

LA Unscripted | January 14th, 2022

From hot spots to hidden gems and lots of local flavor It's your guide to all things L A The unscripted way from the delicious grass Madre in West Hollywood step inside the doors of this Los Angeles eatery and you are instantly transported to Mexico from the tacos to the tequila gracias Madre is bursting with locally grown plant based goodness and a patio that turns every moment into a memory Hello everyone I'm Devin And right now I'm revealing the beloved hot spot that will have you screaming Thank you Mother Grass Madri is about the environment vegan Mexican food Uh We're 100% organic Uh We're a sustainable company We use a lot of local farms The name Grass Madri originated uh from Mother Earth where all our food comes from and what we put in our body I have a lot of guests that come uh that come to me afterwards and say you know I didn't even tell my friend that it was vegan and throughout the whole meal she didn't you know they wouldn't say anything And at the end they would tell me you just ate a completely plant based meal We're here in the heart of West Hollywood in this beautiful space It it has a lot of Mexican elements in It feels like a Laci end type restaurant with the openness the big doors the big windows the artifact the light fixtures Oh wow Oh my God You don't have to be uh vegan to enjoy nature because basically what we're doing is putting nature in a place Everything is organic and the ingredients are the best quality that we use And I love that you're helping out the local that is farmers suppliers for us is every single dish is made with love So that is the reason tastes good God this is good This is the most honestly the most beautiful tortilla soup I've ever seen Tell me about the tortilla soup This is not just beautiful it's good for you Uh This is uh based in vegetable puree So these have onions garlic bell peppers tomatoes all good for you Oh my God And this is a vegan burger It's a vegan burger Yes man We combine rice beans mushrooms and we dust it with the tortilla chips and it's a beautiful burger These are kind of one of your signature dishes right Yes ma'am Now these are carnitas and they look like caritas They smell like carnitas But what what is it Actually Actually it's Jack Fruit Tierra gracias Malde We do everything from scratch Why is it important for you to present these vegan dishes That taste so good but are also so good for the environment It's just not just good for the environment It's to make harmony with the universe And also it's really important as as humans to take care of ourselves When you become vegan your mood change you're more happy your skin your wrinkles disappear a

little bit You're happy with your tummy and like people say use food as a medicine Oh are we back already So good Well they say the food here at Gracias Madre is born out of the love for mother earth and the reverence for all mothers But right now it's one pro baller love for the game and his community that hasn't fulfilling hope dreams for some deserving kids Jasmine Simkins has the incredible gift from former L A Laker Dwight Howard Hey L A unscripted This is Dwight Howard and I'm here with Arrowhead Water and welcome to the new court It's amazing You gotta come out and check it out Let's go This is better than dunking a basketball or blocking a shot of these kids' lives And the impact that we can cause is going to be something that's for before I came back here told all my friends and my family that I wanted to make a bigger impact than I have in the past as far as you know just playing basketball here in L A And I said I wanted to go to a couple of places around the city Inglewood being the first place I wanted to go to and just try to do whatever I can to help out Inglewood has been the home of professional sports since 1969 when the Lakers left the Coliseum to come here And in that time we've had the commitment of five professional sports teams So we're used to professional sports However to have someone of Dwight Howard spend his own foundation's money to redo the courts for our kids It's very special and partnering with Arrowhead we partner with a lot of other companies out here who was able to build it make this beautiful court So thankful for that and just the opportunity to be able to be a blessing to other people This park Edward Vincent Park is the largest park in the South Bay It is the hub of so much youth activity We have a 40 love foundation provides low income Children an opportunity to get tennis training We have spent about a million dollars to but an artificial turf field for soccer and junior football But this court was kind of the last piece Dwight stepped up the residents come here already But now that you have this newly finished courts with the fiberglass backboards you're going to see more basketball players coming in I'm always talking about everything we do Like do it as a champion That's a mindset You know it's not about actually holding up a physical trophy but it's a mindset that you have to have to be a champion And that's every day you wake up for me I tell myself I love you Dwight every day That's where it starts Grand champions We are all about love We are all about spreading positivity A lot of these kids they have so many things that they have to deal with on a daily basis It's our job to plant the seeds in these kids' minds and then also water those seeds so they can grow and become whatever they want to become What an awesome man

