

AJR Show Nov 13th Transcript

0:00:01 - Annncr

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

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We got a whole bunch of people that have joined us this evening with their questions. If you want to have a conversation with me, come in at AskJulieRyanShow.com. If you're joining us on the YouTube live stream, we're at Ask Julie Ryan and just put your first name and where you're located in the comments and your question and Samantha's over there, so she'll be helping people there.

Chris is on the main control board, the man behind the curtain. He was in Atlanta, by the way. There were so many people that were so excited to meet him because you know I talk about him all the time and he's the man with the power. I have been a crazy woman this week. I got a house full of company arriving. Starting at 930 tomorrow morning, the first flights are landing in Sweet Home, Alabama, and we're all going to the Oklahoma Alabama game here in Tuscaloosa. I'm about 45 minutes from Tuscaloosa, so my brother John and his wife Gail are flying in from Chicago. One of my childhood best friends, Patty, is flying in from Oklahoma City. She graduated from OU Law School, so it's going to be a blast. But you know how it is when you're preparing for a house full of company. You know the flowers are arranged, the beds are good, the towels are good, there's extra toilet paper in their bathrooms and all that jazz. So after the show I'll make one final lap to be sure everything's done before I make my chicken salad that I'm serving for lunch tomorrow. So you guys know how that goes when you got a bunch of company coming in. But should be a really fun weekend and looking forward to it.

All right, having said all that, Chris, who's our first caller? That? Chris, who's our first caller? Md. Hello, dearest Julie. It's Diana from Maryland. Well, hi, dearest Diana, would you kindly scan a friend of mine who just underwent surgery for breast cancer? I'm sorry. She's having a difficult recovery. Her name is Bridget, absolutely.

So what I'm going to do is connect into you, first Diana, and then from you, I'm going to go to Bridget and I'm going to ask her if I can scan her, because you know I don't scan anybody without their permission, because I think it's unethical. How all this works is I raise my vibrational level to 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 Diana and Marilyn. I'm going to go from you, Diana, to Bridget and then I'll ask her permission and then I'm going to envision shooting energy from her feet up through the top of her head 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, there'll be a healing.

I'm going to describe the healing in detail, Diana. I want you and I want everybody else listening and watching to envision what I'm describing, or at least get a feeling for it, because then we're all sending healing energy to Bridget and it's kind of like the power of prayer. You know when somebody's on a prayer chain and then you've got lots of people praying for them. It's the same thing. The other thing that's important to remember with this is time doesn't exist in the

spirit world. Time's a human creation. So if you're watching this live this evening or if you're watching it in the future, even five years or more in the future, it doesn't matter, because the healing is still going to happen.

So then the healing will be done on the energetic level. It's going to integrate into the body. That can happen instantly. It can take days, weeks, months, may need some kind of complimentary care, like change in diet, physical therapy, whatever. But it's always the person's choice of how to integrate the healing, because nobody ever heals anybody else no doctor, no healer like me, no shaman, no medical provider. We all heal ourselves. We're here to help that person heal themselves.

You get a cut on your leg. You go to the emergency room get it stitched. That doctor don't make your skin grow back, you make your own skin grow back, and that's how all this works too. So, all right, I just like to go through that every time because we always have new people joining us, and I just want to explain how this works. And you know, of course, buffet of psychickness. We can talk to your deceased loved ones. I can scan your pets. We can do medical stuff, energy healing, tell how close to death somebody is, do past lives, talk to your angels, your spirit guides. You know the buffet. It's whatever you want. All right, here we go. Want? All right, here we go.

Diana, sweet home, alabama, laser beam headed your way, got you going from you to Bridget. Bridget, I'm talking to Diana. May I scan you and help you in your recovery from surgery. She said absolutely so. If you set that up, good job. If not, it's good anyways, all right.

So what I'm doing is I'm shooting energy from her feet up through the top of her head. Okay, I can see where the operation was. I can see where this surgery was. It looks like she's got like a little pussiness in there. It looks like she's got some infection. So what I'm watching happen is I'm watching it get irrigated where the incision is and then I'm watching antibiotic energy get applied.

Diana, antibiotic energy is a hot pink color Think of fuchsia, more pink than purple. That's being put in there, all right. And so now what's happening is stem cell energy is sealing it and it's a light amber color. Gel has sparkles and it reminds me of Dippity-Doo hair gel and there's a vortex spinning out in front of her and that's helping the skin heal. The other thing that I'm watching happen is I'm watching a grid, kind of like a support structure. It reminds me of a four by four gauze bandage where, when you look at it, you can see the vertical and the horizontal lines that have woven that piece of fabric. That's what this looks like, almost like a screen, with vertical and horizontal, and that's going to be a support for this skin to grow into, and that's what I'm watching. I'm watching this skin grow into it, and it kind of the analogy that Spirit's sending me is when you have a trellis and vines are growing in through the trellis, whether it be roses or whatever ivy, and so that's going in there.

So hopefully that will help her recover and her spirit's in her body. She's not dying, so that's the good news, and I guess she'll make a full recovery. So pay attention, though have her pay attention to how she's feeling. If she starts to develop a lot of heat in that area or excess pain, more so than the surgical pain, she needs to call her doctor and stay on top of that. I think we've had it off an infection in the past. You're a sweet friend to call in. Thanks, diana.

