

LIVING *Fabulously*
with BEV

Episode
#105

Cellular
Neo-Genesis
for healing
& longevity

With
Julie Renee

www.livingfabulously.com





Hello there, I'm Bev

As a well-being transformation coach and bestselling author, I work with women in business who constantly feel exhausted - that's a sign your body isn't coping and something needs to change.

I've been where you are now... I would drag myself out of bed each morning and fight the need for sleep for the rest of the day yet come 9pm I was getting an annoying second wind! My brain fog was worse than 'Gorillas in the mist' and my mind was scattered, I couldn't concentrate, and my memory was MIA.

I felt dismissed by the western medical system and a realisation dawned on me that if I wanted to be well again it was up to me. I created a roadmap to well-being to help me navigate and that became my bestselling book 'Hope in a Dark Tunnel'.

So now I enable energy on demand for women in business who feel challenged by exhaustion / fatigue and brain fog and your first step is here...

Put your health higher on your priority list

because once you place a priority on your health you're capable of so much more!

Yet it may seem like you've done SO MUCH WORK around your fatigue, exhaustion, fogginess. Perhaps it feels like a bottomless pit, everyone said they could help solve it and no one really did much to help. Not finding solutions is exhausting, and you're already exhausted.

You may have closed the door on trying any new solutions or practitioners. You may skim everything and reject almost everything. It will take something and someone very special that really resonates in a HUGE WAY with your gut feelings.

I'm known for wellbeing transformations - 'rewiring' for healthy habits to create vitality. Connect with me and let's explore how I work to shift you from frustrating exhaustion to having energy on demand to successfully run your business and have a life you love!

Book in your FREE Energised for Business & Life Strategy Session today

Let's work out how I can help create your personalised approach to well-being, working within your preferences to take the next small step consistently.



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My wish for you is to be Living Fabulously and Living Well!

Bev

Cellular Neo-Genesis for healing and longevity

Julie Renee Doering

Bev Roberts 0:54

Hello and welcome everybody Today I'm so delighted to introduce my expert guest Julie Renee Doering Welcome to you, Jules.

Julie Renee 1:02

Thank you so much. It's great to be here.

Bev Roberts 1:05

I love that we've got a topic that has not been covered in depth to talk about today. But let's start with finding more about you and what it is that you do, Jules.

Julie Renee 1:15

I am the leading expert in cellular Neo Genesis. So I discovered the Divine Human Blueprint and how the body regenerates. And I did that through not a scientific background, but through my own experience. I survived the atomic bomb testing in the Nevada desert. I had 17 surgeries, I had multiple cancers. I died twice. I was in a wheelchair for a year told I would never walk without unbearable pain and canes. And I had two traumatic brain injuries. And through all of this, I kept surviving unbelievably, and I kept feeling like there was a reason for me to be here. And eventually I went into my garden in prayer and meditation and said, God, take me or make me well, I feel like I'm living in hell and I was promised the Garden of Eden. And that very first day I began to watch my body regenerate. And really shortly after that, within six months I was running. I wasn't just walking, barely walking with canes. I was walking, running 30 miles a week on a mountain trail. And I was back dancing on stage with a rock and roll band, and I was never supposed to dance again. So I had been in a wheelchair, there was no possibility and I didn't look like a handicapped person. Obviously, six months later, I was actually really handling my body really well. And the pain disappeared. And the scientists and doctors were looking at my body going What in the world is going on? Can you teach us and that got me to write a very big book "Your Divine Human Blueprint" and it got me to take the first people that I mentored my very first group through were doctors and scientists and they went through an 18 month program that I taught them about how this cells in the body regenerate

Bev Roberts 3:03

Wow, that's so powerful. I can only imagine the mainstream Western medicine going well, what's happened, we haven't been able to support and help Jules. So that must have been amazing to be able to share that understanding, share that knowledge, and so they can help others. I think that's such a beautiful influence. So you mentioned the word cellular neo-genesis, what is it?

Julie Renee 3:29

It's the regeneration of the cellular body, and we're working with the master and stem cells. And there are two ways that cellular neurogenesis works. One is it works with what's already there. So you have like a thyroid that isn't working really well. And we do a three part process and regenerate it get a cascade of new cell growth. So that's very simply that I will explain it a little bit more detail but I want to give the what they are We have something where somebody has been diagnosed that that gland or organ is no longer functioning, we're actually able to bring that gland or Oregon back to life. And we have that medically documented. So something that seems to be dead according to radiologists and doctors, we can bring back to full health. And then the third way, which is more rare, is to grow back something that's been surgically removed. using the same technique. We're bringing the stem cells and master cells out of the Divine human blueprint. And we're beginning of cascade of new cell growth in the area where the physical organ or gland is missing. And we're bringing that back to physical, a physical experience. So we had a woman who had her colon removed and over a course of a year and a half she was able to with my help grow colon that's about the size of a four year olds colon, and she functions very well without a colostomy bag. We had a lady who was being treated for cancer at the same time. That she was doing activations with me and she wanted to work on her adrenal, and we ship one that was failed on the PET scan that she had. And four months later, she had a fully functioning adrenal about the size of a plum, that was 100% functional according to the doctors, the radiologist. So, we have a variety of different ways that we use the cellular neurogenesis, but those ways are how that technique is used.

