intestines, for 20 years, uh, 30 years I this is where I stress and where, um, you know, I do energy. I do do some energy work and massage, so I was taking on people's stuff, but I had to quit and working on people because it was getting even more sensitive to whatever they were doing. But something happened a couple of months ago and I am twisted up not in serious pain, but it's uncomfortable and then my left arm went into this frozen shoulder thing, so I can only raise it so far and I can't move it behind me. And I think they're connected, okay.

0:04:58 - Julie

Well, let me get you on my radar and we'll see what's going on. Thanks, Sounds like you've had the digestive stuff for a long time and the frozen shoulder things new.

0:05:08 - Angel

Yeah, the frozen shoulder since April this year. Okay, and the digestive has been on and off by probably my whole life. I was very stressed.

0:05:18 - Julie

Okay, all right. How this works for those of you that are first time joining us is I raised my vibrational level to the level of spirit I'm going to watch a laser beam come from my body here in Birmingham, Alabama. It's going to hook into you, angel, in San Diego, and I'm going to have a hologram of you in my mind's eye and it's going to be as if I'm looking at an x-ray or a CT scan or an MRI. Something will be identified. Immediately. Thereafter, there will be some type of energetic healing that will occur. I'm going to describe it to you in detail and I want you to picture it in your mind's eye, because the body's going to follow what your brain shows it, even if your brain doesn't believe it to be true. My favorite analogy for that is think of a time when you're watching a movie, perhaps on TV, and it was really sad and you were crying at the movie, but your brain knew it was pretend, knew it was a movie, but in the meantime, your body is following what you're seeing, right? I think that's a great example. All of you that are watching and listening either currently or at a later date, please envision what I talk about as well, because we're all working together to help Angel heal, so you're my helpers, and when you do that, if you have something similar going on, it's a healing for you too, which is so cool how this works. So, angel, here comes my laser beam from Sweet Home, Alabama, heading to you in San Diego. All right, got you shooting energy from your feet up through the top of your head.

You do have yeast overgrowth, which is what I expected. Candida have you been on a lot of antibiotics or other medicines or steroids, or have you had mold exposure? Yeah, yeah, years ago. Okay yeah, those go hand in hand, and a lot of the time the mold will colonize in your body. And even if you've gotten rid of it which I don't see a lot of mold in you at all, but I am seeing a lot of candida overgrowth, candida yeast it looks like if you mix flour and water together to form a roux, to make a sauce or a gravy or some other kind of sauce in the kitchen. That's what it looks like, so I'm removing it from your GI tract. You have leaky gut, and what I'm watching is leaky gut is when there are these little separations in the intestinal wall, angel, and so I'm stitching those up. It looks like if you took a box cutter and made little slits in your intestinal wall. That's what it looks like to me. And the intestinal wall looks like sausage casing. You know what? They grind up the meat and put it in that casing stuff, which I don't want to know where we get it. I don't want to know where we get it, I don't want to know what it is, but nevertheless, that's what the intestines look like. And so stitching that up.

Few pointers. Number one do the gut biome test. Go to viome.com, forward slash Julie Ryan, and then you'll get a discount on that. You can also find these links that I talk about on this show. If you go to askjulieryan.com and it'll say sponsors, just go on that page, and all these different links that I talk about are all there on my website with easy access. You'll get a big discount if you use that link, but it's going to give you the opportunity to do a gut biome test at home Angel, which is a fancy name for a poop test and you don't need a doctor's orders, and what that's going to tell you is based on your gut biome. It's going to tell you here are your superfoods, incorporate these into your diet. Here are the foods for you to avoid, some of which are healthy, but they're just not healthy for you right now. So that's number one. I would do Number two stay low on the food chain. If God made it, eat it. If man made it, in fact, you do your best to avoid it.

I'm really good at that, great, great. Stay away from fermented anything Wine, beer, alcohol, kimchi, sauerkraut, yogurt, vinegar, soy sauce, kombucha all that stuff Not for life, just in the short run. Because when we have yeast overgrowth, our gut is a fermentation factory and it's just like pouring gasoline on the fire when we have any kind of fermented things. So that's number two. Number three if you're going to eat fruit, peel it, because there's tons of yeast on the peel of fruit. I don't expect you to peel a blueberry or a grape, but certainly an apple, a peach, a pear, a plum, that kind of thing. And never, ever, ever, for the rest of your life, ever put a slice of lemon or lime or any other fruit or vegetable in a drink. Ever, because the peel is full of yeast.

Number one and if you're in a restaurant, they don't wash those lemons, they cut them up early in the morning. They're sitting out at room temperature. God only knows what's growing on them. So you're just eating a toxic, you're just drinking something that's toxic. So avoid that. I always ask for water without lemon when I go to a restaurant. And then you want to refrigerate or not refrigerate, you want to freeze and reheat any kind of leftover food because yeast gets on leftovers while it's in the fridge overnight. And Nystatin N-Y-S-T-A-T-I-N is an antifungal. Kills yeast on contact. They give it to babies when they have thrush, so you want to get a prescription for that. The good news is, you will clear this and you won't have any permanent damage from it. The shoulder, I believe, is from the inflammation that's being caused in your gut. I think they are related.

Yeah, so I hope that helps. Okay, thanks for calling in. Thank you.

0:11:15 - Angel

Take care, bye Angel, bye-bye.

