

Regular Guy Friday ep 123. Timing of Pet Deaths and New Means to Treat Deadly Diseases

Hey friends So Macy's as you may or may not know is a place I used to work at a store I still shop at and have been incredible supporters of our show for all of the above reasons Be sure to visit Macy's dot com backslash heal squad and explore my favorite finds Thanks to my newborn little Athena I added the most adorable baby clothes including some super practical baby gear stuff that I have in my home and is on my personal wish list and I invite you to take a peek But whether it's for your baby your own fashion or home Macy's has got you covered Head over to Macy's dot com forward slash heal for all your shopping needs Happy shopping friends I mhm mhm It Yeah that's definitely Yes of course You hear this music and you know that you fooled them again You made it to another Friday We fooled them again Little reminder It's regular guy Friday It's your day No one else's day Tomorrow Saturday is as I recall now is for the partners The Sundays are for the Children and the during the week I say everyone else owns us Not this not this day not this Friday Kelsey Alexandra Meyer Hey hey Kev Look at our girls from Bacara You know they they may not have the choreographing of the like today's hip hop dancers and whatever But I'm noticing even the the swing of the hips everything is in unison No they give me life every time they use their song they really bring me back It may be aspirational too Yeah like they Yeah they're fabulous And by the way those suits would work today the black and white suits right Oh absolutely I think we should get them I told you I want to rock the power suit everyone Kelsey please Let's let's go with our weekly disclaimer which of course is now getting us in some more trouble I know I know we got yelled at about the disclaimer too I was so confused by that So just so y'all know this is not Heal Squad This is Monday through Friday If you want Maria if you want some healing you have Monday through I'm sorry you Monday through Thursday I misspoke Monday through Thursday You have Maria Friday This is we kick our feet up We have some laughs It's Kev it's me It is not Heal Squad It's not unenlightened healing We we do things a little differently We're regular people over here So just so you guys know if you're looking if this is your first first time to the feed your first time to the show You've clicked on it because you thought our title was fun This is regular Guy Friday Not Heal Squad If you want to stick around we would love it But this is your disclaimer You can

jump out now if you need do not yell at us but give a lower star rating when we do that Just shut the go to it one this week It's like literally I know how Kelsey puts up with Kev So annoying and I get that and I actually agree with that but at the same time it's like we we give you the disclaimer just so you know because we got a review and I said Mary please release me please release us from this And then he was like Kevin No it's probably someone who just was new This show is probably a fan of mine or like saw the show on the Pump or in the movie theaters and wanted to check it out and then landed on you But see where I was like and what you just said Kev we gave you the disclaimer Now why are you yelling at us about the disclaimer You have the disclaimer just bow out just Monday through Thursday You know That's all right That's all right Now this is serving again Is your disclaimer if you want to stick around and laugh with us Amazing We would love to have you if you wanna heal with Maria Monday through Thursday Yeah Yeah Well you know it's funny because I said to me I said I can't I I have so much going on in my life So many things I'm like I don't need this hanging over my head Um bringing your show down I'm like you know just it just let me go tap out go off into the cornfields like field of dreams And so anyway Maria I forget Maria what she said But first she said you know not everyone's on our frequency And then she just said yeah it's probably somebody new and she was like no you can't go So she said she did say well may yeah maybe that is a good idea I go yes And she said no But then you know Kelsey you got a lot of people one of the concerns they had with you not working on heels was the fact you wouldn't be doing RGF So that was it really was Kev I'm telling you every other message DM I received which thank you I'm still going through all my D MS Everyone You guys are so sweet I'm so blessed I'm so grateful Um Honestly everything everyone said was just like I was crying It's been definitely it's been a couple of weeks for sure But what I will say is yeah every other message Kev was like thank God you're still gonna be on RGF My favorite show I love you and Kev so much So it was nice after that review I was like wait people do still like us Well on this note let me say this If you do like RGF would you please go to Apple Podcast and leave us that five star review Uh with with uh a nice message We certainly appreciate it And I think I actually think if you've already left one you can leave another I'm not sure Oh that I don't know because I think I read one time a review that said that this is my second review So I don't know Anyway we would love that That would really help us a lot Uh anyway yeah like it's uh Kelsey's uh up for in a part of a wedding right The K or just

just a guest you know it's funny Kev riddle me this I'm not actually in the wedding but I've basically been invited to do everything and spend all the money Like I'm in the wedding yet I'm not actually in the wedding Oh like I'm like third tier you know so I was like at the bachelorette party I'm like still doing all the wine tasting with all the girls this weekend I'm like this is insanity Oh my gosh That's like so Kelsey Oh my gosh Well tired Yeah You know it's it's hard with um I have friends in the business who always made the trip to do weddings back home and uh I don't know what it says about my personality but I was the one who committed to all the funerals you know and I've always felt like there's gonna be enough people there cheering you on and bring you all the joy you need at a wedding But you know you may you're gonna need more at a loss And I don't know maybe I guess it's six of one half dozen of the other But I know that the the the destination weddings or the weddings when when you for those of us who have left home to go home it's it's hard It's it's really a big ding and it's a big ding on your body too Oh my God That's why I was just telling Natasha that because she was she's been so sweet checking up on um us after all the windy stuff And I was like honestly I just haven't even had like a second to decompress because it's like I've been on a plane I jump on another plane and now this wedding camp we have to drive five hours into Eastern Washington It's like it's not even in Seattle So yeah I'm like I pick and choose very very well because you know I've had a handful of these I'm grateful I get invited to them and I'm like I can't do them all And this is a very close friend because it's a lot I think I just in five hours out Well I think next time like I think you I think with age you start you can look at trips with a bigger helicopter view But I think next time I would have gone just to the wedding Found a way to just land there for that So you know it's crazy It's because it's like this small town in eastern Washington there really is not a not a way like you you can kind of fly into Spokane and it's still like twoish hours but it's like this little and that's why everyone loves it But it's like a do you have do you have the friends I was lucky enough to come up at a time where not everyone was a star So like so well every well you're a generation of stars and the generation under you was like we're such such stars We don't even care about stars like you like you care Um but I think that I I was lucky because I was the guy coming in from L A going after a dream So I had the friends like we will pick you up from the airport You can crash on our couch You do You know what I mean They they were like we are we know what this is We're 100% behind you And uh it's just cool to have you with us and yeah so I I don't know if you get that

