

Regular Guy Friday ep 127. Know Your Why

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 If you're new to my story I went through a major weight loss journey years ago and let me tell you it was a mental battle as much as it was physical That's why I'm so excited to talk about No with you n takes a unique approach to weight management by focusing on psychology which plays a significant role in weight gain and loss What makes no truly remarkable is its emphasis on behavior change It goes beyond just giving you a meal plan or exercise routine N helps you identify and modify the underlying habits and behaviors that contribute to weight gain with its personalized and science back strategy N ensures effective long term weight management The best part is that N adapts to your needs Not the other way around You have the power to integrate new into your life in a way that works for you Incredible feedback from 4272 individuals who tried n shows that a staggering 98% of them reported making lasting changes to habits and behaviors If you're ready to take control of your weight I genuinely recommend giving new a try begin your trial today by signing up at no dot com That's nnoom dot com Don't miss out on this opportunity to transform your relationship with food and achieve long lasting weight management But Dina I had no idea how much I need her in peaceful time I hold her close and I feed her my I think my guess was wrong That doesn't say it all my life right now She's not just a girl She's a bomb Our beautiful daughter Athena Alexandra announced to the Universe by 20 girl Finally Uh she's so perfect Thank you magazine Thank you BBC G MA B Uh Yeah I was talking to some people on our side I think they said yes Athena's first and last cover just kidding Kidding She she'll have her own journey It's gonna be wild for her though She's only after the age of 22 ft note You guys uh fooled him again Made it to another Friday It's your day No one else is tomorrow Yes obviously will be for the partner Sunday is for the the kids Monday through Thursday is for everyone else if you're a code

Potent like we are Uh but today is officially your day and uh Kelsey will begin Kelsey who's not in studio Kelsey who's down on the beach with an illness that she didn't want to bring to us Uh It's like I'll get killed if I bring that to your sweet angel baby you wouldn't No Uh But also yeah No but also we we'll talk about the best practices when you do have these kind of I just wanna cry Yes Well again we we improvise I'm supposed to be the first call in these crisis He sees I I don't I didn't really call anyone I kind of just was like by the way you never call anyone I know I don't Kelsey what's my issue The turtles go back in the shell that we're working on it though I want to also say poo who's in studio Natasha's in South Africa But I have to say I was really proud of poo Did not take the Kelsey chair I would never do that I was like stayed at the little kid table chair I can't I can't take her chair away That just would be wrong Oh well you could have said it I would have loved it Well that's who you are Kelsey we love You know Kelsey Would you please give us a disclaimer Of course I'll give you a disclaimer Kevin So for all of you who are new to regular guy Friday and you're coming here because you think it's Maria's show and it's Hell Squad and we're gonna be having this high vibe of learning that is not the show We do learn we do laugh but like we say we're a little more economy We not we sometimes screwed up the business class Would you say once in a while But only because parents have money or else we would never had a kit grooming How intelligent is to step on No no I just said a comedy premium is my So we'll all get to business class together But by the way I love that we will all get to business class together together But if you are coming here because you've found this show and you think that you're gonna get Maria please don't get mad and leave us a one star review and say you hate it This is regular guy Friday You can go Monday through Thursday and listen to any of our other of the heel squad shows period period Yes Friday if this is for you know the remedial students on the Heal squad would like to come and then you know they always found too because we have some very high we have mostly high uh jeez And when I do these heel when we do the heel events on Patreon you see how brilliant all the people are uh and and caring and loving but um highly evolved human being So Ryan Weiss will be our next hill event I love And by the way if if you know we are talking over each other more than anything it's because we're having an audio issue So no of us we're having a hard time hearing each other So thank you Natasha from South Africa Yes Ryan Weis is amazing Um Man yeah he dropped a bunch of bombs which I'm gonna go over this week We we we've been putting together these All Star edition

shows and it's been great to go through the old shows because I'm getting the lessons again and being reminded of Oh ok That that's a message I needed to hear It's funny Maria mentioned that today on Kelly and Ryan She was saying the reason she likes helping people and I think this is something for all of us to realize too You know they always say when you help someone sometimes most of the time I think all the time you help yourself So Maria was saying that when she has people who reach out to her with cancer or any number of ailments these days based on her journey by coaching them she is reminded of all the lessons she needs to learn relearn and apply And so I think that's kind of the gift So for all of us you know so anyway Ryan this week there's some messaging that I saw in one of the all-star episodes we're putting together um that I feel is really relevant to our show But I was gonna say um I think so if we are the remedial class remember how the a students would come in like the poos would come and volunteer to tutor the remedial kids right Don't you remember that I remember that I don't know if we really had that It was more like the older kids would come to the older kids Well you were never really remedial reading but I remember some of the like the price students would come in and and you know and help help out the other people and the ones I saw cynically didn't really care so much as they did about their college applications were looking good to the teachers But hey at least you know what It doesn't matter a for effort And uh yeah so I think that's what our group does Our group comes into the class and help us with our paper mache our friendship bracelets Hey don't listen There's many there's many ways to learn and this is why education if I can do one last thing if I can just be Hulk Hogan about to be pinned Steve the steamer and Puja And just what when you think it's over just that one big finger goes up in the air and goes no if I have one last thing to do before I get pinned for life is I would love to take one school system bring in all the greatest minds influencers celebrities money everything we can You're going to an inner city and really you know uh evolve education to where it needs to be where we play to people's strengths We don't really harp on their weaknesses but we do we attend to their weaknesses but you do it in a way You also what people are passionate about what they actually want to learn what is going to be a practical benefit to them What are life lessons I mean all these other things um we've evolved you know past just the standard $A + B = C$ or just arithmetic and algebra But um my mom I I will say for much maligned on this show much Mark Go ahead Make fun of me Kev No he thinks it's funny Go ahead We love But I'll tell you about Kathleen Mrs and dear was beloved

