

## Ask Julie Ryan Live Dec 11th Transcript

Anncr [00:00:00]:

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

Julie [00:00:42]:

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. This is our last live show of the year, you guys. 2025 went fast, my goodness. But as usual, we've got Chris on the main dashboard and we have Terry with us this evening. She is filling in for Samantha over on the YouTube live stream. If you're joining us there, you want to come in and ask Julie Ryan on YouTube, just, just put your first name where you're located and your question in the chat and Terri will be over there to help you.

Julie [00:01:25]:

And if you're coming in on the askjulyryanshow.com, you'll be on camera and Chris will find you over there. So looking forward to that. Next Thursday, the 18th, December 18th. I am having surgery on my foot, you guys. I have this massive bunion. I broke my foot probably 10 or 12 years ago, and so I have this massive bunion and a hammer toe that doesn't even touch the ground, my second toe. So I'm having surgery next Thursday, the 18th, and I would really appreciate it if you'd say a prayer for me. Just remember me.

Julie [00:02:06]:

Just, even if you don't pray, just imagine wrapping me in a big brain, brilliant yellow blanket, and that will help, too. So I'll be in a boot for six weeks. Of course, it's my right foot, which means I'm going to have to be chauffeured because I won't be able to drive. And Jonathan's coming in a couple of days early to help his mama and of course Tim. And then my big brother Jay is flying down from Columbus, Ohio, to be here as well for this surgery. So please send me some positive vibes. And I know I'll do great. Also, we're going to be giving away a free class this evening.

Julie [00:02:48]:

So you want to stay tuned and see if you're the winner. How this works is we choose a winner of a free session each month and a winner of a free class each month. And if you want to enter the drawing, just leave a review wherever you listen to the show. We're on all the podcast Networks. We got five YouTube channels, English, Spanish, Portuguese, French, and German. Leave a review and or leave a review for any of our books, any of my books on Amazon. We have a new book coming out hopefully by the end of the week, and it's called Angel Messages for Your Life's Journey, Volume 2. And it's real stories of things that have happened to graduates of my angelic attendant training class.

Julie [00:03:38]:

So they're really fun to read and amazing, and so I hope you enjoy that, too. Askjulyryne.com books. You can get that anytime. So, Chris, let's go ahead and get started and see who our first person is. Oh, we've got somebody. Let's see. Here we go. This is Donna in Virginia.

Julie [00:04:03]:

Hi, Donna. My sister Ann Marie in Los Angeles has serious hearing loss. Hearing aids are not very effective. Doctors don't know why. Thanks for any assistance. You're awesome. Oh, you sweet thing. You are, too, Miss Donna in Virginia.

Julie [00:04:19]:

All right, so for those of you that are joining us for the first time, this is how this works. I raised my vibrational level to the level of spirit because we're all spirits attached to a body having a human experience. And when we're attached to a body, we vibrate more slowly simply because the body has mass. So I raised my vibrational level. I'm going to watch a laser beam come from my body here in Birmingham, Alabama. It's going to hook into Donna in Virginia. And then the laser beam is going to go from Donna to LA to her sister. And I'm going to ask her sister's permission to scan her.

Julie [00:04:58]:

If she says yes, I will. If she says no, I won't. Because, you know, I'll never scan anybody without their permission. I think it's unethical. I think it's wrong. I just think it's unethical. So we're going to do that. Something will be identified immediately thereafter.

Julie [00:05:13]:

There will be some type of healing that will happen. And I'm going to describe it to you in detail. I want you to envision everybody listening. And Donna, you too. I want you to envision what I'm describing because that's going to help the energy go to Donna's sister. And, Donna, have your sister listen to this, and then have her envision what we're seeing. And that will help integrate the healing into her body as well. So here we go.

Julie [00:05:47]:

Here comes my laser beam from sweet home Alabama heading to Donna in Virginia. All right, I got Donna. Done it. My laser beam is going through you, and it's ricocheting back across the country, and it's headed towards la. So to Ann Marie. All right, Anne Marie, I'm talking to Donna. I know. It's fine is what she said.

Julie [00:06:11]:

So if you cleared that, good job, good job. If not, it's good anyways, so what I'm doing is I'm shooting energy from her feet up through the top of her head. It's going to the left side of her head first, Donna. And what I'm watching is it looks like part of the plumbing, if you will, in the ear is not attached properly. I see this a lot in ear healings and hearing healings. What I'm watching is I'm watching all those little pieces and parts, those little bones, those little tubules, all that stuff come apart, and they're suspended in midair, and then they come back together in the proper position. So I just watched that happen. So it's now back in place the way it's supposed to be.

Julie [00:07:00]:

I'm watching what looks like a cochlear implant energetically get put above her ear on the left side. And I'm watching a spiral of energy that's tunneling through her Eustachian tube on the left side. Let's go over to the right side and see what's going on. The energy's always gonna go where it's most needed first. So I just follow it. I just, you know, because it's spirit working through me and with me to help Emory heal herself. Because, you guys know, if you listen to me, nobody ever heals anybody else. We all heal ourselves.

Julie [00:07:37]:

The work that I do, the work that doctors do, the work that other healers, any kind of medical practitioners, what we do is we help the person heal themselves. So we've got that. Okay, so right here, same thing. All those little pieces came apart. They suspend in midair, and then they

go back together. And when they go back together, it feels like one of those little children's puzzles that are wooden, and you put the pieces in and they kind of clunk down. That's what I just felt. And so there's a cochlear implant going above that ear as well and a vortex that's spinning like a little corkscrew through her Eustachian tube.

Julie [00:08:29]:

So I've got that as well. Okay, I hope that helps. The way that this works is the healing has happened on the energetic level. It's going to integrate into Annemarie's body. That can happen instantly. It can take days, weeks, months. May need some kind of complimentary care like, you know, a cochlear implant perhaps on the human side. But it's all part of the healing equation.

Julie [00:08:56]:

And these analogies that I talk about are a way to give us a human frame of reference for the energy healing that's happening. Spirit's taking care of the vibration level that needs to go in to Ann Marie Donna. And in the meantime, when we can picture something that gives us a human frame of reference, then it helps integrate the healing. So you are a sweet sissy to call in for your sister. I hope it helps and I hope her hearing is better. Thanks so much. If you want to join me, come to askjulyrianshow.com if you're coming in on the YouTube live stream. We're at AskJuly, Ryan and Terri's over there this evening and she's helping people.

