

Regular Guy Friday ep 128. The Regular Guy 4-Part Healing Program

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](https://www.macy.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](https://www.macy.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 noom dot com](https://www.noom.com) Don't miss out on this opportunity to transform your relationship with food and achieve long lasting weight management We're just doing a little chatter before the show We don't usually do this but a little Barbie knows what they're doing they do it right The problem is what we as humans do with the content But that's a whole other thing You guys look at this place Two original Barbies in the power suit black and white look at my girls not having to be sexy not having to dance just owning their power but like so feminine still Yeah but like bath baths in their little outfits and kind of I love that you know and like every great prophet not appreciated in their own time you know that I know that Now listen you guys it's you can tell it's Friday

Welcome to regular guy Friday Everybody We fool them again Made it to another week Right It's your day And let's just go right to that disclaimer Kelsey right to that disclaimer If you are new to this show this is not Heal Squad This is regular guy Friday So you are welcome to stay But don't get mad at everyone's invited everyone's invited But don't get mad if you're expecting Maria or some high level healers because we heal in more of an economy way here We have some laughs A little more regular guy regular gal speak So stick around But don't leave us a one star Review it right off Monday through Thursday You can go get back you can get right back in in in line for your jetblue Mint flight on Monday It'll be there for you But you know right now unfortunately you've been transferred to Spirit spirits a little But yeah you have to love Shout out shout out to old producer Jeff Graham for loving Spirit was Jeff in the middle seat in and with the big with everyone when they laugh Oh God yeah here we are It's Kelsey and in the all the way in South Africa we have Natasha in the booth and the girls in their power suits dancing on screen Yeah so so the big um yeah we'll talk about some hopefully some things that matter But uh but Barbie yeah Barbie Bobby I saw Bobby last night and uh now have you had time to see Bobby I have not seen Bobby yet but I am gonna see it You're gonna love it It's so good You're gonna love it you know I don't we don't want to just do spoilers But it was just uh it's a couple of moments I just knew you know with Maria like you know there's the scene they talk about mothers and daughters that's like the bond between them and then the speech by the way you know Maria's book whenever she gets around rewriting it basically had that full speech in there and then Maria is adding stuff She's like yeah and this and this and this and this and she's also true Um and it was still inventive and it was funny and it was and the production design was amazing The acting was great The casting and I love it I mean you see the other Barbies that were real like Barbie models without giving it away But um and and the Barbie that they made that was not a gay Barbie but kind of discontinued and mid the pregnant the pre one it was so good Yeah just like I keep saying like down to every single detail at the like I don't know I mean I can't even imagine how many Sequels will come out and probably spinoffs like Ken I know there's already talk about Ken getting something Brian Gosling I think that was his best performance All of them are so good My favorite I can't like I don't want to spoil it for you guys but there is there's one line where Margot Robbie is saying she doesn't feel pretty and I was dying because Helen Mirren who is the pipes in a side That's like OK maybe Margot Robbie

wasn't the right person to cast in this to prove at that point But Greta was just so how many beautiful women you and I know who come and say that Oh my God I had this oh my God Do I look this And we're like what are you what are you like I know I know it was I felt like it was very poignant and she did a really good job of hammering points home but still making it light and funny and not making it like I mean she's she's a classic movie star in the respect of you think of the old movie stars back in the day who were beautiful but then also were great actors Some of them were just beautiful men and women and that's what they were But then there were ones Montgomery Clift you know was like probably the original Tom Cruise I mean it was just you know and and to have um but to see her but I you also saw this in her for um Wolf of Wall Street I mean she's and she makes great choices and she's building a production company as well and she has one yeah And you were so you were saying the the men in your show the men were not as into the movie Oh yeah So it it is really funny because my sister and I went to literally the only show we could find on Sunday that was like this 2 45 show Two Civilian No it wasn't bad We tried to go earlier and the earlier were filled up So anyway 2 45 and it was actually not bad But then we randomly ran into Carolina and her whole group of friends and they have with her boyfriend there's half guys half girls right And it was so funny the reaction of the men at the end and it was like half of them were like oh my God we loved it and half of them were clearly triggered and they're like yeah it was fine And so then I'm talking to Carol the next day and she was so annoyed She was like yeah that like well it just proves the point of the movie like being the Ken Montage without giving it away the dancing But um when he came Century City and I have to say that it just it was so real It was hilarious And like as a guy I got so pumped I'm like this is awesome Everything is so cool in this world Like oh yeah I was just thinking of the people we know who have offices in centuries of course So by the way I've lived this with my mom I've lived it with Maria I've lived the like the pain of uh of what women have to deal with and uh I'm super sensitive to it So I got it The problem is that I have a crystal brain So like you always say Kelsey we know this the pendulum It's got to go the other way So unfortunately you know for everyone who take the message the right way it's just gonna be more mutated and it's gonna lead to more people being lit on fire that which is not the answer to this But I digress It was an amazing movie though and and it was it was a it was what it's just a triumph And by the way I'm just happy for the movie industry and I'm happy my wife Maria doing in front of

every single barbie and women power with Maria right there being the top female director It was fun to see everyone Like it seemed like it was one of the first times recently where the world like the country like need this band together Like Harry Potter Like there hasn't been a movie like this I know since COVID it out the business So yeah Barbie outfits people like my friends doing Barbs and Mars and that's like everyone's doing brunches beforehand and dressing up as different Barbies But that hasn't been a thing in forever forever And then with Oppenheimer on top of that it's like everyone like I bought movie pass because I know I'm gonna be spending so much money going to movies now and I live right across but it's getting people back which is so and again if you for us I'm excited because we're in this business But even if I wasn't I'm so nostalgic Like you just don't like I don't I don't want to see things go away Right Like you know so certain things I get it they go away but then other things just get reduced and they kind of settle So maybe movies won't be you know what they were with the big stadium seatings but at least they can exist You know now I know that the the business model now has shifted from the big stadium seats with you know 300 seats that aren't so comfortable with cup holders to now maybe say 60 seats but they're recliners they're more comfortable And the thought is like hey we'll take a loss over here but we'll make it back you know and yeah and making an experience Right So um anyway yeah it was I I it's just good I think it's a victory all around You know the other thing I will say about it too I love just like how much it does bring people together Like I don't know about your well you said you deleted tiktok but my entire for you page is just like everything Barbie everything on Instagram everything on tiktok And honestly Kev it's what I am seeing right now is like more positive than negative It's more like the sisterhood and less of like the men bashing And I just think that like that's a good thing It has to happen I'm just saying unfortunately again we get an iphone It's amazing And what do we do with it We get Twitter It starts out amazing And then what do we do with it It's a I starts out good amazing And what do we do with it We're humans at the end of the day male or female We f it up It doesn't matter Sorry I I remind you you're in the economy section Economy Plus thank you of Spirit Spirit Spirit But we're going to Europe Exactly Can you imagine what how fly from here to Europe in spirit Well especially from west coast because you're talking about another six hours just to get out of the country What are we going to My cousin's fiancee a few years ago did that and it was from a to like Glasgow or something And he was like like arguing with my cousins like no