0:11:20 - Julie

All righty, askjulieryanshow.com. If you want to have a chat with me and Ask Julie Ryan on the YouTube live stream, you can put a question in the context of the chats and we can do that. So let's see who's next and what they have to say. I never know who it's going to be. Hi, Christy, hey, how are you? I'm great. How are you? My girl Doing good, terrific. Where are you? You sound like you're down near me. Where are you? You sound like you're down near me.

0:11:55 - Christy

We're at Kingsland, Georgia, like right, we missed the hurricane this time, so we lucked out like as far south as you can go there, Jacksonville, Florida.

0:12:04 - Julie

Yeah, yeah, yeah. Oh my gosh, you just missed it, didn't you we?

0:12:09 - Christy

did we like last one? We had some people like my mom was out of power, like didn't have power for like a week, you know.

0:12:17 - Julie

But we liked out with this one. Well, Helene, when it came in it, you know, it came in and then it circled out, and then it came back and it, when it went over to Atlanta, it bypassed us by a couple of hours. So same thing. So I'm glad you're all right. You got a question for me.

0:12:37 - Christy

You know I do, I'm calling in for my sister-in-law, yeah, and I did get. I know you have to get her permission. That and I, she knows I'm calling, but I know you have to do that. But she has just been sick for a while, you know, and she's been to doctors and her blood work came back like positive, like autoimmune. You know how you can test that. But then this last doctor, they, he almost made me feel like you're crazy. You know, you're just sitting around waiting and she's just so fatigued she's swollen. She used to be swollen just as the day went on. Now she wakes up like she's always inflamed, she's had like weight gain and she's been to all kind of doctors, you know, but no luck.

So I was just wondering if you could help her. Yeah, what's your name, Jessica?

0:13:23 - Julie

Jessica, and is she there in Kingsland with you? She is in Kingsland too, okay, all right. So I'm going to connect to you and then from you to her. I'm still going to ask her permission to scan her because, as you know, I won't scan anybody without their permission. I need to hear it myself because I just don't think it's ethical. I can, but I won't. So here we go. Here comes my laser beam from Sweet Home, Alabama, just ahead, next door to you in Georgia. All right, got you Going from you to Jessica.

Got Jessica, Jessica, I'm talking to Christy. May I scan you energetically? She goes. Oh, yes, please, like that, bless her. Okay, she's really inflamed. She's really inflamed. Red fog on her whole body is what inflammation looks like, Christy. So I'm getting that calmed down with anti-inflammatory energy, which is a royal blue color. Kind of think of those are freezable ice packs. That's the color of anti-inflammatory energy in my head, and I kind of get that calmed down first so that I can see underneath it. It's kind of like have you ever driven on a foggy night where your visibility is really limited until you?

0:14:38 - Christy

get out of the fog.

0:14:40 - Julie

That's how this feels to me. The inflammation just looks like fog and occludes it. This feels to me. The inflammation just looks like fog and occludes it. She's got some kind of a parasite thing going on. So parasites look like those little wormy things that we saw in pond water under the microscope. In about fourth grade, you know, in science class, I know, had you put pond water on a slide and look at it under a microscope and they're kind of squirmy. They look like little paramecium and so I think it's paramecium no S. So anyways, I love doing this healing because it makes me feel like Princess Leia with a lightsaber, and so I have a hologram of her in my mind's eye and the lightsaber, the laser, is going back and forth on the front of her and what it does is it just obliterates these parasites, the insides of them, and then it just leaves their carcasses, and their carcasses look like those clear vitamin capsules, you know, without all the stuff inside of it, without the powder or whatever vitamin is inside of it.

So I've turned her around doing the same thing. Like you spray paint something, you go back and forth, so I've got that going on. Has she been like out of the country? Or has she eaten something, perhaps that where she could have gotten that? I guess she's gotten it from food.

0:16:09 - Christy

No, she's been like this for a while. It's just getting worse and worse, you know.

0:16:13 - Julie

Yeah.

0:16:14 - Christy

And trapped wherever the United States were, and so just fatigue.

0:16:19 - Julie

Harley can move, you know, just very tired Because of the inflammation. Is that your mom that was talking in the background? Yes, yeah, hi. What did you say?

0:16:28 - Christy

I couldn't hear. Um well they did. They sold their home and they traveled around it just in the united states, so in their rv left like in 23, so, but like she was sick, though, before they left, though like she was not feeling well and did a lot of blood work.

0:16:47 - Julie

That's the big thing that I'm seeing right now. I really think it's important to work with a physician who knows what they're doing to help in those cleanses, because oftentimes it can detox us too fast and the body can't handle all of that toxin coming in at once the kidneys, the liver, that kind of thing so we take two steps forward and five steps back. So I think it's important when we've got a situation like that that we work with somebody who knows what they're doing and can really direct us in that. So in the meantime it's already happened energetically. This will integrate into her body, the healing has happened and we just need to get her a little bit of help on the physical side. So the work that I do is part of the healing equation. What your sister-in-law is going to do is part of the healing equation and it all comes together to help get her well. She'll completely recover from this.

0:17:53 - Christy

You know, I told her I bet she would go see that night.

0:17:56 - Julie

You know, because I watch your show all the time, and so I said I bet that's what I have to do.

0:18:02 - Christy

Thank you so much. You're amazing, appreciate you, you bet you bet.