Julie [00:09:47]:

If you got questions, just put them in the chat. Just put your first name where you're located and your question. And Chris will be grabbing some of those too. And if you have questions about how this works or what to do, Terri's over there to help you this evening. So this is her maiden voyage, you guys. She hasn't ever joined us on the air before, so we're so excited to have her and she's part of our team and a valued member. Okay, Chris, who's next? Hi, Liz. So nice to see you.

Julie [00:10:20]:

Where are you located?

Elizabeth [00:10:22]:

Reno, Nevada.

Julie [00:10:23]:

Oh, terrific. How are things there? Do you guys have snow? Not much. There's a.

Elizabeth [00:10:29]:

There's a little in the mountains, but.

Julie [00:10:31]:

Not, not much at all for they bet they better get working on that. With the holidays coming up, they're going to have all those skiers out there, so they're gonna need some snow. Yeah. How may I help you?

Elizabeth [00:10:44]:

I just recently, about two weeks ago adopted a dog, Max. You can probably see him here. And he is, he was in a shelter down in San Diego for about two years and eight months. And he's, he's absolutely so sweet to me. But with other people and my, my children especially, I have a. Almost 3 year old and a 11 month old and he is very scared of them very Snappy. So much so that my husband wants me to re home him, which devastates me. So I was trying to see if there was any type of.

Elizabeth [00:11:19]:

You know, I'm trying to get a trainer, but healing. That could happen to make him less terrified of the children.

Julie [00:11:27]:

Oh, what kind of dog is he? Can you bring him on camera so we can see him? Hi, Mac. Hey, sweet boy. The desk down, that shouldn't help. So he's kind of a mutt. Yeah. And he's like.

Elizabeth [00:11:40]:

He's like a lab or he's probably. They don't know what he is. Like a. Can you all see him?

Julie [00:11:45]:

Oh, yeah. He's darling. Hi, baby. Yeah. Okay. All right. So, Mac, what's going on? What are you so afraid of? He's afraid that they're gonna. He was around kids before and they basically tortured him.

Julie [00:12:04]:

You know, they'd stick their fingers in his eyes. I mean, not on purpose, but they were not supervised. And he's afraid of them. So that's what's going on. So what can be done? What can you. What do you need from Liz and her family to help you feel safe? Give me a chance to get used to him is what I'm hearing. Yeah. So maybe you sit him on your lap, like what you're doing, or you stay right there and then let the kids pet him very gently kind of a thing and let him get used to him because little kids come up fast and it just startles them and especially if he's been.

Julie [00:12:52]:

Been tortured and I'm using air quotes here, you know, not on purpose, but just little kids, you know, they stick their fingers in their ears and they want to see their teeth and that kind of stuff. I think he's going to be a really good dog long term. I can see him laying on the floor and both of your kids using him as a pillow and like a backrest and watching TV while. While he's letting them lay on him. So. So it's only two weeks. I would give him some time. I also would get a trainer.

Julie [00:13:25]:

But don't let the kids alone with him. You know, you always be there and you supervise and you be petting him and you teach them how to be really gentle with him. Yeah. Mac, do you want to be rehomed? He said no, no, no. He likes it there a lot. Do you want. Will you get used to the kids? Yes, once they calm down. Good luck with that.

Elizabeth [00:13:52]:

My three year old likes to come home and scream for two hours every night.

Julie [00:13:55]:

So. Yeah. Yeah. I've But I think, I think if you're there and you teach them how to be gentle with him, I think he's going to be a wonderful dog. The other thing that I'm getting too, Liz, is that he's going to be really protective of them eventually. You know how when people have a new baby and they bring him into the house, they say, let the dogs smell them. Smell the new babies and get used to them. Well, you know, this is the opposite.

Julie [00:14:24]:

You gotta let Max smell your kids. Get used to your kids.

Elizabeth [00:14:29]:

Yeah, I was trying that and like, with the baby, he'd smell. He looked interested. And then he tried to bite her head. And I was like, oh, my goodness.

Julie [00:14:35]:

He tried to bite Max head or Mac tried to bite the baby.

Elizabeth [00:14:38]:

Mac tried to bite. Yeah, the baby son. So I was like, oof.

Julie [00:14:41]:

All right, let's see. I think he was just, you know, afraid of her. Yeah. Yeah. So hope that helps.

Elizabeth [00:14:51]:

Thank you.

Julie [00:14:52]:

Happy holidays. Okay. Thanks for joining us. If you want to call in and have a conversation with me, it's AskJuly Ryan show dot com. If you're joining us on the live stream on, on YouTube, just go to Julie Ryan, put your first name where you're located in your question in the chat. And we'll be taking questions from there, too. Ms. Terry's over there helping out everybody.

Julie [00:15:20]:

So. And we've got Chris on the, on the big board. So, Chris, it makes you sound like a stock trader or a commodities broker or something. It's on the big board. But we normally do this every Thursday night at 8 Eastern, 7 Central and 5 Pacific. We're going to miss next week because I'll be in surgery. And then the following Thursday is Christmas and the following Thursday is New Year's. So.

Julie [00:15:47]:

But we have wonderful shows lined up for you guys for these Holidays on the 23rd next Tuesday, we are in two Tuesdays. We have Sherry Salata, who was Oprah's executive producer and she was president of Harpo, Oprah's company, and also the O Network, the Oprah Winfrey Network. And she gives us some behind the scenes information about the Oprah show and also her spiritual journey of recreating her life after she left Oprah World, as she calls it. And she's just a doll. You guys are going to love her. And then on Christmas Day, in place of a live show, we have a Christmas scholar who's a professor and he is the expert on all things Christmas. He's one of the top five or six Christmas scholars in the world. And we Got him on the Ask Julie Ryan show, and I had a bazillion questions for him, like, why do we kiss under mistletoe? You know, what's the significance of the fur tree? La la la la la.

Julie [00:16:57]:

Any and every question you've ever wondered about, where did a Christmas tradition come from? Or, you know, why do we do things? What was the first Christmas carol? I mean, you guys, I had to rein myself in. I had so many questions. So while you're fixing dinner, while you're getting ready in the morning, whatever. I thought it would be fun to listen to that as well. So we got fun things lined up for you, even though we're going to be gone for a couple of weeks with a live show. All right, Chris, who's next? Hi, Michael. Hi.

Michael [00:17:32]:

Hi.

Jennifer [00:17:33]:

How are you?

Julie [00:17:34]:  
I'm great. How are you, sir?

Michael [00:17:36]:  
I'm doing okay.