spirits fine spirits Fine My cousins it's fine I'm not I'm not going with you and waiting for the trap door to open he will never fly spirit again Simply because it was so bad He was like his back was aching I mean he's also older Like it's not like like he's younger he's like old And so my cousin is like I told you he's like you don't even get water and she's like no like you don't get any you're paying \$40 to go to Europe Like of course we're not gonna get anything And it's it's also like he's he's just was cheaping out It wasn't like he was needing to find out Yeah And that's what she said She's like ok I can't force you I won't join you But there's got to be either I don't know It's got to be a battle I mean like in my mind I have to have a big giant goal to achieve If I if it was like someone's life is on the line or something huge I I'll do 40 hours you know and I'll be downstairs in cargo or under the but if it's if it's not outside if it's outside of that no I it's just not happening I will say they have some new planes I've flown like this last year and they're they're nice They're like the newer ones are pretty nice Well again um anyway the spirit of this is the spirit of no but the spirit of competition and the good side of capitalism like it started with first of all it started with Virgin America When um what's his name started Virgin America was you guys were really young That's how he met Roxy We flew on the first flight from Boston to L A but it was beautiful planes You felt like you were in a nightclub blue lighting white leather seats uh really courteous incredible staff and you know it was run by the Virgin the older Virgin Records which again I'm having a brain freeze right now So um the billionaire who's really yes so Maria was actually christened the plane and did it with him and um but that you know end up being bought or sold or whatever but but it led to jetblue which you know upgraded everything and then hung on almost That was the Tesla let's say of planes where it hung in long enough as an independent that all of a sudden now finally America American Airlines has finally upgraded United has been the slowest Delta has now come up So this is why the spirit of competition is good and you know so much so much What upsets me is it's not they all the the old guard all thinks it's money it's not it's innovation and it's caring And so it's taking the time to say you know how can we make this experience more pleasant What are what are these things we do to to like John Tapper is always talking about a bar rescue I think he says like he teaches and manages experiences He's about that He's less he's like money will come but it's about experience So what's the experience like when you go to the bar It's experience Go when you go on that plane it's experience like when you listen to this podcast But when you have somebody who really

takes the time like I used to say it after buzz with the 400 hosts I used to have to tell our staff and you know out of all the the snow white and the seven dwarves you know I had six grumpy and and uh but I would say to them you guys listen to me our host You know most of them are driving long hours to be here Some would even fly in but they're working jobs that are sucking their souls They're not checking boxes with their dreams they're waiting tables or they're working at an office or they're working at a production company where their dream was to host or broadcast and uh be on camera I'm like so this this is where they're coming to release and enjoy So that's why if you go there the lighting it feels like a bar in a nightclub but that lighting is set up in that way So you feel good you are happy and we so I would always say you know and that's why I did back to Jeff Graham Jeff was amazing because he's like hey you know he was so I had him front and center and the rest I would just ok you're a good worker but I get it you're an introvert So we're gonna hide your weaknesses So you can you know I would they'd work the day or they'd be um but yeah you you it's but that didn't take extra money just to say hey we love you we value you And we're here to like watch our favorite shows and talk about them It's funny working It's fun I always tell people who wanna who are have kids who are athletes And I always say like the dream doesn't have to end because they're not pro even if they don't go play college you can go work in sports today There's so many places to work in sports But what one thing I was saying was whether it's been being blessed enough to go behind the scenes of the Celtics organization the Patriots Organization ESPN Barstool all the places that I've been around that are sports related When I tell you everyone working there has got a smile on their face and when they have a frown it's because one of their teams isn't winning but they're super passionate about it Um And that's how it is and I would say in our business that's how our business should be because you know it it never made sense Those entertainment news programs like we're talking about fashion and red carpet and fun and who's doing what it should be We all want We're here because we most of us watch this stuff as kids growing up We want to be part of this and then you get in and you make it miserable and you're cruel and vicious and this makes no sense Oh my God I take no no some from my parents like reached out to hey I have a great idea for a show I'm like are you And what world are you in And and by the way II I the lucky Maria anyway But you know what let me say this and before we go to break I will I will say that I will talk about crap rolling downhill You've heard that term right Because you were mentioning

somebody who gave you some shoes or something And you mentioned the person's name who was a producer and you and I and I said I think I said and then I said you know it another one where the crap rolled downhill So it's they always say what the head of the fish it's the head of the fish that stinks So the body stinks because of what's out The head is the old saying So when they're run by you know toxic crappy people then it just they get crapped on then they crap on the neck and they crap on the next day And so I'll always like tell people you know you gotta be the one to stop can't stop the shit from rolling downhill Don't be the one to that's gonna say Yeah Yeah Yeah I'm gonna you know and I think that person you were talking about was I saw a good side I also saw the bad side but I also think that person was super impressionable and if there was a better leader you know to to call them out on that like we don't we don't do that here And I had to do that many times I don't know if you remember and were you around for any of that But I do it many times and afterwards I'd have to say uh uh we we don't do that here I don't want to hear that out of you That's not how we do things that's not necessary So um anyway all right let's take a break and we're gonna we'll come back we'll talk about I'm gonna I'm gonna remind you of one about my formula You know they have the form I think I don't know if I'm gonna call the program or the formula but I'm telling you my healing formula because Steven A man at 30 was like ev I is the dragon's blood back I'm like I don't know It might be I go I've just been but I've been on the formula now or the program you will tell me what the better name is Um But I'll go over my formula again for anyone else And then you got you had an interesting session about breathing which really struck me I'm sending all three of you guys to this man I love it And then um I know Poi's Pop Corner Uh I think it was Alyssa who gave us that one But but yeah Poi's Pop Corner and bonus Do you have a lot of stuff to keep us cool and hip Ok All that more You guys on this edition of regular guy Friday Hi friends Summer is 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 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 head 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 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 Yeah Back a regular guy Friday as uh Barbie talk continues Yeah this is a K A the Mermaid I guess I guess I guess I was a little trigger because I'm just like I gotta get out of this country They're gonna let you they're all we're all gonna be lit on fire and then and then when the whole and then when again and then when the Real World comes knocking on your doors and you go oh shit What we why why did we kill the why did we kill the guys We we're better together people But I will say this but I will say yeah but but I'll say this to to the point of there was a point in the movie where one of the where the guy character is just so cocky and kind of thinks he's gonna wing his way through everything And um and I will tell you guys you know that's that's a guy thing And um you know personally and I've heard other I've heard other I'm not the only one to say this but that's why I have always done better working with women But but I've had it's been 50 50 but I do you