0:18:07 - Julie

Take care, bye mama.

0:18:08 - Christy

Bye, no bye.

0:18:12 - Julie

Oh, fun, askjulieriaryanshow.com. And on YouTube we're at Ask Julie Ryan on the live stream. You can put your question in the chat. Just put your first name, where you're located and what your question is, and we'll be taking some from there too, so we can do that.

I have company coming in tomorrow my brother Jay from Columbus, Ohio, and my nephew Jimmy. They are coming down because they're going to the Alabama-South Carolina game with me on Saturday, because they're going to the Alabama-South Carolina game with me on Saturday. So I'll be posting some pictures tearing on the tide down here. And my brother Jay is a big Ohio State fan. You know I graduated from the Ohio State University, so he told me he's going to wear his Ohio State shirt and an Alabama cap and if anybody asks, he'll just tell them that he just has a split personality. So he's crazy. So it should be really fun. I've been. I've been working hard getting everything ready for them, cause you know I'm one of those hostesses that everything needs to be perfect. Thank you very much. So, uh, I think everything's pretty close to perfect, but they fly it in the morning, so I'm looking forward to that. Alrighty, Chris, who's next? Oh, we've got a YouTuber, Laura. Hi, Laura, let's see.

Can you please scan my nephew Daniel in Waynesville, North Carolina, did he? He could really use your help. He's been affected by the other hurricane and lost his mom. Oh heavens, my sister. Thank you sincerely, Laura. Oh goodness, okay, yeah, all right. So, Daniel, what I'm going to do, Laura, is I'm going to hook into you first and then I'm going to go to Daniel, and he lost his family in the hurricane. Heavens, oh my, I think, unfortunately, there's a lot of that. I can feel his grief, and so I've connected into you and into him. So, Daniel, I mean, I don't even need his permission because I'm not scanning him for a medical thing, but what I can feel is grief. It's just overwhelming. He's so overwhelmed with all of this. So what I'm doing, Laura, is I'm shooting energy from his feet up through the top of his head just to give him some extra energy to get through all of this time.

I just finished, earlier this afternoon, interviewing a woman named Deborah Schaus like house, with an S in front of it, and her daughter passed a few years ago. We'll have the interview out in the next few weeks, but she writes to her daughter on her computer. She types like whatever she wants to say on her computer and then she waits a couple minutes and then whatever comes into couple minutes, and then whatever comes into her head she types out too. And that's how she communicates with her daughter and it's amazing the information that she gets. And she said she really likes that because it gives her a written copy of the conversation and she can go back and she can read it over and over again and she gleans more information and more nuggets of gold from it.

So, Laura, I would recommend to Daniel to he can talk to his deceased loved ones, of course in his head, but when we're in grief that's kind of hard to do because grief's a low vibration. So ask him if he, you know, has a computer or he can even do it on his phone in the notes section. Just think of them, type something out to them and then wait a couple minutes and then just see what comes into his head. And you know, from listening to me, it's that first thing that comes into your head, as fast as you can snap your fingers, is what spirit communication feels like. It feels like a thought in our head. Sometimes it comes in before the questions even out all the way, or the statement that we're making is out all the way, and the reason that that happens is because time doesn't exist in the spirit world. Time's a human creation. So oftentimes I would say all the time spirit has what we're saying to them and oftentimes they'll start answering, and it shows up sometimes in ways that the answer is coming in before we've even finished the thought. So that would be my suggestion Lots of love and prayers out to Daniel.

God bless him and the rest of your family and you, goodness, I mean. His grief is so intense that it feels like my chest is really tight, so I can't even imagine what he's going through, and on top of that, with all the devastation from the hurricane. So lots of love being sent to him and to you. Thanks for writing in for him. Yeah, okay, alrighty, ooh, that's intense. Okay, let's see who's next, Megan. Hi, Megan, from Newcastle, Australia. Oh, wonderful, it's tomorrow there already. Happy Friday, hi Julie.

I have painful nerve sensations in my neck and jaw. That's getting worse, progress to weird sensations in my neck and jaw. That's getting worse, progress to weird sensations in body. Can you please scan me and find the problem and help? Okay, Megan, let's see what's going on.

Here comes my laser beam from Sweet Home, Alabama, heading way south to you in Australia. Well, to you in Australia. Okay, let's go. Takes a second to get down there. It's so funny, you guys, this laser beam that I watch. When it goes down to Australia and New Zealand and places like that, it like curves underneath the globe. Right, you know a globe that you'd have maybe in a library or old-fashioned globe. I've got one in our playroom and it goes underneath the globe. It cracks me up when I see that. Okay, got you Shooting energy from your feet up to the top of your head. Okay, your neck in particular is misaligned, so your spine curves to the left. You got a little bit of a curvy thing going on, so we'll fix that and then we'll do a chiropractic adjustment energetically.

First of all, laser beam loosens up your spine. There's a rod on the right side of your neck. There's a rod on the left side of your neck like a metal rod. The one on the right is stationary. The one on the left is moving very slowly towards the right.