Julie [00:17:37]:  
Terrific. Where are you?

Michael [00:17:40]:  
Michigan.

Julie [00:17:41]:  
Okay, terrific. How may I help you?

Michael [00:17:44]:  
I have ocd, anxiety, depression, and a lot of fears, and I don't want to be cured from him.

Julie [00:17:51]:  
Okay. Are you. Do you have. Did you play sports, Michael? Were you in a car accident? Did you have a big fall? Any of that stuff happen in your life? Sports. What'd you say?

Michael [00:18:06]:  
Baseball, soccer, basketball?

Julie [00:18:10]:  
Yeah. All right. Any car accidents, even if you didn't hit your head or any incident, any falls?

Michael [00:18:18]:  
Yeah, I mean, there's. Yeah, nothing serious.

Julie [00:18:21]:  
All right, I'm going to look at your brain and we'll see what's going on up there. So the thing about the brain, even if we don't hit our heads, the brain is the consistency. It reminds me of thick cooked oatmeal, Michael. Has consistency of soft butter, but it's not secure inside the skull. So if we fall or if we're in some kind of a car accident and let's say we're hit from behind, we're rear ended, that brain matter goes slamming up against the inside of the bony skull, and you can have an injury there, and then it kicks back. And when I was growing up. I'm older than you, but, I mean, they didn't know what to do with concussions. They'd just tell the parents, wake the kid up in the middle of the night and see if their pupils are dilated.

Julie [00:19:11]:  
They didn't know what to do. So a lot of that goes undetected, which is a brain injury, and it causes scar tissue, and then it can affect all that stuff. So it's not. It's not something that's a personality flaw. It's a physiological thing that's going on that's causing this? Are you a veteran? No. Okay. All right, so here. Here we go.

Julie [00:19:36]:  
Here comes my laser beam from sweet home Alabama heading up to Michigan. All right, got you shooting energy from your feet up through the top of your head. All right, so if I divided your brain into quadrants on the upper quadrant, if I drew a line from your left ear over to your right ear, right on the upper. The middle of the left side on the top, you've got a bunch of scar tissue there. Maybe it's from head butts playing soccer. Maybe it's from. Who knows? And as I

mentioned, brain matter looks like thick cooked oatmeal to me. And scar tissue in the brain looks like chicken cartilage.

Julie [00:20:15]:

The kind that you see that's white. It's in a chicken breast with the bone in. So what I'm watching happen, and this is the healing, Michael. I'm watching that scar tissue get scooped out of the brain matter. I'm going to check your whole brain. But this is what showed up first. First. And then here comes stem cell energy to fill the divot.

Julie [00:20:36]:

Think of you take a big spoonful of oatmeal. It leaves a divot in the bowl, right in the oatmeal that's in the bowl. So stem cell energy, light amber color gel has sparkles in it because it's woo woo, gotta have sparkles. And it reminds me of dippity doo hair gel. So there's a vortex spinning above it that's gonna regenerate brain matter. Coming around in the front of your brain and coming around to the right. You've got a couple of other places. One, like in the front right quadrant, scooping that out, stem cell energy going in.

Julie [00:21:08]:

It has its own vortex coming around on the right side. A couple there that are small. You've got a pretty good size one on the right back of your brain. So scooping that out too, stem cell energy and all of those divots, Michael. And there's a vortex of energy spinning above it. The vortex is always present because that transforms the stem cell energy into whatever body part we need. In this case, it's a brain matter. So we've got that going.

Julie [00:21:40]:

When I see scar tissue in the brain, I always remove it because it can occlude neural pathways, which when that happens, that can lead to all kinds of issues like what you're describing, your. You're dealing with. And also dementia and Alzheimer's and stuff like that. So got that going. All right. Your neural pathways are all lit up, got that going. In the meantime, what do you like to eat? What do you crave? Really?

Michael [00:22:12]:

Don't crave too much. Just whatever in the day, I guess, Whatever's available.

Julie [00:22:17]:

Are you eating junk? Are you eating healthy food? Are you drinking alcohol? What are you doing?

Michael [00:22:22]:

No alcohol, but pop here and there.

Julie [00:22:25]:

Okay. All right. So I want you to 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. You know what the ketogenic diet is where you keep your carbohydrates low. You want to do that, get rid of the pop. Even if the soda pop, even if it's sweetened with, like, you know, some kind of artificial sweetener, it makes the body think that you're getting a sugar rush.

Julie [00:22:57]:

There's all kinds of research that shows that depression, anxiety, serious brain illnesses like schizophrenia and things like that, can not only the symptoms be eradicated, but the brain can heal when the person's on a ketogenic diet. So there's a doctor who's head of psychiatry at Harvard. His name is Chris Palmer. Dr. Chris Palmer. If you do a search on him, you'll get lots of information on him. Watch one of his interviews. Yeah.

Julie [00:23:32]:

And he has patients that have been on disability for decades, and he gets them on a ketogenic diet and they go back to work, they go back to their families, and they have a normal social life and all of that. So I would do the ketogenic diet, number one. Number two, I would look into the information. Are you on medication? Yeah, like antidepressants and things like that. You want to do a search? Search. Ask Julie Ryan. Kelly Brogan. B R O G A N M D.

Julie [00:24:15]:

Terri, if you'd look up what that episode number is and then put it in the chat, that would be great. So ask Julie Ryan. Kelly Brogan. B R O G A N M D. She's a psychiatrist who talks about the medications, and she talks about how to get off of them and what the side effects are and things like that. So I think that would be really helpful for you as well, so you'll be able to do this. Are you walking? Are you getting sunlight?

Michael [00:24:45]:

Yeah, whenever I had the sun.

Julie [00:24:48]:

Okay. Even if you don't go outside for a walk, do it in the morning. It's going to help you a lot. It's going to help you feel better. So I hope that helps. Thank you. You're welcome. Happy holidays.

Julie [00:25:03]:

Thanks for joining us. All righty. If you want to have a Conversation with me. We're@askjulieyanshow.com if you're coming in on the YouTube live stream. We're at ask Julie Ryan. Stay with us because we're going to be announcing the winner of a free class here in a few minutes. Chris has been practicing his drum roll. It's his favorite part of the show every time we do it.

Julie [00:25:28]:

So that's always fun to see who wins. Okay, who's next? Hello, this is hettle from Australia. Hi, girl. My husband has bad mouth ulcers for two months. Oh, I'm so sorry. Can you please connect and see what's causing it and send healing. I love your work and everything you do. Oh, you sweet thing.