know and I I do I will say and I don't know if this makes me wrong or not but I'll talk differently to them but it's more coaching you know So I know with it's like a Steven when he was young like he needed me to be tough with him and then he'd respond But if I were gonna be like that with say um actually Roxy's pretty tough I could be like that and I have had to be tough with Roxy Yeah No it wouldn't be Yeah Yeah I mean but I guess I guess that's not male female I'm just saying you typically is what I've dealt with um to get results But but I will say that women have been harder working more detail oriented care more about the job care more about the team Um Just my again my ex experience my experience everyone else's experience is different But um but it was funny this week a friend of mine reached out and said hey we talked to my son about his career and um you know he's in between jobs and he's confused and I said sure sure why not It's a really good friend and I wanted to help the friend and um you know it came by after buzz Jim shorts T shirt I mean just and just again you know not that energy of hey I want um I want to work I want to present myself in the right way I want you you know it was just like uh the wing it like yeah So what do you got for me And so he didn't say that but I'm just saying it So but I played the game for the sake of the dad and I went and and I um you know went over like well what do you love And like let's we start I usually start with that What do you love Well for work No no What do you love to finally got out of him What he just loved And then you know and then they work backwards to figure out how does that fit into making money or work But after we went through this whole thing and he had multiple breakthroughs 00 my God I never thought like that I never thought like this I never thought I never considered I never and I could do this and I could do that and and then by the end of it he was just like so um but um do you like to have anything work for me now Like because I just need to make money now And I'm like well um he's like I said well you have no experience in computers or tech or I said you know I'm in the podcasting business Do you don't do Photoshop You don't like I'm listening to everything You don't do any of that He's like yeah but you know I could probably pick that up Ok And then he's like but he's like but don't you wouldn't you like need an assistant I'm like have you ever been an assistant Like no but so I'm just saying like a guy you know they are crazy because girls are so the opposite But by the way we've had two again because now the the generation is are different now because now we just get everybody and by the way I have empathy to a degree too because they didn't have a parent you know who probably had the acumen or the teachers you know I

want to invent education who would say to them you'd show up your presentation or you're you're urgent you're the But so I have but yeah I I've seen more of the men be like yeah So like I don't know what do I have to do this Like I feel like I've had friends who have been like oh should I apply to this I don't think I'm qualified Right Well right Well earlier in this before the show had an idea for a show and it was it's like people like oh it's been done or whatever and she's like oh whereas a guy would have been like yeah so like I'm gonna yeah So yeah And so yeah these are the things that yeah that that's real And um and and we have to work on that Yeah because yeah you're right that women are almost too thoughtful you know and and but you think of the ones who I'm super successful the ones who just don't give an f and they throw all the caution Yeah And um it's changing So you know but let's think more Do so So we say um now then you want to go over the program or you want to talk about breathing talk about your program first Well the program was pretty brief The the formula I don't know if it's the program or the formula but you know it has because there is there is the formula I think Yeah so I don't want problems with Doctor Joe program Um but yeah Steve was like wow because he just see he you know he sees my schedule and he's like oh my God he's like you you're doing 80 I mean I have two renovations going but then I have like businesses in in this business but they're in 40 different directions The show and Tasha is doing such an amazing job Shout out to South Africa Everything's our numbers are skyrocketing the heel squad at Hill squad just continues to go up and now I'm having professionals reach out to me and it's like who they're like like wait we're gonna start So everyone's looking at what we're doing and said hey shout out to Yeah Yeah So it's been like it but that's been like a sliver because there's been so many other things I'm doing So Stephen was like sounds like your dragon's blood is back I mean think about that And I said thank you sometimes with me it just you just got to get me angry And um but I think that I would in the past I'd put that anger toward constructive things but constructive things that um required a lot of heavy lifting and didn't necessarily fill my cup You know So after the pandemic when was shut down I put all that angst and anger into all right Well I'm gonna the assets I have left of my my my real estate So I'm gonna physically re renovate all of them myself and I did But at the same time that didn't doesn't really that was just pure anger and will and I'm not 30 two anymore but I did it and I came out of it depleted and exhausted and then obviously still had to take care of Maria and then all Maria's illnesses and things like that through

at Maria's death And I mean leads his death Unfortunately I didn't say that Um but when I came out of it I was so exhausted and depleted and I just I I just said II I actually the universe in my body like we always say on the show to listen to your body because my body was actually telling me um you can't do this stuff anymore Not that you physically can't do it But emotionally I mean I'm not meant to be on a roof in 100 and 10 degrees you know swinging a hammer It like that's right It's it's it's um I can do it but you know I I tell people all the time it's just because you can do something doesn't mean you should And I'm at an age when when do I start choosing you know what I love and what's going to fill my cup The very advice I've given this you know 22 year old is you know which I started at 22 It was ok this is what I love but now I'll work really hard to get to what I love And I think because when I got to what I loved um you know burnt my hand a bunch of times So I just went back to just all the hard work behind the scenes and never never got out of it And uh and I just but but coming out of this situation I was like I I physically just couldn't do things things Marie would put on my plate I'm like I just I can't I I mean I would I would be falling asleep in meetings like we'd be they'd be going over taxes or numbers I'm falling asleep I'm falling asleep Um at it it just the idea of organizing used to kind of be medicinal for me to give me energy and just I'm like grinding my teeth through it and and and and really getting angry too at anyone that was bringing more of a mess in here because uh with our family because I'm like no it's not funny anymore You guys like this this is madness Uh uh You know um this is not my purpose This is not why I'm here I will do it if I have to I'll do it if it helps somebody But now I'm just doing it to do it But anyway I just I that's when I was like all right I just gonna start going on I'm gonna go on I'm just gonna start taking my I'll just be like everyone else in Hollywood Maria and that's it And then and then I finally just thought of the I came up with my program which was um you know lead with love you know with all my decisions and then you know try to start having more empathy for other people that would upset me or situations that upset me But don't let that poison me Don't let see the Bobby movie which wants to light All Men on fire and I know half the population is gonna now light Men on fire from seeing that movie But don't let that bother me I'll still be me with everyone every day I'll still be fun You know what I mean I'm gonna still try to help whoever I can help in my you know but um I'm joking about that a little bit Um But anyway uh yeah you leave with love and then um also just I was I was like whatever my body needs Um I'm gonna take within moderation So