Imagine that your spine's like clay that a potter would use and it needs to be moldable in order for them to make the vase or the bowl or whatever it is they're working on. So that's why it gets lasered first, so that rod on the left has gone over. It's just gone into a groove it reminds me, Megan, of a sliding glass door or window or screen door groove, you know, going out to a patio or a deck. And so that's straightened up your spine. It's being lasered again to make it stay in place, kind of like back to the pottery example. Stay in place, kind of like back to the pottery example. They got a fire or whatever it is they create in order for it to be solid. So I've got that going Okay.

Now I'm looking at you sideways and we're doing the same thing, but those have curvatures in them. You know those rods. So there's one on the back and there's one in the front that's moving and it has a curvature for your face and it's got one. You know how the spine dips in at the neck and then comes back out to the back of your head. So I'm watching that. All right. Spine has been heated up again. That's in place. All right. Heat it up so that it fires it. That's good, all right. Now chiropractic adjustment got that happening. You had a little bit of a bulging disc on the left side. So what I'm watching happen is I'm watching the vertebrae get propped up as if we're repositioning it because it's squishing the disc, which makes the disc bulge, which is pressing on a nerve.

So imagine that a tile spacer is used, something that looks like a tile spacer when a tile mason lays a countertop or a floor. You know they're going to use those little spacers to place the tile and then they'll put the grout in. So I see that get used to people's backs all the time. Is that really what's happening? No, it's an analogy so that we can have a frame of reference and picture it and in doing so we help integrate the healing. So thylacine spacer put in disc, put back in discs. Look like that refreezable ice pack. Like imagine you've got a plastic bag and it's got that blue crunchy stuff in there. You know the blue refreezable ice chemicals.

And then there's this little netting that's put from the upper to the lower vertebra, to between the two vertebrae, and think of a goldfish net. It's that fine and it gets stretched and then what happens is that's going to hold the disc in place. So I hope that helps. Fun thing, fun factoid about that netting is that I use that all the time when somebody's got back pain. I use that all the time when somebody's got back pain and there have been countless times where I'll be scanning somebody who's a repeat client and I'll say, did we work on your back Because there's a nutting between your vertebrae? And they'll say, yeah, you did. I'll say, okay, cool, it's still in place, so it's normally not there, but I see it get installed in healings. So I hope that

helps. Megan, hope your back's feeling better. I think a chiropractor can help a lot, so hopefully that will give you some relief.

Okay, askjulieriyanshow.com. If you want to have a conversation with me. We're on the YouTube live stream at AskJulieRyan. Put your question in the chat, put your first name, where you're located, and we will get a lot of those answered too. Also, remember to subscribe wherever you're listening on the podcast networks or on all of them, or on YouTube. Just remember to subscribe and then we'll let you know when a new show comes out. Also, follow me at Ask Julie Ryan on all the social media platforms, because we'll always post every day that we're doing a show. On every Thursday We'll say, okay, here's the number if you want to call in or here's the the website and you can join us on YouTube. It's just a reminder. We get busy, so those help. Okay, let's see who's next. It's always fun. I never know who it's going to be. Susan Hi, susan Hi, how are you?

0:29:38 - Susan

girl, how are you doing? I'm good, I'm in the French Quarter, new Orleans, oh perfect.

0:29:45 - Julie

I love that place. How may I help you?

0:29:48 - Susan

So I had a partial hysterectomy this year and my body's just like a saltwater aquarium that can't get back in balance. I've been dealing with low iron yeast bacteria inflammation all those things. Dealing with low iron yeast bacteria inflammation, all those things. My primary concern right now is an atypical infection in the lung, and so the pulmonologist got some samples from me and he's wanting to know the origin of it, to know what type it is, to biopsy.

0:30:18 - Julie

Okay, so he's asking you what the origin is.

0:30:21 - Susan

Well, we're in that stage of the medical portion of it where I've given the samples and we're trying to narrow down. He's asking me have you been exposed to? Have you been around birds, bats, wolves, you know, all going down the list, and he's just trying to pinpoint what he thinks it's bacterial.

0:30:43 - Julie

Yes, okay, looks viral to me. Bacterial infections to me have I see antibiotic energy get applied and it's a fuchsia color. Susan, it's like more pink than purple with fuchsia. Your infection looks to me viral, like it's viral, because viral infections look to me like watery beef broth. So a lot of the time you can get a viral infection in your lungs and then it develops into a bacterial infection.

So what I'm watching is I'm watching an antiviral get applied first, which is a purple energy, and that's calming it down. I can see splotches. It almost looks like mold in there. I think you have been exposed to mold. I mean, you're in the French Quarter. For heaven's sakes, that's old for American standards, that's old down there. So I'm watching the antifungal get applied. I'm watching the antiviral get applied. I'm not seeing a bacterial infection at the moment, but I mean it's not even the antibacterial energy isn't even getting applied. So I think this is more fungal and viral at the moment. So you may want to talk to him about an antifungal to help. Not to mention, if you had surgery, they gave you antibiotics and at least in your IV. Yeah, so that's a fungal infection and I'm a fan of Nystatin because it's gentle, stays in the GI tract, no known side effects, and it's what they give babies that have thrush. So some of the other antifungals

are really strong medicines and some of them, if you look them up, one of the side effects is death.