Thank you Jasmine for that inspiring story And coming up our own Olivia Day were to may inspire you to feel the wind in your hair at 13,000 ft Plus the most healing place to go on a date in L A and healthy vibes Check on how to get off your acid and no we're not talking about that trippy kind Sound good Don't worry I'll be right here trying all the signature drinks and I'll tell you why it's all about the agave here Gracias Madre When unscripted returns welcome back to one of the most beautiful bars in Los Angeles here inside Gracias Madre So CS very own plant based Mexican is fired restaurant with the saying is all a all the time And gosh suddenly I'm so part so thirsty I need a drink How many different types of tequila and Mezcal do you have you said you're like one of the biggest in the US Yes Yes Right now we have with Mescal on top of tequila I'd say we have roughly 375 bottles Oh my God That is a big selection We have one of the largest collections in the United States And we also beyond just a focus on what I like to call kind of a spam back bar which is just as much as we can possibly get Ours is focused on sustainability within the category So no additives ethically sourced Now we're going to make a margarita today right We make 22 margaritas Oh my God I'm in the right place This is our house Mescal So this is our private batch Mescal Well we're the only bar in the United States So probably the world outside of Mexico that is having these practices I love that sound my God Cheers I'm so excited OK I'm going to take some of the salt too Oh Good stuff Oh my God Wow With that orange salt It's delicious It's not sweet It's really simple but it's delicious And you really get the true flavor of the Mescal coming through It's so this might be my new favorite margarita of anywhere in L A and I had them all I'm serious These are so delicious Now I may need a ride home after this but you know I can debunk one urban myth about Mescal tequila and that little worm at the bottom of the bottle So you can eat it But contrary to popular belief it will not make you hallucinate Good to know Now a very different kind of acid that is wreaking havoc with your body And it's something Angelino's drink by the bucket Let's check in with nutritionist Doctor Darrel I read in your book that you talked about how addictive sugar is I mean more addictive than cocaine right How do you recommend people kick the sugar habit What we talk about when you get off your sugar is the add not take away approach One of the main reasons why we all crave sugar is because we have an underlying mineral deficiency especially magnesium and sugar is the most acidic substance you can put into the body I didn't actually realize that acid and sugar were related Yes sugar equals acid and acid equals inflammation So we

got to get off the uh the acidity or stop putting these sugary things into the body or give our body things to help neutralize the sugar So the very first step we talk about is adding minerals back into the diet Things like green juices which is literally at the core of a strength eating diet Literally I crave sugar my entire life Three weeks into just this ad approach I started adding two green juices every day 21 days later my cravings for sugar were completely gone And here's the crazy part in just under four months I dropped £42 So that's the benefit of getting off your sugar You're gonna feel better you're gonna get more energy Your cravings are going to go down but the body will lose some toxic weight I know Kelly Ripp is a huge fan Kelly Ripp is one of my most favorite people in the world and literally she defines balance Kelly and I first met about six years ago back in 2015 she actually did my detox my sugar detox And literally three days after being on this detox she went on live her live show and she actually talked about how this changed her life in this day and age So many of us rely so heavily on coffee Tell me about the acid kicking coffee alkalizer Coffee is loaded with acid and acid range of the minerals that you need to perform every day both mentally and physically And I was actually inspired by Kelly Ripa uh to actually create this product literally when she went on her So she was talking about how she did my sugar detox But then she said I'm still drinking my coffee but I didn't tell him So what the acid kicking coffee alkalizer is is a powder that you add to your coffee so you can still enjoy your coffee And what it does is it neutralizes all the acid in the coffee so that the coffee doesn't take you out when you do this the right way not based on deprivation by adding these right strengthening foods into the body Um not only will the good outweigh the bad but it's gonna be easier it's gonna be easier on your mindset easier on your psychology So that's really one of the big takeaways of the book which is go at your own pace fit this into your lifestyle make it work for you And as you do that your chances of success are going to skyrocket Ok So I just pass on the coffee and just stay with the tequila Got it All right When we come back to tell you how this restaurant got it Start with a little gratitude Plus from disco chickens to swinging seats will take you to the hottest chill zone And so and we watch live in L A do the unthinkable Oh she's jumping out of a plane Why I'm going to need another drink Need some Welcome back to L A unscripted from the stunning gracias madre here in West Hollywood I mean look at this patio you guys and here's something you may not know long before they created a love for Mother Earth They discovered the need for gratitude Cafe gratitude and equally beloved plant