before I was like no caffeine no this no that like no if I need a coffee or two or diet Coke or two or three a day in moderation I'm gonna do it And then I'm also gonna forgive and accept myself for that not hating myself for it Like hey I'm just kind of doing what I have to do and then anything that's taking away your energy it has to get cut as best you can or totally minimize Mark Zuckerberg in the social network movie you have the most minimal amount of my attention and then what does give you energy Just do more of and that's what I've been doing and um I was forced to do it because I just I had nothing left to give I had nothing left I mean even this eight nights in the hospital with Maria and she's I'm up with her every hour with the pain meds and the this and that And I just remember like one time she was in pain and I just she's like your eyes were open and you were just looking at me and like I don't even remember me I was just so it's gone I was so gone I was so depleted Um and then I just came out of it and you know uh and and I didn't know what to do I'm like just gonna just keep trying to sleep which you know I mean you know see all these doctors and then finally you know Pinto Gate happened Oh yeah Pinto game I bought this \$2000 pin and um that was the shot heard around the world in our family Um and I almost got canceled for buying a \$2000 Pinto But did you see the I said you last night I found a new car for us Really We'll discuss later Yeah And I I just it was just a story It's far for another show But I just came out of that and said ok we we've really lost our way at my age how hard I've worked and I'm you know and I'm getting crap over this you know No And so guess what time for it's all I can stand I can't stand no more and it's time to step into my power and uh and and work and be a dad and be a be a uh and be a husband and be a provider and that's it And so it doesn't mean I'm making all the decisions because I always say Maria's Maria's business affairs 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 disorder So anxiety depression all of those types of issues are stemming from our imbalance in our gut And the thing about just described 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 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 in our business it's like the deal gets cut negotiated Everyone's excited and then it moves on to business affairs and business affairs That that's where Marie is that Why we're a good team That's her greatness but she's not in that the early stages of no that's me Um but yeah that that's the program as of now And who knows maybe 10 years from now the program will have been ultimately a fail but it's working But you've also been doing a lot of work like you went back you're seeing Ida regularly I think you know working through some of those things and having a coach of your own you know uh Thank you for saying that yeah to have somebody and you know because when you have those moments you write them down and you go ok we're going to talk about I'll bring it by Um and somebody we've talked about this before with like the difference of talk therapy and like someone like an Ida or a coach you know she's not just like you're right Kevin That totally sucks You got screwed No she's like and that's why like my woman I go to too She's like um yeah maybe let's look at it this way And you know I think that that's really important to someone who pushes back on you and gives you another point of view isn't just you know can I give everyone advice too about the I always say bring your notebook and be get your money's worth So it's if you have questions and stuff that you're going to bring to the session but then also you write date it and then write down those breakthroughs hopefully if you get them and transcribe them So I've said that before But the other thing I would say is and I've been doing this too is sometimes I'll tell Ida about a situation with someone and she'll immediately say to me ok well next time you may want to say this so you may and it's great advice and it's great coaching but I've taken it one step further with her I'm like no I it's not even about that other person It's about me Why did I feel that way in that moment Why was I upset in that moment Why why did that really strike me It's not you're always gonna have jerks maybe they were a jerk or maybe they weren't even I don't even know But why was I you know so messed up in that moment And there are definitely times where we can say hey how do I talk to my mom How do I talk to my

dad How do I talk to my my partner my friend my yes but I encourage you also to be asking them you know why did I feel that Why did I feel that way Like let's go over me you know Rather than you know rather than just the yes Why did I react that way to it Why did it affect me that way Rather than just treat the symptom you know next time Yeah And there are times where you do need to hear how to treat the symptom Um but I think there's a lot of times you really have to say why why was I why did it affect me in that way And we don't think we do that enough And I don't think therapists do that enough They just treat the symptom and come back next week Thank you Come again So Kelsey tell me about this breathing scam because this really hit me and you only gave me a couple of lines So I have it's not really a name drop She's she's part of the heel squad already but doctor Laura Berman friend she's the bomb dot com She and I had lunch the other week um like Queens and she was telling me about this guy Um I don't even know how it came up but she was like you have to go see um this healer I work with we were I think we were talking about accessibility in healers right With healers and how part of the part of the divide um is how much a lot of these healers charge and it seems like only the elite or the wealthy can go to them and and you know anyway we were talking about demystifying that and a lot of that comes with a lower price point and we understand that it's like they have to make a living but also anyways whatever So she was like I go to this person who's amazing And honestly I think one of the best healers I've ever worked with and he's charges nothing like it's such a good price for what he gives him for his time She was like you got to go see him And so with someone like that who I'm like I really trust her I'm like done done I didn't even know what I was getting I had no idea what I was doing I mean if you can't trust her who would you She's brilliant and she berman by the way you could uh check her I know you can find her online I know she's got a lot of videos out there and we really a lot and I literally had a laundry list of stuff and and then I had a session with her that I have notes from that I've recorded And um yeah she's fantastic Amazing So I go to this guy and he's like happens to be right down the street from me of course at the beach and he was actually he calls himself an intuitive healer but he's like a medical intuitive So he's basically like they can they can literally talk to your body and see things that are lighting up and I've never in my life been to a medical intuitive I know like holy like oh my God And it's cool too having come from heel squad in that world because I can tell the BS from the knot this guy I've never ever seen anything like it in my life It was so incredible for like the 1st 45