kind of I do to a degree I will say I have my one girlfriend who she was like I'm picking you up tomorrow I'm driving I the hotel Like she's been Yeah And even she texts me she's a makeup artist She's like don't worry about bringing all your stuff She gets it because she gets it She gets it It Yeah Yeah So that's been because without that I would have been like I don't I don't know if I could do this I I can't go book all these like I ca I can't so it's hard So I'm very grateful for her So it will be fun But it is a lot on your body It really is It's a lot it takes a lot out of you Um It's hard I think you have to have I think if you have a destination wedding not that this is it's semi destination But I think if you have a destination wedding I think if you're the couple you really have to be committed to Hey we're doing this for us because this is where we're gonna be happy and then hey if you can make it great but we get it It's a hall But sometimes I get I hear from couples who are like you gotta love it You know we're we're gonna be in down in Guam Like what challenging Guam real easy It's only three connecting flights Oh God No thank you No thank you Well some people do it to actually deter people from coming to the Oh that's yeah see that's a good one So that that you're right that you're right That is a good guess that I get that I get that you uh yeah you definitely can weed out if you want something more intimate Yeah I have a destination one coming up in March but I'm like I was able to mentally prepare for that They gave us such notice that it's like hey this is a destination wrap your head around it And it's like literally for it's for Priscilla it's for my best friend So I'm like that I'm like well but I don't know man some of these other ones are like I was OK guys I had some TV picks for everyone that I would save for later But I have to say to Kelsey and Natasha and everyone listen If you want just a really fast laugh I'm gonna call this a Gen Z millennial version of there's a show right now that I'm gonna call I'm gonna describe it as a Gen Z millennial version of Curb Your Enthusiasm and it is Star So Kels I know I texted you It Ashley downs actually turned me on to it It's Pete Davidson show Um semi autobiographical in the way Curb is maybe a little bit more autobiographical but hilarious So what's it on Kev on Peacock I cant wait to really It's it's incredible I think it's some of the best live action comedy that I've seen since kin I think some of the episodes are even funnier I mean like in in certain and especially the first couple you see he's gonna be laughing But um Joe and he's like he called in every I mean it's murderous row of talent both in writers but also in terms of the talents he brought on the stars Uh Joe Pesci's uh his grandfather and my goodness talk about an interesting guy with Pesci who hasn't acted in years and it just does

the Irishman He's incredible in that And then he just shows up in this He's incredible in this which is a comedy It's just but we see it but there's a reason I brought up is there's a moment where Pete has this like this trusted manager who is his masochist who is always overwhelmed and exhausted and just trying to keep up with Pete but has a really good heart and Pete has a moment with him Um He's like listen I know him I don't know your girlfriend's name He's like yeah it's it's my fiance of the last three years He's like yeah he's like it's Lizzie He's like ok well you know um he's like whenever you and Leslie get you know married it like he's like he's like no it's Lizzie and we're probably gonna get you know probably gonna get married like next year we're talking about going to he just cut him off when he started talking about it He's like yeah I won't I won't be there but I want you to know how much I love the guy But it's like so when you say to me even when I get invitations a year year and a half out I just my whole body freezes up I up because I know I'm like I don't know where I'm gonna be in a year and a half I always have I got 20 million things going on and no again I'm not knocking anybody because I other people have more structured lives That's a great heads up I'm just saying for me it doesn't work it doesn't help me And sometimes I feel like I get it because it's like now you have no excuse There's no way that you can't put this date a year from now in your calendar and honor it But I'm like well actually if you know something you know comes up I mean God like can I have any more tumors I've had to deal with any more I mean you know not to mention other means of like having to pay for everything But yeah that's a whole lot of story Right Whole other thing Well I'm excited to watch that I honestly I I have a love hate relationship with Pete Davidson I never oh you'll see that Yeah Yeah But when you see this you'll get it Yeah I can't wait I didn't say that but she said something I can she she I can see where he's attractive now and I said that's talent and talent is attractive in anybody But um it's interesting that Lorne Michaels saw something in him when he was 1920 he's gotten a he's had that rap which is he's he overrated He's not I don't really see it He um he got the he got the gig he said alive because his father was killed in 9 11 as a fireman and people love his story And but no you see that there's more there there's more you see the show the show Um anyway yeah So we did we did uh you know I don't wanna bring us down now but we did lose Winnie in this week and uh I was away Uh and it's the first time I couldn't be there and thank God Kelsey was there Uh It was sudden which is really strange for all of us and you know she was 13 maybe 14 but the 13 years young and we're our family