Julie [00:25:51]:

Thank you. Well, sending you a big hug. Thank you for your kind comments. Okay, here we go. Here comes my laser beam from sweet home alabama heading down to australia. It's so fun when I go to Australia or new zealand or someplace like that because I watch my laser beam go underneath the globe and come around a little bit and you know, it's already Friday in Australia, you guys. So we're talking to had a real time in the future. It's like we're in a sci fi movie.

Julie [00:26:22]:

Great. So let's go there. All right, here we go. Got you. Got your husband. I'm talking to your wife. He goes. I know.

Julie [00:26:32]:

It's okay. Okay, good job setting that up. You know I'm always going to ask even if you tell me you got their permission. So got that going in. Okay. So too acidic. His stomach's too acidic. When I'm watching heddle is.

Julie [00:26:47]:



I'm watching what looks like baking soda get sprinkled in his stomach. And then water's going in and it's being mixed together and that's helping with the ph. His ph is off. He's too acidic. So I would do some research on baking soda and the acidic level. I don't know what the answer to that is. I'm just telling you what spirit's showing me in the healing that just happened with your husband. So that would make sense to me that that would help balance the ph again.

Julie [00:27:26]:

I would stay low on the food chain. It's the holidays. Have him stay away from the sweets and the breads and the whatever else. Christmas day. Eat it. If you're at a party, eat it. But. But then go back on the wagon and that'll get his gut reconnected.

Julie [00:27:42]:

I would also stay away from fermented things. Wine, beer, alcohol, kimchi, sauerkraut, yogurt. Soy sauce, kombucha, pickles, that kind of stuff, sauerkraut. Have him just stay away from that stuff in the short run to get his stomach acidity level back in check. So I hope that helps. The other thing that just came in, you know, I get these divine downloads while this is going on. The other thing that just came in is to. To also have him.

Julie [00:28:14]:

He can drink a big glass of purified water and squeeze some lemon juice, some fresh lemon juice in it. Cut a lemon, squeeze the juice and never put the slice in. Don't use that bottled lemon juice. It's full of yeast. So you want to have it be fresh. And that'll help stabilize the ph in his gut as well. So I hope that helps. The other thing that he can do.

Julie [00:28:41]:

Okay. Spirit keeps giving me these other things to say, and I've done this myself. If you mix a little bit of baking soda and water and make a paste and put it on those mouth ulcers, it's gonna hurt like a son of a gun when you first do it. But it helps clear it up. So that again goes into the ph balance of his gut and that's what's causing those. So I hope that helps. Happy holidays. Alrighty.

Julie [00:29:10]:

If you want to have a conversation with me, we're@askjulyryanshow.com we're also @askjuly Ryan on the YouTube live stream. Put your first name and your location in the chat and what your question is, and then we'll go from there. I repeat this, you guys, throughout the show because a lot of times people will join us midway through and they've got a question they want to submit. Stay with us because we'll be announcing the winner of the free class here shortly. And let's see who Chris has teed up for us next. Ah, Jan. Ah, Jan. Yeah, everybody, Jan's a graduate of my angelic attendant training.

Julie [00:29:57]:

So always a treat to see one of my. One of my grads. Tell everybody where you're located.

Michael [00:30:04]:

I am in LJ Georgia already.

Julie [00:30:08]:

Georgia, right next to sweet home Alabama. What you got going on?

Michael [00:30:13]:

Yeah, well, I have. Dystonia is a movement. Movement disorder and I've had it for years. But it causes a lot of problem, a lot of pain. It's in the neck, the spine and the lower back. And it causes pain and heavy spasms. Just people that have dystonia. Most people's never heard of it, but you just never know from day to day when you wake up what it's going to be.

Michael [00:30:45]:

Like every day is different. But I truthfully believe that you could heal this for me.

Julie [00:30:51]:

And I think you're going to heal yourself. Know, we're going to work together, you know. Yeah, yeah. So I believe in what you do for people who aren't familiar with dystonia. Is it a something that's hereditary? Is it a congenital thing? Is it from an injury? How does one get that?

Michael [00:31:12]:

It's from both. It's. There's just so many different forms of dystonia. And what. It's firm, but it's like a misfiring from the brain when you. I can't really explain it, but yeah, it's a brain disorder, movement disorder, and it just causes a lot of problems. There's no cure for it. And the pain can be unbearable.

Michael [00:31:43]:

And it's twisting, twisting, pain, twisting, spasms. So it, they, they try a lot of different things. And I've had a lot of things done, but I finally just settled with what I was getting, and I'm just. I'm just tired of it. I can't sit long. I can't stand long. You know, it's. Every day is just something else.

Julie [00:32:07]:

So it's a neurological condition that causes pain?

Michael [00:32:12]:

Yeah.

Julie [00:32:13]:

Okay. All right. And did you have any injuries or did you have anything happen? Were you in a car accident? Did you fall?

Michael [00:32:20]:

I did have a car accident. And they said that that could have been brought on, you know, like 10 hours or 10 years later. It showed up in the. In the neck. And they first was calling it torticollis, and now they're just saying dystonia is, you know, settled further. And so, yeah, it, it could have been from the neck injury.

Julie [00:32:43]:

That's what I'm hearing, that it's from an injury. That's why I asked. All right, so what we're going to do is we're just going to Roto Rooter your whole neurological system. We're going to just clean it all out and use stem cell energy to regenerate new nerve tissue, and we'll go from there. So imagine that your neurological system looks like a network of aquarium tubing inside your body. We're going to start at the tip of your head and we're going to go down to the tip of your toes. So imagine inside that tubing gets debris, gets gunk. That's a medical term that I made up, Jan.

Julie [00:33:23]:

And you know me, I love to make up new words. So gunk is comprised of dead cells and other debris that gets in there when there's an injury. It's interesting to me that you think that it could be caused from a car accident that happened 10 years ago, because it's very common to, to have those kinds of pains for people that have TBIs, traumatic brain injuries, whether they be athletes or veterans or have had a big car accident or a fall or something. And sometimes it doesn't show up until decades later, but we can reverse engineer it and have it go back to that brain injury. And that's what I'm hearing in my divine downloads is what's happened with you.

So, you know, that makes you feel kind of nuts because you're thinking, that was a long time ago. Why wouldn't have this happened before now? So imagine there's this aquarium tubing throughout your whole body, and it's representing all your neural, your whole neurology, your whole neurological system. Now imagine there are a bunch of corkscrews inside the tubes, and they're multiplying and dividing and they're grinding up any kind of debris that they see in your brain, in your neck.