minutes He sat there just like downloading and channeling kind of eyes closed like literally talking to my body And he was saying things that I was like yeah there's no way he would I didn't tell him anything Like there's no way he would have known like he was like ok like there's a part on your neck you're lower and I'd been complaining about my neck recently There's a part on your neck that's completely messing with your sinuses your eyes your ears like everything it was crazy And then he got into the stomach stuff and then the stomach stuff he was like ok and that's so much emotion anyways It was wild And then he did this whole thing that he analyzed my chakras So that was the other part of him Like he could see if one was over functioning or under functioning or off And it was fascinating because he was telling me that like a shocker should never be off If it's off Then that means you're going to organ failure and you need to like go to the hospital So he was like I've sent a handful of people after I've seen like holy shit your shockers off like sent them to the hospital and they've like just nearly caught you know wild So he went through and he gave me like my throat shocker was very overactive My heart was under like a couple of things and he gave me basic tools and like homework for me to do every single week Super simple Like for my heart he was like I need you every single week at the same time the same day to have an hour long date with yourself Just be 100% selfish whatever that means like but at the same time the same day every single week if someone wants to join you that's great But you tell them I'm going to this movie at this time If you would like to join me you don't move it for them So it was stuff like that that he gave me these tools and like this homework and one of the things he said Kev was he was like you don't breathe And then in that moment Yeah And I was like oh yeah no I really don't Have you guys ever done Had this happen where you and and Tasha I wonder if this resonates with you where you breathe in and your lungs actually crack because they're um you breathe so little that they're all they're all it's almost like a beach ball that's been deflated for a whole season and then you blow open it and you hear it on That's how my lungs are because I don't breathe like I breathe so shallow we're gonna get you with Brian Mr Bryan But I didn't really realize that until he called it out and he was like but this makes sense for you too He was like your body is constant like it's at such your stress is at such a constant high because your body thinks it's dying because you're not breathing you're literally not breathing So he was like you spiral quickly like you and I was like oh yeah flip of a switch I spiral and he's like because your level of stress is already so high that going

into spiral is like nothing for you So he then did like some massage therapy on me I was like crying it hurt so bad and he was working while talking to my body like moving shit out of my neck and my shoulders I know how to do it Oh My God I need to Next hour when you go to I never breathe Yeah never I'm still sick and I've never been able to breathe like this in my life and I'm like so aware of it anyways it was phenomenal And it was interesting too because he was telling me that I hold a lot of my emotions on my neck and shoulder and I was like damn So anyways it was so cool and everyone's got to go and I really it was truly life changing I just think the breathing thing I was like oh my God we're all yeah because we just go go go all the time The other thing he told me that I think would be good for all of you is he was like we don't take our time to eat He said one meal out of the day to take an hour to eat one meal Wow He was like think of think of the people in Italy They take how many hours And I was like the thing is we're just here's the thing is we are just a from the go back to the industrial revolution we are a caffeinated culture So do you know one of the lead factors of why the industrial revolution was able to explode the way it did I never knew this The the the uh rise of coffee No no Really Coffee and coffee breaks Yes But here's the problem is like this is where I think our country really One of the main things is short circuiting now is the new generation wants more of the European lifestyle Problem is culturally speaking for the last 200 years we've been pioneers we've been we've had this kind of cowboy spirit here And so when immigrants come here you know rich and poor they want to work they want to chase the dream The older guard of course is trained that way So it's hard just as a culture That's what I'm saying Like there's certain states that might be able to achieve this But I get where I always go back to Amsterdam Like it just everyone was so chilled it was so nice And you pay a lot in taxes but you also get something for your dad That's what's nice Really you know good education good health care Um but we're just not set up for that and this is why we're short circuiting because we we part of us wants that but we don't have a real system to sustain it And then it's in it's um um not in alignment would say like AAA mindset that's been around for a few 100 years that cowboy spirit that we have So But um but but anyway but that's why you just got to find your way which is do your own business Go to the lake house You know what I mean There's there's ways to do it but I think you know um breathing is yeah we don't we just go go go and um yeah I know I'm I'm in that boat too I know I'm like dying for you to see him It's yeah I just it was such a good I think that it's that hour because you know Ida

said this open my call and she said you know she was like you know um Maria doesn't celebrate herself and she really she doesn't she doesn't because I have to even ask her Mick Do you do you realize like what what you are or what you've achieved and what you your talent level And I'll ask her all these questions and she she does she's not really she doesn't really know And um and that and Ida was explained to me why that's a problem And so she's said you know Maria needs to start celebrating herself more which is similar to what your guy is saying Um and I was like and as things slow down she will and I will say because I've really kicked it in and she's gone full mom Um it has slowed things down where she's now seeing things differently She's appreciating things But if you he tell you if you appreciate things in yourself it really does help you even appreciate others more have empathy more for other people And then also the biggest thing too is it's a it's it's not just appreciating it Yes it's appreciating your your own worth because then you'll you'll have a more accurate self worth But even appreciating the kind of messed up things that have been done to you because that's what I see too is we all I'm guilty of this Marie is guilty of it You're guilty of it Kelsey we have mutual friends who have been really violated But they're like ah no big deal They don't really realize it Um and can say maybe not be as bad as what I'm thinking of someone else I know who but but I'm saying and it's not about dwelling on those violations because that's unhealthy either But it's acknowledging it because if you do acknowledge it then you understand like hey that was wrong I am valuable enough where I should not be treated like that ever That's not acceptable And then what happens is you won't accept that in the future But that's why So I'm always sometimes I feel bad because I'm always like saying about well your past this bad thing happened you well that goes back to your past Kelsey or that goes back But I'm only saying it because I know for myself the stuff I've led slide stuff that went on during COVID with friends We knew that I'm like yeah whatever no big deal like uh no huge deal actually huge violation way wrong And it doesn't mean I need to dwell on it or sit in it or go take revenge on them It just means that I need to acknowledge it's wrong So I don't allow that in the future So that's why I'm always like Maria I know you don't want to relive like her dad He's very good at compartmentalizing It turns up Greek music and dances but and he just and that's fine But but Ida was like you know sometimes the masculine brain can compartmentalize It's fine But Ida's belief with Maria and with me too is it comes out in a tumor it'll come out it comes out in tumors It comes out in Hashimotos It comes out if you don't address it So that's why I'm

