

LA Unscripted | October 4th, 2023

From hotspots to hidden gems This is your guide to all things local The L A unscripted way from where it all happens The la offices at KTL A hashtag hot girl walk to quiet quitting for mental health How do you find your in Hi everyone I'm Dana Devin And we love to tiktok Facebook Instagram and even X But at our unscripted heart we are news and committed to bringing you tried and true local advice and suggestions to live your best life So let's ride the wellness wave and first up I dare you to a gut check Let's be honest talking about gut health could be a little loco taco awkward but we love our healthy vibes So let's go get my gut checked So gut health is important for many different reasons One is that the gut plays a functional role in actually how well your brain functions cognitive function neurodegenerative diseases but even issues like inflammation or small intestine bacterial overgrowth that so many people complain about today I'm Dr Alex he doctor of acupuncture and traditional Chinese medicine Doctor Alex My gut health is trash I'm being honest What can you do to help me I'm going to do an abdominal exam and then I'll show a little bit about what I'm feeling and what I'm seeing and what it indicates So there can be a few different issues for having gut dis sposa Now one of them is obviously diet and lifestyle The second is stress Stress can change levels of for example enzyme production in the pancreas On top of that medications can have a certain effect So this tension around the belly button is often an indicator of sometimes what we call is pancreatic enzyme deficiency So people with this condition will often have a lot of bloating below the belly button That's what I have That that's me So when I was young actually particularly in my early twenties I developed a lot of G I issues myself And after I'd been to every medical specialist someone had referred me to an acupuncturist and this person had actually given me a compounded formula from traditional Chinese medicine that had made such a big difference In the next 30 days I actually ended up living in China and that became this Odyssey of where I am today Are there any foods that cause more gut issues than others For a lot of people it's mostly carbs that cause a lot of the bloating So my morning toast is it gotta go Basically there's a few findings jumping out to me One is this upper G I finding right in the upper epigastric area It's an issue of enzymes and sometimes stomach acid The next one being right above the belly button and you feel that tension right in there right That's where we're getting that strong pulsation of the abdominal aorta All right So what do you

suggest I do Well technically I'd have to have your whole medical history So today what we can do is we'll do some moxibustion which helps improves blood flow and circulation feels warm but not like uncomfortable So I know we didn't really do a full treatment We just did a little bit of maka But how do you feel I feel actually really relaxed and kind of nice What do you suggest I do for the future So in terms of your own personal habits one thing you can do is have a more diversified diet right More eggs in the morning with veggies instead of just bread and more Mediterranean diet and a little bit lower Carb will often help All right thanks doctor I'll cut out that bread and consider my gut checked You know what is gut wrenching when unscripted Don't share their go to spots because we listen Now our Jasmine Simpkins goes along to Long Beach I have this and this and this Oh gotta get all my products guys The well is I like to say it's a modern mercantile and a conscious concept store I do have a variety of products clean skin care beauty bath and body fair trade brands clothing accessories and don't forget the non alcoholic beverages About eight years ago uh I started experiencing a number of issues with my skin Um with my health specifically I was having inflammation and pain from some of the traditional skincare products that I was using And I was also taking a 22 week program on the conservation and taxonomy of animals and plants It was also very enlightening at that moment to learn about all of the ingredients that were in some of our skincare products Our um our foods our even our home cleaning products I came up with the idea of the well is to create the store that I wanted to shop in This is where I have my clean skin care beauty bath and body and some of the products are obviously nontoxic the flow of the store I love it It's so quaint and so cute I feel like you've got beach vibes in here right The one thing about the store that I really wanted to make sure uh was that it was a community space I also love that you actually have a bar in here so people can sit and sit at the same time That was the hope with the community space was to get people to come in and taste it And then you know learn a bit about the beverages For instance this is one of the brands that is hit here created by KD We also have the non alcoholic spirit So g alternatives to kill alternatives whiskey and just on a variety of options And what I love is that you can come in here and shop with a purpose and with intention and it's all giving back to the environment That's what I hope How good does it feel that you've opened up this store right here in the neighborhood You grew up It feels amazing It really is a dream come true Um I had been in the entertainment industry for many years went back to