All righty everybody. Askjulieriyanshowcom. If you want to have a conversation with me, I'm at Ask Julie Ryan on the YouTube live stream. Remember to subscribe, remember to click the bell so you'll be notified when a new episode comes out. We're on all the podcast networks. We have five YouTube channels English, spanish, portuguese, french and German. So if you have friends or family that prefer those other languages, the shows are dubbed in those languages, and people are really starting to enjoy those too. So please pass it along. Okay, let's see who's

next. Oh, oh, family Sade, god, we got the clan here. Hi, everybody, how are all y'all? That's what they say here in the Deep South. All y'all, we're happy to see you. Oh my gosh, how many of you are there. Wow, they keep growing in numbers, you guys. I can see four, four who's?

0:09:38 - Andrea

with you, sade. It's my brother, my cousin, my mom and my aunt.

0:09:45 - Julie

Terrific. Where are all of you? Where are you located?

0:09:49 - Andrea

Miami Florida.

0:09:51 - Julie

All right, terrific. So you got a question for me.

0:09:55 - Andrea

We would like to have a healing for their highest and greatest good.

0:09:59 - Julie

Okay, that's like an appointment for an hour, so pick one question and we'll deal with that on the show because we have so many people on hold, sade, so schedule an appointment with me or one of my graduates you know, I got five graduates that are fabulous and schedule an hour appointment. We can cover all you guys in an hour, but I got five minutes to talk to you right now. So who's got the most pressing issue? How do you see her health? Well, what's going on, mama? What's happening?

0:10:33 - Andrea

What do you need help with. I had a stroke about six years ago.

0:10:38 - Julie

Oh, my okay.

0:10:41 - Andrea

I had a stent placed in the brain.

Yeah, and I'm supposed to get an angio and I'm on a blood stent.

Mm-hmm.

0:10:57 - Serrra

And I just don't know what to do.

0:11:01 - Julie

Okay, let me get you on my radar. Here we go. Here comes my laser view from sweet home Alabama, heading down to you in Miami. All right, got you Shooting energy from your feet up through the top of your head. Okay, I can see where the stroke happened in your brain. I don't know if Sade told you, but my analogies are really hilarious at times, and I don't mean for them to be, it's just how spirit communicates them to me. So we can have a human frame of reference for this energy healing that we're doing. Brain matter looks like thick cooked oatmeal How's that for a funny analogy and it has the consistency of soft butter. When there's a stroke, I can see it looks like dried blood in the area and then it forms scar tissue. Scar tissue looks like chicken cartilage in a chicken breast with the bone in. So what, I'm watching. What's your first name, mama?

0:11:58 - Beate
B-E-A-T-E.

0:12:00 - Julie

Beate, beate, okay. So, beate, scooping out that scar tissue where it leaves a divot in that brain matter, putting in stem cell energy it's the coolest stuff ever. It'll fix any body part. We need Light amber color gel. Has sparkles in it, because it's got to have sparkles, and it reminds me of this hair gel called Dippity DooDoo in the 60s and 70s. Do you remember that? That hair gel Isn't that hilarious. They still sell it on Amazon. I've never used it, but I think it's her riot.

So there's a vortex spinning outside of your head and that's going to regenerate new brain matter. When I see scar tissue in the brain, it can occlude neural pathways, and neural pathways look like laser beams as part of a security system. Have you ever seen a movie where they're trying to steal a painting out of a museum and they're jumping over the laser beams and rolling under them and all of that? That's what this looks like. So we've got that going, okay. Laser beams, all your neural pathways are lit up. Let's do a neurological clearing as well, of your whole body. Imagine that your neurological network looks like aquarium tubing and imagine that inside that tubing gets dead cells and other debris that can clog those impulses, those electrical impulses that are going from the brain to wherever throughout your body. So imagine there are a bunch of corkscrews that are spinning really fast inside all those pieces of tubing that make up your neurological network. Again, these are all analogies to give us a human frame of reference for this energy healing. And it reminds me of the Pac-Man game in the 70s and 80s where you'd have the Pac-Man eating all those little dots and sometimes they would multiply and eat more dots. That's what this reminds me of, because these spirals just keep multiplying. So we've got that going All right. It's down to about your knees. Now we're going to finish with the bottom part of your legs and then here comes the irrigation. We're flushing all that ground up gunk out of your neurological system and we're putting stem cell energy in there. Light amber color gel sparkles, dippity-doo. There are vortices spinning above your head, beneath your feet, on either side of you, front and behind, all spinning concurrently, all spinning concurrently, and that's going to help regenerate your neurological system.

There's a product called Beam Minerals B-E-A-M Minerals, and if you go to beammineralsplural.com and you order, here's what I want you to get. I want you to get the micro boost, which is minerals, and I want you to get the. I think it's called essential lights and it's what it is is it's enzymes and got a blanket on the name. Anyways, get those two One's in a big blue bottle, one's in a big green bottle and if you use Julie Ryan as the checkout code, you'll get 20% off. It's important that you use that daily. It's a liquid and electrolytes is what it is. It's electrolytes in the green bottle. Sorry, I had a blonde moment there for a second.

And then the body needs minerals. They're the foundational building blocks for cell regeneration, whether it's in your brain or in your nerves or whatever, and most of us are walking around with about 40% of the minerals that we need to be healthy, so that's really going to help you heal. When you add those to you know your diet and your vitamins and your wellness regimen, I think you're going to be just fine. You look good. We did the healing on your brain. Your brain looks great. All your neural pathways are lit up now, so that'll integrate into your body. Thank you so much, julie.

