

GDL March 13, 2023

Yeah What scarce and in want to be two could do this I'm embarrassed  
Yeah a good day live Happy Monday Everyone We are we are dancing live  
and staying alive here in the studio at studio place in Los Angeles California  
Let us know where you tune in from We got the chats Uh What's today I can  
still hear the music in my head Go go Today is March 13th 0 happy birth  
Adam Free Today is a birthday He was a guest host on the show for a stint  
Uh Thank you Adam Free again Thank you for your service Thank you for  
your service Adam Thank you for your service You know I gotta say I was I  
was really happy about um not being able to go to snowboarding Oh well did  
you introduce who you are just in case for the people that don't know who  
we are I was about to Should I go into it today is March 13th 22 23 We're so  
happy you're in the studio with me and he's back Natasha I'm Michelle  
Murad along with the lovely Kyle True We are the feel good show on  
Amazon So thanks for tuning in Uh Kyle had an unfortunate situation last  
week Why don't you tell us about it Well I didn't the the weather did I had a  
snowboarding trip I decided uh to get canceled because you know the the  
weather was shutting down roads shutting down mountains Here I am I was  
gonna go Anyway you're such a good storyteller I can't take it I was gonna  
go No there's a lot of pain here So I'm trying my best All right give us give  
us the juice give us the juice the juice of what they give us the squeeze There  
was a snowboarding trip I couldn't go because the weather was bad telling So  
you asked for a really it was it's a straightforward story I don't know What  
else is there Kyle has been planning this trip for how long a week that we  
started this whole show back in July with one of the terminologies of the  
show is a Kyle plan That means you don't make a plan until last minute  
spontaneously But this plan had been going on for at least a week at least at  
least at least at least because you have been talking about this for a minute  
Ok I felt like much longer and Kyle I felt so bad for you when you got that  
text we were about to go live on Friday and you were like you know what uh  
the plan is canceled and I said you know what the universe is protecting you  
protection and you're not supposed to go on this trip and you're like stop  
talking So if someone is so positive about something so negative and you're  
like in it you know you're just like stop just like I get it I get it It's a happy it's  
a happy life I get it It's easier for me to say that to you though Like because  
I'm not in it So like you could say that to me don't you love when that  
happens When someone else is going through something bad Just cheer up

There's a sunny side to every situation Cheer young lad It will be all right This person is missing a bigger they're just like OK All right Listen I'm glad that you didn't go one because you're in the studio with us and two because I mean what if what if something really bad happened Everyone had everyone had their negative like everyone was nervous about this trip for you They were I don't know why I was nonetheless It was good because I they made it back today Had I gone Thank God Did you watch it Ok So you weren't stuck on the mountain there since you weren't stuck on the mountain Did you watch the Oscars I did watch the Oscars Was it so good I cried a little bit just like little tear came out when Brendan Fraser won we're talking it was like so good good guy win the Oscar his career back Right And he was so gracious about it and you could see in his eyes that he really understood he was in the presence of people that work very hard as well And and and vets veterans in this business that have been coming to the Oscars every single year What what really got me was when you write about like the nineties like but bedazzled he starred in Bedazzled Blast from the past Oh my gosh And did you know And the mummy too it was a legitimate nineties star strong 20 years later I love it Listen I didn't even know that the whale was all like not prosthetic She was CG I and it won for Best was was I thought it was all c no I saw the set up you know when they did the fast cam the makeup chair So there was that CG I Yeah they did they did both They did both you know Well too I mean what was they were what were their competitors this year for makeup You know Oh I think Wakanda forever Forever But everyone in that movie is already gorgeous So I think they already like give them like a little leniency when everyone's already gorgeous It's like oh what more can you do But Wakanda won for a few things Costume design Shout out to Ruth Carter Oh you worked with Ruth Carter Carter Uh She made me a homeless man I'm gonna text her to bring the story into a succinct uh structure The costume designer of Black Panther did the last two movies Uh Black Panther and Conor Forever won an Oscar for both Happened to be happened to make me a homeless person as well Uh About two years ago And uh I have to say it was what I found so amazing of working with her It wasn't like oh my God she's so amazing Obviously that was there But watching her I mean we're talking about a \$30,000 short film and she already had her first Oscar That's incredible And she's working on that which I love because it shows that she's free Wow she was doing it because she was just like not even friends with anyone There was no nepotism what she likes this project and just did it for free And when we were when you know they were like we have you have a

meeting with Ruth Carter I was like me I have a meeting with Ruth Carter They're like yeah you gotta talk to her about your character You guys come to a consensus on what you should wear So we're sitting in this warehouse like the size of two football fields with all these options And she looks at me mind you she's doing it for free and it's a 15 minute film She looks at me she's like things for like 20 minutes and she goes did you read the script I'm like yeah of course I hope you did But like I was surprised that she read the script I mean I just you know you just never know like how serious people take their jobs But it was what I'm trying to say is that it was amazing to see how serious and how passionate she was regardless of how big or small the was she just does that 100% every time And I think that's why she is where she is Absolutely And I think you know you have to have passion for what you do no matter what you do If you if there's no passion there listen there are going to be hard days tough days a lot of days But if you have passion behind what you do like it it won't vibrate and people will see that and you can get through some of the tougher moments right And it's like the universe kind of shows you that like you know the people that like to go on they get cast in like some like short film They're like I'm not doing that much It is a short film I'm not doing this They're very transactional right They don't get that far Yeah Yeah Yeah You know the people that just like show up for the love and the and the the passion apparently they go very far They do go very far Speaking of passion our buddy won for best supporting actor last night It was incredible He held the Oscar He goes mom and I'm gonna get teary eyed He said I just won an Oscar and my whole like inside just started to like just just blow like just just feel so much love for this guy so much love for this guy He's so honestly I haven't seen everything everywhere all at once Um But what I need to see it actually I tell you what I really find this Oscars was very inclusive I think for the last like 5 to 5 to 8 years we've been very like uh putting a magnifying glass very scrutinizing of who what race was prominent Da da da da I think that this was a testament to just like an American Oscars Like there was just there was everything I did You see the Indian dance They yeah they won they were killing it It was so good It was so so so good Um uh Who was oh the first person You know actually I missed the opening show I don't know I thought it was Jimmy Kim Was it Jimmy Kimmel Who was it Oh yeah The Rock the Rock And um and uh what's her face No no his buddy I'm I'm blanking on her name Your best your favorite actress who is Meryl Streep to you are Meryl Streep Of our generation the meep of our generation Why not She was uh the nan not the