So do your homework. Are you familiar, Susan, with the number needed to treat? Have you ever heard of the number needed to treat before? No, okay, if you do an internet search on whatever medicine, take the name of the medicine and you put it in the search bar and you use the acronym NNT for number needed to treat, it will tell you how many people need to take a medicine in order for it to help one person. The higher the number, the less effective help one person. The higher the number, the less effective. There's the biggest selling statin that's out there. The number needed to treat on that is 100, which means 100 people need to use that medicine in order for it to help one person. And how does it help that person? It prolongs their life by four days. Not worth the side effects. So you want to have an adult discussion with your doctor whenever they prescribe any kind of medicine. Just do on your phone name of the medicine NNT and see what that number is.

The number needed to treat comes from the clinical studies that drug companies need to do before the FDA or the other governing body in another country approves it to be sold. And I know a lot about this because I'm an inventor of surgical devices and I used to manufacture them. So we had to do clinical studies before the FDA would approve our products being sold, and so the drug companies have to do the same thing, and I worked with the FDA equivalent in a lot of countries to cause my products are still sold around the world. So yeah, I would. I would do that. I think you need an antifungal and I think you need an antiviral. Okay, okay, yeah, and in the meantime, I cleared all that junk out of your lungs and I shot some energetic estrogen into you to help with the history.

Oh yeah, are you on the bioidentical?

0:34:52 - Susan
hormones, that's I'm in the process of that. Yeah, I've seen a doctor and go back.

0:35:00 - Julie
Okay, you want the bioidentical, don't with the synthetic. You want the bioidentical, so that's really going to help you feel better and help you heal. But I think this antifungal is going to help a lot. I think it's from having the surgery and your immune system got wrecked.

0:35:18 - Susan
Yeah.

All right, thank you so much.

0:35:20 - Julie
Thanks for calling.

0:35:21 - Susan
Thank you Bye. Thanks for calling, thank you.

0:35:24 - Julie
Bye, Susan, bye-bye. Askjulieeryanshow.com. If you want to have a conversation with me and on the YouTube at Ask Julie Ryan, put your name and where you're located in the chat and what your question is, and then we'll get a bunch of them answered. This is so much fun every week for me, because I never know who's going to call and I never know what they're going to say, or I never know what spirit's going to say, and I don't even see who's in the queue because my team puts people up. So it's as much of a surprise to me as it is to you guys of who's calling in and who's getting on. So, Chris, who you got next? Hi, Diane.

0:36:10 - Diane
Hi

0:36:11 - Julie
, how are you girl? I'm good. Where are you good? I'm in Florida.

Southeast. Okay yeah, southeast, okay, yeah, great both. How may I help you?

0:36:23 - Diane
well, I have a really weird thing going on with my spine and it's become increasingly painful in the last couple weeks. Getting out of bed in the morning, there's pain going down my right side of my pelvis and now my legs numb. I had an MRI bulging disc narrowing of my spine. I just don't know exactly which direction to go to care myself. I've been under chiropractic care, but it got a little worse, and so I'm feeling a little bit. To tell you the truth, I've never really had anything like this, so I just what to do. Thank you for any help you can give me.

0:37:12 - Julie
Yeah, I'm going to do the same healing on you that I did on a couple of callers ago, which is I've got you on my radar and I've shot energy. I'm looking at you from behind the hologram that's you in my mind's eye, shot energy from your feet up through the top of your head. I can see it. It looks like it's on the left side. Is it your left leg that seems to be affected?

0:37:35 - Diane
I'm feeling it on my right side. I'm actually using a walker to get up because I go down with screen pain because it shoots. So I've never I mean I'm I'm a yoga therapist and I do hand education. This is like the most worst thing I've ever thought of happening to me and it just came on kind of. I think it's probably been brewing but I've been taking care of myself. So I feel like the world structures are crazy and my structure is going crazy.

0:38:03 - Julie
Yeah, I always watch Diane to see where the energy is going to go first, and it went to the left side first. Sometimes it goes to the side that's doing the heavy lifting first, but what I'm noticing, so I just follow it, just because I've been doing it for so long. So what I'm seeing is that it looks to me like you're leaning to the left and what that's doing is it's allowing the disc to come out. On the right is what I'm seeing. You look like the Leaning Tower of Diane leaning left.

So let's do that rod healing first. We'll get your spine in place and then we'll get that disc back in and apply that goldfish netting. So rod on the right side, rod on the left side, spine heated up to make it pliable. Rod on the left side is moving up towards the middle to straighten you out because you're leaning to the left. So getting that up, okay, lasered again to get your spine straight, okay. So I can see two discs that look like they're bulging on the right, one's right above the other. So now that your vertebrae are lined up properly, shoving those discs back in, you've got a little bit of disc degeneration going on on the upper disc.

0:39:22 - Diane
Yeah, that's what degeneration going on on the upper disc.

0:39:23 - Julie
That's what I hear. Yeah, that's what I'm seeing, especially on the upper disc, a little bit on the one below it. But discs look like and you know my analogies are hilarious at times, but that is, honest to God, just how they come into my head. So discs are blue, as I mentioned before, they're in plastic, they look like a breast implant before it's implanted to me, but they're blue. They got blue gel in them. So I don't know why. It's just how it appears in my head. So,

pushing those discs back in a little bit of stem cell energy, a little blob of stem cell energy, put on the side of both those discs on the right side, vortex spinning outside of them, dippity-doo stem cell energy. Right, Light amber colored gel has sparkles in it, because swoo-woo got to have sparkles Reminds me of dippity-doo Do you remember dippity-doo back in the day? And there's a vortex spinning. And then I'm applying the netting again, that little goldfish netting, very fine from the upper to the lower vertebrae on both of those discs to hold them in place.