You are welcome If you could just we're going to have you schedule an appointment with one of my clients or one of my graduates or me, because I got a whole bunch of other callers to get to and I limit it to one question per caller so we can get as many people on. So schedule an appointment with me or with one of my graduates they're all fabulous and my graduates. You can usually get in pretty quickly to see them and they're a lot less expensive than I am. Although tonight was free, that's pretty cheap Tonight was free.

0:17:01 - Shannon

Thank you, you're welcome.

0:17:03 - Julie

I hope you feel better. Auntie, we'll talk to you in an appointment. Askjulieryanshowcom. If you want to have a conversation with me, we're at Ask Julie Ryan on the YouTube live stream. Put your first name, where you're located and your question in the chat and we're taking people from over there to Samantha's there. If you have any questions, she'll help you. She's the queen of the YouTube live stream and Chris is the captain of the ship. So, chris, who you got next for us? Hello Sierra. Hi, how are you? I'm wonderful. How are you, my girl?

0:17:39 - Serrra

I'm great, terrific, where are you. Where are you? Oh, I'm in. How are you, my girl? I'm great, terrific, where are you, where are you? Oh, I'm in San Francisco, okay, terrific. So we just adopted a new puppy, who is super cute, and I wanted to see if you could do a PET scan to see if she has anything going on. We don't really know her background at all. Can we see her?

0:18:05 - Julie

Is she close by? Yeah, what's her name?

0:18:11 - Serrra

Ramona, but she's not answering to her name, so we're trying to see if we should rename her as well.

0:18:19 - Julie

I'm getting Randy.

0:18:21 - Andrea

R-A-N-D-I, r-a-n-d-i.

0:18:23 - Julie

R-A-N-D-I is what I heard yeah, like girl, girl Randy, she's darling. So so show us again what is she, she's, she's got some schnauzer in her, or what we think, yeah, we were thinking of maybe getting one of those DNA tests. Oops, let's see, let's move this way, because we don't know what she is hi sweet girl, hi sweet girl, hi sweet girl. For those of you that are listening, she's kind of like a short-haired Benji dog in a lot of ways. How old do they think she is?

0:18:52 - Serrra

About five months.

0:18:54 - Julie

Okay, and you got her from the pound, or yeah, she's so thrilled to be with you. She's saying she's so grateful, she's so thrilled. She's telling me she's healthy as a horse. Although she's a dog, she says she's healthy as a horse. She's very smart. She understands when you talk to her. She understands what you're saying. She would like more toys and more treats. That's no big surprise. Do you have a doggy bed with a blanket in it for her?

0:19:28 - Serrra

Not with a blanket. Okay, she'd like a blanket.

0:19:32 - Julie

Okay, she's showing me a doggie bed with a blanket, Like one of those really super soft ones. They're not cotton, like you know if she's picking at it with her paws, but plush. Yeah.

Okay and real, real comfy. Is she sleeping in the bed with you guys? No, Okay, all right. Where is she sleeping In her crate? Yeah, yeah, okay, put the dog bed in the crate. Okay, she's talking about she wants to sleep in the bed. Yes, she does. So that's what she's saying. And she wants to sleep in the bed with you guys. But I think you know you gotta be open to spirit communication because it can mean a multitude of things. And when she says she wants to sleep in the bed, that's why I asked you. And then I heard put her bed doggy bed with the blanket in her crate. Yeah, yeah, so do that. How is she when you leave her?

0:20:37 - Serrra

Not good. Does not like to be left at all.

0:20:40 - Julie

Right, that's what I'm getting Separation anxiety.

0:20:43 - Andrea

Yeah, yeah.

0:20:44 - Julie

Yeah. So what I'm hearing, this is off the wall, but this is coming from spirit Sierra. What I'm hearing is play lullabies, Play like a tape. Get a tape of you know new baby lullabies and it can just be instrumental, it doesn't have to have singing in it, but I'm getting play lullabies and do that. And then the other trick that just came into my head is one of your t-shirts, like wear a t-shirt so it smells like you and then put that in her bed with her when you're leaving her. Play lullabies, put that in, put that shirt in the bed, so, you know, get all your smells on it and we think, oh, my God, this shirt needs to be laundered and actually the animals love it.

0:21:37 - Serrra

I bet. One last question. I was curious. She does this thing where she sort of snaps at us randomly. I think she just is an opinionated pup. Any idea, or is she trying to communicate something?

0:21:54 - Julie

Why are you snapping at Sierra? What's her husband's name? Derek, derek. Why are you snapping, derek? Why are you snapping To show you she's boss? Good luck with that. That's what we thought. Okay, yeah, she wants to be boss. All right, so you're not the boss, randy, I mean she's Randy's. Come in three or four times. R-a-n-d-i.

0:22:21 - Serrra

I love that.

0:22:22 - Julie

Okay, randy, you're not the boss. You know how little kids will say you're not the boss. You know how little kids will say you're not the boss of me. Uh, all right, how can you? Uh, I'm hearing, don't say no, because no isn't enough information. So what I heard was, when she snaps at you, grab her and hug her and say we love you, it's okay, you don't need to be worried about anything. So reinforce your love and affection for her, because she does it when she's getting spooked by something, she's afraid of something or something's you know doesn't feel right to her. So just, I mean that sounds like crazy to grab a dog that's snapping at you and try and snuggle it, but she'll let you and she'll outgrow it. It's kind of like baby's bite. It's kind of like baby's baby's bite.

I, I bit some kid. I think I was two and my mother washed out my mouth with dial soap because the doctor told her to do that and I, she said I never bit anybody again. I bet I'm not. I'm not

saying don't do that to Randy, but I'm saying that kids bite too when they get frustrated or they get scared. So yeah, yeah, and I guess I was a biter, yeah.