by her students Uh But she was the one to say hey they don't want to read the 500 page book Ok They don't wanna read the play they don't wanna read the poet tree but they like working with their hands So my mother would teach them animation She would teach them um because my mother background in art So she would teach them all these other different crafts and then they would present their interpretation of Shakespeare their interpretation and like better than all of the students in the regular classes They had a way better understanding But my mom was like that's how their brains work So let's play to that And then she had the old guard being like it's back to reading We need to get back to reading And my mom was like I would love to get back to reading but the toothpaste is out of the tube You know the horses have left the barn all these kids are in front of the they called it the boob tube back then But every kid is in front of a TV set now So slide shows my mother they'd create slide shows with music and you know and like I said animation and there's all different things she would have them do But in the end that's how they learned So it's just new modalities of learning So how about that So maybe regular guy Friday even though obviously we're the remedial class and the remedial students we just have new ways of presenting the information for the way other brains work Maybe maybe it'll stick with some people better than you know something else you know you never know Also I just have to mention Kevin Did you get your salad cut It looks lovely I did I got the salad trimmed salad A K A hair Yes thank you Um that ties back to something that went on this week too that went to the the Ryan Weis issue All right So but you're cold Kelsey It sucks I literally I don't think I don't remember the last time I was like this sick Like I I was telling Natasha before I used to get chronic sinus infections and strep growing up I had like strep permanently in my tonsils God I don't know how that works Hey Natasha look up um because I just heard asthma is based on grief Uh again to to some of the healers I work with uh diabetes is based on you know a uh lack of you know joy lack of sweet sort of things in life But look up what that's tied to Natasha Just see what get reach out to Ida But go ahead Continue But yeah so I got my tonsils out when I was like 17 and it really fixed a lot of that issue I haven't had like it's really in my throat right now and it's and it just sucks and then I can't sleep I know sleep is the only way to heal and I can't freaking sleep because I keep coughing and I'm even trying to drug myself It won't work well thank you to Marin Marino and Maria for pointing out that I'm a vet because they talked about how I saved our dog baby's life who had pancreatic and kidney failure And the doctor said if you

treat one the other is gonna fail And I said I'll figure it out and I did and we had two more years after that So he said well what what is he And I always say in this house Maria things got Maria I am your doctor I'm the regular doctor but even her doctor said you know he's I called it all right everything with her condition I had down So you know again you have a doctor in the family with me 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 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 heal squad 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 cut and start getting ready for the fall season Remember Macy's dot com forward slash heal squad years ago Friends I went on a transformative weight loss journey that taught me valuable lessons and it became crystal clear that the battle wasn't just physical It was also deeply rooted in my mind Today I'm excited to introduce you to NM an extraordinary program that has had a profound effect on my friends' lives leading to really remarkable results They've all been raving what sets no apart is its unique approach to weight management firmly grounded in psychology Unlike other programs that focus solely on meal plans and exercise routines N helps you identify and modify the fundamental habits and behaviors that contribute to weight gain backed by scientific research and tailored guidance N you with the necessary tools for sustainable weight management The beauty of N lies in its seamless integration into your lifestyle allowing you to take control and personalize the program according to your specific needs In a recent survey of 4272 individuals who tried NM an astounding 98% reported experiencing lasting changes in their habits and behaviors I cannot recommend no enough start your journey today by

signing up for a trial at no dot com Noom dot com Don't miss out on this opportunity for us to transform your relationship with food and achieve long lasting weight management 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 heal 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 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 diagnose me Well I know Tasha is working on that too Good Well see Kelsey's a Viking She's got Viking blood She's got Amazon strength So for Kelsey to me miss something or not be president No she's really sick So and it pisses me off and I hate it and I get so mad but that's ok But I'm gonna teach you that But how to Yeah but that's a good let's we'll go over all this in this first segment So first of all there's a reason why when people go on vacation or they get breaks or holidays come up they get sick And regular guy theory is your body knows what it needs to do when it needs to do it So whether you have to during the week serve your boss um pay your bills take care of your Children your body will rise to that level as long as it can and mentally it knows ok Friday were on vacation for a week And now we can shut down the defense field and finally rest And then that's when unfortunately the illnesses come in So Kelsey for you it's been you know you stayed on longer you know with hell squad to to make the transition then you made a second major move And by the way if you look up stressers in life one of the major stresses in life is a move and now you've made two in a very short amount of time Ok And then it's pretty far away It's a new environment And um that was weighing on you Then other work came in that had you travel which totally knocks down your immune system Like one of the biggest things to knock down your immune system I think is travel But our little Vicenza and then we lost Winnie So not like just jolted your body So your body is now going Kelsey F off That's it now because it knew everything now was behind you and sure you we want you and I have other scams I mean business good things to do and we're anxious to do it but it knows Your body knows that we're ok Like we that stuff's gonna move along anyway and I'll keep it going and you'll come around you know so it knows And so your body knows and your body knows that we're putting a pin in it and we're shutting it down Kelsey whether you like it or not Now this is where you know Maria falls into this category too is she'll get sick like you and she just tries to fight through it and the longer you try to fight through it unfortunately the longer you prolong the illness And the one thing about me you you know Mr braggadocious dragons blood this that and the other thing right I will tell you something the few times I get sick I tap out I'm like and it's hard for Maria to to see me do it because she's just like she wants me to do it her way which is just play through and let something that I can beat in two or three days go for three weeks or 2.5 weeks I you don't know but I shut

