

## Regular Guy Friday ep 130. Victim or Volunteer?

Hey friends So Macy's as you may or may not know is a place I used to work at a store I still shop at and have been incredible supporters of our show for all of the above reasons Be sure to visit Macy's dot com backslash heal squad and explore my favorite finds Thanks to my newborn little Athena I added the most adorable baby clothes including some super practical baby gear stuff that I have in my home and is on my personal wish list and I invite you to take a peek But whether it's for your baby your own fashion or home Macy's has got you covered head over to Macy's dot com forward slash heal for all your shopping needs Happy shopping friends If you're new to my story I went through a major weight loss journey years ago and let me tell you it was a mental battle as much as it was physical That's why I'm so excited to talk about No with you n takes a unique approach to weight management by focusing on psychology which plays a significant role in weight gain and loss What makes no truly remarkable is its emphasis on behavior change It goes beyond just giving you a meal plan or exercise routine N helps you identify and modify the underlying habits and behaviors that contribute to weight gain with its personalized and science back strategy N ensures effective long term weight management The best part is that N adapts to your needs Not the other way around You have the power to integrate new into your life in a way that works for you Incredible feedback from 4272 individuals who tried n shows that a staggering 98% of them reported making lasting changes to habits and behaviors If you're ready to take control of your weight I genuinely recommend giving new a try begin your trial today by signing up at no dot com That's nnoom dot com Don't miss out on this opportunity to transform your relationship with food and achieve long lasting weight management Oh we're not gonna take it No no we ain't gonna take it Look we've got the right to choose There ain't no way with those so happening I love it though Actually featuring twisted sister with a mariachi band Amazing It just makes that I love more about you It just makes sense You guys you hear that you know we fooled them again So yeah maybe we made it to another Friday Your day about your boyfriend's day your girlfriend's day your partner's day your boss's day your children's day your cousin's day your friend's day you share the day with your pet I'll give him that Other than that it's your day Kelsey Alexandra Meyer poo poo Also way out in South Africa is Natasha But I think before we begin Kelsey as I enjoy the D Snyder and the Mariachi band reminding me I don't I don't

have to take it Especially on a Friday Can you please give us the disclaimer Because unfortunately I I it just came over the P A Everyone's being asked unfortunately to deboard Uh but we do have tickets on Spirit Airlines middle seats only Unfortunately we all clap when we land on Spirit always because we're thankful that we're alive Correct Correct So y'all if you're new to the show and you're looking for Heel Squad hit up the Monday through Thursday part of the feed this is regular guy Friday It's a little different We're more economy your middle seat on Spirit Maria and Heel Squad are a little more you know that first class business class they're ascending We're ascending to you just in a different way Yeah we're just different We go about it differently So don't get mad if you're here and saying what is this Don't leave us a one star review just kindly see yourself out but we want you here You can you can be board we will give you free passes for you Monday Monday through Thursday You can listen to hell And exactly Exactly Your food voucher is only \$5 So I just have to say it's not going to cover it all but like we're doing what we can do it It's economy premium premium I think Yeah we're like we're the emergency exit windows Yeah Yeah I think we we bumped out from the middle seat now you know you see why it's a little infuriating that we have to go sit in spirit Should I do Ok Should I just ask you can answer this But you know you haven't been in the position for a month maybe two months What's what are the number one shows on our ne on Hill squad Just kind of curious what show gets the most Like what I'm just saying in general Well honestly we're up there It's like Doctor Joe and regular guy Friday just just give us a I'm just saying July 21 episode I think it was July 21 I'm not saying the number It was higher than any other episode that month No it's kind of crazy I would buy a lot I would pull numbers I remember it was like during Christmas time and it was like our Christmas but it was like the numbers were like stupid We really this is crazy Like you know we are the public We're Jen pop baby That's right Ok So things I know things are settling down because of Taylor We don't have much new pop culture news This week we'll have some bonus material but not a lot And and I was wondering if it was the Maui fires but then is it just the whole like back to school where we're winding down where it's ready to get to if it hot girl summer we're getting the most out of hot girl summer And then we go into what is it um coupled up fall I don't know I don't know Yeah It's like planting the seeds for you Yeah I was gonna say that Yeah So it's cuffing season is coming Ok So we're kind of just a little curious We're getting there Yeah Not a lot of news We're also I think everyone's trying to enjoy the last couple of

weeks this summer Like they're all doing their last vacation before September hits and it's just everything hits the fan It's all busy Busy busy busy just busy Now Had a friend We start a little you know here we are back in the economy section Had a friend that got over served this week who potentially gets over served He's been getting over served a good amount No recently And it's become a bit of a pattern Take care of her which again take care of your friends obviously But this particular time and there's other factors in it and by the way over served is the term we use The regular guy term is when you drink too much too much Um and there's just there's other factors where this person knows they shouldn't be drinking a certain amount because maybe there's conflicting chemicals with other stuff they have to take So it's a known thing They shouldn't even be drinking anyway let alone drinking the amount they're drinking So it was Sunday I just got back from LAX and I finally settled into my apartment and I got a call from one of my other friends who was with her about her being a little too drunk getting off on the side of the street out of the Uber rolling around the floor like on her back because she had broken her ankle We later found out we actually broke it when she got over served When she got over her home she had a stop on the side of the street to vomit and she fell I guess a certain way broke her ankle And so we had to call the ambulance three times What So she wouldn't go in finally goes in this is 7 p.m. on Sunday What She tries to jump out of my car as I'm driving her back to the car Was she hammered here Yeah Yeah What None of this surprises me because I've lived it and I'm having such PTSD right now and then we were in the er till like 1 30 we had to pick her up at like seven because she was on pain meds They had us to date her at the hospital because she was grabbing the doctors and nurses they had to get her focused Yeah because yeah she was like grabbing them and by the way just a regular guy term for um getting really drunk is over served regular I term for somebody who is on drugs We say focused so often if you're with someone else and like I'd be with my brother Joe and now we're at the point where we communicate so well together Same with Maria the three of us and I'll just see somebody and just whatever you can see but look in their face their eyes and I'll just say to Joe focused and he'll go and he'll either say no no no whatever or he'll say oh laser focused continue So she was over served and focused Yeah And so we were having to deal with that and she was very upset and embarrassed and obviously apologetic But the day after like horrified which is awful And if it was an isolated incident I wouldn't even care twice It would be like of course it happens to the rest of us It just