0:23:54 - Serra

Well, hopefully she won't follow in your footsteps.

0:23:57 - Julie

Exactly, I wouldn't wash your mouth out with soap, but I'm just telling you what happened to me, and the scary thing is the doctor told her to do that.

0:24:07 - Serra

I can't believe that. Oh well, thank you so much. I really appreciate it. I'm so glad to hear she's healthy.

0:24:12 - Julie

She's darling. Enjoy her Thank you.

Okay, take care. Bye Sierra. How funny is that, god? I haven't thought about that in a long time. And then she washed my mouth out with soap Another time. I remember my two front teeth were loose and they came out like right after she did it. So I always used to give her grief about knocking out my front two teeth with a bar of dial soap, but I think I called her a bad name. I was probably being a brat and I called her a bad name, and so she caught up with me and my two front teeth came out. So you know, I don't think I've suffered any self-esteem issues because of that, but it makes for a funny story. All right, funny in a twisted kind of way.

Askjulieriashowcom, if you want to have a conversation with me, I'm at AskJulieRyan on the YouTube live stream. Just put your first name and where you're located in the chat and we will be taking questions over there, from over there as well, which makes it fun. You guys know I never know who's calling in or writing in. I never know what their question is. I never know what spirit's going to say. So that's why Thursday nights are such a blast, because it's just like a big crapshoot. Who knows what's going to come up. Every time it's different. All right, chris, who's next? Hi Julie, I'm Carrie from Auburndale. Wonder where? Auburndale is, oh, florida. Auburndale, florida, there you go. Auburndale is oh, florida. Auburndale, florida, there you go. That was fast. My mom, also in Auburndale, had a cornea replacement in her left eye about a year ago and it was doing good for a while. Now she can't see out of it. Please scan. All right, here we go. Can you put in your mama's name? I'd love to know her name. Here we go. Here comes my laser beam from Sweet Home, alabama, heading south, always goes behind my chair when the laser beam's heading

south Cracks me up every time. Okay, got you going to your mom, carrie's. Mom Carrie's asking me a question on my show. May I scan you? She says, of course, all right, good job, setting that up Going in Left eye. Oh yeah, oh, she got some peripheral vision. I can see around the edge.

So what we're doing, carrie, is we're scooping out the middle of her eye, like, imagine a little melon ball, scoop one of those really little ones, and it's leaving a divot, of course, and stem cell energy is going in light, amber colored gel sparkles, dibbity-doo, and there's a vortex spinning out in front and that's going to regenerate her eye material. It's interesting because there was a like a netting, almost like a gauze, that went underneath the stem cell energy when it was put in, similar to what I had talked about before, where those threads, both horizontal and vertical, are there and they add support for the healing, kind of like a graft. You'll hear about a graft Grafts. Look to me, and I've seen them in surgery in person. They look like the stockinette that is put on an arm or a leg before it's casted with plaster, like if you have a broken arm. Sharon, thanks, carrie, Sharon, and so that's what I'm watching get put on the

bottom and the stem cell energy has been placed on top of that kind of like cheesecloth that's the vision I just got in my head and the stem cell energy went inside of it and now that cheese cloth is wrapping around it. Interesting, I haven't seen that before, but it's always fun because I get to see new stuff all the time. All right, what's gonna happen next? They got that going on, all right.

Vortex is spinning about outside of her eye, but I'm looking at her eye from the back, so I'm looking at it kind of horizontally and what I'm watching is I'm watching that cornea come back in and it's starting from the bottom and filling up, but as I'm looking at it from my angle, it's going out towards the front, Because imagine, I'm back behind her eyeball in her head looking out. All right, vortex is still spinning. That's sped up. The vortex has gotten faster. I haven't seen that before either. So that's fun, All right, this is why I love this job so much. You guys and you know you all can do this too. I've learned how to do all this stuff and I teach people. You all can do it too. So watching that okay, all right.

Now what's happening is there was a string that came out of the middle of her eye and it pulled out that cheesecloth structure. It was almost like it was just in there while the cornea was regenerating. So we got that All right. I'm looking at it from the back of her eye, looking out. It's a little cloudy. Let's see if we can get that cleared up. I'm watching like a focus dial on a camera get moved around and that's coming in.

She's got a cataract on her other eye. I'm going to get that out while I got her on my radar. So it looks like a contact lens pulling it out. Energetic contact lens going in like an intraocular lens is what they call them in cataract surgery. One little stitch on the outside of her eye. Now I'm looking through both eyes.

All right, she can see clearly now. Energetically I'm also pulling I you know it's spirit working through me and with me to help her heal herself. But I'm watching the muscles behind her eyes get pulled together and tightened. Think of a horse's reins when the rider has them pulled together and they're holding them with one hand. That's what that reminds me of. So I believe she'll make a complete recovery from this. You're sweet to call in for your mom, give her my love and tell her she's gonna completely heal from this. You're sweet to call in for your mom, give her my love and tell her she's going to completely heal from this. All righty, ask Julie Ryan show. If you want to have a conversation with me and we're at Ask Julie Ryan on the YouTube live stream, put your first name and your question in the comments in the chat and where you're located, and we'll be taking questions, more questions, from there as well. Let's see who Chris has lined up next. Hello, shannon, you look like you're in heaven.

0:31:34 - Shannon

Well, Pacific Northwest. That's a shot from the Washington State beaches.