so used to these babies 11 to 18 Plus Whinny was so spry with her energy and her Yeah So I just you know it was just a shock and sudden and you know Kelsey like I I told you I already told you on the phone but I I said it to Maria last night too and I think Maria put it in the newsletter Um by the way if you don't get Maria's newsletter how do you get it Natasha You need to go to the website Maria Moz dot com and sign up a pop up will pop up as soon as you get there So she was doing the newsletter last night and you know we were talking about this and like Kelsey because because you were there with her and Violetta in that moment and especially you if it was Max in Violetta then that's who I'd want Nick holding Max because Violetta and him are besties But you and Winnie were besties And um you know that's the only reason that this has not made me this and I don't look at the videos and I don't look at the pictures I don't I can't II I'm just decided to sweep this one under the rug So I don't know what that means but I'm tired of facing it It's gotta be swept under the rug for now But what's made it really easy a lot easier is knowing that you were there She was with you Kelsey in her final moments and I know um like I'll never forget that And the other thing is you know Marie woke up today feeling guilty because she's like I feel like the last two or three years I neglected her because we had so much you know how many more tumors how many more you know and um and I said here's the thing you may feel that you did but know that Winnie wasn't affected by it because she had Auntie Kelsey and the squad all over her and she was breakfast with us dinner with us in bed with us I mean you know and so I said but because of Kelsey you know you don't have to feel like that But anyway so Kelsey is like I'm so just grateful Thank God that uh that you were there and you you helped and handled it and it's uh it's yeah it's made it so much better on Marie and I right now Yeah because and you know and I think a lot of peop people some dog owners get it But then I think dog owners who don't have Children really get it You know and you can tell the way ours are connected It's not that we're so special or they're so special Of course in my brain they are but it's that we treated them like two and three year old Children So they act like babies Yeah Yeah it was uh I mean everything about it was so crazy But um I appreciate you saying how grateful you are But like the thing is that I've told you this Kev is I wouldn't have wanted it like any other way Honestly it was like I'm so grateful that I was home and I'd like just gotten off a flight and I and it all happened and I was like thank God I'm here for her because she was there for me through so much that I really like was like oh my gosh she's given me so much and she

really is my little soul sister Like I wanted to be there for her But it was yeah it was like oh I have never experienced like pain like that I don't remember the last time I cried like that violet and I both were like I feel like our heads are gonna split open like she really was the most special little nug in the whole world And I'm it's funny that you won't look at PK I'm the opposite where like I won't stop showing everybody like back up my phone I'm like a little chewy but it's weird It's like I still can't believe it you know Um yeah it doesn't feel real but she she was a really really special a special little little girl Yeah And I swear if our dogs are not there when we die I'm gonna be pissed I'm gonna be I'm gonna be so mad Well I think um with her she was so funny because it was like the little three year old four year old girl who so badly wanted to be a teenager She wanted to be good So who would hang out with you guys And and she just like nope I'm going with that you know and then when she needed to be daddy's girl obviously she crumble and become but you know during during those times where she could during every day to be with you guys like no I'm go I'm going to be with my squad It's a squad Yeah Oh my God She was she would force us to work She would be like she would if we would be out in the front yard she would like walk back to the gate and be like mm mm girl it's time to work like time to work And I have to say too she just had she had an impression on so many because she got to meet auntie auntie laid and Auntie Carolina and all three of them were like also equally heartbroken And I just think that yeah she really was part of the squad She was our little third wheel I mean she sat with us in there every single day the pictures that all of them were sending me I'm like oh my God I just forgot like yeah she's part of the squad and always will be part of the squad So I was talking to uh Riz who is the psychic medium in Chandler that we had on Hell squad I think a week ago maybe two weeks ago I don't even remember now And uh he and his wife needed my help on some stuff and it was super time sensitive what they needed from me And you know in the middle of it I I said guys I just it this is just really hard because they said what's going on and I broke down and told them and said I can't tell you how many um animals help how many pets leave their owners right before a baby is about to be born And you know we know everyone knows we have a surrogate and you know um expecting little gertrude uh to come And uh he this is what came through to him and I wrote it down Our our animals are our teachers Um Winnie was dropping us off to our baby She got us here and now she can graduate She's handing us off uh to the baby Um it's not about me anymore Says Winnie Um and you know it's about the