nanny Oh my God Yeah they're best friends you know Yeah Can you imagine if like can you imagine You're John extremely underrated Speaking of best friends best friends Can we can we get to this couple Speaking of best friends this is Mindy Kaling and B Novak They both are getting better with age They say they're best friends But come on like that Be like me and you Ok I'm getting some best friend vibe now I want you to zoom in there I want you to zoom in there You got space right there You have space right there That's the best friend Best friend space You see that space right there That's right You're dating There's no gap there's no gap Come on That's not true Those hips are coming together That's true Yeah Yeah 100% true Best friend space right there What are you talking about 100% flyable air mileage space right there That's not a thing That's a thing That's not a thing Body language is 60% of all language That's true But so then so then ok so then you don't think they're together and they don't what about being married for Like they've been they've been friends for like 20 years You don't think there's a little bit of space there even You don't even you and I don't have space on red carpet That's true Like what I don't know I think they're together I think they're together Yes I do think they're together I think they've been like keeping it like a front for a while And um she looks gorgeous She looks so beautiful tonight She was a winner in her own way I see it in the eye Um who else There are so many so many fashion winners but this was not let's look at this if you waited to go to the Oscars your entire life and you sat behind her This is not fun And can you imagine Not for nothing but we do There has to be I mean sure she told where she was going to sit like you're gonna be sitting in front of people I mean no no no I mean I don't even think it's her job to decide I think that whoever is seating people if you're going to have the Oscars maybe now there needs to be like some kind of a rule like hey listen the Oscars is being sat at the Dolby Theater not in stadium seating at the giant stadium right Like you have to wear something appropriate so people could see you know over you right Listen I think it's an opportunity to show your fashion sense and be able to like be out there But like if you want attention you're for sure getting attention I think you look at her face She looks like she's out there for the she's gorgeous by the way Absolutely gorgeous You know what I don't even know the lady with the dress the lady with the dress She stole the show though She's absolutely gorgeous We have to shout because we were talking about true lies What was it last week or two weeks ago Yeah we were talking about True lies the dance and true lies I don't remember an Oscar last night Jamie Lee Curtis Oh yes we were Let's

talk about our friend Jamie Lee Curtis How cute is she here Love her Now first of all shout out to Jamie Lee Curtis She's a very loving very supportive Every time someone wins an Oscar you see Jamie just out there just like screaming their names and she looks so happy I'm pretty sure she was just screaming everyone's names That was in everything everywhere All it wants to be honest That's true Um But you know even so still a team player now there's a little bit of controversy What's the controversy here A lot of people feel like Angela Bassett should have won and it's going viral It is going viral She did not like she was she was not both performances to say anything I do have to see both performances to say anything because see Basset performance Did you And was it great It's incredible Like I haven't seen forever So like I still don't know Coffee bean coming in every year Feel like they got stuck at the Oscars Welcome to the club Angela Bassett If you feel like you got stubbed I feel like that's more of an artist statement than actually winning Yes I love that I love that You're at the Oscars you were nominated and then you don't get the Oscar and you're like oh that's so top tier to me I love it I love it Speaking of top tier this is the moment where Kwan got his got to hug Indiana Jones again Yes Harrison Ford Well he's Indiana Jones forever in my mind But then if you look over look look look how cute It's just so cute and there's so many screenshots of him doing the same exact thing when he was a little guy with Harrison Ford which is really awesome So it's really fun to see I love everyone's speeches Last night I got to see everything everywhere all at once because they were everything everywhere all at once At the Oscars They won seven out of 11 Academy Awards Seven best what is it Best directing best writing best actress best supporting actor Um yeah best movie of all year Like it was just like best best best best best best best best female best movie best screenplay best actress Oh my gosh She killed it Michelle Ya Oh ya ya ya she is she is she the first Asian I believe she is the first Asian woman to ever win an Academy Award in this category And she said ladies don't ever let anyone tell you you're past your prime And to me that is so one to be saying I think she's almost in her late sixties now She's the first Asian to ever win an Oscar I think what I think she's in her late sixties And do you know how you think o being inclusive She's gorgeous What Everyone's been screaming about the Oscars being inclusive and that's the first Asian woman that's ever won And the president of the Oscars is actually Asian Academy is Asian Yeah but she wasn't the president of the Oscars for like the past 80 years 80 Sure But the past how many years has she been president I mean I don't know not enough to make a

difference unfortunately but I'm glad that we're being I said I'm glad we're being represented I'm not as I'm caucasian but I'm glad that Asians are being represented and they're winning Um how old is she Oh I thought she was in her late sixties Ok 60 Well either way gorgeous And she looked like a princess And uh who else was incredible Oh this this was not incredible Poor poor Uh I was a I forget her name Is it a Yeah Ashley Graham Ok So she interviewed I cringe for her She interviewed I haven't seen it Oh my gosh What do you It's like a it's like a host nightmare on the red carpet She's like being so sweet It's kind of I don't wanna say no So she's asking him questions Um and she was like what was it like to be in glass onion And he was like I was only in it for two seconds and she was like was it fun He was like uh and she was like ok uh thank you so much back to you to whoever else I don't know I mean he did he did say something about skincare which we can ask was that about when she comes on But he said Andy mcdowell has been doing a lot of moisturizer for the past 20 years that he looked like a screw up He does I'm sorry And his attitude was of that nature too right Like what Come on She's just trying to ask you questions on the red carpet Be nice How hard is it to be every time actors like get upset of paparazzi or like reporters It's like why don't you become a lawyer where you don't have to talk to you I do believe you have to talk to people when you're an attorney Um let's let's let's take a look at some of the fashion I so much larger than him Well she's larger than every man that she's with now That's the Idris Oh she dated Idris No they like Idris is a man in Hollywood Sure like a lot of these guys are very small Speaking of Idris I just saw the new Idris movie Did you see it Luther The new Netflix movie It's incredible Andy Circus plays You should have been in it I was really upset I wasn't in it Did they know that you wanted to audition for the part No idea No one knows I want to act anymore It's so funny I think guys in Hollywood are small Yes Is it normal to be small Yes I remember I think it's just that when you see them on screen and the larger than life attitudes I think that comes with the territory you're like all right enough It's usually 5 10 and under they're short Most of the most guys in Hollywood are very tiny Most guys are very very tiny Let's look at more fashion shall we Because I mean favorite time of year Tom Cruise can you know kick my butt any day The man is 52 and I still think I still think he's gonna I think I still think he's gonna like accomplish this this impossible mission for sure Wait you mean mission impossible Did you not get the joke That's the cruise You didn't get the joke He's got impossible Mission impossible What's his mission for young Um