college to UCL A and then um went into marketing and tourism and a number of other you know loves passions but I had always wanted to open up my own business and bring it back to Long Beach and share with the community Let us know how you catch healthy vibes All right Now let's get into what everyone's been weighing in on for months The celebrity diet drug controversy Now L A you checking in with the Beverly Hills doctor to help keep you in the right now in this past year and a half If anybody loses weight you can almost 100% say it was one of the semi gluts So Ozempic uh Monro anything like that And the reason for that is that it is a generally relatively safe medication So everybody's excited about it Now uh it's being overused obviously and the skinny people who don't need it and shouldn't be using it are using it and it is unhealthy for them So semi glut it acts on in the world of uh of your uh insulin Um It acts on the glucagon like receptors It activates them in a way where it slows down the passage of food uh through your gut makes you not hungry So Ozempic um with go V senna these all came out like five years ago So as a bariatric surgeon I never did medical weight loss until Monro came out because the other ones were good when Jaro was a game changer very close to what surgery helps you to lose So uh people who it affects their health when they're overweight they should be taking semo glutin But if you have somebody who's not that overweight and they're taking it it's bad in every way So with bariatric surgery we've known hair loss to be a side effect right Because of the profound and the rapid weight loss with these injections I think now we're seeing that more and more frequently So number one some patients are losing it because they're not getting enough protein When you're on these medications you don't wanna eat you don't feel like eating Number two you're also not getting certain vitamins and minerals So the the two biggest things you could go after in the cosmetic world uh are weight loss hair loss Those are the two things where um everybody wants a solution But what happens with rapid weight loss creates more hair loss So what we do we'll put them on the vitamins which help to stabilize you know where they're deficient And then we can also do injections on a yearly basis which is pr P pla plasma There's no overnight success There's no pill hair is a very lengthy process Usually if you're doing a combination of treatments vitamins topical medication you'll start seeing good results at six months Obviously the earlier you catch it the better There's a lot of other effects that you have to worry about with the strain on your body the stress of your body But this happens because people are taking it improperly not because it's a bad medication Hashtag knowledge is power

and we have more healthy vibes coming up L A unscripted We're good for you Welcome back to L A unscripted from our home offices on Sunset Boulevard I'm Devin And today show is all about trending healthy vibes And now our sponsor with something to smile about If you got a phobia then I have found the perfect doctor for you Doctor and her team are taking the fear out of going to the dentist Let's go I'm and I'm a biological dentist So biological dentistry is taking into consideration whole body approach mind body spirit and we talk about the whole body how the oral health really affects your whole body health Ideally for before we start any procedure I want to make sure my patients are relaxed They're in a healing mode As you know many people are afraid of dentists That's the number one fear We have a massage table in our office comfortable and we'll try to relax our patients We have some gadgets something like micro currents What it does is little by little It will start to feel a little dizzy It just relaxes your nervous system and just those micro currents will be sending to your brain signal Relax teeth are organs they're vital organs and they are three dimensional If we take regular dental x rays we're missing a lot of data So that's why I'm a big proponent of starting with a 3d X ray to see everything evaluate your joints your airway how you're breathing How are you sleeping Looking for infections I'm a big on um activated oxygen treatments They called ozone treatments I use it for all the cases where infections are which is gum disease or cavities or uh even things like extraction Another thing I use lasers I do believe lasers is the future of dentistry So we do shot free dentistry for for kids for adults So if there's a cavity we need to clean I use only laser laser energy is enough So I've been practicing biological dentistry for 17 years I've done a lot of training and I believe it's just never ending I love it I do love it And every time I am looking forward to learning something cutting edge so I can help more patients I really wanna think of this place as a Wellness Center where we really address oral health But ultimately it's your overall health Ok Get this an 85 year long Harvard study finds it's not money career fame or followers that help people live longer but positive relationships Yet real life connections are proven to make us happier and healthier Thanks to you guys I may live forever and L A unscripted has more to keep you connected to the community when we come back are you feeling the love people Connection and community are proven to give you healthy vibes And in this show we have it all Now our Olivia Day Beto is out and about finding new ways to discover So help what she up to now I've been in L A almost 12 years and I've never experienced my city quite like this This is the coolest way to get