baby now and she's and he said you know Winnie and the baby are high fiving And then he said um when he's tagging the baby in which is so interesting because you know how we're obsessed with wrestling he wouldn't know that he didn't know that And um that kind of that makes a lot of sense to me It made sense to me too And might I just tell you someone else told me that before Chloe had Khloe Kardashian had either true or her new baby Her dog died like right before and I was like oh my God that's so wild Yeah He said it's it's actually typical in Yeah Yeah that makes sense And passing the torch I also don't know Kevin Sorry to cut you off But we've talked about this like I think Winnie knew there wasn't room for two little girls I know But that's what makes that's the Catholic G comes out No I don't think Catholic G I think but don't let it come out you know I think because she she was happy like she lived such a good life and like God I still wish she was here and I would have taken to her We were when we were talking about that we were talking but I was worried about I was talking about taking her I was like I'll handle everything else But um I was worried about that because she you know she had to be picked up and carried everywhere even though she could walk fine She like she was she really was a two or three year old little girl and it would have been hard to have both And um and so yeah so I I remember several conversations we had Kelsey about hey maybe we can arrange that you take her and then we'll you know we'll have you know you need to drop her off or you know we when we work together bring her and you know it wouldn't be easy for me but I want to do what was best for her But anyway maybe that makes a little bit of sense uh to us and thanks everyone for um your support and obviously just for letting us do a little venting there about that Um You know it's it's funny I wanna do should we take a break now guys or should we Yeah take a quick break take a quick break you guys and uh we'll be right back on this regular guy Friday edition of Heel Squad Hello Hi friends Summer's in full swing Hope you're enjoying it But we're already heading towards fall Not to worry Macy's and I have your fall fashion and home needs covered Starting to add all my fall favorites to my curated Macy's list So go check it out at Macy's dot com forward slash heels More exciting news from Macy's They just launched their all new brand on 34th Now I have another cute brand to choose from when I go there on 34th was designed by and for incredible women like you each piece is made to fit your body match your style and adapt to whatever your day brings mix and match effortlessly with everything in your closet Practical convenient and stylish with so many fabulous choices to browse through I

have them on my page [Macy's dot com forward slash heald](http://Macy's.com/forward-slash-heald) I'm wearing they're a denim romper right now It's perfect here in the summer because it's cold inside with all the ac but it's light and fresh enough to wear in the heat outside Oh And if someone you know is a new mom like me I've added the most adorable baby items They're so cute I can't help myself You'll also find everything you need to make this fall Your best head over to [Macy's dot com forward slash heels](http://Macy's.com/forward-slash-heels) gut and start getting ready for the fall season Remember [Macy's dot com forward slash heels](http://Macy's.com/forward-slash-heels) 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](http://wonderfulpistachios.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 Some love It had me Your last some love happened so fast I had a girl crazy for me Huge Some the da is drifting away to some of it I you get married Kelsey on this uh first day of summer weekend let's call it Would you wanna live back here in the fifties Hell yeah Really Yeah Look at them They're having a blast and all they care about is if he has a car it really was like it was right after World War Two that was behind us The country had a lot of money and it was no one really knew any better So it was the the birth of the teenager Yeah There was really never a teenage market before then So that's what you know records and all the consumerism This is one of the greatest movies of quite literally all time The only thing is I don't think I could deal with all the smoking Yeah No me neither You know what's funny Kev that you said that I was gonna mention this earlier I've been watching The Idol which I I honestly stopped because I couldn't handle it Yeah everyone tapped out of that Right Getting into TV Talk again But yeah sorry So oh no no no Listen So the Idol is on HBO It's I think people were excited about it because it was kind of the darker side of um a pop singer kind of behind the curtain of a pop singer's life And um yeah it's just she's a really great actress I think the weekend is amazing But but it's real and I love I love her um assistant Yeah Yeah But yet for whatever reason is so tell me Kelsey why I think Sam Levison who also directs Euphoria has a weird way of like like he's very dark and I don't mind dark I actually kind of enjoy it but it's just it was like just too much I was like too much to wear was like became cheesy and I kind of like was rolling my eyes a little bit and and and she's I think Lily is so talented The weekend I'm debate is still on the edge about I think his action is pretty easy He's just kind of a slash hustler Um no I would I wouldn't uh I'd work with it I wouldn't um write him off Yeah No no no no I wouldn't write him off I think But I I here here's the thing Euphoria I think what makes euphoria work and I think what makes a lot of movies and TV shows work is when they explore a world that we know exists but we don't really know what it's like So good fellas Every time it comes on you're just captivated But as colorful and as as they are the lines the outfits the

mannerisms you know that somewhere in New York that world existed Correct Right Right When you watch euphoria you know in the club scene in the New York club scene you know the New York club scene post 9 11 you know that that exists Now I haven't listen if I've only watched first season of Euphoria so I can't speak to where where it's gone But I felt like there was a world where that existed Yeah Yeah In that younger generation I agree OK So now follow this pathos Now when you get to Idol I don't feel that that world that they're creating exists You cannot Taylor Swift wouldn't be like that Never Britney Snaps was on the other extreme She wouldn't be like that much more playful and innocent and you know so what is this girl Taylor Swift Is she Christina Is she And by the way that was also Christina and and Britney were 20 years ago the culture was different So now to have this today it almost doesn't work unless you have you really based it on AAA world that really exists and I don't feel that that world exists and that's why I think no one will verbalize that too They're just gonna say they don't like it or they'll say the weekend is acting or it's too dark or whatever But Kelsey I just think that you know in your heart of hearts that's spot on that doesn't exist you know that in this business That that's where like the eye roll comes out of me where I'm just like oh come on like I can't yeah The Pete Davidson show even though it's a comedy you're gonna watch that and go oh my God This is a kid from Staten Island who now has like stupid fame money and all the stuff coming at him But he's still a kid from Staten Island And so when you see that show you're gonna go oh my God I get it just like entourage I feel like you you will you knew that those four guys in some weird weird way existed whether it was Leonardo Dicaprio Mark Wahlberg whoever it was they had their three goofy friends you know um all trying to find their way together But I think that that's where a lot of times and I say this to I wish more executives would step up or even more writers or showrunners like it's gotta be based on I think this the best ones are the ones that are based on the worlds that really exist but the worlds we don't really know So we're excited to peek behind the curtain And go 00 my God But somewhere in our hearts we know that really exists We all everyone's getting the feeling that that's not real few elements but ultimately that's not real you know what's going on there And I think that's why and and and and listen and and if you're a Sam Levinson maybe because he has so much success who's gonna tell him But I would want to be I would want someone who really knew a pop star in a pop star's world and really could get in there you know So why you know I mean listen yeah the better thing is just take the Pete Davidson

