

LA Unscripted | April 22nd, 2022

From hot spots and hidden gems to lots of local flavor It's L A the unscripted way And tonight we're going fully female like a fine wine Women only get better with age And tonight we're bringing you some of our favorite fearless females from this gorgeous location The Newport Beach vineyards and winery up first It's not grapes that made her famous It's margaritas skinny girl Margaritas to be exact And the rest as they say is history I'm a doer So I'm most comfortable when I'm doing I just do everything to the best of my ability And Nike you said it best just do it and execute be but be organized You have to build your plane while flying it I just started on one thing that I cared about which is how businesses happen for me too Hurricane Harvey and no one would even listen to me or donate with me But then you show up and you're there and people know you're there And so that's your first piece of experience that people can see under my 501 C three partner on the ground is global empowerment mission And we've done relief efforts All over the world and what's going on in Ukraine right now we have a travel partner that we're working with to relocate people and that's through tickets through train tickets and plane tickets It's the time when I'm the most connected to people Honestly this time when we're talking about helping and connecting and I'm in mode as what I really really do and who I really am commenting on somebody's outfit or who's divorcing who it's not really who I am I think negativity is very uh contagious and people don't realize it and you just have to think about what's around you that's negative and eliminate that because it's that's also contagious My work with balance is more of a goal which I'm totally getting towards and but business wise I'm happy I have a book coming out My new book is Business is personal You can preorder it Now a book provides numerous stories on how a nontraditional road to success can be accessible to all and you don't have to have gone to business school and you don't have to know everybody just ways and crazy ways that I've been successful in my career through nontraditional routes My book was dedicated to women because they're just constantly trying to look good and get their kids to school and feel good and get a good night's sleep and work out and know what the health skincare they're supposed to use I am a woman who is a mom and an entrepreneur and I show myself with no makeup and awards at all And Bethany isn't the only woman dedicating so much of her life to helping others In fact all our women tonight are like this famous face who dance with the stars right into our hearts Now Brooke

Burke has revolutionized the workout So you know we have kind of a slogan at at B body sweats and like that's sort of how we're approaching it that we are the digital gym now wherever you want us to be for everybody at every age at every fitness level because it's a program for real women and you don't have to be an advanced fitness enthusiast to work out with me There's things that my mom could do We have family fitness there's partner workouts One of the excuses that comes up a lot is time I don't have time to take care of myself I don't have time to work out I don't have time for wellness and I always joke but it's true There's not you don't have time to not work out You don't have time to not take care of yourself Because the other side of that is really scary What happens when you lose your mobility when you don't have energy when you don't have longevity It's not really just about the booty and about the bikini And I keep telling people just start start somewhere start small and make daily goals Part of winning I think is meeting ourselves with love and kindness and compassion And there's a lot of pressure on us in this town and this city and this business me I can teach you how to get into great shape It's kind of the easy work and that's hard enough So I want it to begin in the mind and I want it to live in the heart at Brook B body There's a big element of mindfulness It's not just fitness How do we feel How do we treat ourselves How do we feel when we wake up in the morning And if it's funky or if it's off how do we shift into a healthier mindset My mentality is ageless Yeah And there's good days and there's bad days but I'm a little bit of a biohacking geek I think that there are ways to combat stress and there are ways to feel good and there are ways to create energy and longevity An idea is something that we're born with And then when we turn 40 we produce less and less of it True Nyogen improves the production of N AD So I've been taking it for over five years It's basically a supplement for your cells just to simplify and I feel like it really improves just my overall well being But I take it every day like clockwork the same way that I make sure I'm mindful in the morning Let's get out there and sweat move your body encourage each other to live a healthier life Give somebody like a helping hand get an accountability buddy Grab your girlfriend and say hey this week we're going to work out four times together Hold them accountable We need it She is such a nice person and stunning inside and out As is this young lady who is actually lived her entire life inside out and upside down on reality television Now the give them LA girl is giving you the real story in her new book even though I'm on your TV we all are bonded and can relate on a level that you may not understand Just by turning on an hour of Vanderpump rules There