happened So many times our other friends have reached out to us because she's a pretty good friend about talking to her even before this incident because she's been acting certain ways when she's out with us I think it could be time for an interference And so yeah I kind of was like I think I need a minute like I need to you know so please please this is why I'm asking all through college roommate like this You know great term from my friend Peter age came up with for people who are not fun He's like he would say oh yeah he's as much fun as a bag of wet hair That's just the best bag of wet hair Who by the way like a brother to me still is when I say that was back in my I was gonna say back in my dysfunctional days I'm still very dysfunctional I was just more dysfunctional and it's very interesting Like Kelsey you've not been around that that says a lot about you which is good But I know for me I'm very attracted to that That's codependence and I actually want to talk about that later today So it's it seems that this is a good lead and but I had someone like that and when I look back at how many nights and and great experiences were just ruined And you know the um I'm not an expert in this I just have lived it And I know that and I actually because I cared so much he took a class on it a summer class to learn because I loved him You know and and um it was an amazing class at just a local community college But you know one of the things people don't cop to is it does center on narcissism Sorry everyone but it does It's there's a big component of yes of course you're addicted to the substance But that whatever you're going to get from that substance means much more than anything else because feeding yourself is more important than anything else And they'll tell you the best thing to do which obviously you you guys did the best under the circumstances and you did the you did the best because it could get scary and you don't want to see the person die But they will always say you know leave them sitting in their puke make sure they're safe and they won't choke on their puke or die but leave them make them wake up in that because then they're horrified The worst thing in this what we all do is we clean up the mess and the next day it's all the apologies and I'm sorry I'm sorry And then they're right back to it And um I think that uh someone like that you know that's an indication if you you know that she has a problem with alcohol Usually it's funny if you read the statistics on drunk drivers who you know do the most amount of deaths and things like that It's not people that are social drinkers it's not you youtube or who have a couple of drinks Usually Statistically yes that happens It's usually the hardcore alcoholics So you know there is a greater good involved in you know not that you have to take this on You are well

within your rights to be I'm done and we're never going out again You're well within your rights And that's definitely a healthy option The other option is an an intervention which I just love Seinfeld called it an interference But I think an interference and I think it's if there's moms and dads I think moms and dads have to be called in because it's that serious And by the way I've done that with someone who worked for me I'm like I'm calling your parents because I would find pints of stuff I'm like listen it's not because I'm your boss I'm your friend I mean you're being you're a young guy you're putting this stuff I could like at one time my motorcycle ran out of gas down the Vineyard back when I always got over served Uh And I remember pouring like a half a pint of whiskey into my tank Now the motorcycle wouldn't go over like 67 miles an hour but it was enough to get me home But like that's crazy that you know these these people like but this guy was putting this in his body I said you this is just pure battery acid And I just remember saying to him if you don't if you don't come to grips with this in some way because it's not you're not doing it on Friday and Saturday nights you're doing it either like you know which it leads to But I remember saying all right I'm I'm calling your parents and by the way like who like this is why I don't want to work with anyone anymore because today your generation would sue me for that which I'm trying to help the person But back to you know the situation Yeah I think that there's a greater good involved with an interference where it's and and you know there's several you could even the parents could hire a counselor to be there You could pitch in a day rate would be nothing I would recommend that because they'll know how to lead the meeting Um and then someone like this you know has to you know what they'll usually say is oh I won't drink anymore and then that lasts a minute or even if they don't then there's the term dry drunk Have you ever heard of that So the term dry drunk applies to somebody that stops drinking but doesn't go through the 12 steps So it doesn't go through any kind of therapy That's that's the so she said she's going sober which I don't think is enough It be a you'll see the same narcissism and all those issues still pop up Now I will also say this I think the 12 Step program is amazing because it's all we had back then I do think there are other modalities we have to be open I've known people who've gotten off of it I've known people who use CBD and still but are now functioning and actually very successful and we're we're down and out and you know uh suicidal and on skid row So but I think that it's got to be addressed and you know with I would say with a professional there is really a problem there that doesn't just happen when someone goes that far I want

for you puja to just be out of this after you have your sit down because life's just too short because because all you you're you're just perpetuating just so you know you're perpetuate Yes you saved other people and you might have saved her life that night But if you guys keep doing this you're just perpetuating this bad behavior Yeah that's what me and my girlfriends were like we got we did we were like listen we're gonna take a beat like wish you the best like either get it or she won't Right And I think this kind of scared her straight which it should like we gave for details of the whole night Like that's three different times we have sometimes if you it won't matter none of it matters What's gonna matter is you guys not putting up with it Yeah because then it's enabling it then it's just for you study the statistics of them hearing the next day Sometimes they'll even say video tape the people so they can see it But you know she's only gonna get it Hopefully as if she's like wait I'm that that there's that statement the pain of drinking She's mortified baloney and she's done this many times So I'm not buying her I bet only this is just decades of me dealing with this not just with this one person that I was attracted to many people like this and always hanging in with them and and I can't tell you how many like nights got ruined because I just kept So um when the pain of the addiction outweighs the pain of not having the substance and the pain of drinking outweighs the pain of not drinking is when they get help usually So I don't know but I feel because um yeah I've been in that but I agree with you with like poo is just like giving so much energy like you and it's not just like bye good luck It's Yeah OK Do what you need to do have the interference and then it's like this girl Kelsey or literally like if we could hire Kelsey for the day day to come in and you either go to the or some face time There you go But honestly it's not worth it No And this person is like 54 or five years older than all my other friends And I'm like you're 22 23 year old That's that's another tell you want another regular guy tell all the stuff that just would just get me killed for saying when you start seeing people of a certain age getting completely blown out And I'm not talking about the father at his daughter's wedding who just let's lose that long time I am not talking about that I'm when I still see people you know over 30 who get but say even over 35 because I get like we don't mature like we used to But I see even 40 like say 35 when I see them still their eyes closed and blind That generally speaking is it's somewhat a problem Yeah Well even I don't know why this hit me so hard but when she was roaming around on the streets the sewer water of L A was trying to get out of the apartment after she almost jumped out of my car She was screaming bloody murder and there