formula and doesn't have to be a dry it could be full full drama But why don't we see that with the weekend's life His real like ascension and what went you know what went on today and how it all went down you know like that would work or whatever is going on and say maybe it's a doi cat or make the style you know tail is probably too big But but maybe some of those other ones who are like oh my God you know because tail is so big that it's almost it's she's just on a whole other level but it's nice when it's the ones that are ascending and then they're dealing with they find themselves dealing with a Madonna dealing with a pink you know when you do your cat or you're having these stars side people who grew up watching and all of a sudden you're dealing with them or do you then it's like oh what you know and you're on the journey with them But this is why they need you This is the edition of TV Talk huh Hey everybody No let's keep me uh let's keep me renovating houses No No Well I don't know You know what like maybe another another lifetime But yeah I I know even if I couldn't create this stuff I know that I I'm confident that that that's what I'd be pushing for You know Um just all of them take Coke Make Pepsi That's it Stop trying to have your own trying to do too much Yeah Well I don't think he really knows that world and no one and he's so successful that no one's gonna stand up to him and he's not gonna stand up to himself And again this is just a gas of speculation But that world again let's go back to I said that I don't see that world existing No You know and I think the weekend thought that he knew that world but he's not a pop star He like in a female pop star Was he producing it or is he starring in it I think both Yeah Yeah And again he's but he's also not a show runner in a story He's not a storyteller in that capacity As we know it you may be maybe deep down he is maybe come on but it's not seeming like it is or it's it's his version for now Clashing with Sam Levinson and now we're in the middle and this isn't good Right You know So anyway we digress That wraps wraps our segment Oh all right If we're gonna stay on TV talk can I just give you some more picks Actually No we'll save it Let's save it good Yeah some good pick I um you know it's funny like ok let's let's get into more depressing talks Um but I tell you something just keeps frustrating me Um I'm as I'm getting older and I think with Maria's cancer dealings and mine we're now attracting just more and more people who reach out and they're in they're they're they have cancer and they're in stage four and they're really and they you know um and so far consistently the one thing none of them have done want to be open to want to listen to um is what we're always talking about on heal squad doctor Gaba mate your emotions and

how your emotions create illness Um I probably said this on another RGF but I wanna read to you guys Um when I had you know what might a kindle my you know my sense what she had gifted me with Um jeez I don't know how many weeks back but she was she was telling me about a study that was done in the nineties Um that with this study we learned that every cell in the body can receive anything chemically and emotionally every cell is a receptor for emotions meaning each cell in our body Um And if what our cells receive is not processed Ok So if you hang on a pain trauma whatever it is the cell weakens it gets ill and then it replicates in the same weakened manner weakened cells replicate in a weak way bring your frequency down and then comes diseases like cancer And it's tough to access and heal that And that's where subconscious and unconscious therapy comes in Any kind of trans work will help any kind of trans modality will give you the access to repair this So um and then you know she said in short cancer is the psycho spiritual crap that didn't get worked out 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 a troll 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 Now the reason I say that is because you know we II I everyone I I'm at a place now Everyone's on their path everyone's on their journey and um and everyone's journey is gonna be different and for some people um the soul is tired and they're ready to go and it's just I wanna I don't know Medicaid or you know eat my favorite foods and enjoy what little time

I have left here Um And then I'll blast chemo and radiation and just kind of see what happens But where we really see that the chemo radiation um when you're in stage four it's it's really limiting and we know and the doctors will tell you that it's just you know it's it's it's temporary it knocks the cancer down but then the cancer comes back stronger and then you try to knock it down again and then it comes back stronger and then usually you know it's over But I just can't tell you how many people will call and we'll say ok you know the we take the Western treatment so it's not saying don't do them But what are we doing for you What are what are we gonna can we take some time to look at the emotional component here and what they'll all say is they'll all say well had this trauma growing up well really was very hurt Well always you know very angry because bitter because Xy you know they'll all say that part But when I'll say like you know just invest a little bit in some of these modalities to explore that it just try it because the other stuff you know when you're in that last age uh most times it doesn't work It's what what usually works is the people that are making the emotional changes You know how many times you hear people like that I don't know they just watch decide to watch comedies over and over again and laugh and uh people just move out and be out in the woods and not care about anything anymore You know I mean like there are the people get through it are those people It's not you know again I want to generalize because I I don't certainly don't wanna be responsible for and I also want to have empathy for anyone going through that and I do understand it like hey I don't wanna open the hood and deal with my emotional baggage I get it like you know I don't want to I'm in enough pain as it is and then maybe they just want to go out that way But I just know if you're hearing this and it's you someday it's you or it's a loved one Just I urge you to to to to try to get to the emotional component and and work on that And I know that that's the a lot of unconscious subconscious work which is you know the spiritual stuff the hip you know the hypnotherapy some psychology you know Um But yeah I just it's I'll I'll say this to the people and they're like uh and I'll go Yeah OK Well right now we got a plan with the we have the best people at Mass General We and I'm just and you know what every one of them is gone you guys And I'm not saying if they had listened they could have been different But well if if you see the odds you know we all know what the odds are I guess I guess when we're in it we don't we all live in I was in denial of my dad You know I think that's the first thing you do but the odds aren't very good you know against when they when it gets to stage four And again I'm not an oncologist I'm just

