

## Regular Guy Friday ep: 117: Maria's Pancreatic Tumor News Update

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 recently 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 You see when you open a show like this Kelsey normally you would think this is an LGF but but it's an R Jeff and this is Nadia's theme Very big song in the 19 seventies This was the seventies Um You know what I've always wondered if it was Nadia but I don't think so and I don't think it was she was my favorite of all time She's amazing Right But no I don't think so I think it was just this weird time in the 19 seventies that this was instrumentals were like big It was probably the last of the instrumentals I'd have to ask Steve the Steamer if there was instrumental in the eighties Well yeah eighties probably maybe the theme to Beverly Hills Cop I think that was instrumental But yeah and back in the day like instrumentals actually hit the top of the charts I love that A calm short regular guy Friday with Kevin and Kelsey Um it's been a heck of a week Maria announced the news that uh she was diagnosed and has dealt with pancreatic cancer as well as diabetes Um so we have been in New York I'm in New York Kelsey is holding it down in Los Angeles It's been a a whirlwind of uh yeah we've been all over doing lots of press and uh it's been a thing It's really been a thing So you guys have been nonstop Yeah Yeah It's been kind of we haven't been at this pace in years Um but it's funny I was reminding Veria Maria Veria ok you can tell me that's where pork brain is Yeah Um yeah but I was reminding her I was like you know if I've learned anything you know back in the day you know when we would you know say overwork and work like tons and tons of hours and do tons and tons of press and get up at six in the morning and you know work till like three in the morning and just drive all over the place Just I you know when the pandemic hit I was able to look back and I I was like I think all of that extra heavy lifting we did only probably at best yielded a five or 10% greater return And

had we not done that Um We could have lived without the extra five or 10% of success And perhaps perhaps there's an argument that you know having pulled back we could have gotten that same success or more Um just by being more relaxed and being more rested or being healthier And uh Kelsie you know we we we were sidebar before this because Kelsie and I are working on them a project together And you know I'm cautioning Kelsey of like I don't want her to go down that road where we're doing all this extra work um for maybe a five or 10% more return And uh you know being older and I'd like to think a little wiser sometimes it's not worth it And and I think sometimes you can get further ahead when you do less And now this is the I'm still the guy that like um you know the only way to uh a lofty goal is through hard work um and sacrifice and resilience and all those things But at the same time I do think that you can um I think overdo it over obsessing about it over focusing all of it I I hm I think it can be um I actually think it could be inhibit um to a degree So you know I think right now Maria um we today we wrap up we go to Macy's which is gonna be great We're gonna do a live store uh something uh in the store live live to tape So it'll Yeah yeah Will hear it next week on Tuesday So your mother's day special which will be fun Yeah So I think that um you know it would be great but I think that yeah that's kind of been the learning thing and it's interesting to see how the world has changed too Kelsey Hi Friends Summer is in full swing Hope you're enjoying it But we're already heading towards fall Not to worry Macy's and I have your fall fashion and home needs covered Starting to add all my fall favorites to my curated Macy's list So go check it out at Macy's dot com forward slash heal squad More exciting news from Macy's They just launched their all new brand on 30 fourth 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 Heals 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 qut and start getting ready for the fall season Remember Macy's dot 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 flavor and goodness Visit wonderful pistachios dot com to learn more you know New York in our business 10 years ago looked very differently Different you know Yeah Yeah Everything from celebrity is different now you know it should be paparazzi everywhere It's not like that anymore Um Do you think it's because of social media and all the like easier easier access or like why do you think Or people I think I think don't think people care It's funny because Maria also hosted the these Ibieb New Fronts which is an advertising It's all the advertisers that advertise uh in digital Get together and Maria hosted it and uh G STV was there and you know she's the host of G STV gas station TV So it's nice to catch up with those people and learn Um But there was a question that coming up about the future What what does Maria see the future As and I and I think she talked about a I and I just bit my tongue Um and because she's right there'll be some a I way off in the future I mean um but the bigger thing that that I see that to answer that question in that moment and in that environment is the end of celebrity because everyone's a celebrity Now everyone's got a million followers or more uh you know 200,000 followers And it we had a meeting I had a meeting at UT A and um same thing they were you know saying this so many people 10 million 20 million 30 million it's astounding and the brands don't even don't know them Um But now there's just so many and yes you're gonna have the Rock and Beyonce and there's just people that are have gotten the last donuts out of the box and you might still have a couple that