was someone walking his dog and obviously was like what is going on And then he was like oh she's drunk She's like ah he's like oh I've had an alcoholic girlfriend like just don't let it hit 30 That's when it gets dark I'm like you're three years away from 30 Like that's really scary He said that he's like yeah he's like don't that's when it gets dark don't let it hit your but that's like such a I feel like that's such a direct like spirit whatever Freaking 100% Like that's wild I was like you're four years you're like so much older than me and the girl that's taking care of me right now and it's a Sunday at 7 p.m. This is like and you know you can't be drinking on medicine Like that's crazy I think she can't be drinking Yeah Yeah I agree Yeah And I told her I was like listen because there is some event going on She's like if it's too hard for people like I won't come because she's on crutches Now I'm like if you think you can get yourself in an Uber and come to this event and then get yourself home that's fine But we're just we can't take care of you anymore Like you can do that Yeah I said if you think you can take care of yourself that's fine that you have to you have to hold it right I'm not like we're not driving you home because it's too hard to get back home So what do you do poo when this is a question for you So what do you do when she's in that state and she gets in a car with a dangerous individual Let's say a person who's got bad intentions or she's going to get behind the wheel and try to hurt someone else What do you do You mean like if she's drinking Yeah then of course but that there's do you see what I'm saying There you go So you're still you're still in that space of enabling like because what you said is perfect Now it would be perfect if you said OK get in that car with that strange guy or you know get in that car and go run over a million people But how do you I couldn't do that So anyway I'm just saying you're on this journey So you know like you're young on this and and then they they sometimes they have a reactionary habit where they'll put the plug in the jug As we say they'll stop drinking for like a minute and kind of Oh wow And they they get you to drop your guard and then they make the amazing comeback which everyone loves a comeback That's hard Yeah me too I mean I think it's just learning like it's part of your twenties It's just the first time I've had to deal with it and it's a part of life and by the way you know certain cultures are more pre exposed to alcohol A lot of Indian friends of mine were had a hard time with alcohol Well they couldn't handle it It's not that they were alcoholics It was you know again I don't know You know I I know if it's a cultural thing or if it's biological but with DNA I don't know Not sure it could be Yeah I'm proud of you for standing up for yourself though And like being aware of that you can't take care of her It's like the

older it is it's like the older I get I'm like if any of my friends are slashed I'm like get away from me Like oh by the way and the longer you stay in L A the more no but the more you're gonna go by because we all just get selfish out here anyway It's like I'm going to and again if it was the first time I like it all of that like that but like for other people to notice and text us like actively about it and then do all the time and then like not really like work during the days Like it's just like it's like bringing your who you who you are who you surround yourself with And I'm like I don't want to be like that at all You are you with this Who was on the show that you on Hill squad That said you are the sum of the five people Yeah it's true though Yeah that's from South Africa is nodding So I just wait is Tony who says this all the time That tons of comments Um No it it is it's really it's really hard and and it's always worse when they are sober for a little bit and then they go back and drink Yeah it's always much much worse and their tolerance has changed and they don't realize it and it's just uh it's a really difficult thing to navigate and and it is it's like you also hope the parents take some kind of initiative and get involved But sometimes they don't like you know a person I know um lost her friends to an overdose last week actually And the parents were like well you know we're trying our best and this is like a thing that's been going on in and out of rehab in and out of like detox centers Well we mid-thirties Well listen I want to have empathy for the parents because I've seen I I've seen a car working with junk full-on junkies I will never forget crack pipe Harry as was his name we ever heard about him Well the one thing here's the thing about crack pipe Harry Um there was big daddy big daddy crack pipe That was Lenny and then there was little Harry crack pipe But the thing is about little Harry crack pipe Like I man I man you gotta call me now He but did you tell he's like Lanny Lanny's a piper I'm a Spanker Oh I don't know that Well when you hit the crack pipe you are puffing on your pipe When you inject heroin you're injecting Oh so he heroin So just injecting spiking Can I just get some water back here Please do the flight attendants even talk to us back here I'm like what's happening I'm in my center seat I'm not bothering anybody I just need my arms on the arm rest Just need some water spiker But anyway so but I'll tell you something about little Harry crack pipe I will never forget him telling me he's like yeah you know I'm like we can have a house in New Ha can win up jet ski Then we had one down in Florida and then and he's going on and on I'm like wow interesting Like the parents actually had money Yeah he's like he's like yeah well you then you know when I started getting in trouble you know we you know we started you



know we lost them all you know did my court case and shit But this was what killed me He he was like can't tell you the truth He probably should have just let me get in trouble and it was just like Popeye had to do everything to hold back to not just give him the left hook for those poor parents They lost everything just so this degenerate could just sit there and laugh Didn't give an f and that's unfortunately that's why some other cultures make hit the United States Well like that you're you're you Americans have you know your you've your souls are gone because you're so wrapped up in your drugs or your medications your alcohol uh not medications but your drugs or alcohol maybe even consuming all your addictions But it literally takes your soul away So I wanna say I don't know the story with these parents but I've seen parents who just have to protect I've I've seen the ones most of the ones hanging with the kid forever and then they lose all the money All the other siblings suffer The other siblings get tortured tormented And you know what the person who's the narcissist that's the addict doesn't give on F and and then I've seen you know I've seen ones kind of they've hung in with the kid long enough where they almost get tired of the addiction and now they just kind of they're half broken They live in home after 60 they're good to go to CV S and get the prescriptions They might be able to roll out a barrel or two during trash day But it's almost nice for the parents Like now you all have each other You made this mess now it's yours But then I but then I've seen and I've seen the ones who are just like no we're out We don't talk not allowed around us not allowed around the kids No is out but it's to protect the greater good and it's a really hard decision So I don't know I'm very empathetic to parents Who where do you do it You know where do you I don't know what I would do Where do you like Where do you go Hey you know what No I'm out like I'm not gonna have myself my partner the other kids be be to you we're all gonna go down for your nonsense This is not you Um It'd be different if it was a handicap baby or if it was a you know like that's different But I think it's hard like as a unit to like my cousin's an addict and it was like the mom my aunt was like being his mom was very much like no I'm not going to give up and my uncle was like I will leave like we're not doing this Somebody somebody has to be one Yeah And so it was like they ended up like letting him kind of like go but you either sink or swim I know I've heard a lot of addicts say that have recovered The best thing their family has done for them is to let them go because I have a cousin who's an addict and my aunt just won't let go which I'm not a mom So I don't know what that's like So I can't judge But his sister my cousin was like I have to remove