it down and that's sort of what you need to do right now because you are but you're still in that halfway mode because you're upset So now then the other thing is yes you want to expel all this out of your body But at the same time some of those symptoms are keeping you awake and and I always say sleep for anything even an injury is your best medicine Your best natural medicine to sleep is sleep it off But now so we what what you need to do is we have to treat the symptoms the throat the cough whatever you have to do just for sleep to suppress those things you have to do So so what is it the cough that's waking you up or the throat More of both I think they kind of go together OK So for the so so have you done the codes lozenges Remember I did I did the zinc once Yes I got a CV But I should probably do more because I remember you had me do like you do you I double the dose I do two every three hours By the way you're gonna get a little of a big d unfortunately because all that zinc goes in your body But it will knock out a sore throat in a day So that'll be gone So you can do that Now Clap Totally Just treats the symptoms It'll just numb the vocal cords and it'll soothe it the spray again You have a doctor But that's ok Just don't come to the family doctor I hate when people come leave the family and they go they listen to the strange doctors when you have a doctor in the house Then the other thing is and for the cough some kind of cough suppressant just to fall just to get to sleep However during the day the best thing you can do Kelsey is and I know you don't have a do do you still have the steam sauna Oh yeah Didn't you get one I have a I have a sauna It's like red light but it's not didn't we get you a blanket to sweat it out At what point during our No I have I have it It's like a it's like that little hut I won't really like I'll sweat a little bit I did get in the steam like the shower this morning though Like piping hot Ok So if you can get so here's the thing um if you could get to your gym with a mask on so you don't make anyone else sick I am telling you if you go in with a big jug of water or better yet the electrolytes that you love that little water right That OK Because you are gonna deplete your body by doing it However these are the things I do I'm I everything I just said to you I get in that steam once or twice a day and I stay in there as long as I can take it while I electrolytes So you know you don't deplete yourself too bad and and remember the electrolytes won't only come in so fast But if you deplete that bad and if you want to get really boujee I've never done this You can we could get you someone to do an IV give you afterwards which by the way the IV may not be bad Either Kelsey to to fortify your body or to at least to uh rehydrate you But those are just the quick tips you have to do But you got to tap out and if

you commit to this for two or three days it'll be behind you by tapping out is the hardest thing And it's so funny because I could see it coming on too I think I said this last week I used to get like stress blisters all at my fingers and I haven't had them this bad and for it's like an auto immune thing you have to work on this and not from Hello Natasha How's South Africa today South Africa is wonderful today How's the weather The weather is um you know it actually snowed for the for the first time in like 40 years in South Africa last week Not that I was there because the booth actually isn't in South Africa That's crazy though Right What did we Natasha What did we find out So the throat is the expression of your power and your emotions and when you have a sore throat it is the inability to speak your truth or suppressing your emotions In summary Mm Kelsey Yeah Well what are you gonna do What you don't Now you're being Cathy What are you gonna do I'm like what are you gonna do We're gonna do something about it Kathleen What do you want from me So busy as it is I have to go back to Burlington tomorrow I have but you know back to you Um that's all accurate and then especially in high school And all that It's all accurate and um all right we're gonna talk off air a little bit more about this because you know like now you're hitting 30 it's great It's a milestone age But it it's that I see you settling into you know full adulthood now and I think it's I think yeah I think it's time to I don't know put down some of these bag and bricks Yeah Yeah It's funny because I feel like I have in a lot of ways But also you have I think Kelsey you totally have That's why you don't get them anymore Yeah You said it They were in high school No No you have Um but we should talk about you know and not now but you and I will talk off air about you know maybe what it is right now But I but I I also think that sometimes everyone you can just catch a sore throat and and I think right now she is for all the reasons I said but I am sensitive to the things that were happening in high school and college because that is from what Natasha said That to me is in alignment with what I have known from you in your past Um that's why I want to see you in your own scam I mean business I mean yeah because that way you can continue to have you know it's funny Kelsey you know so you're doing what I did in in your journey you just are migrating away from more and more people Um And that's ok Uh Again I'm always my goal is to uh is to you know streamline you so you don't have to be wait till you're 74 or however old I am to learn these lessons But I know with me that's what I did I just kept isolating more isolating more isolating more and I think it's good because you almost need to be cleansed and you need to heal But then at

some point I'm learning now Um first of all with a baby I can't with my girl I can't be like that And also um it's just not life So I'm now learning to you know except say certain things I wouldn't have liked But back in the day that I would totally cut out I know if that makes sense for people or situations that when I was younger I tolerated that would make me sick And then I just want to run away from all of it and cut all those people out And I did But now I've learned that that's not it's not life there's gotta be a balance So I'm learning to tolerate some situations and some people um that is better for the my overall good and obviously you'll get there But I think that's what you're doing Kel So you think about it when you move to Brentwood now to move down to the beach to be near the ocean and I just think you're you're getting away and getting you know and I think it's ok it's great you know And that's yeah I no I agree with all of that I think I think the one thing Natasha said too about that was not expressing emotion That is that what you said It's suppressing your emotions Oh suppressing Yeah Like I'm the queen of that I think But II I honestly it's gotten me kind of far though Like that's the hard part Like because I suppressed a lot of my stuff It was like I was able to succeed And that's where it's like I have an issue because I don't know And I also feel so much like so intensely I don't know how to like have an environment where I can have both and you you know yet yet it's funny there's something about I think there was a quote that Kendall gave me about gifts taken to extremes Like any gift taken to any extreme I think he's either a recipe for trauma or you're nodding your head Natasha or unhappiness What is it I don't know the quote Exactly But you're right It's like it's something that it leads to destruction or trauma So you honor So by Kelsey me you know I can go from I don't know being a vet being a doctor being you know oh my God And yet and but yet taken to extreme rebuild houses rebuild careers Yeah But too extreme has been physically damaging to me emotionally Um so yeah So but you honor the gift So but and I think you're grateful for it That's what I said We you look back at your past and ok I'm here We here Right So that's a good thing now We here But yeah but I think it's funny it was Robert Herge today was on um Kelly and Ryan or yesterday And he was saying to Maria how the one biggest thing he sees in business is I think the ability to adapt But I think that's life I don't just think it's business I think the people that you know I I keep saying to Maria with the baby it's like you know has to learn resilience has to learn adaptability has to learn how to roll has to learn that there's always a what always a workaround you know I mean listen we're you should see how we just splice together these