might trickle through But the for the most part um you just you know one out of every two people is gonna in some way shape or form be a celebrity maybe even two out of three So I credit it to a lot of reasons but I think that's one of them and then there's no money anymore because everything everything is spread So then all the eyeballs have gone everywhere Nobody watches commercials And so and no and and it there's just too much content So then where's the money to support this You know where's the money to have a camera crew go out you know and where are the magazines There's only two left us Weekly and people there's some other magazines but it's just not the same Um and then celebrities are posting pictures of themselves on Instagram and things like that or other people are So it's there's a lot of reasons It's funny We also flew Oh like we flew and there was a an actor on the plane with us That was just it was classic Kevin in this respect because this person from the minute they were standing in line the complaints the um wait from them Yes And it wasn't a famous actor I'm just I only and I only found it later it was an actor but um the complaints and had something to say to everyone you know I mean it was amazing and ended up sitting next to us and I was like yes because you know I loved having the I love the Kooks and I mean just like can you tell the pilot to make an announcement to tell people to not be talking on their phones Yeah like as we're you know people are still putting their bags up and by the way she was talking on her phone it was awesome It was perfection amazing And it was amazing And um she saw my computer open at some point and said oh I see you you in are you in the business And I said well I dabble I dabble and um and she started complaining about the writers' strike and I'm just like no I'm I'm saying and I'm right behind you and da da da da and this and that and that and I you know and she's like and what it is is these billionaires they just they can't get enough they have so much and they just keep squeezing us for more And and I said well she was like well what I said I I'm not a billionaire but I said I said I I used I do this with my host every year by the way this is she's the older person too She's of my age not your generation Bye Do you have ad V do you DVR everything Yeah my mother Ok so you're not watching commercials No I said ok I said um I said you probably pay for all of your apps and um shake some of them I said ok well know that you're in a minority because most people have seen everything that's cool to see but they're not paying for it You know that the younger generation is not paying for it They grew up getting content for free music for free And so so it's now a cultural thing It's like breathing air to them And uh and I said now add to

the fact that it's not like there's 10 20 sitcoms on the air that are going 22 episodes a year And uh yeah I mean you've got so much content and then the audiences are so spread out I go do do the math I said quite frankly I'm surprised that I see as much content as I see with as much production value as I see I I don't know who's paying for it And I said you know the powers that they believe me they all figure usually figured out how to make money because they're making money in different ways I'm like but it really isn't there And I said the honestly I said that the key to all this is to see these things as marketing ploys for yourself And you know with rare exceptions you know obviously if you are I'm gonna date myself if you're Tony Soprano on the sopranos Well we're tuning in for you I think like I'll say the Yellowstone I think the the character rip or you know I don't know if I'm not I'm I'm gonna watch that show without them I'm not gonna watch Tulsa King without Stallone starring in it I mean so there's times where if a show is super popular and you're only tuning in for this one star or two stars I get it But right now it's it's uh yeah it's just the money is not there So I anyway but that is what I'm saying It's just all changed Kelsey it's all changed You know we would you know we open this call before we were talking You were confused because you're lining up press for you know Maria now with various podcasts for us to do next week and you were shocked that they were like well what would even want to talk about And and and Kel was like um are you serious He's got she just broke world news like no one she's be be pancreatic cancer I was like um really Yeah Yeah I said but that's why it's just it's over over you know and anyone can do this And uh anyway so that's it's all changed Uh and by the way but you know what though I don't see it as good or bad It is just what it is There's some there's some annoying things about it But um you know my biggest thing we talked about this too is I wish there was more of an appreciation for um the people that are just able to turn on a mic in the garage and get a big following and make a ton of money I wish there was more appreciate it Uh you know I hear a lot of complaining and I'm like well I I as someone who's worked construction and other jobs that you know I don't and you don't even have a coworker You don't even have like a toxic boss You don't even have you know or or a co-host who's trying to take you out Um but that's one of the things that annoys me But but the one thing I like is that it does give people the opportunity to not have a toxic boss and not have a toxic coworker and to make money on their own which I love And um and yeah and I think we we went way too far in this country with kissing up to celebrities too I think that's that you know we