Julie [00:34:43]:

All of that you get. You got a couple of vertebrae that look like they're fusing in your neck. I'll come back to those. So I'm making a note, so I remember to do that. On the left side is what I'm seeing as it's going down. So let's clean out your, your neurological system first. All these corkscrews. They used to have this video game called Pac man when I was a young woman, like in my 20s.

Julie [00:35:08]:

And these PAC Men were these. These little round things and they would eat dots. Do you remember those? Yeah. And they, and they would multiply and divide. That's what I'm watching happening with these corkscrews. They're multiplying and dividing, and they're going all over your whole body. And they're down to about your, the bottom of your rib cage. Right now they're in your waist, going down your waist and coming down your, your pelvis, going into your legs.

Julie [00:35:37]:

Interesting. The right one's going faster than the left. So there's more injury on the left. Are you having more pain on the left? That makes sense. It's kind of like if you're trying to dig it in the garden. Have you ever used one of those augers to get a hole dug to plant bulbs, like for tulips or daffodils or something like that? And sometimes, especially where you and I live, you know, you get that red clay and it just really has to work hard to get through that thick clay, that's what I'm watching. So got that going on? Yeah, the right, the right's down to your ankle. The left is still digging in your thigh.

Julie [00:36:16]:

In your, your thigh, like mid thigh. It's still cleaning that out.

Michael [00:36:22]:

They've never explained that to me.

Julie [00:36:24]:

Yeah, that's probably because, you know, they can't see inside somebody's body. But you know how to do that. Yeah. So we've got that going on. All right, now it's just broken through. You got some kind of a big something something in your left leg and your thigh area that it just finished going through. All right, now it's kind of smooth sailing from there going down and out your toes. All right, now we're going to irrigate through all those tubes to get rid of all that ground up gunk into teeny little pieces that those corkscrews ground up.

Julie [00:37:03]:

Got that? All right, Here comes the stem cell energy. The when it irrigates through your body. It's my favorite part. Jan, I know you've heard me say this, but to those of you that are listening, her feet look like sprinklers because the fluids flying out the end of her toes. So that's my favorite part of that healing. I've seen it billions of times. Here comes the stem cell energy. Light amber color gel sparkles.

Julie [00:37:28]:

Reminds me of dippity do hair gel back from the 60s and 70s. That's going through those tubes. There are vortices above your head, beneath your feet, on either side of your front and bind spinning concurrently. That's going to regenerate your nerves. So we're going to get that calmed down. Okay, so let me go back to the neck. You've got some fusing of a couple of vertebrae happening on the left side.

Michael [00:37:55]:

I've had a botched surgery and I need two more. But they won't even fool with it now because they're afraid I lose all the movement.

Julie [00:38:02]:

Oh, for heaven's sakes. All right, so tile spacers that a tile mason would use before they put the grout in. You know, when they're placing the tiles, I'm watching those happen. I'm watching kind of like a table saw go in and cut a three sided rectangle that's open on the outside and it's making space. We're putting stem cell energy in there. And there's this little netting that's put from the upper to the lower vertebrae. Think of a goldfish net and that's going to hold that disc in place. And of course, there's a vortex spinning behind it.

Julie [00:38:41]:

And that centrifugal force is what transforms the stem cell energy into new body parts. So we've got that going on, and that'll help a lot, too. So. All right. I just watched a jolt of energy come up through the bottom of your feet and shoot out the top of your head, so that will help a lot, too. Be sure and go to the practice groups for the Angelica attendant training. Even if you don't talk, just sitting in the high vibe is going to help you heal. All right? So try and go to as many of those you know.

Julie [00:39:16]:

We have nine of them a week that are free for life when you take Angelica tenant training. And I know you're busy, but go to those and. And that's going to help you integrate the healing, too, since you can do that, since you're. Since you're one of my grads. So.

Michael [00:39:32]:

And I hope that helps.

Julie [00:39:34]:

Yes, I hope that helps.

Michael [00:39:37]:

I'm going to receive it. Yes, I'm going to leave it.

Julie [00:39:40]:

Good.

Michael [00:39:40]:

Thank you so much.

Julie [00:39:42]:

You are so welcome.

Michael [00:39:43]:

Good luck on your surgery, too.

Julie [00:39:45]:

Thank you.

Michael [00:39:46]:

You know, I'll be sending you love, so thank you.

Julie [00:39:49]:

Love you back. All righty. Take care. Okay, let's see. Let's take one more, Chris, and then we'll announce the winner of the free class. Let's see who's next up. Hello, Bridget.

Jennifer [00:40:05]:

Hello, beautiful Julie.

Julie [00:40:07]:

How are you, my girl? I'm hanging in there. Terrific. Please tell everybody where you're located. I'm from Iowa. Okay, Terrific. How may I help you this evening?

Jennifer [00:40:20]:

The question is just I want to see what you sense on what's going on with my body.

Julie [00:40:26]:

What is wrong? Okay, so we do that in a private consult when we have an hour. But if you have something in particular you want me to check, I'll do that. Just because we're trying to get as many people on as possible.

Jennifer [00:40:39]:

Okay. Well, it's the pain in my mid back all the way down to my foot.

Julie [00:40:45]:

Oh, heavens. All right. Mid back down to your foot. All right. Here comes my laser beam from sweet home Alabama heading over to you and Iowa. Got you. First thing I'm watching is a chiropractic adjustment. Looks like your vertebrae.

Julie [00:40:59]:

Looks like you're a twisted sister to me. Your vertebrae is not. They're not lined up. One's higher than the other. Do you see a chiropractor? You do. Good. But it probably doesn't stay in place long, does it? When you get it adjusted, does it last for a While the pain, it's.

Jennifer [00:41:21]:

Just getting worse, despite everything I've done.

Julie [00:41:25]:

When you get an adjustment, does that help with the pain in the short run, at least? Yeah, yeah, yeah. That's what I'm watching happen. So what I watched was. I watched you just get adjusted. But you can't go every day, for heaven's sakes. You know, you got a life to live. So what I'm watching happen is, you know how blinds in the window have a thread that runs through them that keeps them together and keeps them in position? That's what I'm watching happening with your vertebrae. I'm watching.