always like you know some of it think Kelsey like some of the other people you work for whatever It's just stuff in your past I'm like don't sit in it It OK like we don't have to like all cry and we got screwed over in life But no that's messed up That's like 100% messed up What you did and you're messed up as a person and that was messed up and it was messed up that I even tolerated that And then when we do that we're halfway home to never letting it happen again But most people don't do that They don't take that time to recognize to appreciate that too So appreciating the good things like hey I I came from Seattle and didn't know anybody and I was literally walking down the street and I said hey will you hire me Like Kelsey's story Like you should be super proud of yourself and you did work in some rough situations and you you know and you hung in and most and by the way probably most of your friends you started out with maybe aren't even in this business I see that happen all the time at like 21 22 they all started together and by 30 they're all gone So again appreciate that But then also you gotta appreciate appreciate not lament not hate but appreciate the bad things that have happened And that's how that's our best shot at it Not happening and and you really valuing yourself But I think you're so spot on and where I think it's gotten taken a little too far with the self-love selfish self-care this that it's like it isn't it's about that because of this You know what I mean Like it's about that So then you don't let that in again It's about that You don't allow that in the future and that's that's what it's about Exactly And that's what he was saying too He's like no your heart's not you know your heart chakra is not under working because you've been so burned No it's under working because you're allowing all the when you're with the That's what I go back to what I said earlier when you're with your therapist ask why not Just that's messed up This person did that to me and they go yes that's terrible People are terrible next time Tell them Ok that is good advice But that's those are band aids Why did I why did I feel like that You know why why did I allow that And and by the way you can ask was that messed up maybe you're not in that place that I know I'm not and I know you're not Kelsey And I know Maria is not where they don't get Like you know I'll never forget him A friend a friend of a friend was like hearing Marie and I's story and he just and he goes after everything had been done to us you know here was Marie and I in this basement bankrupt Just one death threat after another It just you know it's like it's such a nightmare time in our lives And he goes at what at what point do people not get violent But we just was you know we're so used to being beat up and messed with and get up and you know so like I just said to me

you know Kevin like you I've never met anyone and I was like are you just saying that to me She's not maybe it's me She's like I've never met anyone take such a beating and get back up and still care like you she's like I've never met anybody but you're so trained We have to get you to be ok It's good that you're getting up to to get you to go Ok No I'm not gonna get back in that ring you know and for that reason and I know my worth and what I can accept Yeah and listen and listen and when you're younger though that this is the problem too is when you're younger you know Kelsey like all of that stuff got you here But the problem is with the puja generation not you puja but your generation doesn't want to go through all that Like you there are times you do have to hang in and you have to have someone not see your worth you know But like my dad would say in the Carney business it's like ok well when I was like they're using me he's like in a way what does that mean Well he's like aren't you just working long enough to go move to L A Yeah it was like so in a way you're using them too But I had to go through that And Kelsey you had all that made you amazing It's just you also then have to go Ok That's that's enough Now you can acknowledge that it got you here but you don't have to allow it to keep to keep happening Yeah No at some point you go ok You know but I think um but I do think it's part of the process and the and the thing is no one want we don't want to go through that process anymore but then there's no reward when you don't go through that process And I don't I still don't think that economically speaking and I'll bring it back to that we can sustain um um um AAA uh uh an economy where no one wants to kind of grind a little bit you know like I just I I mean but um or you know unless you're just gonna completely separate yourself from attachments outcomes achievements and material possessions you know but again most kids because the parents or whatever they they guess they can do that I guess Um But also again empathy for the young generation because I think they are more diverse from you even more than the millennials Gen Z seems more divorced divorced from material stuff It seems like I mean you'd know better pooch Well as far as like I don't feel like you are you guys thinking about owning a house And I I've just heard friends would be like I want my apartment I want to be able to travel I want I want like I don't want you're crazy with your house and having to worry about you know leaky pipes and and he is going out and I don't know Yeah I guess that's kind of true but I just think that there's just not as much patience anymore I mean I'm not patient I'm like I mean we're like but it's like ingrained in it in the culture now Like you go on tiktok I want to laugh 30

seconds I pull up my phone and then I can I want to get this I can get on Amazon No one's bored anymore You know what I'm saying Nobody's bored because you know kids aren't bored They also you don't have to work to like like as kids like we had to make up games and get creative But now you don't have to do that Like you just have an ipad and it and you have on quote UN quote whatever that is But like now it's it's almost like oh I don't just get it easy Like nothing nothing great comes easily I get to work hard for it but we don't have that patience anymore because we're like we can just get everything so quickly So when stuff that we want to be a famous movie star doesn't come like in this like snap and finger it's like oh what do you mean I worked I I did a whole month studying at a conservatory I should be like here but it's just not how it works Like you guys I think for you guys So for you your generation that's been that's that's been around for a while It's just more of it Now if you go back to swimming with sharks it was the kind of the first movie made about how messed up our business is uh Kevin Spacey of all people plays this sinister cruel studio boss and his assistant and all these other assistants they they're chain smoking They they like they they um they have no social lives I mean it's just how that our business was and you know it really isn't as much anymore You guys might think it is It's not But back then it was like you know you work seven days a week weekends you were working all weekend long Um and then the assistant takes revenge on the uh on the on the Kevin Spacey character and kidnaps him and they have a back and forth and there's a moment where the Kevin Spacey character gets to stand you know kind of tell his side of it and he did say something to the effect of you know basically like it took me 20 years to get here and I put up with all this crap again Shit rolled downhill Um but he but he was like oh but I forget you're from the MTV generation I want it now now that was made 20 years ago So so you know what I mean So none of this is new It's just what I think is it's now more people just like just like the toxic behavior you see in humans now none of it's new It just used to be the jerk in the corner cubicle Who when you went to the water cooler he'd be there or she'd be there or he'd be there and shooting his mouth off you know and this and that and and you know and and whatever and some listens and some didn't and then that's those same kind of toxic angry people Maybe if someone cut them off they'd flip them off with the middle fingers Go Yo yes go And then they'd be right back in front of their like TV set watching the news and yelling at the sport whatever sport was playing it and and that's where that's it was kind of contained But then when social media came now everyone got a badge