needed to put a kind of put a pin in that too We we I was looking at some of the old notes of our shows and Matthew mcconaughey went over that He's like how we in our country you know that the bad behavior and you know we we uh you know and and it was interesting too with the Today Show That was very very different vibe Yeah I was wondering what since I mean y'all have been there It I'll tell you in the past Kelsey to me it always felt very hm tense Hm Dark toxic I just would feel it Um and you end up you even just back in the green room some of the like people that would fight to get on where it was a fitness person or a cooking person or whatever you know they would all be all smiles and the cameras on But behind the scenes it was just the you could just they were just cutthroat opportunists and just you're gross And when now with hoda and it you know there's an old saying that the but the it's like the fish um it it this might um the fish the fish rots from the head down or like the it starts with the head of the fish the rotting or the bad smell Um it's an old saying and I think because it's a Vanna and um the other host there are just actually very nice people They just and I feel like that has Yeah And also they're also not the end all be all like you know it's not you know you if you if you're just you're selling books for example you know you you do a really good podcast with the right influencer and you probably sell more books than you would by being on that show which is wild Yeah Yeah So it's they've kind of been brought down a little bit you know like cut down the Yeah humbled by the chic steamer you know Um I'm glad it was like good Hm Yeah I mean listen the last it's gotten better and better Every time we go there there's a lot of outpouring of love and support for Maria and it was really great because some of the people the crew that worked there for a long time this one lady grabbed me and said you have no idea how much we miss her here and I did that too Oh and then she got really serious with me Kelsey And it was like no you have no idea You know that her let her spirit and you know her care her love her concern you know all that stuff like you know we we really miss it and that was just kind of nice Um so yeah it's been it's been the thing um it has been a whirlwind and I'm sure the world would will continue with you know just trying to get the message out now and I was telling her too you know it's good now now this is out So you don't have to have a secret and she'll talk more about it on Monday You know we're gonna do a live show on Monday and um get a live show meeting guys like we'll be live on um youtube So if you want to jump on at 10 15 Pacific you can get in get in the chat We've been collecting some questions from y'all like commenting on Insta on the Instagram post But if you guys have questions

and you want to watch it live that's what he means Sorry to cut you off Yes No thank you for clarifying and I think that will be fun for us to to do and really give everyone a chance um to yeah to connect and she can tell more and I think it would just be the beginning of her telling the story and and moving on to you know I I think there needs to be you know my AD D crystal brain Kelsey always gets ahead but it's you know I still there's so much to uncover like like why you know why did it get there And I still think that I have answers to that I have theories or regular guy theories I think you know so treating It's one thing you know we did Hannah Burner today old friend Hannah Burner over at the giggle squad Giggly squad Sorry And they were talking about um he was talking about you know good health practices and sunlight and food and all these things and it's super important but I know how Joe Dispenza feels but I know Kim Deramo feels and then Doctor Kevin under feels that um if you do all that stuff it's great But if you're still a ticking time bomb inside if you still have childhood traumas you haven't resolved If you don't have the coping skills and the coping tools it's still gonna get you you know it just might be you might prolong it a little bit But um so I think there's just a little more there that has to be uncovered So and and it you know and I think we will over time we will you know Yeah I think there's so I think you're right I mean I think there's so much we've talked about so much on the show I feel like the last person who we had on who was really it was validating was um Dr Gabor Mate who's like actually a board certified like a very very renowned um you know physician talking about how much stress plays a part in disease and illness And it's something that like we all know it but it was it was nice and validating hearing it from him who's like a legitimate like doctor And we were like oh man because I mean I've always believed that and I know like we've seen it So I think so too Kev I think you know there's great practices But yeah you gotta get in and yeah it will start the conversation will start and it's gonna continue and I I'm pretty sure her mission now will be just to save as many lives as possible with early detection Um and it's funny just really just hitting her because it's during the whole thing Um I you know I don't it wasn't hitting her and I think she thought again because I'm I'm too close to her She thought that a lot of stuff I was saying was me being dramatic but you know the doctor Donohue said to me he said no this is what took Steve Jobs you know and I I've never heard of anyone getting by pancreatic cancer ever So you know Um yeah I think just now she's realizing it now but she'll tell she'll talk about more on Monday She's realizing I wait What So um and then you