Bev Roberts 5:28

Wow. It's mind boggling a little because you're thinking, I fundamentally believe that the body knows how to heal itself. So what you're saying is that you work with somebody and the condition they're facing to actually heal it fully. It's a complete healing.

Julie Renee 5:49

Yes. What we're really doing First, the first step in cellular energy, neo-genesis is removing whatever was in the way that made that gland or organ or whatever it is breakdown. And so we're removing all of that. We have a five page chart. It's not a medical chart. It's not a science chart, it's emotions and prophecies and timelines and all these things. Essentially, if you want to think about this, we're like, I'm 62. And I, I've been alive a long time. And you know, you keep, if you had a computer for 62 years, you've opened a whole lot of programs. And you know, as you open programs and more programs, the computer slows down. And this is so true, because I just bought a new computer after three years, my computer was not running well. And rather than what I probably could have done is clear the hard drive. I just got a new computer. But you can't do that with your body. You have to see I have to clear the programs you have to clear the hard drive so that you can function in dynamic good health again, and I think as we age we get you know more fatigue and more prone susceptible to illnesses and those are things that can be cleared so we can reset you A lot of times people will say it feels like I've been reset 20 or 30 years younger, you know, after they've worked with me for a little while, because slowly we're getting rid of all those programs. We're clearing the hard drive, so to speak, to make life much, much better. So we do that clearing, and then we activate the stem and master cells, and they are in the blueprint. So I had my thyroid, I had my tonsils removed. So I didn't have tonsils for 43 years. And I wanted to grow my tonsils back and actually was successful at doing that, because they still existed, just not in physical form. So you have to understand that if your mind says that they don't exist, it's much harder to grow back. But if your mind believes that is possible that they could come back, my tonsils and adenoids grew back within six months. I had my tonsils and adenoids back regular adult tonsils and adenoids. So I think using that The blueprint, we're matching up with the blueprint that exists, that it's not, you're just not a physical being. You're an energetic thing, too.

Bev Roberts 8:08

That really makes sense now that I understand that. And so Julie, some of the benefits, what could somebody expect? So we talked about specific organs here, but I know that I read about brain function. So what are some of the other aspects that one could benefit from this treatment or protocol?

Julie Renee 8:30

Oh, just all over the body. I think about well we can talk about the brain some because I think that that's important. I had a woman who was 67 and she was a PR agent. I won't say who it is. And nobody you guys know. She was beginning to have dementia and it ran in her family and for her friends asked me hired me to do regeneration on her and remove the dementia. They were really missing. their friend. And she was a bright, loving, beautiful person who contributed a lot. And I was able to do the regeneration in the clearing. And within 10 days, I got thinking notes from all of her four friends who hired me saying we got our girlfriend back, thank you so much. So we can actually clear the program for dementia, re establish the relationship of spirit to body like just solidly there. And then that regeneration of the brain goes on for about 180 days. So she was in the early stages of the new cell growth and that new cell growth goes on for a long time every day. You're growing new cells for about six months. And there was another lady that I worked with who was really at the top of her game. She was an international high executive. She went to overseas all the time she went to a third world country, contracted that evil eye and had a cascade of strokes. She had Six strokes all at once and became completely an invalid, couldn't walk or talk or take care of herself. She couldn't remember anything was really, really hard on her and some friends she had heard and was open to the possibility but some friends help arrange for me to do a session for her. And then we did a five part which I usually do with people. A series of activations we did the brain regeneration, and hers is a little bit slower story because she didn't have somebody helping her do the meditations. And I reached out to her and she was wasn't happening as fast as we wanted it to. So we redid it at 45 days. And immediately she started having this incredible sure surge of brilliance. She organized herself in her home moved into a really fun development just started her new life with her brain working which was very exciting for her.

Bev Roberts 10:55

So something you mentioned there, does someone need to be in a set of belief or acceptance or what does the person the recipient need to be?