everyone got a mic everyone got a voice And so now it's just so much louder and so much more prevalent So none of it's new about wanting to make it Now I I maybe maybe not with the World War Two generation because they were just amazing But I think every generation after that but it just has become more and more and more And then now with social media it's so magnified like you said because you can I wouldn't be able to see the tiktok I might hear about I might hear on the news about uh well our big thing was hearing about the 22 year old filmmaker who won Sundance Kevin Smith or uh Ed Burns And then that became the our person that we had to be And if we didn't get there we were failures and I was blessed enough to have older mentors Grab me and go um Hey dummy let me tell you what these five big movies have in common and I forget what they were at the time He's like the median age of all the directors of the top five movies I just mentioned he's like is 58 years old He was like um so don't get into that lottery ticket mentality or that or you're gonna stay there He's like that is not the typical trajectory And by the way it listen Kevin Smith and the birds are fine but I don't think it did them any favors I think it was you know it's too much too soon too fast and then you then you don't have the great life experiences really to tap into anymore It's really hard and it's been a it's been a struggle for them They're fine but they really struggled It was not it's it's not been easy for them And and and I will say even even if you go to Orson Welles making Citizen Kane at such a young age his career was just yes he had some other great films but they were lesser and lesser degrees He got more and more miserable So um well because you're Rob with so many lessons that you should be learning But when you get it all faster at 22 years old like that fuels your art how you supposed to make amazing movies music whatever it is when you don't even like you're stunted at age 22 lessons Right Exactly I feel like a batman when he looked at Robin and he said some out of the mouth of babes Often times come gems little Yeah you're right You you robbed her No it's true You robbed her of your lessons And I because it sometimes and this is such wasteful thinking but sometimes I will engage in wasteful thinking and say what could I have done differently You know my career now other than times in my life that I hurt other people by being an idiot by being a Ken You know what I mean That I feel really badly about But career wise I'm so grateful that it hasn't happened in the ways I wanted it to because I tell you it would all it would be over Now I know it would be I know it would be a whole different set of ugly problems Um So it's it's been much better to have it go this way So you know I think but again that's why I

want to revamp education That's why parents need to hear this stuff too because someone's going to teach you guys this teach your generation It's a marathon it's not a sprint I was saying to this one kid I met with I said I had to tell his dad this go And this is the other thing too A lot of kids do is then they put all this pressure on themselves When the parents this generation of parents doesn't appear to me to be the ones putting the pressure on the kids My generation parents was you need a job you need job benefits What you know what are you doing They might not have pushed us out of the house So you know like that they were always pretty seem like pretty good about staying as long as you want But it was get to work get to work get to work get to work when you're gonna meet somebody when you're going to get your life together It was that I don't see that in your generation However what I see in your generation is is for some reason you guys put the pressure on yourself So this one kid was like I need to do you know I just have to get a job because he's like you know because I really made some bad mistakes I well one of the mistakes is I got I'm like I'm \$5000 in credit card debt You know when I was young I got a credit card I'm like ok so you are gonna sacrifice your entire life for \$5000 What do you mean by that I'm like because you have a chance here where you live at home I know your dad He's amazing with my mechanic You know Sam I like he's awesome He's the best Your dad's a peach All he wants is for you to win and succeed You are in one of the rarest positions right now \$5000 is nothing Go get a job waiting tables and pay the credit card 100 a month It'll mean no But but you might sell your soul for a job right now to make money and then you're gonna wake up at 32 and now you can't get out Now you're not gonna be able to go oh I'll go take a job for no money to learn Or I'll go back to school Like no this is now your time to pursue what you love and that's what your parents want They want you to be happy and fulfilled They don't want you to be lazy They don't want you to be a bum No but you have to that's what you need to do at this very precious time because now when you're 30 or 35 or 40 they may go um OK come on now and then that or you might be in now in a job you don't love maybe And now it's a new lifestyle that you're not gonna be able to you you don't want to surrender or you're not gonna have that maybe the even the energy at that age So this is this is the time so that I see is a problem and I don't and I and parents don't seem like they know how to really communicate that to the kids or the kids are too close to the parents where they're not listening But it's my number one problem I see is the kids are good and they wanna work and they wanna go after their dreams and the parents want that

for them But the kid thinks the parents want them to go get a job with benefits and something that is cookie cutter that they can be pro or make a ton of money you know at 22 Like that's not what they want they want you fulfilled they want you happy So um and they want you responsible It doesn't mean go be a punk and spend all their money on booze and drugs or being a goof or or sleep till like two o'clock No but the kids I'm talking to are all good kids They're all trying So I feel like I see that disconnect And uh anyway may that be said of us all And that's the way it was I'll go to Walter Con I'd see the steam word How would you know Walter I was broadcast II I used to study all those people and he was done when I was a kid We all interesting Well let's get out of here Uh and let's go over to some bonus Um please take us out nanny Um I'm missing Mike Let's go out I'm just Ken Right Yeah we all will be Well that's what that's what the fake psychic told me That's all I can go by right now Um Yeah let's get out of here and then let's go Uh let's go right into we'll go into some um Poo's corner Poo's pop corner our segment where Puy tells us what's cool There is no just Ken It's true Um It's amazing how you know I would also like to say that Eva Eva Eva Mendez her birthday is after mine Oh wait this is going to be birthday right Aren't we entering into birthday zone Well yeah I mean I'm a Leo rising like I like to claim this month is mine but it actually is Yeah we're in Leo season I I feel like every single one of my friends is Leo So I'm not kidding you for two solid weeks starting with Ashley Daniels on the third I have every and then my sister and like everyone every single day we have to find out Can you OK we have to find out why do you have that block in your life Then I have the block I you know I have that block of your cancer See like 12 people super close to me I'm very attracted to that energy because I I mean I I silly with my astrology but I'm attracted to that energy because that's my rising So it's like very like what I want to kind of lean more into and those people are that So I'm attracted to that to the mental patients Yeah a little bit Now that you mentioned I have to look at your chart again but you know they're all awesome but they're kind of high energy medications to take us right to us to uh when I look at them they're fun and they're so like they just need help because there's so much in them they're so talented but they're just like they need they need you So it kind of makes sense to me We weren't able to go over our weekend plans but just no hot girl summer continues Right So I have it on to that and there's a whole other month less just gonna whisper out there that we're like yeah I know But we're like a couple of weeks away from I'm telling you the Christmas tree is going into the low I