know her because she gets right back up so fast and she looks great It's deceptive to other people but also to her So I'm just trying to impress on her like you know but got some ways to go but very blessed very grateful beyond I mean it's a miracle And um yeah onward and upward and um Monday live show Kelsey you know oh my God And I wish we can't I wish we could talk more about some stuff going on Kelsey's World because you did get a you did get a visit from the you did want to go to API did I uh I can tell you guys exactly how I got connected I will eventually But like this randomly this I ended up chatting with this girl who was like oh my gosh I part time rap a psychic who um I pitched the other day for your show This is all so crazy that we're all like it's all like so synergetic I have to get you on with her and she has like wait lists of like years But so she was like I'm getting you on It's too and the universe is just too crazy Puts me on her schedule for like late Tuesday night We ended up on the phone for hours She didn't even know who I was didn't look me up before She was like wait how are you on my schedule Have you been on the waitlist for a minute And I was like no nope But it was wild Like Kev's dad came through Kevin She said Kevin and I were she's like who's Kevin She's like yeah you guys have lived She didn't go I swear she didn't even know who I was She had no idea And you believe that Oh yeah I definitely could tell because I started telling her about it and she was like oh my gosh I just pitched um this girl who works with her like to be on Maria's show I was like yeah I know she like she had no idea when I started telling her it was crazy It was crazy And then she like to the point where she was guessing like she was like who's George Who is my mom's dad Like Debbie Lynn he would call my mom and Debbie my mom Debbie Lynn because her name is Deborah Like it was like crazy Like the stuff that she was like guessing and I was like what else did she say Yes Basically she said that you and I were she said we were siblings in a past life My mom was my mom and um most of my lives which I believe that um it was pretty freaking nuts And then my my grandpa like abandoned my mom when she was really young and they kind of rekindled later and his life But then he got really bad dementia So she's always had just like a very hard time you know But she yeah but she she keeps having dreams like about him and like vivid So she said so she was like my grandpa was saying how he kisses my mom like good bed or good night every night And yeah she was like your mom has a lot of like very out of body dreams And I was like what the flit like it was so wild And she was like he keeps saying like like tell like Debbie Lit I love her My mom was like shut up This is it was crazy It was crazy It was