Julie [00:41:59]:

It's like a laser beam that's going through. It. Reminds me of blinds in a window, like mini blinds. And I'm watching that get put in place. And it looks like a really thin. And these are all analogies, of course, for the healing that's happening. It looks like a really thin piece of piano wire, maybe even thinner than that, like a human hair thickness. And it's going through.

Julie [00:42:29]:

And there are two on the right and two on the left. And all of your vertebrae are being spaced up. Like, if we're fixing blinds that are out of whack, getting that. And what I'm watching is it's integrating into your body. And now I'm watching you twist to make sure that the vertebrae are moving properly. I see that happening, and I think that's gonna help. The other thing that I'm hearing from Spirit is stay off sugar. Are you eating sugar?

Jennifer [00:43:03]:

Yeah, I'm on the keto diet right now.

Julie [00:43:07]:

Good, good, good. Stay off sugar because it's just gonna make it hurt more inflammatory. So do that as much as you can. And anything processed too brigid, because the body thinks it's sugar when you eat it. So hopefully that will help. I was scheduling an appointment with one of my grads or me. We've got six grads working with me now. They're all fabulous.

Julie [00:43:38]:

They all work with clients and just go to [askjulyryan.com](http://askjulyryan.com) and you'll see. Schedule your appointment and, you know, and choose one of those gals. Or schedule an appointment with me. You can usually get in to see them sooner, and they're less expensive than I am, and they're all wonderful. So I would do that. Let's do a deep dive and spend an hour with you and see what we can put together. But hopefully that'll help you in this short run. You are most welcome.

Julie [00:44:08]:

Merry Christmas. Happy holidays.

Jennifer [00:44:09]:

Thank you.

Julie [00:44:10]:

My. You, too. Thanks, Bridget. Bye. Bye. Okay, Chris, let's do the announcing of the winner here. All right. He loves that part.

Julie [00:44:25]:

It is pretty good. Okay, this again. If you want to enter this drawing, just leave a review about the show either on. My glasses are reflecting either on anywhere. You listen to podcasts. We're on all the Networks. Or on YouTube on any one of our channels, regardless of what language it is, or on Amazon for any of my books. So here's what we got.

Julie [00:44:52]:

This one comes from Amazon. It's from somebody called, whose name is Nancy and she titled it so Helpful with my father's passing. And it's about angelic attendance. What really happens as we transition from this life into the next. My book. She left a review, so here's what she says. I attended the August 22nd podcast on Zoom and knew when I got on that I would be picked. Indeed, yes, I was.

Julie [00:45:21]:

She must be psychic or something. She went on to say, Julie told me that my dad was in phase 7 of the 12 phases of transition. I live with my 96 year old dad and this was important information for me. I immediately read the angelic attendance book, which was incredibly comforting. And Knowledge is power. I continued to ask Source Weekly what phase he was in and received an answer. What she's talking about. For those of you that don't know when we're dying, we're all surrounded by angels and the spirits of deceased loved ones and pets and of what I call the 12 phases of transition.

Julie [00:46:05]:

And it's the position that those spirits and angels are in and we can tell how close to death somebody is based on what phase of transition they're in. So she read about this in the book. She went on to say, mid September, we created Dad's palliative health team so he could remain at home. He was getting on in his phases and what I found so incredible was the understanding his spirit was in the vortex above his head, which I talk about in the book. And some of his indecisions and not understanding where before he always did were because he wasn't in his physical body, which is true when we're transitioning, we are. Our spirit is attached to the top of our head and we're not thinking clearly a lot of the time. She said it made so much sense and I was able to be more compassionate because I understood the phases. And then lastly she said, Julie's book really helped me through his process.

Julie [00:47:09]:

And dad passed October 12th. Thank you so much, Julie. I will be attending one of your events in the future to learn more from you. So Nancy who left the so helpful with my father's passing review on Amazon. You're the winner of a free Angels and Enlightenment training, which is my self paced training that comes with live practice groups. And that's really where your skills ramp up, you guys. All my trainings have live practice groups with graduates of my big Angelica tendon training class. So you get validation for what you're getting first of all, which helps you trust what you're getting.

Julie [00:47:49]:

And the more you practice it, the more it's just easy. It's second nature. It's kind of like learning to drive. You can watch a video, you can read a book, you can be in the car with somebody else driving, but until you're driving the car for a period of time, you don't really feel comfortable. You don't feel like you've really gotten how it works. Same thing with this, same thing with anything else. So just go to askjulyrine.com Nancy and click on the button that says ask Julie a question and say, hey, I'm Nancy. I won the free class and my assistant Rachel will help get you all set up for that.

Julie [00:48:26]:

In the meantime, anybody that wants a free copy of Angelic Attendant Training of Angelic Attendance, what really happens as we transition from this life into the next, just go to [juleryongift.com](http://juleryongift.com) [juleryangift.com](http://juleryangift.com) and we'll send you a free digital and audiobook version. Share it with anybody and anybody that you want, anybody that's lost a loved one, anybody that has a person at the end of their lives who's transitioning, anybody that's interested in this stuff. I mean, it's a great gift to give to anybody. But you can send this link and they can get a free digital and audiobook download. So I think this stuff should be taught in schools. I think it's that important. We also have it in Spanish if you prefer to read or listen in Spanish. So thanks, Nancy.

Julie [00:49:19]:

Okay, Chris, let's take somebody else. Let's take another question. This is Judy Ann from Virginia. Hi, Judy Ann. My daughter Brianna has suffered multiple miscarriages and just had another failed IVF procedure. Will she conceive? I heard a yes. And have a baby in 2026. I'm hearing a yes on that, too.

Julie [00:49:41]:

She's in London. All right, so what I'm going to do, Judy Ann, is I'm going to hook into you in Virginia and then we're going to cross the Atlantic and go to your baby girl in London. So here we go. Comes my Laser beam from sweet home Alabama heading to you in Virginia. You're our second Virginia girl. Two Miss Virginias tonight. All right, got you. All right, going farther east.

Julie [00:50:06]:

So my laser beam's going across the Atlantic, going to London. All right, Brianna. Brianna has two baby spirits above her right shoulder. They're not multiples, they're spaced out. So imagine a little orb. That's what it looks like above the shoulder. Babies spirits always attach to the mom's energy field before they're conceived, sometimes years before. And if it's twins or multiples, I'll see them over each shoulder in the same position.

Julie [00:50:40]:

But think of what it looks like when you're driving by an airport at night and the planes have their landing lights on and you see them stacked out in the distance waiting for clearance to land. That's what your grandbabies look like. So I do get a yes. Couple of suggestions. First of all, get her for Christmas the Better Baby Book by Dave Asprey and his wife. And I'm blanking on her name. Lana. Dr.