myself from my two kids My husband like I can't have them around and even my parents were like he's on a lot of my sister's wedding Like we don't want that around our kids And like even growing up they're like they're in middle middle and elementary school Like I can't have this I even with Athena there's like there's just people we know who are not acts but they're just dark I'm like no no no no no way Yeah It it it's tough I I will say this though and I want to say this for other parents I don't know if I'll have the strength to do it I think I I will as a dad only because I think Maria's father had the strength to do this with Maria But some of the greatest lessons I learned and I would say most of the success I have is based on my parents saying no to me denying me and you know slapping my wrist but especially saying no and denying me uh no you can't live You know my dad died My mom was like no you can't live here anymore And thank God you know thank God you know that um and I understand she was dating someone new and you know my you know very hard for women to find uh a man And back then at 52 was old today at young But back then and you know she caught with someone new and he would have he would have let me live there But I'm so glad it was really hard I had to go live in an unfinished basement It was really tough But everything I have is that because of that And I remember when my dad his dream was to have a house on the vineyard And I remember when he did it he was just like uh you know my favorite thing about this song is what Dad none of you were getting a key Oh yeah He was just so fed up with the three animals and and I'll tell you I remember it hurt my feelings but it was the best thing So I'm glad he got something that was his by the way two years in who got the key Yeah Just take the kids Needless to say I think some that's it's hard as a parent But Maria's dad always used to say to her you think this makes me happy not giving you what you want I want to I want to say yes go on spring break I wanna say but I gotta say no you're gonna thank me later The way I think of Maria I think of Maria's success Was that dad saying No no I'm not paying for your college anymore No I'm not All the things he made so much harder on her is why she just ascended and why she you know made it so but I get it it's tough as a parent All right we're going to take a break I want to say something So um Maria sent me a clip yesterday actually that they have done a study between just the right amount of trauma that a child experiences leads to them being overachiever It was very interesting Yeah Hm Yeah it's hard because it's such a fine line with both of those things Right You know it can either make you or break you Um you know here's a here's a great quote and again it's a lot of stuff that infuriate will infuriate

people But I had a therapist who said had a great quote about trauma and he said when a trauma happens or you're hurt or you're injured in some way um when it first happens you're the victim Mhm After that over time over years you go from victim to volunteer Hm So he's not that South Africa would not on that one You understand Right Natasha Would you please expand for the Children Because you are there are there comes a time when you realize that you are being victimized and if you continue to let that victimization happening happen you accusing it right Or if the if it's uh if it's something that happened let's say in your past your childhood and it happened and it's over If someone did something violated you I don't know 10 15 20 years ago and that person's gone is no longer doing it But in your mind you're still allowing it to victimize you You're volunteering now It could be in your mind to say ok that's passed I'm gonna choose another path Um It's funny Well then I go I'll break on this Not because I was gonna talk with this anyway But um the neural network in place in our brains from past experiences and traumas every time we realize things were messed up in the past we override the neural network to build a new one But that's why I'm always trying to push all of you and Maria and myself to get to the why and get to OK why why are you hurt right now Why are you reacting like this What happened in your childhood And you start getting those understandings Then I in regular guy speak would say well now I know better I'll do better And I just would always say hey you're halfway there If you understand why this trauma is you still feel like a victim 20 years later If you can understand that why you'll get better But actually there's scientific proof that you can start by knowing it You can build a new neural pathway But the neural pathway in your brain from your past trauma is still there That one of I'm still a victim is still there But but the bottom line is you know at some point you're volunteering for this and because Tony Robbins said it I know he got in an argument with the one lady about it and it just came out all wrong I remember it was like almost got canceled Yeah You remember Na na na Do you remember when I was there at that event I don't remember that Yeah Yeah it was uh you know and he was kind of trying He I because I had heard him on other things too He remember he talked about he said rape or molestation goes listen he's a 6 ft six guy He's like listen I if you put the any of those guys or whoever did it in front of you he's like I'll break their neck I believe me I want but he's like at some point it's no longer about that You know it's it's that happened to you but now it's 10 years later and you're choosing to live in that state you know of and I feel like we have a country

now that's choosing is volunteering to be in that state So you know we don't want to take away from what a victim goes through But I think there's definitely something to that line of at some point you go from victim to volunteer What are we gonna say I also think like today people are looking to be victims because it's amazing I wanna be a victim I don't wanna be a victim No I so want to be Yeah Why you have to be like that Wait it's KK can you explain how popular you get to be so many like so many so many fake friends as long as you are totally transparent right As long as you're all in on victim hood people are really But but what I say is the people doing that shame on you for the real victim You know that's what I always do And it's like it's kind of that boy who cried wolf thing because we all start being like oh my God And then something really happened I have empathy for the victims for the victim You know we were talking about this kid he was crying because the Starbucks didn't have enough employees to help him on Saturday But I said but you know the younger me would be like suck it up you know and then me was like no in his world and his perspective no one prepared him No one taught him So to him that's real That is but that's yeah but it's not his fault note to moms and dads and I have a new one so I might mess up in that way too I hope not I'm sure I'm gonna mess up in plenty of other ways but I really wanna be account you know accountable in that way But I don't I just don't think a lot of kids were accountable and also they weren't allowed to skin their knees they weren't allowed you know like it was just every you know so they're not it's not their fault They they really are feeling like victims But there is definitely lots of likes and popularity attached to the victim which is awesome I'm all in all in on all right So let's take a break and uh we'll come back we'll talk a little code Maybe we'll follow up on this who knows all that and more on um this edition of Hi Friend Summer's in full swing Hope you're enjoying it But we're already heading towards fall not to worry Macy's and I have your fall fashion and home needs covered Starting to add all my fall favorites to my curated Macy's list So go check it out at Macy's dot com forward slash heald More exciting news from Macy's They just launched their all new brand on 34th Now I have another cute brand to choose from When I go there on 34th was designed by and for incredible women like you each piece is made to fit your body match your style and adapt to whatever your day brings mix and match effortlessly with everything in your closet Practical convenient and stylish with so many fabulous choices to browse through I have them on my page Macy's dot com forward slash heald I'm wearing they're a denim romper

right now It's perfect here in the summer because it's cold inside with all the ac but it's light and fresh enough to wear in the heat outside Oh And if someone you know is a new mom like me I've added the most adorable baby items They're so cute I can't help myself You'll also find everything you need to make this fall your best head over to Macy's dot com forward slash heels cut and start getting ready for the fall season Remember Macy's dot com forward slash heal squad Years ago friends I went on a transformative weight loss journey that taught me valuable lessons and it became crystal clear that the battle wasn't just physical It was also deeply rooted in my mind today I'm excited to introduce you to NM an extraordinary program that has had a profound effect on my friends' lives leading to really remarkable results They've all been raving What sets no apart is its unique approach to weight management firmly grounded in psychology Unlike other programs that focus solely on meal plans and exercise routines N helps you identify and modify the fundamental habits and behaviors that contribute to weight gain backed by scientific research and tailored guidance N equips you with the necessary tools for sustainable weight management The beauty of N lies in its seamless integration into your lifestyle allowing you to take control and personalize the program according to your specific needs In a recent survey of 4272 individuals who tried NM an astounding 98% reported experiencing lasting changes in their habits and behaviors I cannot recommend no enough start your journey today by signing up for a trial at no dot com Noom dot com Don't miss out on this opportunity for us to transform your relationship with food and achieve long lasting weight management Guys kid you not one of the staples of my family's diet is wonderful pistachios I have wonderful pistachio bags in my backpack Every time I fly in my kitchen cabinets in my office and even in my glove compartment of my car So when my agent reached out saying wonderful pistachios wanted to support the heel squad I was all in Wonderful pistachios are both delicious and nutritious Trust me Wonderful pistachios is a true nutritional powerhouse A good source of protein with zero guilt Each one ounce serving has 6 g of protein Got to get our protein at over 10% of your daily value There are so many delicious flavors of wonderful pistachios too Roasted and salted are my dad's favorite lightly salted Kev's favorite No salt which Kev actually mixes into his yogurt sweet chili salt and pepper and my favorite seasoned salt Whether you're working at your desk watching TV hitting the gym going for a run or you're just looking for a nutritious boost with delicious satisfaction Wonderful pistachios are there to elevate your energy and keep you going