Now what we're doing is we're going to just clean out that sciatica nerve that's going down the back of her right leg. Imagine that it looks like a piece of aquarium tubing. That's what nerve tubing looks like to me. And imagine there's a corkscrew in there that's grinding through any kind of debris that's in that nerve tube Debris in the form of when a nerve gets injured. It looks to me like they're necrotic or dead cells. They just look black and then other debris gets in there. So we grind it up, irrigating that out. Fluid comes flying out the end of your toes, makes your foot look like a sprinkler I love that part. And then here comes stem cell energy into that sciatica. Again Light amber color gel sparkles, dippity-doo. There's a vortex spinning behind your knee, so that's going to help that sciatica.

It looks like the sciatica is coming from your low back too. It looks like you got pain from your low back where those discs are problematic, all the way down. It looks like it goes all the way down your leg. So I just watched a healing happen there. So I hope that helps some. And ICIT is what you can do in the short run and follow what your doctors are saying. I believe you'll completely heal from this without surgery. Your body's gonna, it's gonna heal. So I hope that helps. Sorry we lost you, but you're in Florida, so anything's game down there. I'm impressed she had power.

Okay, let's go to our next caller or questioner. Here's somebody from the YouTube live stream, somebody named Luna. Hi. Hi, julie, I'm so happy I caught you.

I'd love an energy reading, please, or advice to connect to my mediumship abilities. Okay, take my class, come join us in Atlanta. I don't know where you're located, but planes fly into Atlanta. It's the busiest airport in the world. November 1st through 3rd, come join us, or you can take my online. Oh, she's in South Australia. Actually, we had a student come in from Australia last year, so I don't know that we have any so far because you, so you could be it if you want to come in.

So the other thing you can do is take my angels and enlightenment training online, luna, and that's self-paced, but both of them the key is, both of them have practice groups. That's the key, key, key, you guys, because you can attend a workshop, you can read a book, you can watch a video, whatever, but until you do it yourself, you don't really get it. It's like when you're learning to drive you can read a book, you can watch a movie, but until you're behind the wheel, forget it. You just don't really understand. So that's the best thing that you can do. The other thing too, luna, is remember, when you ask a question or make a statement to somebody, in spirit they're going to answer you. It's going to feel like a thought in your head. It's going to be that first thing that comes in. Best is you can snap your fingers immediately, boom, or even before your statement or question is out. So that's a tidbit too. But either of those trainings angels and enlightenment training online it's kind of like the entry class, like the baby class, but the practice sessions are amazing and all my facilitators for those are all graduates of my big class, the angelic attendant training. So I hope that helps.

Thanks for joining us. That's two from Australia this evening so far, and it's Friday for Luna too. Okay, let's see who's next. We have time for some more. Okay, another YouTube question from Eve. Eve is sending blessings from London, Canada. Oh, you were trying to fool us with the London part. Okay, I've been diagnosed with aggressive autoimmune LS. I'm not sure what LS is. If you could type that in, that would be helpful. Samantha, if you can help with that, could

you please help me on my healing journey and possibly figure out the root cause. I don't know what LS is. So while you're typing that in, eva, I'm going to connect to you in London, Canada, Canada, Canada, Canada and see what we can see, what we can get from that. So here we go. Comes to my laser beam from Sweet Home, Alabama, heading up to you in Canada. Got you All right.

So what I'm seeing is I'm seeing you've had toxic exposure to something. Do you live on a farm? Do you live in an agricultural area? Lichen sclerosis I don't know what that is, I'll have to look that up but you look to me like you have been exposed to some kind of toxic chemicals, perhaps in agriculture, perhaps in a factory, perhaps on your food something. And so what I'm watching is I'm watching a.

This is interesting. I don't know that I've seen this before, eva. I have the hologram of you in my mind's body and it's like layers of your energy field are getting peeled off. It reminds me of when we get a new cell phone and it has that cover on it. You know that you peel off when you first get it, and so that's what it looks like, and I'm watching that and it's almost like these little layers of toxins are coming off. Reminds me of if you've ever put a piece of scotch tape on your skin and then you take it off and you can see the you know the skin cells and the oils and jazz like that on the scotch tape. That's what this is reminding me of and it's going down your whole body, kind of like if you picture a tulip is the image I just got in my head and you can peel the petals down of a tulip. That's what I'm watching happen on there.

What can you do? I get. You need some serious detox. So just because you've gotten a diagnosis doesn't mean you're stuck with it. The body can heal everything and the first way to heal anything is in the gut. You know, like if you have a broken bone, yeah, the bone needs to heal, but you can support the gut with that. Like I mentioned earlier, you want to the gut with that. Like I mentioned earlier, you want to work with somebody that knows what they're doing when you're detoxing from something, because it's really easy to overwhelm our liver and our kidneys and you don't want to do that because that's going to give you the opportunity to take two steps forward and four steps backward and it just takes longer that way. So I hope you feel better. Eva, I'm sorry I don't know what that is, but I'm going to look it up so I'll know next time. Okay, let's see who's next. Askjulieriyanshow.com. Ask Julie Ryan on the YouTube live stream and if we can do that. Hi, Christy.