Julie [00:51:10]:

Lana Asprey. And that's going to help her get her body in really good shape and help her have just really amazing fertility. That's the first thing. Secondly, Saskia Rowell, you want to look her up. S A S k i a r o e l l you can look up askjulyryan.com Saskia Rowell Terri if you'd look that up and find out what the episode number is and put it in the chat, that would be helpful. But you can just do an Internet search on that. Judy Ann and we talk in detail. She has an amazing success rate with helping women conceive and works on the emotional components.

Julie [00:51:58]:

And then the other person is Dr. Michelle Orowitz. O R A V I T Z and she's a graduate of my class. She's an acupuncturist. She does Chinese medicine and energy medicine. She has a new book out, and actually we're going to be taping with her tomorrow for a future episode. And she has an amazing success rate, too. She works with people all over the world as well.

Julie [00:52:25]:

So I would try those three things. Better Baby Book, Saskia Rowell. Michelle Horowitz. O R A V V as in Victor I T Z and actually she's been on the show in the past, too, so you can look that up. Ask Julie Ryan in her name. And I find that the interviews are really helpful because we cover so much in an hour and, you know, it takes longer to read the book. You can read the book or listen to the book too. But I'm all about speed.

Julie [00:52:57]:

Give me the information fast and let me make decisions. So I would look those up. Good luck. I think you have babies on the way. Hope that helps. Okay, Chris, who's next? Hello, Jennifer.

Jennifer [00:53:13]:

Hi, Jamie Lee.

Julie [00:53:14]:

How are you? I'm good. Merry Christmas. Happy holiday. She's got her beautiful tree behind her. For those of you that are listening and not watching. It looks great. And tell everybody where you are.

Jennifer [00:53:28]:

Knoxville, Tennessee.

Julie [00:53:30]:

Knoxville. She's a Southern girl like me. We can talk like them, but you really. You really talk like them. Yeah, I mean, I can just pretend. And look, she's got blinds behind her. What I was talking to Jan about. See that strand? Move your head over a little bit just for a second.



Julie [00:53:46]:

See those strands, those threads that are going through that are holding all those blinds together? Right on cue. Jennifer, good job with your blinds. I appreciate that. That's exactly what I was describing. So beautiful. What's going on? How may I help you?

Jennifer [00:54:04]:

Well, it's regarding my kindergartner and I loved what you were just saying about how the babies in spirit connect to the mothers.

Julie [00:54:18]:

I.

Jennifer [00:54:18]:

When I was seven months pregnant with him, his light body, higher self, spirit walked into the room and I saw it, and it was just the most beautiful thing. And as he gets older and our bond grows closer, it really. It has such a deeper meaning, but that I just wanted to share that with everybody.

Julie [00:54:38]:

I have full body goosebumps on that.

Jennifer [00:54:41]:

Yeah, it was very tall and thin and had a humanoid form, but was just like dazzling platinum white diamond light. And he walked up to the. To my bedside and I was awake. And yeah, that was just such a profound thing. But no, no, he didn't.

Julie [00:55:03]:

He.

Jennifer [00:55:06]:

Startled me. I wasn't fearful or scared. I was just like, oh, my gosh, there's something in my room. And when I think, when he sensed that it startled me, he disappeared. Just boom, like that. But how did you know it was him? Intuitively. Yeah, I. That was my first thought.

Jennifer [00:55:26]:

But over the past five years, as I have, I'm a starseed, so. And a healer, and I'm remembering a lot. And as I've progressed in my. In my journey and a couple of other intuitives who are. Are pretty well known in our little orbit have said, oh, yeah, that was him. He was coming to say, hey, I've been trying to come in. I finally made it. Even though you're 42 years old, I've made it, and here I am.

Jennifer [00:55:57]:

So, yeah, it's just when you know, you know.

Julie [00:56:01]:

So you know.

Jennifer [00:56:04]:

So my question is this. He, you know, he, he incarnated in April of 2020 at just. He was three weeks early but ended up at Children's hospital for about 12 days. The discharging diagnosis was a, a, a suck swallow reflex that wasn't, that wasn't matured. And he had an NJ2 for about three months. And I work in GI, so you know, I have my own thoughts as to what's going on

with him in the western medicine world. However, both his pediatrician and his GI doctor. Well, the issue is he'll only eat like 12 things.

Jennifer [00:56:57]:

Pizza, spaghetti, and then just some, some little Cheez its and other little snacks.

Julie [00:57:03]:

Crap.

Jennifer [00:57:04]:

When he's. Yeah, yeah, exactly. Processed. And when he sees fruits or vegetables, birthday cakes, cupcakes, like anything pretty much, he, he won't touch it. He'll say, no thank you. And so he has been diagnosed with adhd. His therapist thinks he is not on the autism spectrum per se, but I can't get this child to eat anything. And both of his doctors say, don't worry about it.

Jennifer [00:57:37]:

It's, it's a sensory thing. I don't know what to do. And so I wondered if you could shed any light. I've tried to tap in. I've even talked to his higher self, say, hey, what's going on with your little incarnation here? He won't eat. He is within the proper growth ratios for height and weight. But you know, as he gets older, it's, it's not resolving itself like his doctor said. And I don't know, I don't know what to do.

Jennifer [00:58:06]:

Is there something I should be doing that I, that hasn't crossed my mind yet?

Julie [00:58:13]:

Is he cognitively good?

Jennifer [00:58:17]:

Oh, yeah, he's, yeah, he's as sharp as attack. He's very intelligent, very, very bright. Yeah, he.

Julie [00:58:25]:

What's his name?

Jennifer [00:58:26]:

Darcy Dawson. Benjamin.

Julie [00:58:28]:

Benjamin. Do you call him Benjamin or Ben or.

Jennifer [00:58:33]:

Depends on if he's misbehaving, but usually I call him Ben.

Julie [00:58:37]:

Okay, that's what I was getting Ben. All right, all right. What I'm going to do is I'm going to hook into you and then I'm going to hook into Ben and we'll see what's going on. The first thing that I'm hearing when you're talking about the different foods is Jerry Seinfeld, the comedian. His wife Jessica has written some great cookbooks to make food that you disguise healthy stuff in something else and they think they're eating something that's, you know, regular food. Like an example would be that she puts some kind of vegetables or something in, you know, Mac and cheese or something, and you can make adjustments to the foods that he'll eat. Just get healthier versions is what I'm hearing.