0:31:39 - Julie

It's gorgeous you guys that are listening. She's got clouds behind her. She looks like she's floating in the clouds, so nice. Yeah, yeah, yeah, okay, come back up. I'd rather see you now.

0:31:51 - Shannon

Where are you? I'm outside of Seattle, in a place called Litchfield Washington, Terrific, Well welcome. How may I help you? Two years ago I had to have surgery and the anesthesia put me into chemical dementia. I am not able to like read a book. Now I'm not retaining anything. It's like I can do day-to-day stuff, but my memory is like shot.

0:32:17 - Julie

Okay, and what are the doctors saying about that?

0:32:20 - Shannon

That they basically blamed it on the anesthesia. They're like it's known to do it, but generally people come back after a year. So, and I've been, I've been cutting cords, I've been trying to do healing, I've been, you know, and there's just something stuck and I'm just not sure.

0:32:42 - Julie

Okay, we're going to do, we're going to. We're going to see what's going on. I'm already getting divine downloads on you of stuff to do, cause you know, when we're chit-chatting I get these downloads into my head. I call them divine downloads, even before I get you on my radar. Here we go. Here comes my laser beam from Sweet Home Alabama heading up to you in Seattle. Here we go. Here comes my laser beam from Sweet Home Alabama heading up to you in Seattle. Got you, we're doing a heavy metal detox. First, Shannon, imagine two big U-shaped magnets on either side of your body. They're joined in the middle. You know those silver with the red tip.

Those old-fashioned U-shaped magnets and they're going up and down your body and they're pulling out metallic particulates. They turn a quarter of a turn. Go up and down your body, turn a quarter of a turn. Same thing Up and down your body till they make a full revolution. Okay, just popped off.

Now we're irrigating any metallic dust out of your body and it's flying out the end of your toes. Imagine your toes look like sprinklers. That's my favorite part of this healing, because your feet look like sprinklers, with water flying out of them. All right, got that. Now what we're gonna do is we're gonna do a lymph cleanse. Imagine there's a big, big, vertical, oval tube inside your body, but on the front of your body, and all your lymph fluid is inside of it and it's kind of an amber color and, Shannon, it's kind of globby. Think of the fluid inside a lava lamp. And there's a hole that's open on the bottom of each of your feet. As that lymph fluid spins in a clockwise direction as I'm looking at you from the front, the toxins are coming out the bottom of your feet. We're doing a reverse osmosis purification, similar to what they do to Dasani and Aquafina drinking water and other purified drinking water. They keep the liquid and get rid of the toxins. Same concept. Now there's a big dome of a big metal dome that's come down over your whole body. As it lifts off, it's removing lymph nodes that have sequestered toxins and those can look like little D3 vitamin capsules and they look brown or black inside of them. Either the whole thing is brown or black. It can look like a spot, it can be a portion of it. Those have all been sucked out of the top of your head and now you're being sprinkled with stem cell energy and there are vortices spinning above your head, beneath your feet, on either side front and behind all spinning concurrently. That's going to regenerate your lymph nodes that we've removed. So we've got that going on.

I talked about B-minerals earlier. I want you to get on those B-E-A-M-minerals.com. Use Julie Ryan at checkout all one word. Or you can go to askjulie.com to the sponsors page and all my sponsors are on there and we don't have sponsors that don't give us discounts. You know that's part of our deal, so it's 20% off. I want you to do the blue bottle, which is the micro boost, and I want you to do the electrolytes, which is the green bottle, which is the micro boost and I want you to do the electrolytes, which is the green bottle. They're liquid. They don't have any flavor. They taste like water, but that's going to help you detox. Naturally, when people talk about using charcoal or bentonite clay to detox, it's non-discriminatory. It's just going to detox anything that comes in its way. This is going to only detox the heavy metals and the stuff that's not supposed to be there, and you're going to feel a whole lot better when you do that. Also, the other thing is I shot some energetic estrogen into you. How young are you?

0:36:31 - Shannon

I'm in my mid fifties.

0:36:33 - Julie
Okay, are you on hormones?

0:36:35 - Shannon
I had. Yes, I had to start because I've also I'm a survivor of a couple cancers.

0:36:39 - Julie
So yes, so you're on bioidentical hormones.

0:36:42 - Shannon
No, they've got me on. We figured out, oh God, what's the name it's a patch, but it's just estrogen and it's a small dose, okay, but be sure it's bioidentical first of all, okay, and I think you need to be on estradiol, testosterone and progesterone.

0:37:05 - Julie
That's what I'm getting and I'm a fan of the cream. Just be sure the patch. Call your pharmacist and be sure it's bioidentical, which is what the body makes when we're young and fertile. Because you don't want the synthetic hormones those have extra molecules added to them so they can be patented and you don't want those, okay. So that's gonna help a lot too with your cognitive situation. So I would do the B minerals, I would do the bioidentical hormones. Your diet, of course. Stay low on the food chain. Stay away from sugar and processed things. If God made it, eat it. If man made it in a factory, do your best to avoid it kind of a thing. You'll completely recover. Your brain looks okay. You just have a bunch of heavy metals that you hadn't detoxed yet, thank you, no, I greatly, greatly appreciate that you're not detoxed yet.

0:37:55 - Shannon
Thank you, no, I greatly, greatly appreciate that.

0:37:57 - Julie
You're welcome. I hope you feel better.

0:38:00 - Shannon
It was an honor to meet you.