0:48:03 - Christy 2

Hi Julie, Thanks for having me on. You bet, when are you Right now? I am in Panama City Beach, Florida. Oh good, you okay. Yeah, actually I kind of came from South Florida to escape the hurricane up here.

0:48:23 - Julie

So I'm good. Good, so you evacuated South Florida. Where do you normally live?

0:48:28 - Christy 2

Actually, where I was staying was Punta Gorda.

0:48:35 - Julie

Yeah, tell everybody where that is. What's that near?

0:48:38 - Christy 2

It's actually just south of like Venice and Tampa Right, which was yeah, so those were the areas just south of like Venice and Tampa Right, which was yeah, so those were the areas that kind of got hit, yeah, so.

0:48:47 - Julie

That was. That was like zone zero. You know that's where they that all made landfall. So I'm glad you evacuated. Actually, I have four girlfriends that live in Florida and I told them all. I said you guys need to evacuate. Come on, we got a big house, I got lots of guest rooms. You know, we'll just, we'll just all pile in, and so far none of them have had to. But yeah, it's. God bless you. Are you staying with friends or family, are you?

0:49:15 - Christy 2

in a hotel. What are you doing? It's funny you should ask. So actually, I'm staying at my mom's house. This is where I grew up. She died this summer, and so I'm back to kind of like clean up.

0:49:25 - Julie

Oh, okay. Well, it took your mom to send a hurricane to get you to come back to clean up.

0:49:33 - Christy 2

Oh no, I was going to come anyway. I was going to come anyway.

0:49:37 - Julie

Yeah, yeah. It's interesting, though, how you know there are no coincidences in life, and when we're in something that can seemingly be horrific, like what everybody's going through that's been hit, there are always silver linings to every cloud that's out there. My condolences on your mom's passing. Thanks, yeah.

0:50:06 - Christy 2

How may I help you this evening? Okay, so, actually related to my mom's passing, like I went to this mediumship workshop just like in a local kind of shop and I've never done it before and it was like a practice thing.

But a lot of people there had been practicing I for a pretty long time and so they were asking like, oh, like, who are some people who um were asking to come through, and so, like, I named my mom and um, as soon as they said, okay, let's focus on Christy's mom, like all these people, like a bunch of people that had messages for me and so Did it resonate.

0:50:44 - Julie

Did any of them resonate?

0:50:46 - Christy 2

Oh yeah they were very, very good, very good. Can you give us an example? Uh, okay, like she told me, um, one of the things she said is like she said, don't be so stressed out about the house, because I'm I'm the oldest and like I've been stressing the most but I'm like also the most responsible out of me and my siblings. But she was more worried about me than like any of us and she just kind of gave me just messages about like you're always the most sensitive, but you're the strongest, and um, it's just, she said a lot of stuff. Like you know, I never thought for a minute that what I did, uh to raise you guys, was that I was doing the wrong thing. I mean, she said a lot of stuff, like a lot of unanswered questions, so it was. It was pretty interesting.

0:51:44 - Julie

Did you think she was doing the wrong thing sometimes?

0:51:47 - Christy 2

Oh yeah, oh yeah, I still do, but I mean everything's perspective. It's just like what perspective, right?

0:51:56 - Julie

Right, right, right right. Oh well, how, how can I help you with your mama?

0:52:01 - Christy 2

okay, so ever since, yeah, right, so ever since that time that was like last Friday and um, ever since then, like my ears have been like okay, they started kind of like having a lot of like pressure, um, in my ears like kind of hurting, and then like my head in general like pressure, and it was the same feeling I had when I was like next to my mom when she died this summer, like just that same like pressure and pain in the ears type of thing.

And ever since then it'll like just come back randomly throughout like the day sometimes. And then also, um, last night or actually it was this morning, when I woke up I kind of had like this vertigo thing, and that was like the second time that's happened. Like I could, like I just woke up and like I kind of turned onto my stomach and then, like when I opened my eyes, like it just felt like the room was kind of moving or something like that. And I don't know if that's related or what I can, like what the problem is or like what I can do to like resolve these issues.

0:53:06 - Julie

Yeah, the first thing I got was the barometric pressure certainly, with these hurricanes coming in for the past couple of weeks, has been all over the place and that if people have any kind of sinus pressure going on, even if it's not detectable, it's going to ramp way up with those big old storms coming in. So that's number one. Number two I've already connected into you and I'm in your inner ear On the left side is where the energy went first, Christy. And so when we get vertigo there are these little crystals inside the ear and sometimes they get hung up on the little hairs inside the ear and so vertigo is caused because it puts us off balance. When those crystals can't move around, your brain thinks you're turning left and you're actually turning right, and so that's why the you know the vertigo thing happens.

So what I'm watching is I'm watching those little crystals get put back in their normal place on the left side, and then now I'm watching is a little tiny corkscrew that's spinning through your eustachian tubes just to clear out the congestion that's in there. The pressure Kind of like my guess is, from what I'm seeing it feels like you need to pop your ears, like when you fly, and your ear needs to pop, needs to equalize, which it may take a few days just because of this big storm system that's coming through and the barometric pressure's been just nuts with that. Let me go on the right side. Does it seem to be worse on the left than the right? Do you notice a difference?

0:54:53 - Christy 2

Potentially, I kind of felt like notice a difference, potentially, like I kind of felt like water might've gotten in on the left side.