Let's look at more fashion shall we Um I I love ok I love some of these looks We got uh the the Jenners Um You got Gigi Hadid Let me ask you a question What when when men show up to the Oscars do you prefer that they wear just that straight black suit or do you like like the print And like no I like the great question It depends on the guy I want guys to like you know what I like I like the like maroon like like velvet It it depends it depends on the guy you could pull off something like that I would never straight black white Oh my God My grandmother would roll over in her grave This is not like roll over I'm sorry what is that on your sleeve Like a Pancake Kyle This does not look like roll over Does Kyle have a tuxedo Oh yeah Go to the Oscars Yeah Oh Oh yeah Yeah Yeah we would I would I always love getting dressed up These are here Haley Bieber She looks a little somber on the red carpet I'm sorry it's the blue carpet for the Vanity Fair Awards Awards after parties I know Justin Bieber just canceled all of the rest of his Yeah his home on the home front Maybe a little rough right now But no out there playing for the team All right Um here are some more looks some looks are being served No that wasn't JLO Um that's Emily Raki Oh that's a Suki waterhouse I believe Um but these are really pretty Um oh man see looking very sharp Uh We're not you don't have it Look at super smart super smart I met him Did you dance for him You did I told you about the Magic Mike audition I had are we going to see She showed up to it He was awesome great guy great guy solid guy Uh Who else do we have here Um This is Lisa Marie Presley's daughter looking absolutely stunning I love the gown Um I love the long locks looking very beautiful and glamorous Um probably for the Elvis movie for Austin Butler because I know the whole family was a big support of that Oh my God she's adorable I love her so much Ron Howard's daughter I love her so much She's so cute so cute right She looks just like her dad So cute Yes Thank you I was just thinking about her dad Um by the way look at Mila Kunis looking absolutely gorgeous I love the blue Is that Mila Kunis Who is that I think he's Mila Kunis Oh no that's not Mila It's been a long morning so far How is it possible Um Gorgeous All I mean just gorgeous Oh this is Lily I love her She's so awesome Um And you know Pam Anderson actually came out to say that her portrayal of her in Hulu Uh and um was just like it looked like no she said it looked like a Hall Halloween costumes Oh can you imagine Yeah Sorry Pam All right Well we'll get out of this We'll get out of this icon not just for her chest you know Oh God we had that whole that whole conversation two weeks ago to clarify It wasn't just that but you can't be upset when they do mention that No you can't Let's get out of this please

Mr Andy Waldman Thank you so much Um What was your favorite Oscar moment other than you know the whale and uh seeing Brian Fraser I really can't I can't get away from that Brendan Fraser moment I mean I've just every year an actor goes up there and has this speech that is just they think is going to change the world and Brendan Fraser did the very opposite He didn't have a speech He was just thankful He was just extremely thankful and gracious and couldn't stop being exemplifying his gratitude for just being you know in the right place at the right time and having the right people around him and uh and just really gave it up to his team He gave all the credit to his team And I think that's really important I think 100% I do think you have to give credit to your team um because it is not just you know you yourself doing this job it is a very much a team effort no matter what your profession is I feel like I mean even Ok Um My parents yeah What about your role We love our favorite role you ever did was the homeless role I'm like that's because an Oscar winner made me a homeless person you know and so coming back to it it's like I really do understand having that experience You know my parents hate most of the things I do So not that but you know what I mean Critique they critique a lot of my acting work and they're just like oh that was good But like what about that And like this but with the homeless role they're just like oh my God it was so amazing And I'm like yeah that's because there was an Oscar winner who like did it homeless person Yeah Yeah Yeah And you have to really just always attest to the team and you really do come to standing when you get to this business How you don't have you don't have anything happen for you unless there's a team Yeah Unless you have a good team We have an excellent team here A good day live You would think there's like 30 of us but they're just four There's just four including me including Kyle Technically there's like 3.5 people here I would not count you as a have a person That's not a thing I do show up like right before these cameras turn on So you did you showed up early today Um Can we get a look at this Andy Wman please Uh I wanna uh segue this is awesome Jason Duo tips a waiter enough to cover a semester of college How awesome is that Can you imagine like how you just like working a shift I bet you that person was just like I don't wanna do this anymore and then just as things are about to break you get like something awesome like that 100% right Isn't it so sweet Super sweet Jason You're a good good guy Is he dead I was like good dad You're a good dad I don't know if you're dead You are dead I'm sure you're a great one And then Kyle you have your you've said some stuff over here Um Let me pull it up Um But



what else is going on in your world In my world What else I mean I was supposed to be snowboarding for the last 48 hours but that's not happening anymore Um I again oh here's the thing Some people were like oh I don't watch the Oscars anymore D was still yeah for sure They're like why I was surprised that you actually watch the Oscars They're so inspiring I don't see how like people in the acting world or the TV making world like you don't find that inspiring TV TV And I don't think well TV isn't recognized at the Oscars I know I know I don't know There's something that has happened recently for me with with watching like award shows other than like watching it for the pure form of media and entertainment not award shows The Oscars They're no I'll tell you what happened is not just an award show It's the pinnacle of cinematic manufacturing Like like you have to understand there's nothing higher You got the Golden Globes the Emmys the da da da da the Tony Awards OK No no no no they're all great They're all great you're using I am I am I am It gets me all It's almost like cleaning the fifth When you da da da da you want a date with a girl and you know we talk blah blah blah you know You know you know and for some reason I don't understand what I just said All right but back to the Oscars you it's there's nothing bigger than that Yes I agree But you know what I heard last year where I was like oh maybe things are really shifting Um there was this girl and she was just like are the Academy Awards in the Oscars the same thing And I was like oh wow because it's true like technology and the way we watch media has changed so much we're on a stream we're on multiple streaming platforms right now We are not necessarily on people's TV S We might be Um but like you know movies aren't I hate to say it they are not what they used to be And a movie that cuts through the noise like everything everywhere all at once is for the whale is something that I won't go see now But I when all these movies came out I had no idea And that's what they are I wouldn't have gone to see them Had it not been for the Oscars had it not been for that pin of a show showing you These are the best that the country has to offer this year and you're like ok I'll check it out OK I don't I mean I don't know I think like just there's something about it recently where it was like it's just a slab of metal I hate say it I just do I know it's it's it's a recent occurrence maybe because life is life in and of itself is like I've had some very major moments happen on the last couple days So like life to me is so much more than like you know winning an award It's like it's you you can spend your whole career the blah blah blah blah So I I don't think it's an award I think it's a strive for excellence What I like to say Now the award itself was named after

somebody who thought the award looked like their uncle So literally it has nothing I'm serious The word Oscar If you google it like where did the where did the word Oscar come from It's because of who this woman who was in charge of many fraction with statue thought the statue looked like our Uncle Oscar and named it an Oscar So there's no significance there But the strive for excellence to get it is what I think everyone is focused on I think the strive for excellence should be every day in every way no matter what you do And speaking of that we have a very special guest was that Ludwig is in the building Awesome and excellent with skin care She's a registered nurse and all this great stuff We're going to talk to her about how I get my great skin um and how she can you know help others unleash the glow with Um don't go anywhere I'll be right back on the You good morning So here is our Jari unbox it You wanna get it charged up you use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have it all charged up it has here you can press on the display you can see now that it is not drawing any power it is not bringing in any power and it is 99% charged which is cool So as you want to use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home If you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our Jay can fire up So in the past we have used the Jari to light up our lives with go We have charged our cell phones and we have done a few other things but oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today we're gonna push the query to the limit and uh we are gonna take a look at the this works What's this This works that car vacuum Awesome Very cool And we could even take a look at Tabi used it And uh how amazing is this Oh my goodness You can just keep on going and going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our query Let's do it this way So you guys can see what I'm doing Turn it on the little lights and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jackie fired it up Let's have a look at some of the other things that we can um fire up today Let's see Here we go So let's try the LaVoy Air purifier I mean this is a high power drawing eye item I think I