telling you the more I'm learning the more the doctors don't really even know And the more um that I'm seeing the eastern practices with the western you know I mean yes this time uh certainly look at western medicine Saint Maria But then there's times where you know if this is metastasized I just think it's it it you know it's it's finding other ways Um and I like I said I it breaks my heart because they call for help But then when we bring that I bring that to their attention also things go uh uh uh uh ok And then it's like yeah well I think we're gonna and then a few months later it's like you know the memorial service here here's the celebration of life and I just get frustrated because I'm like yeah you know no wonder Kev I feel like and I know this even with like my dad who's both my parents have dealt with their multiple bouts of cancer And I tell him this all the time too He's dealing with his right now And I'm like please it's like through the western but also you need to deal with some of the eastern And I honestly like I feel like some of them are just like scared like scared to go into those places again and again and again you know what I respect that It's like it's like I'm in enough pain already I don't I don't need anymore Right Right And you know I think some of it's like that's woo woo But some of it I really think it yeah they're like so I'm like hi here's Gabor mate who's you know triple board certified whatever saying exactly what I'm saying Listen to this and then I'm like yeah I think a lot of it comes from fear Well well I think that then then for those people I say this ok then let's not go there Let's not open the hood But how do we but how do we zap the negative thoughts that you're having right now Ok Then let's then let's let's watch comedies Let's go laugh Let's go Just have fun Let's not think about this and maybe that and maybe if you could your mind can be strong enough to do that but it's gotta be something else other than the traditional stuff because you know as of now it just doesn't work you know I mean in most cases uh you know again I don't wanna be um there's no blanket to this And um but yeah it's just my my personal experiences lately iiii a dozen people they're gone Not one of them would just open Like can we just please I understand Um if you don't have the money to go to Mexico or South Korea or some of the other places that you know aren't as um there's not as much money tied to the pharmaceutical industry and all the other stuff and the FDA isn't as stringent Um but I just think if you can get to the emotional component of this um and I think it's a it's a lot to ask by that point to really open the hood up and deal with it But you know your dad's in such a good place physically and he's it's not an advanced stage I think he could But I think he just needs baby steps baby steps into the water And I think

then he'd start to feel some reward and some relief and then he'd go further and you even had a really good um note on him which could help a lot of people too And you've talked about this on our Jeff before but maybe it's not a therapist it's a coach you know and I I loved that I love especially I think for a lot of the men and the males who like respond better to coach I when you said that I was like oh yeah I forgot about that Like I think that that he needs a coach a coach and I think a lot of guys will relate to that you know and I think a coach is a beautiful way to start or even like women who don't really want to dive headed Like but honestly my mom could probably is a coach too So yeah I like looking at it that way I think all of us I mean I think yeah there's a few people that I've met that don't necessarily need one They just are very present Um But I think it was always nice and I think that's the best way to introduce it to somebody who um yeah who's afraid you know because sometimes she's having a coach um coaching through those decisions helps So anyway I don't know I don't wanna no I think I I was gonna I was gonna tell you guys one more thing too again going back to this healer and this is woo stuff But she even asked me and I didn't tell her about anything She was like you have a lot of like congestion like and I was like yeah horrible sinus issues Like I was about to book aside sinusitis whatever I'm like rip my face off Um break it open last week and she's like oh yeah that's all emotional That's all tied to like fear and worry And I was like what even that come on it's like you know and that's very Easter But it's true I really I really oh my gosh I was like son of a bee But yeah I just really think like it's it's powerful when we start to do the work And well Doctor Keith Black who's a brain surgeon maybe one of the smartest human beings I've ever met He's one I did Maria and her mom's surgeries But you know he's not woo woo at all He's very you know science However he admitted he even he admitted he said we're only learning now how powerful our brains are and what they can do He's like we're just scratching the surface He's like so he just he was telling the story about Dick Gregory Dick Gregory was an old comedian and activist from the sixties and he worked and I was a fan of his but he worked on I guess he worked on Dick and he said you know with him um he went down to Mexico and just devoted his life to God and everything kind of cleared up And Doctor Black said listen I think that um it was his belief that that did it He's like because in his brain he believed and then he's like and I he kind of shrugged his shoulders too is like like in other words it doesn't make scientific sense but he be he believes so strongly in his heart that he was gonna get better And that that that that um God was gonna save