0:55:02 - Julie

That's what it sort of felt like it could have been the cause. Have you been in a pool or in the ocean?

0:55:07 - Christy 2

I was in the ocean, but you know, it could have also been just from taking a shower and being like careless, like letting water in my ear.

0:55:15 - Julie

Yeah, I'm not seeing water in there right now. I am seeing congestion that was just opened up with that corkscrew that was going through your eustachian tube. So let me go in on the right side and let's see what's going on there. It looks like the crystals were out of whack on the left side. They look okay on the right side. You do have a little bit of wax spilled up on the right side, so I'm watching that get removed and then that corkscrew same thing as tunneling through your eustachian tube to get that put in. So you can do that, okay.

Okay, and it's interesting to me that your ears are plugged up and you're wanting to communicate with your mom and you're hearing some things. You know this is on the spiritual side of the equation now and your mom is telling you things. Perhaps, like you know, I did everything right when I was raising you guys and you're going no, you didn't. So you know it can be something that you're not necessarily wanting to hear or ready to hear is what I'm getting. So remember, all spirits are pure love.

Remember that the person's personality stays with the body when the person dies. So if you know somebody who's snarky, they're not going to be snarky in heaven. That's just their personality. That was the role they were playing, kind of, in the movie of their life, but it's always going to be a loving situation. So if you ever hear anything from your mom or through a medium that feels bad like feels like it's abusive or derogatory or accusatory or something like that, that's not accurate. That's either that person's interpretation or, if you're doing it on your own, that's your brain's interpretation, because spirit is only going to always tell you things that are going to come through as loving and or neutral. So keep that in mind too. Oh yeah, as you're starting to hear things, yeah, take one of my classes.

0:57:27 - Christy 2

Okay, thanks, yaelin. I can't actually hear myself Like it was just the other people in the room telling me this stuff.

0:57:33 - Julie

But you can. You can, Everybody has the ability. You just say something to your mom or to whomever. I mean you can talk to Elvis, you can talk to anybody you want and you just say something and they're going to answer you. Like I've been saying, it's the first thing that comes into your head and everybody has the ability to do it. It's just a matter of developing and enhancing it. So practice with it. But I just want you to know that it's always going to be something that's going to be loving. Worst case it's going to be neutral. It's never going to be anything derogatory or, you know, or abusive. Ever, ever, ever, ever, ever. Okay, so keep that in mind. Also, have you read Angelic Attendance?

0:58:18 - Christy 2

I actually have the book, but I haven't read it yet.

0:58:22 - Julie

I really want to, Well if you go to julieryangift.com julieryangift.com or you can get it on my website. It's on the homepage. If you go there and you click on that button, you will get a free audio book and digital download and so you can listen to it while you're going through your mom's stuff. It's only about three hours long. That's a great idea book. So, because you know we're girls, we need to multitask, right For sure.

0:59:00 - Christy 2

Yeah, so are your siblings still living in your mom's home, or are you just there? No, they were here also, like at a couple different points this summer, but I'm the only one here right now.

0:59:10 - Julie

Okay, all right. Are they going to help you go through her stuff?

0:59:14 - Christy 2

It's kind of complicated, Like they're supposed to. I mean a lot of it did. We did go through it, but like one of them just wants to sell the house really fast and get the cash, so he, he was here just throwing away like everything. Okay, All right.

0:59:30 - Julie

Well, good luck with all of that. And just ask your mom when you're going through all that stuff. Say, mom, what do I need to do with this? And you'll hear a thought in your head. I mean, you can get really good at this. While you're going through getting her house ready to be sold, especially if you're looking for guidance, ask her. She's right there with you, she's going to give you guidance. And also, when you have a thought that comes into your head, unless it feels bad, then act on it. Like if you hear oh, I need to give this painting to Aunt Susie or I need to give this muffin tin to, you know, my neighbor Charlie. Do it, act on it. That's your mom guiding you. And the key is we get guidance all day long but most of us don't act on it. And that's what you want to do. Is you want to act on it? Take action with it, okay.

1:00:22 - Christy 2

How would I know if it's my mom or, like just a random thought in my?

1:00:26 - Julie

head Because it just comes in just out of the blue and there aren't any random thoughts. It's all guidance that's coming in all day. You know, if it's a random thought like violets are blue, that's unrelated to something you're doing, that would be a random thought. But if it deals with something that you're in the process of, or let's say, you wake up in the morning and you think, okay, I need to go through this dresser and follow that, that's guidance coming in. Yeah, so I hope that helps Okay.

Thank you so much Good luck. Thanks for calling in. Bye, Christy, All righty everybody. That's it for this week. Have fun to talk to everybody. Angelica attended training November 1st through the 3rd. Come join me in Atlanta. It will be life-changing and it will be a blast. And call in next week with your question, Sending you lots of love from Sweet Home Alabama. Everybody that's been affected by the hurricane. We're sending lots of love and prayers. Bye, everybody.

1:01:34 - Ann cr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan. Bye everybody. This podcast is not intended to be medical, psychological, financial or legal advice. Please contact a licensed professional.

1:01:58 - Disclaimer

The Ask Julie Ryan Show. Julie Ryan and all parties involved in producing, recording and distributing it assume no responsibility for listeners' actions based on any information heard on this or any Ask Julie Ryan shows or podcasts.