strong So why settle for the ordinary when you can experience the extraordinary and treat yourself to wonderful pistachios and unlock a world of labor and goodness visit wonderful pistachios dot com to learn more My first language was actually Greek and now thanks to Rosetta Stone I'm improving my Greek while Kevin's actually using Rosetta to learn the language now that we've become Greek citizens So whether you want to learn a language for business or travel living abroad which is happening more and more now or you just want to improve your neuroplasticity like we've learned here on the show Rosetta Stone is the way Rosetta Stone is an immersive learning experience So say goodbye to tedious memorization and mindless drills with Rosetta You're going to learn how to speak like a native speaker You'll match audio from native speakers participate in meaningful dialogues and practice other practical language skills Say hello to fast tracked fluency I can't wait to hear it Kevin for three decades Rosetta Stone has been the expert in learning language and now they're more accessible than ever The program works seamlessly on your desktop or through their user friendly app Plus you can download lessons for offline use making learning possible any time anywhere I like doing it on the plane and in the car Here's the best part with Rosetta Stone's lifetime membership You'll never have to worry about renewal fees Head over to Rosetta Stone dot com forward slash heal squad and claim your 40% off and enjoy unlimited access to 25 language courses for the rest of your life Don't procrastinate on your language learning goals Friends There's no better time than right now to get started Rosetta Stone dot com forward slash Heal squad Yes I'm sure you've heard about probiotics We recently partnered with just thrive Tina Anderson is the mastermind behind this extraordinary product Why do we need a probiotic The world we're living is so disruptive to our gut health from antibiotics that we take from roundup That's sprayed out over our food supply to stress We see symptoms like gas and bloating diarrhea constipation skin rashes autoimmune issues and allergies mood disorders So anxiety depression all of those types of issues are stemming from our imbalance in our gut And the thing about just thrive probiotic is you don't have to refrigerate it to be a probiotic It needs to be alive in your intestines not alive in the refrigerator And most of those probiotics in the refrigerator actually don't make it to the intestines alive which is the goal If we couple the just thrive probiotic and the just calm what do we get We know the probiotic alone is helping with the leakiness of the gut and helping all other types of things in our with our overall health But we know now we have the just calm

it's helping with our mood guys just thrive as a game changer If you're ready to take control of constipation bloat and stress and live your healthiest life Yet you can get 20% off your 1st 90 day bottle of just calm and just thrive probiotic today Just visit just thrive health dot com and use the promo code heal squad You won't regret it You know who this is No question mark and the mysterious question mark Look at them Look at them I love them Watch him how amazing he is with his blouse I like but watch his mannerisms do So this was a this was recorded probably in the late sixties and this was probably re-recorded in the eighties but still rocking That's why when you know people get all up in arms about Harry styles and dressing you know so fluid fluid and like David Bo being a rock star by the way glam rock is some of the best rock out there You guys we did our crazy guy who got internet curious and went to gym right That's right That's right But but all of them Yeah But he but but I what I love is these guys I always give credit to This is the day and age where you got lit on fire from say you're celebrated Like true very true Watch some of his mannerisms when he's dancing I love it I love it He's awesome I like your shirt I say I'd wear that cut out I'll be on top Like the Barbies Look how simple these videos were so great A little finger shaken Now the palm by the way I knew someone who knew him saying super sweet guy It's amazing Very innocent I love that little like sixties keyboard there which we love Kevin Always know that you know the best music Yeah you do Crystal But remember no profit is ever esteemed in his own time again Oak Grove Cemetery in Medford They lower the casket harder Yeah It'll say you tried harder and then or too dumb to quit I think on the back of say too dumb to quit And then if you try hard and then remember as it gets lowered and you'll hear the squeaks as it's being lowered And my mother's gonna go I get it now and then Maria is gonna go Oh my God Cathy me too too And you know I'm gonna say I'm gonna say Kelsey is gonna be there with her arms folded Yeah she's not gonna do I get it now right You know I get it I get it now Right I'm gonna say ok ladies I will think will probably go with my mother and Maria because you want to be popular That's that'll be the the I'm obviously Kelsey's little shadow and then that will be on an ipad from uh South Africa This is a would you have would you say I get it now or would you do get it now I think that I think I think when my dad was going down I'm pretty sure my mother was like oh no I think she got it like maybe five or 10 years later your father I anyway we digress Ok You know what sympathy is Do I know what it is Yeah I hope I do You know what it is Tell us what it is Sympathy is I understand what you're going

through because I've been through that myself Empathy is I feel what you're feeling regardless of when I whether I've been through it myself Compassion is those two plus I will take action to alleviate your suffering because I can Hm here's the this is where the trap door opens People If you're moving into compassion for someone who hasn't lifted a finger for themselves that's codependence when helping them hurts you and disempowers them or has you colluding with them to be victims That's code of interesting So for helping others aim for empathy and compassion But if it's uh no empathy and sympathy right No aim for empathy and compassion because empathy is greater than sympathy sympathy is but just don't be compassionate or or don't do something for them and but compassion is doing something for someone in a in a in the healthiest way It's taking action to help them help a healthy person But anything if it's a do for you that's gonna hurt me that's codependence Oh dang Wow Huh Can I get my seat back in business At least I'll sit in the room but that relates back to your situation You guys went into codependence I didn't I guess I never really thought about what Cody I thought Codependent was like you can't do something without someone I didn't know that was the definition Kelsey you're I want to be critical No no I'm just saying like you know what happened to like the three years ago Kelsey it was just all about the likes and being popular but like the victim thing you didn't understand how many likes you get being a victim But I'm thinking like it being codependent a thing Like can I can we ride that I mean hashtag codependent with the soft smile peace sign That's what I thought it was I think that like the younger generation definitely is like oh my God I'm codependent I was like but when I say when me and my best friend say it we're like oh we just can't do anything without So yeah like I would even say I'm like oh my God my mom and I are so codependent We talk all the time Yeah exactly We can't stop facetime and I'm code like I've never thought of it that way Like my best and her dad says me and her are codependent but that's because he just thinks we can't do something So it's not it's not true It's not true I know Natasha is like the that one row on Jet Blue right before the mints Yeah Right So jelly So jelly No I think uh I think we all have tendencies to be codependent and um I know and it's just how far you take it but part of part of being in an abuse cycle with someone who's there that becomes that co-dependency for sure So you can either heal your codependence or you can heal your self worth or you could do them both Hm Hm We have three choices in life We can turn on ourselves shame ourselves beat ourselves up We can turn away from ourselves which is