him And um yeah so I think that yeah I think it's all connected Uh I really do I think it's it's all connected and I think too for the people who going back to you when you were saying if I can't afford it or this or that like there's so much out there now Like I still remember at our friend Ashley when she was like couldn't afford a therapist and she was like you tubing therapists and just watching videos and telling us everything she learned So I'm like you can start anywhere or listening to Heal Squad Like there's so much free incredible stuff out there right now that you don't need to go pay a grand to see a shaman or you know what I mean And so like I want to say that too because we are regular people youtube I wouldn't spend a whole lot of money No And especially you know having a child II I would be thinking oh no that I need that a baby So but yeah it's there is there are things out there and I think it just starts with that open mind Um And I just I don't know like I said just been my it just came up in my notes about the you know what I had said about the cells in your body and and this is an actual study Um And then it tied me back to all the many people who reached out and they just they just really shut down at that last element and 100% of the time their way which is just the traditional way And I'm gonna trust this person because they're the best I mean Maria well it was her surgeries or the mother is like we got we had five or four or five of the best people all over the country and everyone had a different way to do it Which Maria's conclusion was sometimes with cancer they just get to a point where they don't really know themselves they're just guessing So then it comes down to you know to you So um listen I I don't wanna bring anyone out down I really don't between Winnie and this but I do feel bad for people because I I just feel like people Um yeah I uh I'm not open to those modalities and everyone's still just kind of falling off the cliff in the same way So no I don't think it's bringing people down I think it's I think it's a good reminder for everyone You know I really do like it's so important It's and and it's for everything It's for your for me for my moto for everything for your your stomach issues It's it's all it's knowing that well where is it coming from And um and getting to the core of that you know and then of course a lot of it is childhood traumas and things of that nature and you know we've been over that before but um we just want everyone to heal so they can be ready for summer Exactly It's hot girl summer You know for those of you who maybe are having a child and will not be able to partake in hot girl summer Um I am telling you guys I'm setting a meeting with the I told Maria you put a meeting on the books with the people from 90 day fiance and then some ut agents were like well yeah

we we we wanna do I just wanna I wanna meet them um and just chat Just yeah just to compliment them You guys 90 day first of all 90 fiance is unbelievable if you haven't watched it and every season is usually pretty new So you don't have to be invested in it You can jump right in but before the 90 day So the premise of the show is you have nine for those of you who don't know you have an in in this country If I were gonna bring you and Natasha to this country to marry me I have 90 days to do it I can give you it's called fiance Visa and I have nine days to marry you So hence I day fiance So the regular 90 day fiance is these people who've been in these relationships for maybe a year or two years whatever And now they finally come to the country to to do it and they have 90 days to get the visa Well before the 90 days it's people who are like casually dating So it's even more of a train wreck Yeah because you're just casually dating You don't know You know what I mean You don't you don't really know the person before you know before you even get to the visa So but the reason the show works I I the the formula is this it's the Ame it's the greedy American with the huge ego who thinks they deserve the supermodel male or female who's you know in their early twenties And it's the the the the foreigner who desperately wants the green card at all costs And it's so so they they so the when the show is at its best it's those parties coming in under those really bad from those bad places and then you just it's just a mess and it's it's just beautiful and the reason that it beautiful it's beautiful The reason that no it's so enjoyable is because the because the people their egos are so insane that they're go back to a couple of regular guy Fridays ago they're unembarrassed So you don't have to feel bad really For them because the most of them are unbearable and so they're getting fame and they're getting money now They have new careers basically But it's a great show But now this one that's on now before the 90 days these moos just when you get comfortable these producers they twist it and they actually give they give us people that I mean I really feel that you re I'm really rooting for now No there's a there's a this season has a deaf guy and the way they edit the show when they come to him they they take out all the audio so you really experience his perspective and you can see that he should he worked He's alone he's so alone in his world his job Um they're like oh we we want usually they talk to their friends and stuff beforehand He his friend is a bartender and you could tell it was it would be like me going to talk to Sean at coffee beans like to pour my life story out to him and maybe even Sean and I are closer than it's really sad And so you know with him it's like wait what Totally rooting for him But then they they reverse it They there's a

there's a woman who's younger than Maria but is Maria She's AAA newscaster and a host Stunning Ok She she was a a successful TV reporter host Stunning She finds God She goes to work for the Catholic church now helps old people um who are dying And um but she gets so deep into her religion that she finds a guy in Israel who is so devout He's a devout Catholic as well But he's so devout that he doesn't do anything other than read the Bible and and talk to his mother He had no job He's 46 He lives with his mother and he's nothing to write home about Looks wise So they've totally reversed the formula I'm like what am I watching I'm like this is the greatest show on television It's unbelievable And then there's so many other things So so you can watch that Now the nice thing is then you can move right in and marry me abroad or married abroad I think it's called So Married Abroad is I'm gonna call it a companion show the 90 day So basically it's 90 day but they must have not wanted to work with the 90 day people and the 90 day brand or they want to create a new franchise So this is just people who've gone abroad to get married And um can you now can you do me a favor Can you just can you Google uh Harold from Mary Barry Abroad or Kelsey Could you do it please And just bring up Harold And so as Kelsey's doing that I'll be waiting for the reaction OK K Kelsey Kelsey I need some audio from you because she come on dying I I didn't even have to check I'm gonna show to Tasha Oh Harold Harold is yeah Harold's on the spectrum Um but you know no but it's really sweet Harold I I knocked on board I think Yeah But I think yeah but I think Harold found his he might have found his person I don't know Yeah Oh see any other time you've talked about this show I don't really care nor I want to watch But now this season everything you're talking about I kind of wanna watch Kelsey because you just have to tt p trust the process and it's a remember what I say people three you gotta give three episodes to any of these shows You gotta give three You give the first three If you're out you're out I respect but give me those three and with 90 day oh it's just yeah And that so before the 90 days on and marry married abroad or marry me abroad or something like that Those are my two picks along with Bob Kiss Oh and Patricia Arquette show is amazing High Desert really really fun uh comedy And then um a sweeter one that I said somebody somebody somewhere is it's a really beautiful show on the second season But then obviously you're gonna write your gemstones Yellow Jackets is back because you you finish lasso I've restarted it and I forgot so much about the beginning that ties to the end And I'm like it's always so interesting to revisit a TV show after you finish it And then you're like oh my God they were like