wives because one of our transformers or whatever they call them these days Blue one of the tubes in the back of our um But yeah you have to be adaptable and you have to be resilient And I think in life it's such an important quality and I think you grow you live longer you don't age I mean so many better things come that way And so Kelsey you were given all that through that experience And now we just have to kind of make it work for you And me too is not alone in this No nor is Maria nor is Natasha or probably the puy is young on her journey but still but I know with your gifts Yeah So we honor them all But I just look at k I just think this is really phase two It's phase two of your um adult life I think phase one the young adult in Hollywood and all that stuff And then this is phase two and then it's phase three of your big life and it's exciting It is Um but you know I think the the awareness so it's it's it's I tell you guys that um in this brings it to the rye and think oh God we're 28 minutes and let's take a break and then I really want to go about I want to talk to you guys about um why It's it really why It's all about the why OK That's really gonna help I know it helped me Um I hope it helps you guys too OK All that more Show this stuff now that I'm a dad influencer You are I'm so excited Hashtag dad influencer Oh my God I'm so into the dad roll hashtag girl dad right Yeah I'm thinking of all the things I'll be doing as a dad influencer Oh I can't wait to hear Well you know because I know the mommies have their mommy juice I'm gonna have a dad That's right Yeah That's right I'll be taking all my Adderall You mentioned that But have you started No but I want to I know literally with Maria because all the stuff on my plate I just said to her I think it's time it's time to go full Hollywood Like all the other lunatics we know um more passive aggressive reactionary psychotic I'm like ok wait maybe don't do that I think it's time to just get on the the data roll Let's get on the Adderall and do it Concede Well make sure there's not a shortage because there was for a minute So yeah well there was a shortage and everyone was freaking out I was like we can have that I know Ok all that and more We'll be back on this uh edition of Regular Guy Friday 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 disorders 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 have 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 But the I had no idea how much Ok so please come off first My first child It's worth playing the same song again by the Who never heard this song It's it's a hit for them It was one of their later hits I love that I love this song Such a pretty name All I wanna do is please her I never know how much I need her All I want to do is feed her very accurate to your life It's really beautiful And uh yeah I really I mean obviously I'll be but I'm so happy for Maria because she is just floating Yeah Yeah Really This I you know I knew I said Maria I got one more thing I gotta do for you I think I've done as much life I'm comfortable with what I've done for you I said but one more thing as it's been and uh this was the right time for us you know for us it was too yeah we need to wait It was uh too much before it would not have been healthy It's so timing in the universe is so wild because honestly God it really is the perfect time Like I could not have imagined it at a different time in y'all's life Like even when you were trying initially I was like or a couple of years ago Yeah it now is now is right Too much too many uh too many missiles coming in Um So 11 more thing you wanted to add about your symptoms Yeah I was gonna say and I think that you'll have a good take on this Kev I feel like too when you're sick like you're knocked down a few pegs So I feel just like so much more vulnerable and like so much more like ne negative Yeah But like even when Natt was saying like the emotion thing I'm just like hm Yeah like it like almost makes me wanna cry because I'm already like knocked down a few pigs But it's funny when you're sick it's like you kind of just resort back to that Like like you're a kid and you're I don't know you're helpless almost I'll tell you when I had that that bulging disc in my back and I I dropped all these dishes they shattered everywhere and I was just on the ground I couldn't get up and it was the same feeling I just I felt so bad for handicapped people II I was it was I felt so helpless Um yeah And uh and I get it and I think if you're a doer

as well it really knocks you down I think there's other people I again I go back to the day they just love being on disability take their percocets watch watch baseball and just sit and drool and veg and they were in heaven you know and then you'd have the other type of person who would be like I'm I'm gonna die I have to get back I've got it's scary too I have an aunt She just started dialysis and because she was diabetic and um she is so weak like no energy and she used to be like the life of the party like singing dancing always always have people over and now she just like barely speaks like and when she speaks it's so because she has no energy right Because her kidneys aren't working It's like a she just started like a couple of weeks ago and it's just so scary I was like wow you really do have to take care of your health You talk to her Yeah Yeah II I go on the weekend like I go on the weekend Can I offer something to just tell her right now when Maria was this is what I call the acute phase of a of a sickness And you know Maria was in this many times you know with the brain tumor and then with the diabetes and then with the pancreatic tumor and then the you know but I just kept reminding her we're in the acute phase right now meaning you're not gonna be you right now So I don't want to hear it about wheat grass shots or I I don't want a meditation red light that no you are in the acute phase which we need to navigate through So what right now there's no jumping jacks for auntie there's no part It's OK because we are in the acute phase We man we have to learn how to manage this first So whatever she has to do to manage it comfortably we'll get there we'll get back But right now get through it stabilize get strong and then build off that So with Maria there was a couple of times I just remind her hey it's not about that If you have to take more insulin right now after her operation Ok Like I get I get you're on a thirty-year plan to reduce your insulin and and live a healthy life But right now I just need to get you through this So just she's in that acute phase and that's ok Like just tell her it's ok to be like this and to navigate through it and we'll get back to that other part But right now it's uh it's in that phase Um yeah it's yeah it's funny we it's going back to the the why and you know um and Kelsey I think this and Natasha I think you relate to this too Um but you know I I actually when I got my salad cut I had an incident uh I got yelled at by my barber Yeah I got like screamed at like it was it was kind of crazy Yeah just had a moment you know I um and I played through you know knowing how to handle those situations you know you don't make eye contact you just in light of it No that's so weird It was like well was it directed to you Yes But but here here's the thing It's not it's not about that