Julie Renee 11:11

I think just willing, I don't you know, I don't expect people to understand As matter of fact, people do not understand the clearings that I do. I have a six page chart, we give it to people if they want to look at

how cellular neo-genesis works. If you want to study with me, I've got like a five years study program. That's kind of like a master's program where it's 15 hours with me a month. And I just I think it's beyond a lot of what people can imagine. And I don't think it isn't necessary to understand, like, when you pray, and you have a miracle, you don't need to understand why the miracle happened. You can just accept the miracle. And I think I've been really working on a language that's really easy for people to get like the hard drive example. So that we don't have to go through all the details of All the different things control projection energy, what does that mean? We just don't need to know. And, but if you want to learn how to do it, then that's some another way that you can study with me. But you certainly don't need to. I think the one thing that you have to believe that it's possible, and be willing to do the guided meditations that half an hour a day, those really, really help because they keep the keep you in the field of transformation, keep clearing your hard drive, so to speak. So it's refreshed every day so that there's a beautiful environment for the new cells to grow in. That's about it.

Bev Roberts 12:34

That's wonderful. And so you are in the process of training others with this amazing thing, because it's obviously completely transformed everything that I know in my past. Yeah, so that's what I'm excited about. The possibility is exciting for me. And I know from a Western medical system point of view I haven't had satisfaction. So I believe that there are a lot of people like me out there who are seeking, who are looking for something because yes, is the answer only through name it, blame it and give it a pill? I don't believe so. And you've just confirmed my belief. So I'm so excited to hear about that.

Julie Renee 13:20

Yeah, you can either take the let's try and fix it approach. There's like two bad choices. One of them is go to the doctor and get on medications or do surgery or the others to succumb and just, you know, give up and plan your retirement early because you're just not functioning that well. And those are both bad choices. And another choice is to begin your journey of regeneration. You can do it one to one or you can do it in programs. I have a four year long program. So there's better choices than giving up or just and I I'm very much pro to everything you know to do. So if bioidentical hormones are going to help you Well, we're regenerating your, you know, your systems and your endocrine system, perfect use that or if herbs support your brain, or oils, or fish oil, or whatever it is, I want you to do that because I want you to do what's working for you. And then I want to take it really to the next level so that you can really be fully expressed for a very long time. I know I have a plan to live a really long time I adopted a three year I have a three-year olds adopted at birth. And we're just beginning maybe opening the door to another child. I have no intention of checking out anytime soon. So I think if you want to live a long life, give yourself some reasons to stay in good shape and good health so that you really are there for yourself that you're loving yourself. You're taking care of yourself and you're going for it. I just have to say on that level. There are friends of mine who say they've got you know, like 10 good years left and they better party and get out and travel right now because you know, 10 years from now. They might be wearing a diaper and drooling, and I just can't imagine thinking that way. So stop, stop, stop thinking that way. If you hear anybody go, cancel, cancel, cancel, because we don't want that we want you vibrant and healthy and fully functioning for many, many, many years to come.

Bev Roberts 15:17

Exactly because you mentioned the word longevity. I don't want to live a long, unhealthy life. I want to live a long, vibrant, healthy life.

Julie Renee 15:28

You know, it's so funny. If you look at pictures of longevity, they're all like aged scrawny senior citizens. But I'm 62 I know people usually guess me early 40s. And, you know, I think that we can show longevity as a healthy youthful looking person. But in our culture, it's like this aged, scrawny person who's doubling around, he doesn't have quite the muscle, you know, his muscles aren't quite working. So he's, he's moving along, but he's, he's vibrant and there's nothing wrong with that. But there's Something else I want to say is like think about in the Bible people live to 700 years and more. And that actually is true we are systems are set to live that long. So it's like clear the hard drive and clear the DNA of the product problems that are setting you up to die slowly or die quickly rather and live lot much longer and a youthful body.

Bev Roberts 16:26

Yes. And you mentioned there Jules about what I would say is the basic foundations of good health, you would still do those, you're not going to party hard with alcohol and skimp on sleep, you're not going to eat lots of sugar. So you're going to take care of this physical body in the best way. But yet you will reset the programs and release the things that are not serving you so that you can get to that space of complete wellness.

Julie Renee 16:58

I love it. You just summarised it perfectly. Yeah, I have my practices that I do every day. And I recommend you know that people meditate every day that they exercise if they can outside because outside the energy, we live on the top of the mountain here in the Big Sur mountain ranges, the Santa Lucia mountain ranges. So we get out, my daughter and I will go up, I'll put one of those night lights on and we'll go hiking at 5:30 in the morning will hike for an hour or so on the mountain, listening to the owls who then the birds wake up and then the sun comes up and it's super fun. So being outside celebrating, kissing positive and watching what you're fuelling your body with even this wonderful program, but you know, sometimes people can get too plugged in either to the frenetic field social media and news and everything like that. Or you can kind of become zombified. Watching TV, like average person watches TV, six hours a day or something. Yep. So we want to unplug from those things. Those are actually things that Slow your body down until you slow down, slow down, slow down. You don't really want to do that you can, you can slow down, you can rest, you can read a book, you can do play some music or paint. But those kind of things we want to do less than less.