getting over served or doing unethical things or or or we can turn to ourselves Keep going toward the light I want to do that I think that's the way to go But I but I do I think that with the code of dependence I think just start asking yourself is this gonna hurt me Is this this helping this other person gonna hurt me And then I think that that's ok That's a very simple way of putting it because you know my problem is I am I have a lot in the reserve so a lot of stuff comes easy to me I can handle 8 2030 40 major tasks in a day Um So you don't see it as hurt and I'm so I'm so um and this is really a nice problem too with different things like we're so we are so um we're so good with trauma We're so good with drama We and we we're so good with it that we've minimized it And I've talked about that before where sometimes I've done it with you Kelsey I'm like no Kelsey That is a big deal What you like what what the way you're being perpetrated Is not it's a big deal The things you know went through like Maria like you know you you stared cancer in the eye like that's ok Yeah you came up like you popped right back up because that's all we ever do All we've done for her and I for 20 years boom Not get crushed right back up right back up right back up You know and it's like but I swear without honoring the pain or the trauma and it's a fine line You don't want to sit in it and be a volunteer but you have to honor it enough I've I've been over this on other regular guy Fridays but you have to honor it enough So you go again you can now recognize that's messed up I am have more value I value myself more And I recognize that that is an injustice and then you know and I'm not gonna take in the future and that's not sitting in a it's acknowledging it but it's not sitting in it and then it starts to build a new neural pathway But um but yeah I think that a lot a lot of stuff a lot of us can take a lot of shit So we go oh well I'll help that person and you know like OK fine I can do it and and there if you're if you're enabling their narcissism if they're not grateful Um You know I'm really we again working with Ida Ida Kendall you know um I can't tell you how many times you guys in the last like two or three weeks I've just literally bit my tongue meetings when I know I could say jump in and go listen I can do XY and Z I can bla bla bla bla and I'm like and I'm you know having people say well can't you just I'm like yeah no someone just asked me to do a really big podcast with actually a lot of big sports people and I actually thought of you for but that's you're in a different place with your career you know and uh I'll tell you about it offline like oh yeah What about you I'm like what like what do you think Like I like you know I I have so many things going on I can't you know what I mean It's like and if you wanted to then amazing but like it doesn't seem like you do

So it's like I'm not just going to take that on to take it on again It's easy for me I could do it I could do it in two seconds It would be amazing But um but I also realize I mean it's a whole other thing I I just also realized that when you when you I don't know people take when things come easy to you and then you volunteer yourself that quickly I find people don't appreciate it they take it for granted Whereas if you're like well um you know \$5000 for us as you know whatever \$2500 for a session or whatever it is or like for a month and you put me on retail right But when you when you just you just do it for free it's like you know so someone else reached out to it was like it was like a host on VC or one of those things I was like hey uh this one wants to do a podcast and I'm like great And for that reason I mean it's just I can't I can't because it's just gonna be another person that I'm gonna share 20 years worth of wisdom knowledge and a lot of the stuff that we do here no one else knows I've said this to Natasha who said to you like the stuff that we do here This is um proprietary stuff like stuff that we know behind the scenes No one knows you know some of the biggest companies don't know And I'm like you give it away and they they don't appreciate it So that's that's a codependent thing you know it's different when someone really appreciates it I think also in But I will say that if you have great means and ok let's say this let's say you're a wealthy person and maybe there's someone you know who's hungry and needs food Like that's not gonna hurt you to to you know we don't we don't do enough of that But my experience those people don't do that The people who can't Yeah Yeah Well I think code and like people pleasing go hand in hand to Right That's been my issue I just don't want people to be mad at me So I'm like sure I'll do it and then it's like they don't give a shit if I do it or don't But like it has me on it So I'm not I want to get back to you what you saying about maybe you talked about the universe poking So I have this recording She made me and she makes me listen to it in the morning but it's all about people pleasing out of my body going up to the sun and incinerating So continue Kelsey with the people you know I think especially and I don't know where it comes from in me but like I've always been yeah it's like I I know I want to hear it because I'm like I've always been that way where I'm like no I'll do it I'll do it I'll do it I'll do it and like because I I do it because I want to get ahead But I also do it because I don't want people to be mad at me So I'm just like OK I'll do it But it's true I've always been that way And so I think that like a lot of codependent people and I know a lot of like women on like who listened to the show I think are like that too And it's almost it almost becomes second nature I don't

I don't think oh this person is going to be mad at me but it's like ingrained in me Yeah So so ok let's go back to new neuropath Let's go back to childhood You know you were expected you know it was you had to overachieve that was it And you didn't even get the gold star Usually they kept moving the same day but you know you know what it is but they kept moving the finish line right Like but I got no it's another five yards No it's another no in recognizing that trauma It's not about sitting in it It's not about lighting those people on fire It's starting to oh that's why I feel like I have to please everyone because of my family dynamic You had to please everyone in that family in one way or another You were the one and someone was just being a psycho like being a basically a psychologist or like a bouncing board for them But then other ways it was you had a do Xy and Z Yeah you had to check all these boxes now So now we know that we can start creating new neural pathways and saying oh that's seven year old Kelsey who's that's why I feel this need to please this person OK But here's the thing it's the same thing I'm grateful to my mom saying no you can't live here because that made me ascend The reason you are able to outwork your generation is that yes So where we're at Kelsey with you is you one of your defense mechanisms has been to curl up in a ball totally turtle to go back in the show So you're either people please people please or turtle go in the show and that's what we have to get to that place of Um Hey you know I'm good I don't if this person doesn't like me it's OK I like me and finding the way to harness this great work ethic that you have that you were gifted you know through this trauma like that earlier I know I forget the Now maybe you can tell me what the um maybe you can tell me what the uh Instagram account is It that had the thing on trauma so we can share it with everyone But so that part of the trauma made you great but to the extreme it's it's not it's not good you know So I think that's where yours comes from My family did the same thing with me I was the same thing Um And I'm still working through it but it also it made me gave me herculean strength endurance like never give up like because I could never they kept moving the and I could never win no matter what but it made me so resilient and so strong But but the problem is we use that strength now against ourselves That's where we have to like go put a pin in it But it's not the my whole way of dealing with It was just I just I'll take myself out out of I'll keep working but I'll take myself out of all social I'll just say bye bye Beat everyone not healthy I'm trying to find the balance now But for you it's your head goes in the shell eternal shell And then that makes you crazy because right because you still have that in you to