would imagine So it's not something that you would generally plug into this little power port here Amazing if this works you know how incredible this must be So not only is the Jari used when you are camping or exploring the world in your RV or your car the Jakey can also be your backup power source for a disaster Um You know disaster preparedness The Jay is definitely something that you'd want to have in your home And like God forbid there is something and the air is not pure and now you're stuck in your home You've got no power You can't That's a good day live I'm Michelle Murad along with the lovely how are we doing And we have our aesthetic nurse an expert of beautiful skin care and faces Was that look name Thank you for being here Thanks for having me for having me Did you watch the Oscars last night I knew that was coming and I heard and I have to say I did not watch the Oscars I did watch clips of it and I intend on watching most of it today I just didn't get around to it That's ok That's ok That's the norm these days People are too busy telling you I don't think it has the gravitas as it used to I tried to watch it I will say I tried to watch it and I could not get it on TV So I must have been too late and you know I was ready at eight o'clock ready to watch it I think it was over I think it's like eight pm eastern time five pm western time There's too many options out there these days to watch You know I do like to I do want to go back and get like the you know the important and speaking of too many options there are so many options for people to go to for for skin care and their face And you are like the woman to go to think you're the woman to go to I met Lisette when I was a nanny And uh um I was watching a little guy at the time and you guys you have two boys I have two boys Yeah And they were and they were super little at the time too and I met her and I had like a big giant hat and like a sweatshirt and it was like 89 degrees Yeah Well that's what attracted me to because I was like she is so committed to her skin and I love it You know you're so young So it's pretty abnormal to see a young woman you know just really care for their skin and very like aware and protective and you really wanted to focus on prevention which is what I love doing So it was like I think that connected us immediately Absolutely I know I was like where do you work I wanna follow you wherever you go Which is true I've been following you wherever you go Um and I believe you're starting you're starting your own thing now right Your own practice Yes And that will be coming summer 2023 Yeah So exciting So exciting Congratulations Seriously Everyone that has gone to you like follows you Like I like was like wait where's li and then they're like oh she moved and I'm like oh wait where is she going Like I have been

fortunate I think with the pandemic there was you know we all shifted and kind of figured out new things And I was I have been so fortunate that people did come with me and follow me And so I'm so appreciative for all my patients and we're all appreciative for you for having glowing skin So we came to you um a couple months ago and um I'm just going to play this clip We'll talk over it Um this is me coming to you um in Manhattan Beach Um and you decided that because of my skin the good thing to do is to do a VIP Um and uh talk to me about how you when you meet with a potential client or someone who wants to refresh their skin how do you know is it just like innate where you're like this person needs this this and this like how does it work You know it's a it's a customized recipe for each patient Um And it really does depend on usually when a patient comes in to see me I I often will ask them why why they're here So I always want to address their concern and why they're in to see me Um We also talk about lifestyle Um I also talk about skin care their routine Um And then we kind of get into the good stuff like the treatment plan you know and a chemical peel is a you know for someone so youthful and young like you who just kind of wants you know just to get that dead skin off and a little glow it's just such a good place to start And I think the chemical peel The word sounds scary It does often and I think I had suggested it to you before and you were like I was like no no no I was like ok trust me on this So you're gonna love it And um it's actually really simple It's painless and it gives you great results with just 11 treatment Although if you do multiple you know you do see even you know you do see your skin even brighter Um but even just with one treatment you'll see a difference And a little Botox a really common treatment for patients that come in to see me is you know they want to work on the wrinkles So usually uh a little Botox and a peel is just a great first place to start Yeah that's what that's what I did here as uh oh wait Oh there we go There we go As we're uh we're starting But for some reason I always got super nervous um to do these things but you give such a calm um feeling and vibe when you're in there and just like you're just like you know we're gonna do this together You're not alone you're not alone on this journey Um So it was really good to go there Um This is I believe you're applying the VIP O which um we're I'm now a major fan of I'm obsessed I'm obsessed I know and I love that you had the founder on here as well Yeah it's a great peel Um And the one thing I love about their peel system is that there's peels for specific skin disorders right Or conditions I should say Um So we have an acne peel We have a peel that's for pigmentation We have your first time

peel so you can really customize it for your for your patient based on their needs We try to get Kyle to do a peel I was gonna say that sounds less scary Which is like the first time entry V I peel It's like you know just a couple days of a little dryness a little flakiness It's so easy We got to get you to do it That sounds doable Maybe one day they will get me in there I heard the word chemical peel and I did run for the hills Often times people do I almost wish they would maybe just change the name or make it a little bit more welcoming because it is such a great first time procedure with like minimal downtime great results I can say well I did see the results on Michelle actually when she came in I was like what's going on You look different Yeah Well you also start to see like when I started talking it was like flaking Like she was just like what smiled and her whole face just like it was like a just like came off You were like uh your face is coming off There's like three days where it's kind of tough and then you get over it Yeah Yeah you get over it Um no it didn't it wasn't painful at all And again like when I'm with you Like I feel super comfortable and you have a lot of people who are on camera like that are influencers that come to you too and share their journey which is so helpful you know because I think often times people do feel overwhelmed with the static procedures So when there are people that are willing to share their journey it really kind of brings people in Absolutely and something to not be ashamed about If you want to feel good in your body and your skin you should absolutely take care of it We talked about this I don't know if you can I'm sure you can comment on this You use all natural products Yeah Talk to me about all natural versus like medical grade I mean you know here is there a reason why you use all natural or my my step mom was a cosmetologist I think a static a static I've got pills So you have OK Yeah I've got them But this is like we're going like 15 years and and that's what I actually want What we can talk about This is the industry has changed so much in the last 15 15 to 20 years It's it's completely different Had to because it was just like it was like a torture session a bit Hit me I was like yeah so when you guys said the chemical pill I was like ah I'm good Um you know so that was that But um what was your question again Why why you use the natural Oh that was the question Sorry I'm on a talk show at some point Um so I tried everything II I mean I I've gone through all of the products and I always found that it would dry out my skin and I'd have like these stages of like it was too many stages of bad to get to good for me And so I had I had read somewhere at 2016 that and I you know I was on the I was about to be on camera a lot that lemon and honey worked really well and