0:38:01 - Julie
Oh, you too, girl. Thanks so much. Bye, Shannon. All right, we're at AskJulieRyanShow.com. If you want to have a conversation with me. We're at Ask Julie Ryan on the YouTube live stream. Put your first name and where you're located and your question in the comments and then we'll be taking people from over there. Samantha's there helping people, keeping them entertained and, of course, Chris is on the main board, so let's see who he brings up next.

0:38:39 - Andrea
Hi, yes it's Andrea, nice to see you. You, too, how are you? I am okay, and what I would love to maybe get your support in is I have eczema from head to toe and I've had a very, and it's lasted five years without a break, since the pandemic. It came on, but I'm sure it's something that I've been building for a while. However, in talking to some other naturopaths and natural healers, I'm also told that I have a lot of parasites, bacteria, overgrowth.

You got yeast, you got yeast. It's bacteria overgrowth. You got yeast, you got yeast, I got yeast. Okay, so I'm very inflamed, my skin is very oozy and I can't sleep because at night it seems as though my whole body goes into extreme activation. So I'm extremely sleep deprived and very uncomfortable in my own skin. I'm sorry, where are you?

0:39:36 - Julie

located? I'm in sleep deprived and very uncomfortable in my own skin. I'm sorry, where are you located? I'm in Boston, massachusetts, boston. All right, here we go. I'm going to get you on my radar. Gut, it's always gut. When there's any kind of skin condition, it's always caused by the gut. It's caused by leaky gut. Has anybody talked to you about leaky gut? Yes, yes. Yes, so I'm on a restrictive diet already.

0:39:59 - Andrea

What do you want? What are you eating? No sugar, no dairy, no lectins. No, I mean, it goes. The list goes on and on about things that I'm very stay away from.

0:40:14 - Julie

So what are you eating?

0:40:17 - Andrea

Fish, chicken, lots of different kinds of vegetables. Yeah, okay, all right.

0:40:28 - Julie

Got you. You're full of yeast girl, full, full, full full. You need an antifungal. Nystatin is my favorite N-Y-S-T-A-T-I-N nystatin and I'm removing it out of your GI tract. I spirit working through me and with me to help you heal yourself. And what leaky gut looks like to me, andrea, is have you ever seen a sausage link? No, sausage link. You know, they grind up the meat and then they put it inside that casing.

So, imagine the casing looks like your intestinal wall and it's only one cell thick. And imagine that we took a box cutter and we made little slits in it and what that does is that's what leaky gut looks like to me inside the body. And what happens is microscopic particles of food and toxins from the gut get into the bloodstream and the body says, oh crap, literally it's going from the intestines, which is the sewer of the body. Oh crap, we're under attack, battling down the hatches, and it makes the cell membranes tough to keep out the invaders which is all great from an immune response, but it keeps out all the goodies too the vitamins, the nutrients, the hormones, the you know all that kind of stuff. So what we want to do is we want to get that immune response calmed down and get rid of the yeast.

Nystatin is something that they give to babies, Andrea. It stays in the GI tract, no known side effects. It is a prescription, so you'll have to get it from your doctor and that's really going to be the key. I get that you're going to want to be on it four times a day for seven months. Oh, seven months, yeah, seven months to get it all cleared up, but you figure how long you've been dealing with this. You said five years.

Oh yeah, and your immune system got whacked during that time and so you had an overgrowth of yeast. So stay low on the food chain. If God made it, eat it. If man made it in a factory, do your best to avoid it. Number one. Number two stay away from sugar. You're doing that in anything refined because the body treats it as sugar Bread, pasta, crackers, cookies, all that kind of stuff.

Stay away from fermented things, andrea Wine beer alcohol, kimchi, fermented things, Andrea Wine, beer, alcohol, kimchi, sauerkraut, yogurt, vinegar, soy sauce, kombucha, pickles. People say well, but I thought fermented food was supposed to keep your gut healthy. Yeah, not when you have yeast. It's like pouring jet fuel on a fire Makes it worse. The other thing is you want to. If you're going to eat fruit, peel it, because there's tons of yeast on the peel. I don't expect you to peel a blueberry or a grape, but certainly an apple, a peach, pear, plum. Peel all that stuff. Never, ever, for the rest of your life, ever put a slice of lemon or lime in a drink, ever. They're full

of yeast, the peel, and if you're in a restaurant, they cut those things up early in the morning and you're drinking a glass of water with a lemon slice in it that's been sitting out for 10 hours.

And God only knows what's growing on it. So you know most people go. Well, I never thought about that before. I said yeah, but it's pretty disgusting when you think about it. So there's that freeze and reheat leftovers, because yeast gets on leftovers when they're in the fridge overnight, and then you want to get on some nice statin. That's the missing link. That's what they're all missing is it's a fungal infection, yeah. You'll completely heal from it. Yeah, okay.

In the meantime, what I'm getting is to take a bath in cool water when it's really on your last nerve just plain cool water, and that's going to calm down the inflammation. What I've done is it's like you've seen this in a shower scene, you know where something's poured on somebody in the shower, or like when a team wins a championship and they pour the Gatorade bucket on the coach. That's what I just saw happen on your body a Home Depot bucket of stem cell energy get poured from the top of your head and covering your whole body and you'll feel it go down. It'll feel cool or cold as it goes down your body and then there are vortices above your head, beneath your feet, on either side of you, front and behind, spinning concurrently, and that's going to help regenerate your skin and heal all those sores and the oozy, the oozy-ness, god bless you.

I hope you feel better.

0:45:30 - Andrea

Thank you so much.