really cool And she also said something about my dad's teeth and my dad's always had like really not like wild teeth problems And I was like oh my God the fact that she like pinpointed the teeth I was like what about flip It was pretty crazy My father come in there for that Oh he said I have my note He said yes So then Kev's dad um I have to find it She said oh that he was proud of you He was like oh Kevin and I are brother and sister in past lives multiple lifetime Oh I was your older sister that like kind of took care when our mom died Oh she said that she said to be careful for you like something might happen with your toe like even if you like stub it or something but she was like just be careful of like your toe Um your dad came in and said give Kev a hug and a kiss for me Tell Kevin's dad's very proud of him Oh wow I know Right I always yeah I thought I always kind of thought you were like a like an older person in my life So the sister yeah that's when she said that I was like oh that's so funny because I didn't even I didn't tell her But I know that one of the women you work with said the mom the older sister kind of makes sense I was like oh that's funny Yeah it was pretty wild It was wild And then and then you even get this I like always every night I walk around my neighborhood and I smell like the flowers because there's so many different flowers around my neighborhood And she was like do you um smell flowers And I was like what she was like kid you do smell flowers either get like whiffs of flowers or you just like and I was like well I always go for walks and smell flowers She's like oh that's what she's saying Your grandma always goes with you when you do that And I was like oh totally Yeah But that makes perfect sense Right Yeah it was pretty wild It was wild And I have to say too like I really believe I believe in psychics but I also believe that there's a lot of people who say they're psychics that aren't and they kind of have to come to you So this kind of came to me and it was so just like beautiful and it was really cool So you get that psychic and then I get the one who tells me I know that will be really hard But remember at the end of the day the angels tell me all will be Well I guess I guess she wasn't wrong She wasn't wrong 00 who's this How was I to know she was with the Russians too Yeah Yeah No it's lawyers Guns and money by the Great Warren Shout out Should have been a bigger star But if he's are you guys just gonna relax this weekend Kev You hopefully I mean I we say that every weekend but um usually stacks up with dad Dad get me out of this Ok Well you guys happy Friday everyone Happy weekend Thank you so much uh for your patience Sorry that we're giving you an RGF Light an RGF update Um We'll be back next week in some way shape or form and Monday we're live

at 10 15 Pacific standard time and uh sorry to wait till the end of the show to say this but Kelsey like this is our recliner version of he squad Ok We we lighten up a little bit We put our feet up Ok So when when you tune in on Monday and the other days you'll see Yeah there's a lot more takeaway Yeah Fridays Fridays Our fun chill show So don't get mad at us Oh I see in the background Hey girl desperate man Yes we're going uh I think we're gonna go talk to CNN Wow Well trying to remember why we're here Help each other learn from mistakes Have a lot of fun along the way Kelsey I will talk to you over the weekend Thank you please please And I will talk to you shortly Yes 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 gonna learn how to speak like a native speaker You'll match audio from native speakers participate in meaningful dialogues and practice other practical language skills Say hello to fast tracked fluency I can't wait to hear it Kevin for three decades Rosetta Stone has been the expert in learning language and now they're more accessible than ever The program works seamlessly on your desktop or through their user friendly app Plus you can download lessons for offline use making learning possible any time anywhere I like doing it on the plane and in the car here's the best part with Rosetta Stone's lifetime membership You'll never have to worry about renewal fees Head over to Rosetta Stone dot com forward slash Heal squad and claim your 40% off and enjoy unlimited access to 25 language courses for the rest of your life Don't procrastinate on your language learning goals Friends There's no better time than right now to get started Rosetta Stone dot com forward slash Heal squad Yes I'm sure you've heard about probiotics We recently partnered with just thrive Tina Anderson is the mastermind behind this extraordinary product Why do we need a probiotic The world we're living is so disruptive to our gut health from antibiotics that we take from roundup that's sprayed out over our food supply to stress We see symptoms like gas and bloating diarrhea constipation skin rashes autoimmune issues and allergies mood disorder So anxiety depression all of those types of issues are stemming from our imbalance in our gut And the thing about just thrive probiotic is you don't have to refrigerate it to be a

probiotic It needs to be alive in your intestines not alive in the refrigerator And most of those probiotics in the refrigerator actually don't make it to the intestines alive which is the goal if we couple the just thrive probiotic and the just calm what do we get We know the probiotic alone is helping with the leakiness of the gut and helping all other types of things in our with our overall health But we know now we add the just calm it's helping with our mood guys Just thrive as a game changer If you're ready to take control of constipation bloat and stress and live your healthiest life yet you can get 20% off your 1st 90 day bottle of just calm and just thrive probiotic today Just visit just thrive health dot com and use the promo code heal squad You won't regret it