I I tried it once on one night and I woke up the next morning and everything I'm talking like years Yeah I mixed it together Years of problems that I had like certain bumps that were just like scarring or something They were gone overnight literally And so I was like this is my you have to be careful with lemon and skin though Yeah because it's very acidic and it could really like tear the barrier of your skin That's about Yeah if you're mixing it with honey there might be something that changes to the chemistry of the lemon but just something to keep in mind Oh for sure No My trial and error I found that out I mean and that's I think why there is um companies and uh products like yours because it's just so it's still iffy Even with the natural ingredients everyone thinks natural ingredients will go nuts It's like no you still have to be just as careful more careful Right Because it's not being like regulated you know Yeah it's not being regulated And I think I I you asked my thoughts on that I don't think that there's anything wrong with it I really don't Um and some people you know they're really happy using their or there's like clean is the thing now right Everybody wants to use clean ingredients And I get that if there's like unnecessary ingredients that don't really need to be in another preservative that we know could potentially be harmful for our body Um I feel like skincare lines are doing their due diligence now to really kind of work on that because people are so much more aware Um and they want cleaner products So even the products that are let's say medical grade medical grade is still kind of like a term just like clean There's no FDA regulation that's regulating all these I mean there isn't skin care but I'm just saying that regulating these terms right Um But there are products that deliver like that have that are science backed right And those are the ones that we know deliver results not saying that the others don't they just don't have the the science behind them for sure For sure Honey definitely doesn't have any one time I gave you a hug and I was like why are you sticky I came into work and was like I was like hey Michelle she was like what's happening I was like my face So I do tell my patients there's nothing wrong with using it If you love it if it's like a cleanser or a moisturizer that you're really into But when you're talking about like serums and and anti aging type of products it's better just to use the stuff that you know is going to you know deliver the results So talk to me about um this is one of your patients up here on um on our screen What did you do for her here So let's see Ok there we go Um This is a perfect example of a patient who is committed just like you are in your skin care journey and routine Um We do a combination of treatments Um We've done some filler we've done some lip filler I've done

some Botox Um We've done a few BBL uh gentle laser treatments which is a laser that really focuses on um uneven skin tone and just skin brightening and we've even added some chemical peels But this is over I would say this is over like a year or so So she's been very committed to her journey and you know she looks like herself She just looks a little more you know glowy and she looks she looks definitely more glowy Yeah for sure I think that's the thing in Hollywood where it's like when you talk about skin treatment immediately people go to just like that like nineties Look when when you to like come out looking like a like a lizard or something like their face was completely changed and you're like oh that doesn't look good Yeah Um talk to me about this one This is a before and after of uh lip filler Hyaluronic acid that we use just to enhance um her lips They were already they're already beautiful They just gave it a little bit of um I would like to say like a little hydration So pretty Yeah I like the I like the natural look what I'm saying like you're retaining the natural look even though there's work being done which was 20 years ago Yeah Yeah Um This is not Texas Everything doesn't need to be bigger Um What is what is this We'll talk to you here So this is the Botox This is what um often times a lot of times patients come in and they're like I have these 11 lines right These or I have these and that's it's such an easy fix All it really is is muscle movement you know and with a little neuromodulator it could really relax a muscle So you're not making that movement and then you won't get those 11 lines A lot of lines Well if you have your face like that You'll have a lot of lines for some And then this is and then this is a shameful one of me of before and after this is shameful shameless shameless before and after of me and my skin look at the look at the left look at my skin on the left It's just the it's just like you can't even And this is with you taking care of your you've been so good about wearing sunscreen since I've known you wear a hat So it just accumulated sun damage It's really hard to avoid it It really is especially in California And this is literally I'm wearing the same dress the same exact pose as a conspiracy theorist you would say oh she's just messing with the lighting That's what it is But it's not that's your skin that's just your skin That's great That's great It's really impressive Yeah Like I mean and you don't really realize how I mean you do but you don't because you see your face every day But like in pictures it's when you really realize like oh dang like I had no idea Well I mean when you put them side to side you're like oh my gosh like oh my gosh ok Yeah Like look how even and so I'm not a big makeup person I know I wear a lipstick on the show and a little bit of

eyeliner and mascara But like when it comes to like putting foundation on my skin I'm not really big into that and like so less is always more for me So it's really interesting to see how the progression of my skin has gone And yeah you always come out of that place So excited Oh my gosh Every every time I leave with it I'm so excited Look at my skin Well yeah I got it from was it like she I was so afraid because she really was for some time and we had like talked about it for a while I mean everything done other things as well But that was I thought one thing that would really kind of just freshen freshen up the skin Is that something Did you see that a lot with patients come in A little scared a little nervous and then they leave they're just like it kind of feels like one of the people come in They're like just I'm ready whatever Yeah And then there's people who are just more hesitant but I understand I understand both sides of it you know Oh I do I think we have do we have another picture I'm not sure if we have another picture Did you get into this line of business What's up Um it's well as I was saying it's changed so much in the last 15 to 20 years Um I'm a registered nurse and it's not really something that you think of when you go to nursing school Right I wasn't I wasn't necessarily thinking that uh um I just thought I would work at the time I was so young when I went to nursing I think I graduated at 24 So I really didn't exactly know what I was going to do then But I had a friend that was working with the plastic surgeon when I graduated from nursing school and I was like you know I'm gonna go shadow her I started working in a hospital which is kind of what you do as a nurse You kind of get your yeah you get kind of the foundation of um of nursing that way And I'm so grateful that I did do that because it opened up opportunities and kind of helped me I think being there I realized that I wanted to work with healthy patients and in preventative medicine So that helped me figure that part of it out And then I got a job with a dermatologist And then ever since then I've been in dermatology and aesthetics So that's why I'm so passionate about skin care because I've been in dermatology for 15 years and it wasn't really what like we were saying it was so different So I've learned so much about the skin how these procedures affect you know how deep they go the skin health Um and then over and then just learning my own you know lifestyle and how we live our lives with how our skin looks on the outside So just all of that stuff I told you you said that Can I share that sometimes you Do You like you break out some too I was a football player for like 20 years And so my helmet just like I didn't have acne until I put a football helmet on and then it was just like it just did nightmares to my skin and lasted literally it's been 10