And that's why I had to go over with I but I'm gonna talk with two other people you know that I that I know and I'm working with as well and it ties back to everyone It wasn't her or it wasn't about her when I brought it up I said you know it just really hurt my feelings and I said it bothered me for a couple of days after I said I'm tired of that you know and I said why And she said well and and we can go into the s but that's not important but I'll say it She said well the reason you have the crystal brain and you can see all these things other people can't is because you are next to a sensitive person you are extremely sensitive And so that's why you you are like that Um Now as far as how to fix that there's sub ha half of it will probably the other half of it to fix its subconscious unconscious therapies But that first half is that awareness And so I'll take you to um someone I was coaching celebrity I was coaching this week who you know we have these sessions every you know two weeks And so I got on and you know was we had an itinerary of things to go over and her verse was shaking and she was you know she just wanted to cry and I said hey she well I know this call is about my brand and what we're building And I just said but you can't build a house on sand So I said part of what I need to also I have to address is this whatever is going on with the emotion I'm like again I'm just a regular guy doctor I'm not you know what I mean There's other professionals but I at the base level tell me what's going on And she just got in an argument with her boyfriend Like at at the time she had bought she bought some cookware that he didn't like And he he's really one of these he's a great guy He's just very eccentric Um And you know a little bit on the spectrum but that's also his gift too That's why he's like a genius in what he does and he's great and he does care But you know he's got his blind spots And so you know I had to say to her you know I I know that you want me to make this call about you know getting into venting about why he's a jerk or why that was not appropriate I said but how is it that other people could laugh at him over like it was literally over a muffin pan Like someone else on her level would like laugh like really off and and laugh in his face and walk out Um And I said you have to start figuring out why why did that hurt you And I said by the way I would be hurt too and I told her about my incident I said you gotta get to the why And you know most of the time it'll go back to childhood stuff But the reason I say it which I'll get into in a second but the what I liked about Ryan Weiss was he was saying that and is is it an upcoming episode of all stars He'll score all stars Natasha No he was our throwback Thursday yesterday back Thursday Sorry everyone He was yesterday's episode Ok But and there's a clip out there where he talks

about you know people who push your buttons and you know almost being grateful because they're making you aware of that button And then he gets into the fact that with awareness you know you could you know it's the first step to healing So it's asking the why I mean uh listen here's the first name drop of this Friday We went this long without a name drop But two of my friends I brought together on a deal One is John Taff who's my close friend and one was my mentor So my mentor was like almost a billionaire They were doing something together and at a like a public uh show with their merchandise they're doing together and Sean walked up with his posse like it was an episode of bar rescue tour of my friend and 02 shreds and John like you know Yeah Yeah And by the way John wasn't wrong because when I saw the setup I was told my friend I'm like this really is not up to par why didn't you call me I would have set I would have for five cents Set this whole thing up in a bad way because not only am I a vet and a doctor You know I'm I'm everything else Yeah an event planner and an exhibition event planner So um but Andrew my friend Andrew was just like ok great Yeah All right Well you know are you sure you don't want to do this You sure you want to He just stayed calm and I said Andrew you know but Andrew was fine with that I would have either cried or punched John in the face you know and and and and but certain people and then I see people like well it's either in your DNA or not and maybe it is But I think it's more it ties back to our childhood and our childhood traumas And I think that if you start asking yourself the why that at least begins the awareness So now at least I know Ok that's me I'm hypersensitive Ok I know more So So now like it happened this morning with some celebrity going back and forth with me and um didn't you know just kind of over asking inappropriate normally like that would bother me But when I was like oh it's because I'm hypersensitive Now now I know my why Ok I get it I'm I'm super sensitive now Then there's other reasons in my childhood that have led to that And I'm working with a therapist on that But I think I think talk therapy can get you to the why But I do think the other modalities which we talked about on heal squad the subconscious and the unconscious therapies will get you to the rest of it to help you sort it out So then Maria the day we announced Athena's birth it's a beautiful day and all of this love poured in and then some publicist called her and that we know and was like how come you did XY and Z without me he was like I didn't even I didn't even know you did that Like I'm sorry I didn't even know you did that Well all celebrities do this and like it was stuff that we and he named dropped a bunch of other celebrities who did this to him