Bev Roberts 18:13

That's fantastic. And I know that you've written a number of books, it was hard to choose which one to talk to you about. But yeah, tell us about your book, Quantum Healing Secrets and why you wrote it and who it's for.

Julie Renee 18:26

Okay, well, the Quantum Healing Secrets is a series of short, easy to read articles, I put them together. It talks to its, first of all, I wrote it for the busy professional, who wants to put a little bit when they may want to have a five minute read to inspire them before they start their day or at the end of their day. And this is what that is this. The articles are typically one or two pages long, they're easy, and they're going to introduce you to the concepts of cellular neo-genesis and we didn't even talk about the DNA obliteration that's those are covered in here in simple ways so that they're in your language that you can understand you don't have to be training with me to get just a lot out of the quantum healing secrets book for everybody, but especially people are busy and want to have inspiration want to you know reset their even their belief system that this is possible.

Bev Roberts 19:25

That's amazing. And Jules what are your tips for living fabulously?

Julie Renee 19:31

You started that and you asked me right be right before we started and I was thinking about that. And I think one of the things right now I've a special needs daughter. And so we hit the ground running when she gets up and she's early. So I get up around four 4:30 and meditate when the house is quiet. And after I meditate I put a fire in the fireplace because it's winter here not so cold. I'm in California, but it's chilly mornings. And I might read scripture that's usually What I'm doing and just allowing myself to have time to connect with the divine. I love to when my daughter's awake, maybe 5:36 we're on the mountain hiking, eating nutritious meals I plan out five, five meals for her and I a day so we're both on very careful diets drinking enough water. I don't drink alcohol or use recreational things, medicate with drugs or whatever. So I'm living a clean life. I think also surrounding yourself with people who are positive thinkers who have their own divine connection that inspire you. staying positive, staying grateful, appreciating the goodness of others, even if you know people are flawed because we all are. If we can approach it with generosity, our life, see somebody's kind of struggling but they've been fighting the good fight and they continue to pursue praise them, you know, take on the extra Wise elder wisdom of supporting the planet, you know, supporting the people around you. And I know you've been struggling but you are doing such a great job and I you inspire me. And rather than looking for perfection, look for the goodness in people and let them know that you see them. I think that's one of the things people long for. And when you do the hat, there are endless rewards that come to you because you put that wonderful energy out.

Bev Roberts 21:26

That's beautiful. Yes, I get that because even though we are more connected by devices nowadays, I think we're more isolated than ever before, because there's always this facade that people put out in social media. We either have the facade or you have the other extreme of it was me so you can't have it's not the truth. And I think you know, what you're saying there is finding those people that you can connect with heart and express admiration for where they're at and what they're doing with the last I have somebody in my life who had a beautiful partner who 4 years ago had, sort of like a seizure of some kind. And they've discovered he had a brain tumour. But long story short, she's been living with him in

this incapacitated, almost vegetable state because he has lost all his faculties through multiple strokes. And just even this morning, she said to me, I'm feeling so isolated. And actually, my first response was, I know how hard you've been working to be a carer, but I want you to know how amazing a job you're doing and what are you doing to take care of yourself? How can I support because it's sometimes just even that simple connection with somebody acknowledging them is what we need, that she's doing it tough, you know, I don't know how she copes. It's incredible what she's been doing for four years. But you know, for each of us, we don't know what's going on for somebody else, so if we are just kind and reach out and, check in on people how they're doing, and I think the world would be a better place.

Julie Renee 23:15

Yeah. And you may not know the impact, but I promise you being on the other end of that and having people comment to me on my amazing mothering, and it's hard sometimes it's really hard. It makes a difference. It really does. And you don't know if it's just that right moment where somebody really needed to hear it because they were having a really hard day. And you reminded them that they're amazing.

Bev Roberts 23:40

Yeah, that's wonderful. This has been such a fantastic conversation. I could talk to you for hours. If you want to hear and find out more about what Jules has spoken about, you can find her website is JulieRenee.com and on Facebook, it's JulieRenee.Doering and these will be in the show notes. So don't worry about the spelling, you can head to the show notes and look this up because this is going to change your life. I know that. I have that strong feeling that it's really important that we didn't meet by chance Jules that it's actually somebody listening today is going to be having a breakthrough because of this. And I thank you so sincerely for being with me today. What my takeaways are, is that I wrote a best selling book called 'Hope in a Dark Tunnel' because I knew that I had the opportunity through my own struggle of my illness to help others heal. And I think what this does is really create hope and create the opportunity that we can take things and turn them around, even if we don't understand it. And I love that you said that. We don't have to understand it, but we need to believe that that it's possible. And so thanks so much for being with me today

Julie Renee 25:04

It's just a pleasure. Thank you for having me.

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