years since I put a football helmet on and it's still kind of there some scarring and then think about our skin you know the different skin types learning about the different skin types that's so important Um darker skin type We have to really be careful with the type of procedures that we're you know treating our patients with Um we have to definitely opt for more treatments um and lighter and more gentle whether if you're using a laser or there's just so much you know Um so I forgot to this little tidbit but the my stepmother who was a ascetic she she's like fair skinned from England and then there's me and my dad that's like as dark as I am and she's like treating us bull She's like I don't even know what I'm doing because it was like it was so much fun It a thing back there the different skin types you know now we know the skin type one skin type two skin type three and how these procedures affect all the skin type There's there's something it went I think it went viral viral but there's some it's out on Tik Tok and um Instagram about it It's an African American woman who had a laser and it just went really bad Yeah And so you have to really when you're seeking out these aesthetic procedures you have to seek somebody who has experience don't be afraid to ask them Like how long have you been doing this What happens if there is a complication because it is a medical procedure wrong How do they manage that complication Knowledge like you I mean you you went through exactly like if I was gonna get my skin care from someone you'd be your criteria Your history is exactly what I look for OK RN by 24 100% OK Dermatology You know safe practices skin care cosmetology Great great lot of work right there It also doesn't hurt that like you're you know you're gorgeous and you're so open and honest about what you use and what you do And and that to me is so important I think we have one more picture of something Um This is I think the peel that we talked about recently the peel like a step up from the peel that we use with you This is not a beginner's pill Um This is something you do that when you've already tried other you know treatments This patient had already tried um some pills in the past She had also done some laser treatments She has a condition called melasma which is um a hormonal type of pigmentation It's not necessarily caused by the sun but it the sun makes it worse It's usually hormonal and internal um and heat triggers it meaning like it can actually make it worse but it's not caused by it So we had tried so many things and a lot of times it's women who have had babies a lot of hormone shifts a lot of you know hormonal changes And um we chose finally after you know trying to treat her with micro needling and different treatments she was like let's just do it I convinced her to do the big peel Um

and it it completely clears it up but it's a lot more downtime It's about 10 days of down time Um Yeah and and and it it there is doubt you're peeling you know how long does it last for you So after the there's a whole skincare regimen that they have to follow for a good few months Um and then after that we're have them come in to see me like every month and then we get them on like maintenance type of treatments like lighter treatments that they can kind of maintain um depending on the patient and you know their budget And then from there Um it could be like ideally I don't like to do this peel more than every 12 months but you can do it like every 12 to 18 months Talk to me about the cost of this peel What's the cost of it is a little more expensive Um it's anywhere from depending It's about 1000 Ok Yeah Got it Yeah Yeah Yeah But you only need 11 and done and done That's amazing I'm a value guy That sounds right That sounds right No I do I complain about coconut water I really do \$11 coconut water two blocks down And I I haven't let it go yet but this sounds like it's correctly priced I got you I mean people are so happy after this after the peeling the there's a lot of hand holding going on Oh my God It's really bad Right Yeah It's hard to peel Like the downtime is tough but the results are worth it I just spent \$1000 on my car for 12 months of Good ride I would do it Yeah Yeah Yeah Good point Uh that you're amazing and I think all the people that have had the privilege to come into you are like just like know that you're amazing Um I want you to plug away where people can connect with you and reach out to you especially if you're in Los Angeles area This is a woman to go to She's incredible I have a big mouth So I will like obsessively say Lisette Lisette all day every way Um plug away where people can um connect you Uh camera three is your camera So you guys can follow me at Lit Ludwig underscore R and you can also go to my website at Ludwick dot com and sign up for my newsletter Yes Lisette Thank you for keeping my skin Absolutely gorgeous We love you Thank you for being on this show Make sure you check out Lisette's for beautiful skin especially if you're in Los Angeles or if you are anywhere in the country or right now the world who were internationally streaming and they can connect with you Yes Yes Yes Yes Thank you so much Enjoy the rest of your day Thank you for being here and we'll be right back after this Don't go anywhere Thank you Yeah I'm gonna have you So here is our Jari and box it You wanna get it charged up You use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have it all charged up It has here you can press on the display you can see now

that it is not drawing any power it is not bringing in any power and it is 99% charged which is cool So as you want to use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home If you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our Jay can fire up So in the past we have used the Jari to light up our lives with go We have charged our cell phones and we have done a few other things but oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today we're gonna push the Jari to the limit and uh we are gonna take a look at the this works What's this This works That car vacuum Awesome Very cool And we could even take a look at Tabi used it And uh how amazing is this Oh my goodness You can just keep on going and going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our Jari Let's do it this way so you guys can see what I'm doing Turn it on it's a little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jay fired it up Let's have a look at some of the other things that we can um fire up today Let's see Here we go So let's try the LaVoy Air purifier I mean this is a high power drawing eye item I think I would imagine So it's not something that you would generally plug into this little power port here Amazing if this works you know how incredible this must be So not only is the Jari used when you are camping or exploring the world in your RV or your car the Jakey can also be your backup power source for a disaster Um You know disaster preparedness The Jay is definitely something that you'd want to have in your home And like God forbid there is something and the air is not pure and now you're stuck in your home you've got no power You can't put your air purifiers on If there's a huge amount of dust in the air or if there's a big um you know like we are in California there could be a huge earthquake will bring up a lot of dust but you obviously want to still keep your lungs protected Let's see if the Jari not only will give us power but will also save lives So plug it in over here we'll turn it on and you can see let's actually put this up a little bit because you'll be able to see the lights So let's put that try and see if you can see that there this all in the name of Ok there we go So the little light is on and we have the uh did you see that Ok Turn it on let's turn on the light so you guys can see

There we go That is it Welcome Welcome back to Good Day Live I'm Michelle Mure If you're just tuning in for the very first time Welcome Welcome to our show along with how we doing and we have the lovely precious welcome to this show This is um a as everyone knows that has been watching this has been binge the Bay Week with some of our favorite people from our one of our favorite shows The Bay Um You started on the Bay as a producer in season four Is that correct And then um you had your on camera debut um this season season seven which will be is on to be right now Talk to me how this all happened for you Whoa Now that's going back going back season four season four the the moment I met Gregory So number one Gregory is an amazing you know writer and director and such a such a jewel I actually run hospitals you know that's amazing And so in in one of our sections of our hospital we actually have it set up almost like a studio It's a wing where we actually um do production of shows and other shows come in and you know normally it's uh hard to find space in a hospital and this is an area that's just a little bit of an older hospital so that we've used it and we shut the the services down because they didn't make any sense any longer And so we use it for production One is it's not the bank um the university and then other shows also So we use it much like a like a studio that's so smart And so did you just meet him just just one week or how Well he had one of his uh one of his producers is scouting and it was they were out scouting and I met the scout and and we started to talk and then as they started to to be there on the show because it is my hospital And because as the president CEO of a hospital you are responsible for everything and anybody and every patient and every person that steps foot on that uh in that building that I wanted to make sure that who was in my house Absolutely Were they doing in my house We follow every rule because we are so highly regulated We actually hospitals are more highly regulated than the nuclear power plants Wow I didn't know that So making sure that we were following to all all of the codes and the regulations that we needed And at some point somebody said would you like to meet the producer and the director and the writer And I said of course I'd like to meet everybody that's in my house Yes And so Gregory and I met and then he invited me to video village Oh is that so fun So Video village was a blast And so as we were there at video village and being the president and CEO of a hospital and also a clinician by background I I was looking through the eyes of Video Village and looking at the medical component of it and because I'm pretty bold and you know not too shy I'd say hey I think you need to do this I am so yeah So as we were