who in their defense I could tell also didn't know he did a certain job you know without giving too much away If if he'd said hey keep me in mind for this And we would have of course we're super loyal people We only want to work with who we haven't worked with a guy in I think maybe a year But still I would have I'm like that with anybody If they had said I'll give anyone a shot or consideration but never made us aware But a again it wasn't about whether he was right or wrong One of the many lessons in it from Mario I said Maria because after she hung up she really bothers me I said ok good Keep let's keep going with this I said it bothers you Right Yeah And I said you gotta start asking why why does that bother you Or I see other celebrities go uh wouldn't even take the call let alone be Yeah Peace out buddy Um and so when I was able to take Maria back to a moment when she was 19 and a family member did something terrible to her But when the family member was done with the argument Maria was apologizing and pleading for forgiveness from the family member And Natasha is nodding her head and taser failed right away And no I mean I think that you've been there right You you get so turned around that you feel like it's your fault and she was 100% 100% person in the wrong And there was Maria pleading this person locked themselves in the bathroom and Maria is pleading I'm so sorry I'm so sorry I I you know I and I just I said Maria I brought this event up to you several times but because I'm your husband and we're too close You don't listen to me but you're still doing that You know she was almost she was apo apologizing to this fool who I was like oh let me I'll let me I'll chat with him So I love and I will we'll be having a follow up believe me Um and I'll make it all right and trust me I will make it right I'll make I'll make him understand You have to be uh communicate what you want Tell me what you want We'll do it in the future So I won't hold a grudge But yeah don't be making anyway I wouldn't even say don't make those calls because I'm gonna have her not take those calls But for Maria it's getting to the Y and it's you you have an example from your childhood That show that is one of probably many that shows your programming So now you know that you're the type of person that can very easily be gas lit very easily You know people do this I don't know if it's yeah I don't know if it's jujitsu or judo where you they use your strength against you one of those martial arts But yeah and so but but it's it's getting to the Y and by the way I said to Maria I said you know remember the day your uh your book was a bestseller and this is Us in our beat up old van at a mcdonald's celebrating and should have been a happy day But no Papa calls and start screaming at us about something with

the brother that we did you know and and I went over so many incidents with Maria of really nice days that ended up getting crapped on And I said but see now we have a choice here Do we gonna let this ruin Are we just gonna go by B which again I'm still asking for Steven the to create the hologram of Kelsey please with the lips and the nails to be bye Even in a weakness It's a little weaker version of it but it's there It's still it's so powerful But honestly I said Maria this is you know your lesson of like hey no you know great line What in Game of Thrones Not today No no not today Uh uh You don't get that today you know you don't get that power I'm not gonna give you that power So it was like a twofold lesson in it for us and Maria did like play through but I do think so much is getting to the Y and you know Kelsey So I think the more you get to that why Which is unlocked in your childhood But I think also yes I do agree in DNA I think you know certain people are born programmed a certain way You know i it's both nature and nurture but then there's the childhood things and by the way like a lot of our parents love them especially those old school parents like they didn't know how to play to the gifts and then you know work with the weaknesses Instead it was focus all on the weaknesses which was good in in some ways because it made us it damaged us but it made us resilient But it unfortunately broke a lot of people too more people probably got broken So um but anyway you know that's why we're all on this scam I mean journey called life Journey No spot on Kev from South Africa One second Kelsey And then no no I was just going to say I think you're so spot on because even like I know what you and I are similar I'm super sensitive to like I probably still would have been thinking about the hair person screaming at me So but I used to always see that as such a negative I was like I know I'm super sensitive so I used to try to shut it down but instead just being like oh OK I'm aware of this This is why I do Yeah I do And so instead of doing that it's like ok let's just be aware that that's who I am But if I don't even ask but ask more why Because I don't think you fully understand It's like when I talk to you Maria it's easy for me because I can see your childhood your life And again with my in the words of Liam Neeson and taken my unique set of skills I can see it But I want if you can work with people you'll start seeing it for yourself and then you'll understand the why And I think unfortunately with talk therapy a lot of times they'll move to the symptom You know for me even Jesse even my my son say went to the symptom If her first thing was like well maybe she yelled because you did XY and Z and I said no I'm past that I said I don't really even care Yeah Maybe I was 100% wrong Who cares Why was I that

bothered when I see other people know how to just kind of shrug and laugh it off And the easy thing is to say well it's just it's either in your DNA or not That's what I've heard But then when I went I had explained that to me I'm like ok and it's already helping me and I know I have a lot more work to do but it's already helped me But I do think Kelsey I would you know I just encourage you to work with maybe it is time for you to work with Ida too But to get to the why get more to the why of it rather than the symptoms of OK now I'll move away or I will just uh meditate more you know Maria like I love the meditation for Maria and I say it all the time I said Maria you know this is better than PROzac It's great And by the way we all need PROzac at times and we really do So that's why I don't knock any of that stuff Some you might need a glass of wine Some may need a hot bath some may need a pill I get it and for some it's meditation But I say to Maria but Maria it can't be your drug because there was one point I'm like man you're gonna be meditating eight hours a day You have to live and around you needs to live You know I mean so it's good but I I just think getting to the why it's a big thing And so thank you Ryan Weis And again you know some of these messages um come back to us in times when we need them and I needed to I needed to see that and and maybe it helps other people too Now you're gonna say something I didn't mean to interrupt No I'm actually there's two other thoughts that came up since you guys were chatting a little bit more But I was gonna say back to like when you took Maria back to the time when she was younger So on one of our Heal Squad episodes that aired a few weeks ago they spoke about going to the source of the trauma to completely kill it And then there was never if you have completely healed it then that incident or that type of behavior will not no longer occur in your life Amazing So um go back and listen to that one and then also back to the Ryan Weis episode is where he spoke about the button where that button existed long before the other person That's right That's right The button So you need to figure out where where did that button come from and why does it exist Because it's not really the other person It's because if that other person did something to somebody did the same thing to somebody else they might not have the reaction right It's only it's unique to you and your circumstances and your trauma So if you work on that then the button will go away Mm Mm I like that And it's true And it's funny because like that wouldn't have been the incident with Maria It's just uh again it was showing the symptoms I think if she keeps peeling the layers she'll find somewhere where it was the major one Um that that that led to it And I think you know