around I'm taking a lot of locals out We're riding over the Sixth Street Bridge They don't know about the Spring Street or Seventh Street protected bike lanes and we're showing them stuff that everybody always says wow I drive this street every day and I never knew this was here Handlebar bike tours do half day tours around downtown Los Angeles and the arts district They're designed for people who don't ride bikes A lot So you don't have to be a Spandex warrior to come out on one of our tours There's a lot of history here and I was surprised by it There's also the arts district which is full of murals The food is amazing We just started our first food tour Um get a lot of good reviews for that and I just love it It's funky you know it's not sterile like some other cities downtown gets a bad rap but I think it's always entertaining So the bikes are eight speeds They have a grip shift up here Works like a motorcycle throttle We got a cup holder we got a bag if you want to keep your phone close by bill in case you I gotta let people know you're coming through Let's go This neighborhood actually has the most miles of bike lanes anywhere in L A The drivers are used to bicycles being around So it's a lot easier than people think it's going to be I would never thought in a million years I'd be riding a bike in downtown that's for sure We have a historic tour and more tour which is the history of downtown Los Angeles We have a twilight tour which is our early evening cruise around downtown and our most popular tour right now is the arts district tour where we check out the murals foodie destination new technology popping up and the new Sixth Street Bridge So we stopped here to meet this lady Bridget Mason This is actually the second stop on our historic Cora Moore tour She was brought to California as a slave And after California became a free state In 18 50 she bought little parcels of land started working as a midwife here in downtown L A And by the time she died she was the equivalent of a millionaire Wow And so they made this whole wall about her So her home was actually on this spot So this is another stop on our arts tour This is the Victor clothing mural of Anthony Quinn the first Mexican American actor to win an Academy Award Wow it is huge That is a huge mural When you're out on a bike you get to see it you get to hear it You get to smell the taco trucks You get to sneak through the sneaky alleys which people always say wow I love that I never would have seen that if I was in a car the unscripted way is to try it all And oh we do The thing that I fell in love with the jump rope so much is just as I mentioned before that opportunity to be creative you can move your arms in different patterns You can position your body standing up tall going down to the ground jumping on your hands jumping sitting down

jumping in a push up whatever you want to do If you've been on social media lately You've seen jump roping and jump roping tricks taking over Now I'm getting an actual jump roping lesson from a world champion right here at the beautiful Santa Monica Pier Am I gonna be doing that Oh my God L A really has you've got things like skateboarding and surfing that have really become part of the culture I see jump rope as I hope as one of the next things that could really be become part of L A culture Have you always been into fitness your whole life It wasn't until I found jump rope actually Like I tried a ton of different sports basketball baseball soccer football nothing really stuck And then I found jump rope when I was about 10 years old and just loved it and stuck with it ever since This reminds me of the University of Miami Let's go This is like Barbie I think I'll take that Ok And so I want to say 2016 or 17 I just I started let's jump ball A which is my company So the main thing we do is teaching So that takes a lot of different forms It's teaching in schools So we do after school programs I teach classes for all ages I have a kids class that's every Sunday in torrent I have an adults class that's every Sunday morning in Torrent That looks pretty good Thank you But this is all I can do Yeah Jump ring has tons of health benefits The big one that we always hear that I always heard growing up is it's a great cardiovascular exercise It's one of the best ways to work on your heart and your lung strength right up there with like swimming boxing cycling How many calories can you burn jumping rope So just with the basic you know basic single bounce jump you can burn between 200 to 300 calories every 15 minutes Would you hope that jump roping could be like an Olympic sport Yes And that is something that we're working on I'm currently a board member for the American Jump Rope Federation which is a member of the international Jump Rope Union And one of our main goals we've been working on for years and years is getting jump ropes to the Olympic sport Do you want to learn some tricks Yeah One of the most basic footwork skills you can do is just jumping from side to side We're gonna start always by taking four regular jumps That's perfect That's perfect Ok good You learned your first trick That's awesome That's awesome We have our footwork now we can do um basically skills that are involving arms So this will be a cross or a side So we're ready Set Go big cross and jump Yes and open good You've done that one before I really oh my God If you're looking for a good workout this is it I'm exhausted but can I still try it for the Olympics Yes we need you on the team Let's go Healthy Vibes are easy to catch especially in our city Now Jasmine is back and putting Pilates to the test summer bodies

are made all year long At former Pilates and Ellie unscripted We're getting our sweat on today at their hidden Hollywood studio Let's go Pilates is based around the former method I take the core essence of classical Pilates and I kind of give it a little spice and twist a lot of abs and glutes and obviously 100% of your core in a more slow and controlled environment that the shakes are coming I feel them too and now you're gonna lift your hips up look towards your thighs Try to close that that's something that I created Actually during COVID I bought a reformer for personal use and decided to just train myself and I would post it on Instagram and then friends would reach out and want to come get on the machine I started with one reformer in my mom's back house in her pool house I didn't want to call it like Pilates by Liana because I decided that I wanted the brand to evolve into other things but also not solely rely on Liana For me I was like how can I make this like a sexy feminine sophisticated brand And I just thought of format It means shape in Spanish because I think Pharma definitely helped put Pilates on the market for the younger generation We're very detail oriented So we kind of teach you the proper form what you're working that mind body connection that is the benefits of being in a smaller class It's a lot more communication length and beautiful and slowly bent and press I'm not like a big studio I'm here to really kind of sell a lifestyle and a brand that embodies kind of 360 degrees of wellness versus just Pilates Feeling healthier and happier already Me too But there is more to smile and feel good about tomorrow Where will we be You never know We'll see you next time