Jennifer [00:59:32]:

Yeah, I've done that. And it. He.

Julie [00:59:35]:  
He.

Jennifer [00:59:36]:  
He picks up on it. He's like, these are not the same Doritos. I try to buy the healthy ones, and Doritos.

Julie [00:59:43]:  
Never buy Doritos. Doritos. Doritos have. What do they call them, excitotoxins in them that ruptures brain cells. I mean, I have not let Doritos in my house for 30 years. Ew. Go get the ones that get ones like at Trader Joe's or at Whole Foods that have two or three ingredients in them. The Doritos are.

Julie [01:00:07]:  
They are bad news with all.

Jennifer [01:00:09]:  
Yeah, I. Yeah, I've not tried Trader Joe's. I've tried other brands. And he knows.

Julie [01:00:16]:  
He. He.

Jennifer [01:00:17]:  
He recognizes the color is different, the texture and the taste. And so. But now the crazy thing is GI Best GI Doctor in East Tennessee says, give him whatever. Whatever he'll eat.

Julie [01:00:30]:  
Well, you know better. You know better. So there's all kinds of research. I had. I had mentioned Dr. Chris Palmer from Harvard. He's head of psychiatry there. He's got a whole, whole bunch of information about kids that have ADD and all of that.

Julie [01:00:50]:  
You put them on a ketogenic diet, any kind of symptoms go away. They completely go away. So he's five, honey. He can throw a fit all he wants. But you know what? If you're giving him something that's the equivalent, that's going to be healthier for him, and he don't like it, he can just be hung a little hungry, and I bet he eats it, you know, after a while. So keep that in mind. It's not like he can get in the car and go drive and buy something, so, you know, you're in control here. Remember that.

Jennifer [01:01:21]:  
Okay, thank you.

Julie [01:01:23]:  
And so anything with the dyes in it, any of that stuff, get rid of it. You do not. It's gonna make it worse. It's gonna make, you know, all of his symptoms worse. So Chris Palmer, look him up. Put in ADHD, you know, in a search. Chris. Dr.

Julie [01:01:40]:  
Chris Palmer. And you'll see his research, and it's really dramatic. Within two weeks, a lot of these kids that were on medication are not on medication anymore. And not to mention, when kids get cranky or, you know, some kids really get snarky with other children. They've done studies. All that goes away goes away with diet.

Jennifer [01:02:09]:

Okay. Funny you should mention that because he's having serious issues at school being way too physical with other kids. And it's like I've been getting a call from the principal nearly every week and I'll pick up the phone and I'm like, what did he do? So he is not on any medication. I'm trying to use it. That's like a very last resort. I don't want to, I don't want to do that.

Julie [01:02:34]:

No, you don't need to do that. So this can all be controlled with diet. Be sure he's got good protein and fat before he leaves for school. Give him eggs. Give him, you know, something that's going to. Will he eat eggs? Nope. No.

Jennifer [01:02:48]:

He'll literally only eat pepperoni pizza, spaghetti, Texas toast, and the healthiest version I can find of snacks. But there's only like eight snacks he'll eat.

Julie [01:03:01]:

Okay.

Jennifer [01:03:02]:

I mean, it's pretty extreme.

Julie [01:03:04]:

Again, you're in control. He's five, you know, you're the grown up here, so you need to give him stuff that's healthy. And pepperoni, if he wants to eat pepperoni, get the stuff that isn't, isn't. Doesn't have nitrates in it. Get the uncured.

Jennifer [01:03:21]:

Because that's kind of won't eat. He won't eat that either.

Julie [01:03:25]:

He's going to eat, he's going to eat eventually. It's going to be way harder on you than on him. Oh yeah, way harder. Way harder. So, yeah, let me look at his brain real fast and see what's going on. Yeah. So just doing a heavy metal detox on him right now. Two big U shaped magnets on either side of him joined in the middle, going up and down his body, pulling out metallic particulates, turns.

Julie [01:03:53]:

A quarter of a turn goes up and down his body till it makes a full revolution. It's got one more side to do. Okay, got that. Irrigating metallic dust out of his body. Got that. He's got some neural pathways that have been interrupted in his brain. So working on that and just kind of tunneling through those, let's see what hit it. And it may be because he was a preemie, he's just catching up.

Julie [01:04:20]:

So watching that happen and kind of reminds me of a lamp cord that has some breaches in it in the cord. It still works, but you know, you're a little concerned that it might spark or something. So watching that, I'm watching One area of neural pathways in his brain that's getting wrapped in a stem cell energy. It looks like a tape, like a bandage tape. You know, like an electrician back to the lamp cord would wrap it in electrical tape. So this is something that's made out of stem cell energy. Got that going. Oh, his brain just lit up when we just did that.

Julie [01:04:59]:

So did that. This is all diet related. You're going to be able to fix this with diet. You're going to have to be strong with this and read the ingredients. More than three, let it be. You know that story. One ingredient. Foods are the best.

Julie [01:05:14]:

If he wants to eat pepperoni or, you know, something else along those lines, just no nitrates. Read what. The ingredients are uncured. No nitrates. Try and get pastured. Pastured, like, you know, not conventionally raised, but you'll see those. And stores like Sprouts and Whole Foods and even Kroger and stores like that, Publix, they're starting to have more of the healthier foods in there because people are demanding them. So this is all easily fixable.

Julie [01:05:47]:

Yeah.

Jennifer [01:05:48]:

Wonderful. That's great. Thank you so much.

Julie [01:05:51]:

Have fun with him. He's going to be so fun this Christmas. Yeah.

Jennifer [01:05:56]:

He finally realized who Santa is. It clicked and so, yeah, it's. It's a whole new. A whole new vibe this. This year, so.

Julie [01:06:04]:

I bet. I bet. All right, well, I hope you have a wonderful holiday. Thanks so much.

Jennifer [01:06:08]:

Thank you, Julie.

Julie [01:06:09]:

You too.

Jennifer [01:06:10]:

Thank you so much.

Julie [01:06:12]:

Bye. Bye. Bye. All righty, everybody. That's it for this year for 2025. Please remember me next Thursday when my foot's getting operated on. And in the meantime, have the best holiday season ever. Sending you lots and lots of love from sweet home Alabama.

Julie [01:06:33]:

Bye, everybody. See you next year.

Anncr [01:06:37]:

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

Disclaimer [01:06:52]:

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