we all have that I think it's just super important but it starts with you start asking the why and you start recognizing those things again rather than just treat the symptom Would you just do something to make you medicate yourself or even just by sometimes venting It's just not enough Are you focusing on Yeah What a jerk that person was that wasn't right No Like why did it bother you that much And how do we work on that And for other people it might be the other things that really bother you Um but why does it bother you more than other people Why So just getting into that place of the the why you know and I love that you know Natasha that um you know finding a way to get to that source but it starts with asking the why you keep asking why So I like that So it's not just a couple of incidents It's it's looking for the source the incident that was like ah ok Um yeah I get it so fascinating stuff Well uh I had a lot of other things prepared however um you know at the hour mark so uh we do save them we will save them But now I wanted just a little tease for a bonus Do we have anything that you coming in to keep us cool Keep us hip keep us in the I don't know I well I red downloaded Instagram but I'm not on tiktok So I really ok Well listen I will say that I I told you like I was telling I love the social media cleanse Uh I've done it several times I think if it's if you if you but your business a little bit depends on it So and by the way again my my sense a at the end of our session I said ok are we done Yeah I said ok Now turn the clock clock back on because now I'm coaching you really But I had a you know but I I just said listen you just have all these amazing gems and they need to get out there and we have this thing on hills now that we're starting which is um heal squad heel lines Well yeah Yes Right He he lines and lifelines Yeah Well you know what's funny I said Lifelines and Ida give her credit said to me he lines oh so I like heel lines and then I think in the newsletter it's uh healers and healers and heel liners So what and what we're doing is we're taking all these nuggets and gems from the show um quotes lessons mantras phrases and we're putting them into our post Um But I did just spits out just like on our show Every I feel like our show has at least not regular guy Friday and economy But when you go up to business class and and high class um with heel squad it's 3 to 10 amazing takeaways and and I always say it could just be one phrase one mantra that will change someone's life I've seen it People just keep going back to that one phrase where they put it on their fridge they tattoo it on an arm whatever it is So and we come up with so many and I'm not saying that the appetite show I'm actually bringing it back to Ida I said Ida you have so many of these Um we I said you need to get on Instagram

She's like you she's like I don't want to be near that stuff And I said OK then just you set up a generic account and you only follow what you want to follow and I gave her some things to follow and mute anything else that comes in and they'll learn your algorithms and eventually you'll be getting you know rather than getting like fight videos like me people can play no which I I keep trying to like I'm trying trying to trick my algorithms into being no send me puppies and milkshakes puppies and milkshakes Um But you can use that you know instead of having social media use you you can you use social media you you know so it's it's you following what you need to for your business what serves you Um Because you do need it for what you're going into you're into the arts you you you're in there so many things poo you you need this So you just this is what you do But I do agree with if it is was making you feel bad whether it's seeing other people's lives or whatever or just wasting your time or I mean how many times I love it I'd love everyone to ask themselves this when you put your phone down after doing a dive on tiktok Instagram or whatever Do you ever feel good You're both shaking your head Isn't that interesting yet If I sat and watched like I just watched White House Plumbers I thought it was great on HBO Max I loved it I felt good after you know I mean I saw uh and another which I took right So amazing I felt good after But a lot of the show I never come out of it feeling good and no one says that and I think maybe that's the last lesson for this week's RGF But I think that's something strongly to consider And I will say to Kev like what you were saying which you you can program like mute people unfollow people do all that Like tiktok the last couple of times I've gone on tiktok I actually feel like I have left feeling good because I am giggling because there's a button on tiktok that you could say not interested in this content So any time I get something that like doesn't make me feel good I say not interested And so I just am getting like all the old SNL stuff or whatever it is So it's like you can program it like you really can Yeah So I just don't have the tools to get off of it I just will scroll and scroll I was the 30 minutes and then I feel bad about that So I just need to learn the discipline I think that's my my step and then then I'll get back So that's what makes you feel bad It's not comparison It's just the way you know you're wasting time I just know I'm wasting my time It's on this side like the content just it'll be like 30 minutes or 45 minutes And I'm like why Yeah And by the way you know what I don't want to label you but it's not you Yeah Yeah you're not that person You're not as say you're not a clown clowns spend hours and hours on that You're a productive bright young mind you know that um again

no judgment because I honestly as long as you're not hurting other people if your jam is to do that for 89 hours God love you just don't go spread toxicity around the world do you know and be grateful you can do that for eight or nine hours I'd like to know you know like your situation But you know it can't be that bad if you're able to do that But anyway yeah I just I think that's why because it's it's not an alignment with you But I also think that uh and again you're young in your journey but I think you also put a lot of pressure on yourself too So you're thinking like I should be doing more I should be I should be succeeding I should be doing And I think so I think there's A and I know that's being first gen and I uh the culture is I I get it I you know I grew up in it too so I understand Um but you're so young you can you can wait We'll we'll get you at 30 Ok let's um let's go home Natasha And uh if you want to stick around as Natasha lets us know we're all queens we'll have some r bonus Hopefully poo will help us stay hip Get all the likes be our most popular selves So Kels are we are we going to just do my prescription this weekend So I'm not doing anything Kelsey so many scams to pull I know that like I said I get so so that next scam we're doing No I'm excited So I need to heal up like I get So and I agree with you Kim I'm glad you said this earlier because I still have somebody who I'm like I won't fully just put it down I still do I need to I need to use the hologram on yourself I'm gonna go see Barbie and I'm gonna go to the beach and I'm literally by the way and the sun is nice the vitamin D in the sun and you know ocean water salt there and and but but I can't but also just sweat and treat the symptoms so you can't sleep And I'm gonna go to the gym and use a photo that's a great idea A couple like even a couple of times you know and and by the way just out of consideration for others maybe you're in a mask and you you can wipe yourself down you know like so after but but I think that'll get it that'll get it out And then maybe you know Kelsey now you down there we should look into investing into one of those those like kind of tents that steam you out They sit now they sell them today Uh You know because I'm always looking for the I mean I have a steam shower but I'm always looking for the regular hack There are things out there now that you can buy that really will help you just like when you need to just sweat it out I will say this is not a steam shower but really good deal on the Dyson Tower fan that also is an air purifier They're typically \$500 and on Best Buy it's 300 right now and it is a game changer So anyone who needs a little air purification because that's what I found here Kev It's like I'm getting I don't know if like that bi Allies are worse because I'm closer to sometimes because of the old place Yeah So