0:45:31 - Julie

Okay, thank you, all right, let us know how you're doing Okay.

Okay, thanks, andrea. Oh, god bless her. That sounds miserable. Okay, askjulieriashowcom. If you want to have a conversation with me and we're at Ask Julie Ryan on the YouTube live stream so put your first name and your question in the chat and we're taking questions from over there and I repeat this stuff throughout the show. Again, you guys, people join us mid-show, so it's just a reminder. I don't mean to sound like a broken record, but it's for those that are joining us midway through. Okay, let's see who Chris has next.

Hi, julie, I'm Lisa in Somerville, south Carolina. You're close to me. Girl, can you help my son in Somerville, south Carolina? You're close to me. Girl, can you help my son, zach, who's deeply unhappy from past trauma that therapy and medicine has never been able to help? I'm desperate to help him. Thank you, okay, let's see what's going on. Lisa, I'm gonna come from you and I'm gonna go to Zach and I'm gonna ask his permission if I can scan him. If he says no, we'll still be able to talk to his spirit and I don't have a problem with doing that, because spirits are going to tell us what they want us to know. But I'm not looking inside his body without his permission. It's kind of like you run into somebody that has pneumonia and you ask them how they're feeling. They're going to tell you what they want you to know, but you're not looking at their chest x-ray without permission. So here we go. Here comes my laser beam, heading east, directly east to South Carolina. All right, got you, got Zach. Zach, I'm talking to your mom. He's saying no already. No, no, that's what I heard. All right, let's talk to his spirit. Zach, what's going on? I get his diet's terrible. Get him eating healthy food. Good luck. With a teenager that's you know that's tough. With a teenager that's you know that's tough. And he doesn't get any sunlight and a lot he gets a lot of screen time, so it's stealing his dopamine. The sunlight's going to help his serotonin levels and help him feel better, and if you can get him to eat keto as much as possible, lisa, that is going to make a major change for him and help get rid of this depression that he's going through.

There's a guy who's head of psychiatry at Harvard. His name is Dr Chris Palmer and he's written several books about his patients that he put on a ketogenic diet. Now, keep in mind this guy's head of psychiatry so he's got the sickest of the sick that he's treating Schizophrenics. I mean serious, serious brain issues. And he says that 90% of his patients not only get off all their meds when they go on a ketogenic diet but their brains heal and they go back to functioning in normal society. They get their jobs back, they get their families back, they have a social life and, he said, their brains actually heal. So he suggests that only 10% or less of his patients are helped with medication, whereas the vast majority 90 plus percent are helped with a ketogenic diet.

That would be my first order of business with Zach, if he'll listen to you. If he still lives at home, you can control that somewhat by what you buy. But I would look up Dr Chris Palmer, md Harvard, and let Zach read what that information is that he's found in his studies. And he says also that it's really helpful with children who have ADHD, children and adults. You know they're on the spectrum. Whatever he said, they see marked improvement when they can get those kids on a ketogenic diet. And he says that there's more than a hundred years worth of research on ketogenic diets because they've been using it to control seizures in pediatric people that have epilepsy. So he's a huge proponent and that's an easy thing for you to do. I hope that helps. If you can get him to change his mind, I'll be happy to scan his brain, but I don't know that we need to. I think all that information will hopefully suffice.

So thanks for joining us All, righty, askjulieryanshowcom, and 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 share this episode with your family and friends. If you know anybody that has eczema, has somebody in their family, or perhaps they are dealing with depression, if you've got somebody who's had a stroke, if you've got somebody whose dog has separation anxiety all these things. You know. It's always interesting the emails I get from people who say I was listening to your show and you were talking to Susie Mae in Mississippi and she had the same symptoms that I do, and just by listening and envisioning the healing, my symptoms went away too.

So there's a lot of ancillary healing that goes on every week in this show and, frankly, just listening to the show or watching the show, we're all in such a high vibration. Because I am, because I'm bebopping all over the place. You know, scanning people that when we're in a high vibration it helps the body heal, helps us heal emotional grief and things like that. So just sitting in the high vibe is really beneficial too. All righty, chris, who you got? We got Juliana. Hi, girl, hi, how are you Hello? Good, I'm a Julianne, but not Anna, but in two words, oh, really Hi, how are you Hello?

0:52:07 - Beate

Good, I'm a Julie-Anne but not Anna but in two words oh, really yeah.

0:52:09 - Julie

Okay, cool, we're almost twins, although I could be your mother, or maybe even your grandmother, you look really young. How young are you? 31. 31. I couldn't be your grandmother, but I could be your mother.

0:52:23 - Beate

Where are you? I actually am a twin too, so oh I must be psychic or something. Yep, yeah, where are you? Bismarck, north Dakota.

0:52:35 - Julie

You know, my first job out of school was in Sioux Falls. Honey, you are a trooper. Those winters up there, holy mother of God, oh, I have never seen snow like that. They made Ohio where I

grew up. They made Ohio look like the tropics. I was like how did these? Do you ever wonder how those settlers and covered wagons and log cabins did this with all the snow you guys get? I think about that, yeah have you gotten snow yet?

0:53:03 - Andrea
Yeah.

0:53:04 - Beate
Yes.

0:53:05 - Julie
Yeah, what was 24 here Monday night in Birmingham? Yeah, I had to cover all my plants. They're all blooming Like uh-uh. I got company coming in my plants need, may I? Help you.