based chain here in SoCal You know what else they pioneered here a boozy spot kind of like an adult snow cone So Risotto is a Mexican shaved ice Of course you know we're going to integrate alcohol Of course it's an adult beverage What we're going to utilize here is a lot of fruit infused alcohols to provide that experience of a fruity cocktail Ok But still make sure you get enough booze in there It's sweet but it's like savory It's um it's light but it's hearty It's hard to explain It's delicious We should have more snow cone cocktails in the world Oh yeah Boozy snow cones are the best These are delicious OK That was delicious OK You know despite the hustle and bustle of this restaurant it still has a very chill and calming vibe But if you can't get here I've got another local hot spot where healing and wellness is just a walk in the park or garden in this case All right So I'm here in Highland Park California and there's a garden here somewhere I'm not sure I'm in the right place Hi Hi Welcome to Greenstone Farm sanctuary Secret garden What a cool door What are healing gardens So healing gardens is essentially a community of these private beautiful gem gardens all over L A and we are expanding nationwide People come here to do have dates in the garden have yoga meditation in the garden Everyone is stuck at home working and I'm sure people get sick of looking at the same four walls all the time So they can literally bring their laptop here You've got Wi Fi and they can spend the whole day in nature and work Yeah Here are all those beautiful birds around It's very distressing for the eyes to look around at different textures of the garden How did you guys get involved in healing gardens We're looking for a way to offer our space to the public And Rishi and Abi came here scouting for a gardening class You wanted to share your garden but yet you didn't have the means in terms of like insurance and things like that So we now have insurance and we have the tech that makes it available for people to book the garden and they also provide the ability just for us to get paid How big is this Just under 3/4 of an acre somewhere between half an acre and 3/4 of an acre we have many spaces that people like to go and sit Oh my God There's a Hammock deres relax recharge rejuvenate replenish all the arts Hello And each of the gardens as you can see is unique and also like every season is different in a garden How many secret gardens do you have like this in the greater L A area Just four months ago we started with four gardens We are up to 18 gardens now just in the L A area two gardens in San Diego and we are expanding nationwide We created this to fight climate change and to enable wellness for people Why does this help climate change The goal is to make gardeners more money And the thought is if gardeners

have more money they will plant more trees they will grow These more beautiful gardens will create an economy around it and that will fight climate change That was a really fun and relaxing shoot And let's keep it real for a minute here It hasn't been an easy couple of years for anybody out here And we're all looking for ways to distress for some It's a hang in a hammock but for a lot of people therapy is really the only way to go right now I've got some help for you Better help In fact with better health dot com which is real online therapy You know there are all kinds of reasons to seek out someone to talk to and it just became a whole lot easier and more affordable than ever before It doesn't matter who you are or what level of stress you're living under Better help dot com is a great way to get in touch with a fully licensed therapist of your choosing Imagine being able to unload it all from the privacy of your own home with no judgment and no pressure And here's the great news right now L A unscripted viewers are getting 20% off their first month at better help dot com slash 2022 And I'm going to show you just how easy it is to get started So I've enlisted my producer who let's face it is stressed out just from working with me today alone All right you're going to log on to better help dot com Ok Ok So they give you a lot of questions that you can choose from for therapy Weird because none of them say Dana de but they still annoying co workers That is true There you go All right So you log on to better help dot com Few questions about yourself and what you're looking for in therapy They'll use that to match you to a licensed therapist in less than 48 hours Then you'll text with that therapist and get acquainted and see if you've got a good match and then you can live chat talk on the phone or video call your sessions Honestly it's really simple and private starting your therapy journey has never been easier And again a unscripted viewers are getting 20% off their first month just go to better help dot com slash 2022 And you know sometimes good old fashioned prayer is great therapy too And here Gra Madre they have their very own prayer box Good timing actually because Olivia in L A is going skydiving Olivia they were told you are one brave This is the greatest day ever I'm jumping out of a plane but not just any plane I'm jumping out of a plane with the Navy and the leap frogs like they do the air shows going to land on the beach with this guy Nick Let's go One parachuting is one of the most exciting things we do in my opinion it's hard to find something that we do that's not exciting but falling to the earth at 120 MPH is pretty cool So we're the US Navy's official parachute demonstration team Our mission is to travel around the country demonstrating naval excellence at different events and doing different

outreach events just to spread the word of naval special warfare and navy recruiting So we have an important mission It's naval special warfare What we do is just exhibit a small taste of one of our capabilities just to sort of pique public interest and let people know some of the exciting things that are available in their careers in the navy and Navy special warfare So I decided to join the Navy in the first place because I'm an immigrant first generation And so for me it was a point of service I really wanted to pay my proverbial dues and earn my keep in in this great land of taking care of me Then you're going to put this on just like a backpack The you know I'm steady blazing I feel good That was crazy That was so fun It's like such an adrenaline rush The best part is the initial fall out of the plane because it's like the biggest shock And then just soaring above the city especially above the ocean We landed on the beach at Huntington Beach which is kind of crazy Tell me the significance of us landing on this beach You guys are the first ever tandem passengers to land on this beach It's got to feel pretty cool and we're the you know first jump team or jumpers to do a tandem So pretty pretty cool So if anyone's interested in learning more about our team I encourage people to check us out on Instagram at Navy parachute team or navy leap frogs dot com I'm sorry Olivia I can't even watch I'm so scared of heights and it's so much less scary from this vantage point Well thank you guys so much for joining us today from Gracias Madre in West Hollywood And you know maybe you could go plant based for one day a week and try this hot spot You won't believe how much good just one meat free day can do for our beautiful planet All right Where will L A unscripted show up next I don't know but I hope they have to kill Hey can I get another boozy snow cone