talking I was like oh how about you add this And so he such so open and because he is a perfectionist and loves to see that everything is real and is right and is portrayed right Um He took some of the suggestions and so then I became a medical consultant groupie because and I am a perfectionist So OK OK That IV tubing isn't right We need this IV too So through the through the eyes of video village is how we actually then had our you know introduction and then through the years as they continued with the show and we started to develop a friendship and then I was getting more intrigued by it and more interested by it So I asked questions and then um through that then he invited me to to come on and be become one of the producers and you know the consultants through that process Gregory has a way of persuasion really And and if you fast forward to season seven of the Bay um he wrote a guest star a special appearance by you for me for Dr Belinda Kway Yes And and you are the stepmom to uh to Christos other character the bad one boy am I the stepmom So just about your character and what it's like to play her you know it's actually it's it's amazing It's a revealing it's uh challenging because she's not exactly who I am Yes So immersing yourself into a character of something that you're not you know there's such mad respect for acting and and I have a passion for it and and being able to portray something out there that has a little bit of this you know devious little appeal this natty this very mm not so great this type of approach but yet you don't quite know who she is just yet You haven't peeled back the onion just far enough I want to play something like that It's very interesting And then you've got Adam who is so not Pete Garrett So you've got the opposite right Which is why Christos is an amazing actor obviously And Emmy Award winning and he deserves every bit of the accolades just as um Gregory Martin and and Wendy who also have Wendy and Gregor they wrote you know Doctor Belinda Kenway So with that it's where she kind of she's out there So she's got this connection with Adam So when you when you see it you have to really watch it a couple of times to see that connection and you're not quite sure what that connection is I love the way you're telling it I love the way you're telling it We have a clip of you and your character Let's take a look if you just allow me to take your time No get undressed That's all about this show But I love the wardrobe and I love uh wait is this your wardrobe It is I knew it when you walked in I was like there they either it's your wardrobe or like they uh you know Yeah No your wardrobe Yeah of course I love it I love it I know working on set like sometimes I've been like uh been so because I too uh have acting background Um and I just some of

the wardrobe choices are just like horrible So I always bring my own stuff you want it to be with you you want it to be what the writer is written a character of what it is right But but for me and probably like you you like ok I just I would never see myself if I'm immersed in that character She's not going to wear that I'm telling you especially this and and also portraying a character that's a physician a doctor and working as a CEO at a hospital and a political background I have many I have many physicians that you know reporting to me So I I know and so it's like no I'll bring my own I'll bring 1000 pieces You can pick that bring you what I have That's amazing And I love the opportunity that you can do that Um uh What else Um It seems as though I have to ask I'm so curious about this Are you finding more passion in the acting now than the than the doctor in the hospital or Ok So that's an interesting question So my my 100% passion in life is running and operating safety net hospitals And the type of hospital I actually operate is an inner city hospital I go into the poorest communities and we literally go in and we serve the poorest of the poor in the community the underserved the vulnerable the homeless the mental health component and all of that So my passion for that is to making sure that these hospitals Number number one thrive strive and we open more because it is so needed in L A in the state of California and nationally and keeping cities alive That's 1000% unemployment We employ over 700 employees You know some of my longevity of my employees are over 40 to 50 years believe it or not Yes you're running a really tight business also It's safety net Hospitals are not money makers They literally are funded by the state and the federal government So we we barely hang on So so my 1000 percent passion for that is amazing You asked a really great question I'm gonna I'm gonna get your answer during the pandemic We were we we were actually came in by the governor's office and am to come in and actually open as a regional search center And not only do we open my hospital Pacific Hospital the Valley but also another hospital in conjunction And so my team that did this and what we portrayed and did through this the pandemic was nothing more than I I commend them I can never thank them enough for the amount of passion and time and and selflessness that they did through an incredible time for us Um Even when I had 80 80 plus percent of my staff out and we had to have the National Guard So through that process um through this act and you ask that question is I love what I do but there's an element of stress in what I do every day that is is really unwavering in terms of you don't know how to explain it to others So the creative side I'm I am a creative at heart and always have

been and love the creative and how they had that and and to be able to have that and actually do that and deliver it and then deliver that passion through a character and and and whether it's production or content or the the acting I love it I feel that I feel I feel that that's the balance and and it's been a breath of fresh air during this pandemic time because of the stress of what I do on a regular basis I have to compare it to Daniel Day Lewis for a second Love that Have you ever got that comparison before No OK Let's see what I got So they say that actors should definitely have a passion and then act they do So Daniel Day Lewis actually loves loves to make shoes So he has like a cobb How do you know this He's a cobbler every time you say that it sounds like I don't read I read ask me how I know it Like it's like how do you know anything OK So he is a cobbler in Europe Like I think it like South of France He has a little shop and like you would never know It's him and he wears a beard and Abraham Lincoln it's kind of I mean he played it Um But no it's it's a thing It's like you should have this passion and it kind of comes through I was thinking of that just because as you describe your passion for acting passion overall it just it's so succinct and lovely to hear And I think it's because you have that kind of a structure where you have a passion and then you bring it to acting Acting is not your passion That's just really refreshing Thank you And speaking of refreshing you were honored by the National Academy of Arts and Science with the Crystal Chairman Award given to those who contributed to keeping the industry safe during the pandemic That's that's our photo on our Instagram That's so awesome What does it feel like for you You know I think I showed that in another interview that that award was probably by far one of the greatest achievements Um And for many reasons I mean I've been blessed to be nominated for an Emmy as executive producer Winnie and an executive producer That's all those were blessings But that award was more important because during the the pandemic and what we've all gone through right during the pandemic and what we had to go through is the entertainment industry was shut down it was completely shut and hospitals were shut down So believe it or not even though there was a pandemic and there were folks out there in COVID we still were shut down our our life blood our er s people were afraid to come to the hospitals people were afraid to do anything different So during that process we had to retool ourselves in a business in a clinical sense at the hospital level And because I had a close connection to the entertainment world and as the Bay was getting to to do in our series and not being able to do it and film because of the safety component we we created a division