game changer everybody and I'll need a steam shower right Or steam tent I hope there's not mold down there Do you feel like there is I don't know I know we've had people on the show have been like I can smell mold and I'm like no I'm very sensitive to it and I always just thought but I mean we lived in the basement for two years and that worked out well for us all that worked out That fantastic for me and you Kelsey might have been bad too I've heard a lot of people have been saying in L A it's bad this year I'm really allergic to dust Very very Barbie I like that scam you and the click What Of course you are Are we are we going to a late night showing What are we doing for our Barbie I'm trying to hit a matinee Yeah No you know Kelsey first went in for the matinee beat them all everyone in L A But you know what They got rid of a lot of the matinees pandemic may maybe for the summer they'll come back but a lot of them are gone That you know my my jam was like the 10 o'clock movie on a Tuesday morning on a Saturday midnight I was good I only I was rarely would I be in a theater with more than two people That's nice Um ok so but the but I'm thinking for the click they're young I want them to go at peak hours like civilians right So you have all that energy you want right Everyone will be cheering 10 p.m. Showing it I saw it yesterday It coming out Friday It who are you gonna dress up I don't know My my friends wanted to Yes of course you have to dress up I'm glad you asked I'll buy pink and then you guys you have to go all in If you listen we say no on this show no half measures Walter If you follow breaking bad you have everything is full measures You have to be full measure as a parent as everything you do You have to be full measures in or it's a recipe for disaster including how to be a civilian full measures My friend painted her nails pink just for the show The last time there was this much excitement It was in L A was the Sex And The City first movie I remember everyone that's a big deal but this I know filmmakers and I was out with a movie exec the other night and they everyone's super excited about Barbie Well it's like the Oppenheimer Barbie like the back to back are supposed to be Yeah So so yeah And then beach too We're just just hot It's supposed to be really hot this weekend Like close to 90 I think down where you are Yeah Here it'll be like 100 and 20 probably literally All right Now what what's going on with South Africa Um I'm working and then on most of the weekend and then on Saturday I am uh volunteering at uh virtual uh Alicia Power with an event 00 yeah You'll have to update us next week on that I will I am excited That's my way to give back because it changed my life so much And what virtual virtual Tony Robbins and Robin got it All You volunteering But then you get

to be part of the event So you reminded of the benefits like you talked about and I know we were talking about Oh yeah Good good Yeah Very nice All right Well everyone uh until uh I guess until next Friday it's uh trying to remember why we're here Help each other and uh learn from mistakes I still don't remember it and have a few laughs along the way All right let's uh stick around and we'll have some RGF bonus for you No Ok For the four of you who've hung around Make sure you uh comment on Patreon uh to let us know you stayed But in this week's RGF bonus yeah Is gonna continue to keep us young Hip fresh and cool All right So what what's going on What's trending What do we need to know so we can be the cool ones What do we need to be saying So we can be the cool ones It's like slim pickens out there No one is coming up with new stuff but I know this may may interrupt may I offer you something And this is to the four people listening as well Let's expand this It shouldn't just be for the quotes and lingo you have to know what's going on in pop culture news right That you have to know the trends Like we need to know this is the new way We're breaking up with people Well I can tell you that Ariana Grande and her husband of 0.5 seconds are broken up So what So and so whatever that is a great one Funny like half 1 1/100 of a name drop the second drop So Sofia's other husband who her first one I don't know if his first So it's basically they have an embryo together and he is they got divorced but he has gotten together with a lot of these nonprofit groups to I don't know if it's still going on fight her in court to keep the embryos He's fighting for the rights of the embryos Oh my gosh And um and so I always say to Maria like that's oh Isaac that's what I'm gonna do I'm fighting for my embryos in the freezer you know Um and you know Cynics would say you know maybe it's his way of keeping proximity to her Cynics would argue I wouldn't say that but Cynics would argue but I think it's with with you know with her She's I mean every time the few times I've met her she's like incredible That's just who she is you know just fun and light But I think it's just hard when um I don't know I I don't know how to listen Curt and Goldie two people who are in front of camera It it's just hard it's really hard Like I just feel like being on camera it takes up a lot of oxygen you know and by the way ok even if you weren't on camera I guess if you were I don't know like a big mogul who ran a big company You know if you're a Tony V or Mark Zuckerberg um you're gonna take up a lot of oxygen the relationship to it It's hard to get out of here Um I think we we we we out this podcast and all related content published or distributed by or on behalf of Maria Menos 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 Menino's 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. If you're new to my story, I went through a major weight loss journey years ago and let me tell you it was a mental battle as much as it was physical. That's why I'm so so excited to talk about No with you. No takes a unique approach to weight management by focusing on psychology which plays a significant role in weight gain and loss. What makes No truly remarkable is its emphasis on behavior change. It goes beyond just giving you a meal plan or exercise routine. No helps you identify and modify the underlying habits and behaviors that contribute to weight gain with its personalized and science-backed strategy. No ensures effective long term weight management. The best part is that No adapts to your needs. Not the other way around. You have the power to integrate No into your life in a way that works for you. Incredible feedback from 4272 individuals who tried No shows that a staggering 98% of them reported making lasting changes to habits and behaviors. If you're ready to take control of your weight, I genuinely recommend giving No a try. Begin your trial today by signing up at no.noom.com. That's no.noom.com. Don't miss out on this opportunity to transform your relationship with food and achieve long lasting weight management.