are so many times that we we connect with people or maybe don't connect with people and we fail to think about what that person may have gone through in their life to make them who they are why they have the opinions they do for me You know I stepped onto this show that was about my life and I may have rubbed people the wrong way But the things that I've been through in my past made me this way today and that shouldn't be looked down upon that should be celebrated Give them Lalo was like in my 25 year old you know super vain mind I was like give the people what they want which is me But as I got older and kind of evolved It became something so much more which was basically give them who you are and unapologetically I really wanted the book to embody how I got to where I am today We should all reserve the right to evolve We should never be held to our past choices but who we are today I think I got lucky because she's such an amazing baby Like she's so chill and awesome but she's like she's one and she's my best friend You look at the world very differently I want her to be strong and I want her to know that her voice matters and I don't want her to be afraid to have opinions and have strong thoughts and you know people may not agree with you and that's ok That's what makes this world amazing is that there's so many people trying to make different things happen And that's my biggest thing I want her to go out into the world and be a productive person You have to feel like you are good enough You have to know you are good enough and coming up we're flying high and dancing on angel wings We'll be right back Welcome back to a scripted from the Newport Beach Vineyards and winery and our fearless female special as we reveal the women who do so much for so many case in Point Michelle May current former lead solo for the Air Force Thunderbirds and her non profit that helps one of the most important groups in the country are veterans I saw an F-15 take off with its after burner lit at dusk and you could just see the flame coming out the back and you could hear the jet noise and it like reverberates in your chest like a bass does at a concert And it was like a visceral reaction I was like that is what I'm going to do and what do I need to do to make it happen I'm Michelle Kern former lead fellow for the Air Force Thunderbirds It was a cool spot to be in for me personally to fly But also because I think it was such a visual representation of like a strong woman for for little girls right You have the braid that they can see You have the upside down flying you have the high G's the fast climbs All of that is very visually impressive And I think it just was the perfect formula for inspiring a lot of people But my favorite part of being on the Thunderbirds was actually not

the flying although that was fun it was this platform that all of a sudden had to inspire people Vogue is something that I've joined as kind of a passion project It stands for veterans outdoor advocacy group We've seen the need for options for veterans struggling with mental health The whole goal is for outdoor therapy to be an adjunct treatment through the va So if a veteran goes to their va health care provider with a mental health concern instead of just having traditional therapy or pharmaceuticals they could be prescribed No kidding outdoor therapy with like controlled vetted people and institutions and organizations that know how to handle what they're going through and are familiar with the struggles that veterans have So if you are a veteran or you know someone who's a veteran who would love to get outside with like a train guide in a controlled setting and it's all kinds of things rock climbing Santa paddle boarding skiing mountain biking So nominate yourself or nominate someone else We are paying for all of these trips for the veteran And so we would love any support that anyone could give The veterans outdoor advocacy group is just one reason Michelle is a true angel and speaking of angels up next the woman who turned the city of Angels into an Instagram art show phenomenon we'll be right back So what are you guys doing for Mother's Day It's so soon You know what that means I'm gonna have to make my own reservation right I am So it have you been like super dry lately This will help you cook a baba this is like decadent Oh it smells good This makes me want to go on a vacation You said vacation I said vacation Oh my God on your you're like my fairy God Which what just happened The Coo Baba transported us to a tropical vacation I love the smell of coconut so much The Coca Baba doesn't use fragrant It's really light because they're all natural and vegan and use organic ingredients It's aromatics instead of that heavy fragrance So this is all organic Where did you find this Well I actually talked to the owner Emma and she tells me the whole story So I was pregnant with my first daughter Mabel I became ultra aware about everything that I was putting on my body in my body I was trying to find like a really great solution to help with stretch marks just to help sort of nourish my skin throughout my nine months And I just at the time didn't really see anything on the market that I felt safe and confident in using So I went back to an old family favorite which was coconut oil I use coconut oil throughout my nine months of pregnancy And the aha moment was I came out of it Stretch mark three I can climb in this jar and live Right Well what about the mousse You haven't tried the mousse Let me try Look at how creamy and crappy this is here I can do your leg Ok I know where