mobile nursing We we we had the you know the COVID testing the ability through our labs to do this So we're really creating an opportunity to have COVID safety out there in a production and go out and do it so people could go back to work was really something really important that not only myself but my team did as well which also helps sustain the hospital by doing that So it was one of our greatest achievements that award even though it was honored for myself I give it to my hospital and to my staff because they really did it and and it also allowed them to do something and have hope out there and do something to bring hope to others So it was an amazing experience and it is one of the greatest awards I've ever I've ever received You're such a team player That's why you're on the Bay I hear I hear from Bay characters Oh I love the team I love the family It's a family you know what it is It's the Bay family and and you know thank you for being part of the Bay family and you know you're part of the Bay family So they're part of the big family We'll take it Um ok not only do you you do this at the hospitals and you're award winning person for for everything that you do you also have a radio station Is it true How did you know that So during the pandemic everybody else what did what did what did you what did you do during the pandemic 00 that's right I bought a radio station and so I'm also a serial entrepreneur and I love the arts and the crave and the the radio station was an opportunity to get back to a community in the central valley that really needs it and building it from the ground up and having an opportunity to mentor women um and also men as well but to really do something Being a woman owned radio station is a little bit rare especially in the west coast and then going into it and building it from the ground up So um I'm I'm excited to have it and and literally thrilled my daughter is actually running it It's amazing It's so fun I love the I love you You're like her idol right now So can we get to like where all this came from Like where did you get this kind of a drive and mindset from to like save you know the inner city You know You know and I'm not shy I I have a huge faith base I believe in Jesus and he is everything to me And without him I've had many miracles and blessings and challenges in my life So if I am blessed to be able to do and give back to others then that's really been my calling and that is my heart So it was from the root of everything that I do And it's really a passion that I have and people deserve to have a voice in health care Sometimes our patients don't have that voice right And and then sometimes in the world that we live in ok from a woman's perspective sometimes we don't have a voice out there or we just don't know how to use our voice and then sometimes in in our world



together and whatever we do we just don't have that voice or we don't have to make change So having the to be able to have that voice and and stand up sometimes you might be the only person standing up to do it But I'm ok with that because if I can just do it for the right reason at the right time and if I can evoke any change whether it be you know reimbursement for hospitals or going in in inner cities and saving these hospitals that's what my passion is And the other thing is from from the creative creative aspect is you you know what every day is a gift you're not guaranteed tomorrow I sign everything off on that and I what I share with my team is the impossible is possible Just believe in it and that you can do anything you want to do as long as you you know you put those your value system and where you need to put it and then just try and it's OK to fail If you try something you're gonna make me cry You are definitely meant to sit in this chair today across from us Uh It's it's so true because tomorrow is not guaranteed And and when you are so lucky and blessed to give the opportunity for others and to share like you I mean you give with an open heart and hands you receive with like lots of love and um blessing Yes II I love it so much I I you asked my question because my my my big thing as when I ask people questions is I always want to know where it comes from you know like uh did it start at a very young age Did you just know So I'm guessing because of your you know your faith and and believing like were you always always like this as a little little you know I I think it it internally you have it but you don't know it's turned on until you've gone through things And I think that when you've gone through challenges in life and had devastation and challenges and actually have had miracles you really don't know until that hits you and you have to be open to knowing as well and you have to be intelligent risk taking And as a woman it's hard Women are a little bit harder not all women but some women have a little bit more challenged if they've had Children or they were a single mom and and taking a risk to actually go out there and put yourself out there right Not everybody can do that and that and I respect that as well It's just always having the the support behind you is what's really important So I've always then wanted to lend myself to be that support and and to be that person to you know if I can mentor or if I can support somebody or if I can help somebody if I can support what it is to make change in policy or or or or health care or getting affordability or access to care and or access to the to the arts you know the central valley is is where my home is in the central valley doesn't have a whole large artsy you know giving back to the community and then from a woman's perspective as well giving

opportunities to those that are are not able to have those opportunities I mean I'm just so touched in so many ways and sitting across from you like this is just a blessing in and of itself Um I think you have a question I I think I lost mine I lost mine because it's just so powerful sitting across from you and and hearing you know it is true Like we do when we go through these moments and we get through them how lucky we are and to to count our blessings And for me I've always wanted to inspire people and I got excited when you came in because I've always said like with this show it just brings so much joy and I want anyone who's uh so when my mom was very sick I would just go through like the radio the radio station the TV I'm like there's nothing precious 95 7 I was like I my dream and I've said this with this show is that I want anyone to see it That's like going through a hard time whether they're sick like just to broadcast it because we are all about joy and like inspiring people So having you on here and and the work that you do is inspiring me just just giving me goosebumps Um But I I have to ask did you ever think that you were going to be on a hit drama series after all the things that you've done No no Um And again we're gonna go back to the man himself who really um created Doctor Belinda Kenway Um and some of the other um characters that have had the the blessing to play and that he really sees it in somebody and he has this vision that only Gregory knows and he's right Gregory and I will go OK It's not too much right It's like not a lot because you I have such a mad respect for for the craft right And and he just knows And so did I ever dream this as a little girl No I was more the fashion side So so did I dream about being on a hit Emmy Award winning nominated show No Yes you vernacular sounds like you've been going to acting classes you know since for 20 years now Like like when you say the craft it's like where did you learn to speak like that You just joined acting the whole acting world Like what a couple of years ago That's great It was in you it seems like it was innate creative in me I mean a huge writer huge lover I mean even even during the shows when we when we did the COVID um and it was season six don't get mad at me Gregory I think so Um on the COVID is like you know Wendy and Gregory let me sit and help support the writing of that is because of some of the you know the the tech the technicality of what you had to do in a hospital and what the protocols were and what it looks like So I I love of every aspect of that And then the acting I mean even in the last girl I played with Gregory I played an attorney which is right up my alley It was so so fun And that's not the Raven is it No that was the magic the magic Thank you Thank you I mean this is awesome so awesome right Like you

just never know what what the world what what she has too many accomplishments It's like every day you know when you go back to the root of just every day is a gift you know love don't be afraid to tell somebody you'll love them Don't be afraid to help others don't be afraid to be that person to put yourself out there You know every day is a gift You're not guaranteed tomorrow and and be impossible is really possible I love that I mean you're speaking you're speaking my heart and my soul and I do believe that very much So you're incredible just like the work that you've done and and all the awards that you're receiving so well deserved This is your camera over here Plug away Tell how people can see you listen to your radio station This is your moment First of all to be rou all of that radio precious 95 7 streams everywhere We'd love to have you as a listener and again to having me on the show thank you so much to Gregory Martin Wendy Rich and for writing the character as a guest spot I hope you end up writing her back in possibly maybe to the fans out there Thank you for just following and being supportive of my character out there and God bless you Precious V Mays Thank you for being on our show You're absolutely lovely Uh Gregory you absolutely should write more for this woman You're incredible Um And just even for the fashion sense alone right Even if it's just your fashion you're welcome You're welcome You're welcome It's been so fun here We have been binging the bay all week We'll continue to binge the bay for the rest of the week up until Wednesday So make sure you tune in and wherever you are in your day Hope you find the good in it and spread it to whomever you may and we'll see you guys tomorrow Bye Have a great day Ah so good Ah your story is so good Oh my gosh by all your accomplishments a chance And I what scare us on the