overachieve because that's what was ingrained in you So now you feel like you're failing and you also you doing it right So you know I think um totally and I think there's an element to I agree with all of that And I also think there's an element when the finish line is moved and moved and you never you don't ever feel good enough So then you really don't believe that you are just good enough just being you know and I think that that's that's also another element right where it's like you have to understand this is something I'm working on like I am good enough just who I am But then it's like on top of that yes I want to work hard and still achieve I want to simplify this for you Listen I'm telling you the regular guy program but it works All we have to do with you is yes Let's separate from achievements Let's separate from outcomes Who cares to Yeah OK Get rid of it We have to ask ourselves like what makes you happy What gives you energy that also can feed you and if it is surfing then we'll go give surf lessons and you know whatever it is I think I know what is one of the many things because your high class problem is is you are good at a lot of things and a lot of things make you happy And again because of your childhood you were like here's your bowl of shit but it's ice cream eat it and tell us you like it But that's a good thing Same with me Like I tried to tell Maria I said you know because I had this talk with Maria just the other day I said honey listen to me It's been so you know you worked at Dunkin Donuts decades ago You know you worked in the Carney business with me for a season decades ago You you've now been famous for longer in your life than you've been alive and you made it very young And I'm like I love you But you know you have to sometimes remember you're sitting here and having a conversation in studio with amazing enlightened people or just even you know with your friends um is not standing over a cash register or over a grill or in a cubicle it's just not and whatever Um and she does love doing the show but whatever about work which is all past dramas you have to make your peace with that um and start embracing it And I said my example is this I said why do you think I mean for 20 years I was cleaning up dog poop making meals uh taking care of your family everyone around you But I made it all fun I made going to target was fun for me I made it fun and I I made it but I just went to that Well too many times I made renovations fun Now I'm just completely tapped out of all of it and I'm I'm now I'm doing what I love and I'm and and I'm minimizing what I don't love but I have to do I'm minimizing but even the stuff that I don't love I make it as fun as I can Um And so I said that talk with her and she's like yeah I get it I'm like you know you have to just make these things fun because it's life I

mean you're gonna have to do stuff But I think for you Kelsey if you just focused on what you love do that forget the outcomes the achievements the forget all of that stuff Just what do you love What do you love to do That's what I keep saying Every Friday when you come here off air go and swim out on that board and drift That's why they call it soul surfing and think like what is it That would just be so fun to do every day that would give you energy and then do it You're only sitting next to you know the goat at this from right from figuring out like what cards we have in the deck and how to play them But that's it It's not you're overthinking it But I think the turtle is going into the shell and then now you're just thinking and thinking and thinking you're in that shell totally It's not working for us baby No Let me tell you about just thrive What am I supposed to say about Jess thrive It's amazing Right No no really No But I tell you no Maria is by the way I will say the CEO of that of the who we had on the show did it air yet Her I will say this I said you know to Maria like I've got my favorites Xavier Dog was one of my favorites that I did by the way his all Star was this week Next week this week I saw the clip No he was he had an all star out this week He's been in two all stars actually because he's just so he's amazing Maria like saw the clip and was like I need to interview him I think we talked to him for like three hours Remember Deb found him Thank you Thank you You talk about by angels But I will say that the CEO of just Tina Tina Tina Anderson I I will say one of the honestly what a balance between business and health knowing her product and just an awesome person That's so cool like really giving and generous and not because we were famous you know she's a really cool person and now Maria is her probiotic which we hear so much about gut health you know Kel So a lot of the probiotics have to be put in fridges and things like that And she's like but they're transported they're not cold when they're transported and and and then when they go into your body So they have found a formula where it's it's alive So I think right So that's why That's right Well no Maria is very like I take Maria's word to the grave because Maria does not give a stamp of approval And then she really means it And she had texted me and was like have you listened to this episode You have to and I really think you should try this probiotic What are you taking And I said you know I'm actually not taking a probiotic because every naturopath um mine Doctor Bradshaw and Dr Allison were like basically saying the same saying the same thing It's like you're wasting your money because these ones aren't doing anything And she was like no I really believe in this one And so I just got I just got my natural yesterday in the mail I'm

excited and 20% off with Heal or 15 or something So if you use the promo code if you go to just thrive health dot com and use the promo code Heal squad you'll get a 20% off your first month of just five Just thrive probiotic and just calm and just calm is a specific strain that helps with your gut brain connection I should take that too No I'm excited I'm I'm like I said I just got stepped on my foot and by the way if you guys want to just be horrified I I swear I forget what movies like just show people like there's like a virus that attacks everyone's brains I mean we are I forget the movie it was a Netflix movie uh where people just went mad But do you ever watch some of the airline videos I know again like algorithms like know me So they just send me just the fight videos the fail videos but seeing like how people behave on plane I mean I will say on my trip to Dallas I had a I was as close as I've been in a while to a panic attack on the plane because I was in the very back in the window seat but there wasn't a window and the the people next to me were like pretty big people I couldn't even open my laptop I was like I literally told the flight attendant because there was like a row up and over that was empty And I was like please can I I'm about to have I'm so claustrophobic I like it was so bad you guys and I got off the plane and my mom was like ok from now on you are spending more to get like she was like this is insane Kel like uh no and I was like ok it was bad because I really snobby because I just I won't do it No I won't I'm not going to either It was like I just I just won't travel That's how I feel I won't I don't care My body gets too beat up from all the years of work and to be in that position the whole time plus ad D plus all of it and humans I'm like I either can pay for a higher class or I'm not going because it was like it was miserable It was bad I was like I'm not doing that Yeah it was bad It was really bad and I'm very calm like I don't it doesn't bother me So yeah I'm down for anything and I was like never ever again Oh my God there was a person next to me on my flight Um I was in the window too and obviously two people next to me and he was blasting his video without that phone held for like five minutes And I was like I was like I was like can you please put on headphones And I was like oh yeah yeah you you on full I was like good for you for even saying anything I would have I would have just sat there and just so my my whole thing to start in college because I always just live with narcissist was I I had so many between masks and headphones Uh you know and then the Carney business with all the degenerates who would like smoke I would build like towels around my head to make a like life tent But I just but I just honestly because it just I just is little interactions with humans because they don't