you're going with this I have something for that too The cocoa baba coconut oil scrub may just get rid of your stubble Our scrub is made with natural coconut husk and there is coconut oil within it What I love about our scrub is that you can this is kind of like a tip You can of course use it in the shower But I I love actually using it on dry skin on my knees or my elbows or even my feet or my hands I'll go in and just scrub and then rinse it off in the shower How did you come up with this name It's so fun to say Coco Baba So Coco obviously short for coconut and Baba is like a pet name My husband's called me Forever And once we had our kids we call them Baba It's a term of endearment Um People in India you say you say Baba for Islamic it's very cute and it says everybody deserves to be mother everybody deserves to be mother So even though it started out as a mom's journey it's now become a great great brand for all women This is the serum right This is the serum which is brand new Like you're the first one to have the serum it feels like glass like a dolphin So if you have areas that of concern but you have already existing stretch marks You know this formula has peptides and fruit extracts that are gonna really penetrate and lighten those lines it's gonna firm It's just really such a powerhouse that I'm really super excited about this launch So Coco Baba is a great Mother's Day gift or just girlfriends who want to feel mothered a good hostess gift It's all natural It's vegan you know it's formulated in Germany but made here in the So this is the bundle Ok And if these four products I don't know which one I like better I like the mousse so much But I I love this scrub But here's the great news This is affordable luxury You can have them both and you can have all four of the whole bundle because it's unfussy skincare Now they've never done this before This is such a huge deal for our unscripted viewers They're doing 50% off We have never done 50 never So that's like a special mother's deal for you guys Um and for the launch of our new serum So basically we're taking that down to \$60 for the bundle It's only while supplies last if you have you know an expectant mother or your own mother or a woman that you know really thinks deserves some some self care in their life And this is the perfect bundle for you So you have to go to Coco Baba dot com and of course use my code style smart I'm coconuts for Coco Baba Good catch Welcome back to L A scripted as we celebrate women we love And this one is truly he said you see it all started with Collette Miller InVision the idea of a giant set of angel wings painted on a wall in the city of Los Angeles Now she's a global phenomenon and an Instagram darling And she actually made us our own set of wings How did you get started doing this The Global Angeles project

began in 2012 in the streets of LA I did start with the city of angels intentionally because it's called the city of angels And I just felt an urgency to act on that idea and vision and make them human size so that people could become part of the art and be reminded of their higher natures They became popular very quickly through social media and Instagram which I did not even have It's great to see all the different ideas people have in front of the wings the internet propelled it to become international right away And then I just did the World Trade Center last month with Spotify on the top floor World Trade Center floor She's gonna let me add my own personal touches to this I feel like we need some more blue you know like KT a blue Oh my God I feel like such an artist right now An artist I like to say artist and do we want the paper to kind of go in the middle Yeah that would be the best OK I paint the wings at home and then I adhere them to the surface with varnishes and art gel mediums and transparent paint like glue paint and they become embedded into the surface As you can see this surface has a lot of texture and so I just finish it and shape it on site and work sometimes on the background I'm helping one of the most famous artists in Los Angeles with one of my most famous artistic projects that I've ever seen I actually remember these wings from when I first moved to L A and I love the fact that I'm actually working with her right now to help her I'm getting my wings Yeah Where's the sign we want to thank Intelligentsia Coffee Smack Middle in Hollywood on Kowanga and Hollywood Boulevard for giving this wall to make this mural happen This is the first photo ever taken in front of the new remarkable set of angel wings Now that's impressive And you may remember Allison Porter by a different name Curly Sue the role that first launched her childhood stardom but Alison went on to completely rethink her career and is now helping others rethink their own lives There's something about using your voice and connecting and telling a story with music and melody that is just like such an emotional experience I first started acting when I was three years old So I did some commercials and then when I was five years old I was on Star Search and that sort of catapulted me into the real world of the entertainment business and then Curly Sue I know that I went in a number of times Um But it was just you know another audition I was just a kid actor I just did audition after audition So I was lucky enough to book something then I did And that was just one thing that was like pretty incredible to be able to um experience I had a four year old and a I not or a three year old and an almost two year old when I went on the voice I think it was just exactly what I needed at the time And so I sort of went in with like

this uh a feeling of like this is ridiculous and nothing like it nothing's gonna happen It's just gonna be a thing and it'll be over and then of course it kept being a thing and kept being a thing and it just materialized into this insane experience I mean I've talked openly about sobriety so I always have to give it up number one to that Um And that's been an interesting journey in my life of course had experiences as a child actor that you hear about all the time the pressures the um the experiences sort of being treated like an adult from a very young age and things like that But what I will say now that I'm a wise 40 year old woman which is so weird Um is that I feel like I've been able to turn sort of any of those negative experiences or traumas or whatever into lessons And I am not angry about them and um I use them in my work when I'm working with kids because I'm you know I teach a lot of uh I I vocal coach a lot of really incredibly talented kids um and that are new into coming into the business So for me to be able to use my experiences and help these parents and help these kids and sort of give them a different view on certain things and help them you know um be comfortable in this very strange industry Um has been like really healing and really amazing for me so many incredible women We thank you all for your time and thank you again to our wonderful host here at the Newport Beach Vineyard and Winery Come have a tour and a drink and maybe even kiss a goat until next time