mean I Halloween stuff Very exciting Very OK What's going on Get us back in the know poo pop pop corner is here Well K was texting yesterday about girl dinner and boy dinner which is all over tiktok right now and you want to explain it You're really good at it Well girl dinner is basically just like I feel like I feel like it's like our age in our twenties right Like late teen early twenties you're not living at home your mom's not cooking you dinner And it's like maybe I want to have a bag of chips for dinner maybe like rotisserie chicken Maybe I want to have some water and some tears like it's just like stupid I don't explain it that well but it's like I'm gonna have a granola bar and and like a fanta like it's a weird combo of random things that you find Well Natasha you're coming from another country Does this stuff just baffle you No that just sounds like you know a young person has just moved out who doesn't know how to cook on it which I love But again and it becomes a thing which is amazing And now there's boys in which funny enough my kind of but like it was a response to girl dinner and he went viral And now like at um buzz feed like like morning Good morning America like they wrote about his video He was promoting his song and he like opened he he was like this is my boy dinner like as a joke in response to girl dinner and he like pulled over his covers and there was a pizza box and then he like took a bite of the pizza So it's like for boy dinner it's like frozen pizza like mac and cheese like random Yeah like random like frozen food stuff like that So it's not that different from girl dinner It was just a funny like yeah ours are more fun Exactly So that's been popping And then have you guys heard of Pinky Doll on tiktok Now me and K were texting about and everything So there is this girl who goes live on tiktok and she makes actually um if you can pull up a video on youtube Pinky Doll So you can hear it She goes on live and on tiktok live you can send like money and people will pay her money to imitate what they want her to imitate And she apparently made \$7000 a month this just this month off of doing that But I want you guys to hear what it sounds like because she'll be like fire fire fire and then she'll slurp and be like ice cream is so good Ice cream is so good like it is I don't I love this world like I hate my life but I love this world I get it Yeah we are just imitating what I say N PC But I did create this entire train going viral everywhere I did that you need to listen to what I say process and understand that you're talking Yeah that's right Anyway next yo guess who is in New York time and Washington Time right now Yes it's spiny doll Yes it is You already know your girl It's going hard girl This is what she does but this is Pinky doll Do how do we get her on the show Doesn't she remind you guys a little bit You

guys think that this is gonna affect our our working relationship with Vicky
Oh I I want to see her do some like an action in she'll be like um she'll be
like fire fire like ice cream is so good I don't fuck people are paying her to do
that Do what the sound effect Yeah those weird sound effects am r and this is
someone reacting to her No I love him Yeah I follow his stuff too He's really
funny But he's been all the rage I'm I'm so in so Pinky dolly I a big big pinky
doll fan Spend money Yeah Yeah because you can get the show I want to
become a friend Yeah I wonder if there is Um but yeah anyway so pinky doll
has been making \$7000 a month That's going to go off of doing this So she's
all the rage I don't know how long this is going to last but she talking about
who is going to baby to Hollywood Yes it should go right here This isn't like
when people are paying her I think this is her just talking but you can
imagine Right I'm DM her I'm becoming her friend She's awesome She is
awesome So now she put an envelope a bag over her head and now she peels
off the bag Hi guys It's your girl Remember when I say Cardi B would never
post me or give me a sign What did I just say Well guess who is somebody
now Yes that's right She did post me but look at this Look She's like me Card
So pinky dolls When all their age big big pinky doll fan Shout out to wo we
love pinky dolls all with them And then we have a new term that's been
coming around You may have seen this on tiktok but when something is
blank coated so something's queen coated What would that mean Have you
not heard this queen coated is like you're you're coated in queendom You're
like amazing I feel like that's too So like if someone did the peace sign I'd be
like oh that's so queen coated Is it code dead or coated Coated with a coat of
paint or coated with a computer code code So like if someone it's basically
something or someone that has stereotypical traits so like all queens do like
so smile peace signs So I'd be like oh that's so queen coated Or if someone
did like the like the hand and like the I'd be like that's so Kelsey coated Oh
that's fun Who came up with this Where did this come from I don't know It's
been it's been a couple of weeks since I've seen it But but I just thought we
had to share That's a hot girl summer Yeah exactly Like if we're going to the
beach it's so summer coded summer But I think if it was we were going to do
something that was hot girl Summer coded Which like an event Yeah totally
Right Exactly Like nine of 1000 queens That's so hot girl Summer coded
Crazy Well you and I are going to make Taylor Swift friendship bracelets
tomorrow in preparation for the concert that our evening tomorrow next
Saturday So if I can get you over to Andrews Uh yeah I'll try I'll try his he
would like to see you Yeah I would love that He gave us right now The five

star So yeah well he's got when you see the amount of merchandise Oh my goodness When I tell you the size of a football field of palates is like yeah this is for this like crazy Get us er for March Yeah Well people waited at the pictures of the merch It looks so good but people went and waited at Loman Field in Seattle like four hours early for Merch because it's been selling out like crazy He's uh it's just now Andrew is just I mean like this whole place is just and and I never thought the place is huge and it's and I I've been studying the lyrics to all this I'm I'm not going to miss a beat I'm so excited So we're making friendship bracelet and I'm still sleeping because this cough keeps me Yeah it's going long Kelsey I I love to talk about that off air Nady What's up for You You and the boy what are you guys doing Dylan Had a little bit of a crazy week last week Very busy A lot of fun So he's asked me if we could just chill because he was he was at and the Kennedy Space Center Oh that's fun Yeah the California one is historic but the one I think is more fun Much more fun So much more there is more Did he go to Harry Potter World That that's universal Sorry My bad great time Someday we go to Hershey Park We do a regular guy Friday from Hers Park So we're supposed to take her we we we went on our bucket list of activities We never made it to that All right you guys Well I I should have said this earlier but try to remember why we're here Help each other learn from mistakes and have some laughs along the way I've never said that so effortlessly I tell you the program that was so coded Sorry that was so Kevin Kevin you got to put a word OK If you would Kelsey Oh wait I have to tell you guys one thing my upstairs neighbor who's my new best friend who's Colombian who like just speaks a light amount of this when it comes to Kelsey's friends As many grains as there are saying on the beach Yeah but he's my new adventure buddy Like we've been going swimming and like I walk his dog and but he speaks very light amount of English a very light amount of English But I've been teaching him b that's the only reason I'm I don't I got me a picture and make sure But I want everything I'll teach him the self assured Well he really just like accepted B I just one day I was like it's amazing and then he's gonna go back to bring it there We're going to go global You're making good money coming in coming to this podcast and all related content published or distributed by or on behalf of Maria Manno or Maria dot com is for informational purposes only and may include information that is general in nature and that is not specific to you any information or opinions expressed or contained here in are not intended to serve as or replace medical advice nor to diagnose prescribe or treat any disease condition illness or injury And

you should consult the health care professional of your choice regarding all matters concerning your health including before beginning any exercise weight loss or health care program If you have or suspect you may have a health care emergency please contact a qualified health care professional for treatment Any information or opinions provided by a guest expert or host featured within website or on companies podcast are their own not those of Maria Menino's or the company accordingly Maria Menna and the company cannot be responsible for any results or consequences or actions you may take based on information or opinions 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 so excited to talk about No with you No 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 No 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