alluding to that in episode one or blah blah blah That's great And that's when you get great writing is is you have yeah I don't know if I could It's funny I I did a rewatch of the Sopranos It was worth it I'd probably do that again if I could Um but I don't know if I do the if I can get into the Rewatch of Ted Lasso I loved it but doing it with a friend who hasn't seen it Uh that's why I don't know if I do it alone Got it Well I just gave you some new assignments people Yeah So we can because unfortunately hot girl summer for me might be you know TV time summer Yeah But I'm gonna need you Yeah Uh well you know we'll be working together on having our own form of hot girl summer Well that are all to be Are you being summoned Yes I am Um Maria likes the name Klinsky Klen For what sky She has to be joking Clean clean ski for a child Oh my God Anyway Oh well uh Kelsey I want you to have a lot of fun Thank you I'll send you all pics at your wedding the time I'll post something on hell Yeah Yeah Yeah By the way I just the soft smile peace sign just goes over So well it's just so universal It is Yeah it really is Uh now what do you what what's up for your weekend for your first summer Dylan and I are together this weekend so I haven't really thought about it yet Ok May make some suggestions please do All right Well we have to get the ball rolling on you guys I can't believe You don't know what what Sunday is Happy Leon Day Crap That's right I forget that I live I live here So you and Dilan can celebrate because someone has to celebrate it because right now it's one of those things It's almost like uh it's national uh Nacho Day And I remember when we were doing the tomorrow show I'm like ok stop Does anyone celebrate Nacho Day And we went and we scoured the internet No one was out celebrating Nacho Day So I don't think we're gonna do a special a Christmas specials We love podcast check in over the next few weeks And I told Dan Sleman one of our hosts I said you need to find me some evidence of anyone celebrating Leon Day because now I know this Christmas in July people celebrate that but I don't think anyone is celebrating Leon Day Now I'd like to change that Obviously Now Natasha Dylan can but we'll we'll do it and then we'll have evidence of it and then you go All right Yeah That's right So but we have to think like I was thinking is it a little tree Is it a half tree Is it something because it's June So do we take something that's summery and make it Christmas Like what the the there needs to be the lay on day traditions Right It would have to be like a cookout I'm thinking and Leon Day Kev is halfway to Christmas Yes Ok Great Just for all of y'all who don't know that Yeah Well it's the good news now Now it's on guys we just totally turned the hour glass over That's it Now the sand's running out of the

glass We're gonna be in August in no time Those Christmas decorations will be in Lowe's boom Done October 1st will be next and then that's it And we're cruising then then you then around December 12th is the panic and depression because it's all going too fast But we have time to get there But it's exciting It is exciting So Natasha please uh celebrate take some pics send them to us Yeah maybe it may But you know what I think we have to think this through because I think why why it's not working is I think people are trying to fit the snow and winter narrative into June 25th and that's not gonna work So I think it's more it's gotta be more summerish summer related Um You know maybe there's there's some small gift giving I don't know There's gotta be something Why are you laughing Don't be like maybe some small gift giving Ok I like small gift giving listen I know it after us for a decade we had to Roxy's half birthday for years And if oh my God the one year we didn't um every time you tell the story I'm mortified I will continue to be because because I'm gonna start celebrating my happy birthday You know what I think of It's like it was so much fun and it was and then I think of them my mind just goes to the bad place of like and then there were there was one person who was super toxic that we all worked with made all our lives help But then went out and told him when it was a toxic work environment and we're celebrating half birthdays So they're talking about Yeah that's why Yeah You you uh I don't know Well we watched Alice in Wonderland the other day So now Dylan is singing all the time A very merry un birthday and he wants to know when are we gonna celebrate it Ah I love that You know what Right Kelsey And that remind me So when we start making these holiday movies we need we'll make a Leon Day movie Cute Cute I like it all right So in conclusion wrapping everything up everyone have a good first weekend of hot girl summer That's right And um I think as we say in Boston we'll talk to you shortly Talk shortly Do we want some a a max or what Yeah Give me some a max please Yeah help me She did She was performing um the other week somewhere I had a friend who I used to work with at her concert and I excuse me I I would like to know how many people Yeah I would like to I don't know I'll have to um suss it out Kev And I will get back to you because I'm not sure but it looked like pretty promising Well as you go into Layon Day everyone whether you're celebrating Leon Day like Natasha or you're having your first week in a hot girl summer like Kelsey or if you're just gonna be a lonely guy and binge watch binge watch bad reality television So I remember why we're here I think to uh help each other help each other learn from mistakes and have a few laughs along the

way That's it Thank you Chelsea If you would be so kind Um I be how do you put up with me I'm so annoying No you're not I really am though The person kind of nailed it where I could be like ok Kev But well like we talked about it isn't it Like the the chinch bug It's like good in the soil because it eats a lot of the other bad bugs and kills a lot of the weeds of the chinch bug It's not good So that's why I like doses That's why I couldn't do this every day once a week now maybe once a month and then I don't know maybe once a year No no no You're my best friend and never get rid of me and you So we could both be annoying You're not annoying Kelsey soft smile peace signs for everyone Take your best selfies this week and I gonna pass you through So girl please Thanks everyone Bye ba this podcast and all related content published or distributed by or on behalf of Maria Mannus or Maria Manos 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 menu 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