know how to behave So I just I'm just my I always go on the plane with headphones and masks and I even I'll even make sure if I have to have a I'll have a window seat I I won't drink anything So I don't have to go to the bathroom and bother anymore I'll just sit in that corner and yeah woof woof So that was my lesson from the trip Also you guys want to hear my other lesson because we always come back to a different person So um if slash when I get married I only say if because I've always said that I just want a long term boyfriend I do not want to get married because I think it's a waste of money But let's talk about this wedding dresses waste of money You wear it for six hours and it is minimum 3000 It's not always the Tasha the three stores we went to That was the lowest and I was like never ever I am taking my mother's I am cutting it up or I'm begging Maria to let me borrow hers No Anyways that was my other takeaway Yeah I'm with you My sister is having her It's like the Indian engagement party in October They getting so many texts about from family from family friends like so there's two events Which ones fancy or this or that And II I have no partner I'm literally like I'm like mom because my mom sending me options obviously to be nice I'm like please just order it you know my size I do not care what I'm wearing I run it by my older sister because she wants the color color scheme for the family I'm like just tell me where to be Tell me the schedule I'll be awake 6 to 7 as I hear makeup I'm going to be on California time It's gonna be 3 a.m. for me and I have to be hosting all these people up until like 2 a.m. It's so extravagant There's so many events in Indian weddings I love it It's so much fun but not when I'm the sister of the one getting married because then you're the one having to do and then when you yeah Right Well that's Priscilla doesn't have a sister So so that's yeah So let me say this So because again I'm 70 something years old So I've had different opinions through the decades But I've landed in this place There's always a what Always a work around So I remember mckenzie who worked for about three years we turned our backyard into the most beautiful and it was her and her friends all came together on during the week and on weekends we played music and you know everyone like came together and just we made it incredible but not without spending the money but it ended up being one of the best weddings kind of thing So I think there's always a work around to get the dresses I'm sure Craigslist and he just everyone but everyone just feels like there's stigmas attached to all that stuff And again it's just all stuff in our minds I will say But I'll say this though If I were gonna spend the money on that dress then I'm thinking well this is gonna be turned into baptismal outfits for

the babies or it's gonna be or I knew someone else who had theirs cleaned put it in a glass case They invested in like a I don't know a few \$100 in a glass case with a um mannequin thing So they can look at it every day So now it's almost a work of art or if it's like cool and like there was one that she had that was really chic that could have been cut and turned into a shorter something else or maybe passed down But I do think that you have to look at these things practically And then also I also want to have empathy and I don't want to minimize And this again I learned this from Maria but you know mm I know like not on the your your you we kind of live the star life out here And I think for a lot of other people that's their day to be a star It's a really special day and special time And I know from listen I barely remember our weddings because I was so into first kid I was freezing I was freezing in Times Square and I'm producing it and I'm memorizing something a message I was saying to stern on live TV You know so but but I will say um when the baby was born just all the love that came in it actually felt nice And these were like the civilian rituals that I was always snobby about when I was young I was a you know whatever d bag about Um but I get it now and I think so It's a it's the day for someone to feel special or the time for someone to feel special It's like the first born and usually it's the weddings and so that stuff is nice But I do not break the bank but don't break the bank for it I'd rather see someone buy a house or buy you know but there's still ways to do it No Yeah but there's still ways to do it and but you have to step out of the box That sounds so lovely But my family alone is 200 people coming And so the wedding I'm not kidding But first of all part of the culture the huge wedding people wait their whole life for that wait their whole life for that Your sister has been looking forward to this and my parents and I love that for me What did I say earlier If you're of means means to each their own It's when you're not of means and you go and do all the stuff for one day That's where it's like what are we doing guys Come on I'd rather see you by by the way Mackenzie has a gorgeous house now gorgeous house literally as if forever home It's beautiful because they were like no we're not doing this Yeah it was just wild It was really really fun But I was like holy you're from South Africa I did my wedding also like you know cost conscious but had everything that I wanted I love my wedding I would do my wedding over marriage But the wedding the marriage I love that though Yeah that's like so happy And I loved my dress and I yeah preserved it and I'm going to take it out for my divorce party and we're going to die at black and I love that Oh those are a thing now And I'm obsessed



with it very into it any time for a party Any time I could have a party I think as long as it doesn't come from a dark place Nady why don't you start taking this out of here I think as long as it doesn't come from a dark place Um and I look at Natasha It is like a freeing place like you Yeah No I agree It was wild I did not find a cowboy You guys So that was yeah but I did get it's so cool in Texas Like it's not like you go and grind on people and dance like at clubs It's like everyone knows how to two step and dance And so like I did have one guy ask me to dance and like lead and we did a little it was really fun I was like this whole it was very wholesome and then he was just like thank you Did you see any queens No Yeah there are there are a couple queens like those it Bitty Daisy Dukes um with their cowboy boots boobs out and their like little tiny tank tops Like that type of queen bleach A new kind of Texas for Now Can you communicate with them Kelsey or No Is it is it like a different dialect different like different places in Italy It's like I remember my grandparents spoke a different uh Italian You'll appreciate this The group that we sign It was different The group that we attracted was a bunch of New York people I feel like that makes sense It's different each other Yeah Yeah But it was very fun Yes Exactly Yeah Morgan can speak their language Yeah Totally Totally Yeah Britney Spears and her husband I know Done Sadly Sad I don't know I'm not surprised but I wish I don't know You know you see it makes me sad I just hope she's ok Like that's the thing where I'm like I don't know She'll be right I don't think so But that was yeah that was the kind of the biggest news That was the biggest I know back east I think it was around this time the Christmas decorations were coming out at the Los I've seen so many Halloween I went into my loss Just Halloween right now So yeah we definitely Halloween eking out the last bit of summer I still have a cabin trip at the end of the month or beginning of September I'm like summer's not ending never ending summer Ok Kids Well Kevin's like before Kevin's dying trying to remember why we're here to um help each other learn from mistakes and uh have a few laughs along the way Look at a did you know she had a song in the Barbie movie It's awesome It's really good Really good All her stuff sounds the same but it was really good I couldn't tell the difference from this I literally was in it but it was good I'm just glad I got to connect with her Yeah Oh my God That was still the craziest thing anyways Bye bye And next week we'll have maybe an RGF bonus Maybe there'll be some news Yeah Bye bye bye This podcast and all related content published or distributed by or on behalf of Maria Nuno's or Maria Manos dot com is for informational purposes only and may include information that is general

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