0:53:23 - Beate
Well I just had a question about. I've been having kind of started as a muscular strain in my lower abdomen, kind of front of the pelvis area. I've been working on a lot of like PT, some chiropractic stuff. It's gotten better but still lingering and definitely feels like shouldn't have taken quite this long to get better. So hope you could do a scan.

0:53:49 - Julie
So like almost like a groin pull, or not that low.

0:53:57 - Beate
More pelvic more up higher.

0:54:00 - Serrra
Yeah.

0:54:01 - Julie
Okay, and did you have? Did you fall? Did you have an accident?

0:54:11 - Beate
Did you strain something playing sports or working out, or Well, it was during a practice. I played ultimate, which is unrelated, but it's like soccer. Just imagine like soccer had like a three-hour practice and as I was driving, I had to drive six hours to come back and like when I got out of the car is when I noticed it, but there was never like an instance where I felt like, oh, that was a strain or something like that.

0:54:36 - Julie
You pulled something during that game and then it just didn't kick in until later. So, all right, let me get you on my radar. Here we go, and it's called Ultimate and it's like soccer. Is it indoor Up there? Probably yeah.

0:54:51 - Beate
So it's Ultimate Frisbee.

0:54:53 - Julie
Oh yeah, oh yeah, yeah, yeah, yeah, ultimate Frisbee.

0:54:58 - Beate
I know what you're talking about.

0:54:59 - Julie

Okay, so why is it like soccer? Well, I know what you're talking about.

0:55:03 - Beate

Okay, so why is it like soccer? Well, because most people don't know what it is. So I just give them an idea of like kind of what the movement is like, so that people know like it's not, you're not just, it's not like disc golf, where you're just standing and throwing yeah, yeah, so but it's a workout.

0:55:19 - Julie

There's a lot of running, yeah, a lot of running, a lot of running. Okay, all right, here we go, sweet home, alabama, heading up to you in North Dakota.

I have been to Bismarck yeah, not in the winter but Fargo in the winter yeah, too much snow for me. Got you. And listen, when I lived there, I had a heated driveway with underground parking in my condo building and I, every time it snowed and I went down that driveway because I wouldn't have been able to get in and out. You know, with the snow and the ice, I remember thanking God, thank you God, I'm not in a covered wagon and I can go into my underground garage with the heated driveway. Oh geez, all right, I digress. Got you Shooting energy? Yeah, you got pulled muscles. You got pulled muscles, pulled muscle.

Juliana looks like a little girl's long hair. Take one hair and she's got split ends and there's little fibers coming off of it and so we're putting stem cell energy on it my favorite thing and just putting that on all those muscles and then there's a vortex spinning outside of your pelvic area and that's regenerating it. I sound like a broken record for bean minerals tonight Get the bean minerals, start taking them. It's going to help you heal faster. Bean minerals tonight Get the bean minerals, start taking them. It's going to help you heal faster. And beanmineralscom Use Julie Ryan, all one word and then check out for 20% off. That's going to help all those muscle fibers regenerate faster and then stay on it. Because you're an athlete and athletes need the extra minerals, as do all of us, but you especially do because of you know, I actually just started the green bottle yesterday.

0:57:13 - Beate

Good, good, I would add the blue.

0:57:15 - Julie

Add the blue. Oh, okay, yeah, because that's a detox too and that's got the minerals in it. The other one's electrolytes, which is important. But you want to do both and I would do a cap full of each.

0:57:31 - Beate

Okay.

0:57:31 - Julie

Okay, and that'll help a lot.

0:57:34 - Beate

Do you think the pelvis like? Is there any like rotation or anything there that's contributing?

0:57:40 - Julie

No, Okay, no, you know, muscles and ligaments take longer to heal than bones. They just take a long time to heal. This will speed up. What I've done is put the stem cell energy on it so that really helps the healing happen in warp speed. And my analogy for this is go back to your fourth grade science lessons, where we learn that every cell is a nucleus and every nucleus is surrounded by cytoplasm. Cytoplasm is a watery gel like dippity-doo and so good Thanks,

samantha, she's got AskJulieRyancom sponsors. That's the easiest thing. Just go to that page and then all those links are there.

So every cell is a nucleus. Every nucleus is surrounded by cytoplasm, which is watery gel. Activity do and our bodies have a centrifugal force in them that spins, that causes the cells to divide and replicate to the tune of billions of them a day. The healings that I describe help the body heal and warp speed, and they're doing the same thing that the cells do on their own. And, interestingly enough, scientists in the last couple of years have found that inside the nucleus of every human cell is a vortex. It's a black hole, and so you know how I always talk about seeing vortices. There's one inside the nucleus of every human cell. I was doing cartwheels on that one, I was like, okay, that makes sense. That's why I see vortices all the time. So I love it when science catches up with woo-woo, don't you?

0:59:19 - Shannon

Yes totally Woo-woo's been around a whole lot longer.

0:59:21 - Julie

Yeah, you'll be fine. You'll be back out running soon. Okay, thanks for calling in. Hope you feel better.

0:59:28 - Beate

Thank you very much. You bet Bye All righty everybody.

0:59:34 - Julie

So much fun and sending you lots of love from Sweet Home Alabama. If you're watching the Bama-Oklahoma game, watch for me, I'll wave to you. I'll be the one in the stands wearing red, probably with 100,000 other people, truth be told. But hope you have a great weekend and I'll see you next time Thursday night. 8 Eastern, 7 Central, 5 Pacific. Bye everybody.

1:00:03 - Annncr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan, and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyancom.

1:00:17 - Disclaimer

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