

Regular Guy Friday ep 119: What Our Injuries May Be Revealing Emotionally

Hey friends So Macy's as you may or may not know is a place I used to work at a store I still shop at and have been incredible supporters of our show for all of the above reasons Be sure to visit Macy's dot com backslash heal squad and explore my favorite finds Thanks to my newborn little Athena I recently added the most adorable baby clothes including some super practical baby gear stuff that I have in my home and is on my personal wish list and I invite you to take a peek But whether it's for your baby your own fashion or home Macy's has got you covered head over to Macy's dot com forward slash heal squad for all your shopping needs Happy shopping friends on no Kelsey But somehow in all of this you just grew up now you're just the white girl bobbing her head but you were so so full and spiritual and hashtag blessed and living your truth Three years ago when we were playing a don't know How do we get that back How do we descend to be like everyone else in LA I think Dr Lara would be confused by our rating system but and are we descending when we you know become Queens Wouldn't think so by the way So I want to come back How about this Natasha We play it a little longer but we talk over it Let's see this We're having some issues by the way like Spotify is on regular guy Friday's uh case Not pleased with our music selections We used to always get a pass in audio but we got a little red flag First of its kind I'm wondering though if it was by the way which means we didn't fool them again Maybe we didn't anyway here we are Here we are And why don't you describe what this show is We have Natasha just bring some music back in to get our Yeah Yeah So for all of you listeners here who are hoping that this is Heal Squad It's not you know Monday through Thursday you get Maria you get some amazing guests Friday though It's it's me and Kev it's Kels and Kev Kev and Kels We kick our feet up We have a little bit of fun We have some laughs Sometimes we learn but it's usually not in Heal Squad esque way that we're learning So if you're like who are these people why are they rambling at the bar Right Then you probably should listen to the Monday through Thursday show But if you're down to have some fun stick around and find out So Kelsey can you do you think you could amuse me and get back in like just for a minute The old k don't know It just used to be like you could see the taste on your tongue when you would listen to this music you could actually see the aroma You know what's funny I permeating

body It was just I think it went on for like a year I just couldn't see but now I'm just vibing to it No I really do think I'm out of practice because right I went to a birthday this weekend and I went out to a birthday and went out to the bars and and I was like get me out of here I know I know I know And then I went into our friend Brian from after buzz and he was totally being a queen Yeah Yeah Yeah So is it one of these things where it's just time for you to leave the temple Your training is complete kind of feel like it's hard though in a no no please I want to know Could I But at the same time do you not see Do we bring in a third chair I know it because I feel like can't be a queen because she's from another country South Africa A whole different set of rules Yeah because I feel like I'm still hip with the lingo for sure And they are you know I'm up on that I'm up on the trends the tiktok you know But I feel like your value system has decayed You don't value what I don't value the queendom as much to me The envy that I've always had for each generation mostly for I tell you I don't know if I envy so much gen Z because they just they actually just they scare me They're scary But the millennials you know Yeah Well who doesn't want to be 16 forever I don't know I do Yeah See that's the pre K Yeah I don't know Kev I think Um unfortunately I have grown You are a product of your environment I mean truly though now I'm so aware and I'm like wait I don't think I want to be a queen I don't think being a queen is it And you know you know it's crazy It's hard for the people that don't ascend Um they actually so you're happy to ascend past queen You're like Ben They've done that you know and now I'm on the new what I find is that you know people don't ascend past it but it passes them by So they're like pining for the days of being a queen Yes And you have like that slightly older who still wants to be a queen and just as we define it because I know Natasha you know from another land and was confused by what is this queen thing This came out today Did it I did She said what is this queen thing y'all keep talking about And it's Kween and if it's plural it's what Thank you So uh I Natasha I just because even Kelsey didn't explain it to you correctly but it was just because this generation everyone's a king and a queen everybody And I'm like you know what Wow I wanna be a king I'm tired of trying to earn things Clearly is not really gotten me far in life I want to put my sit on my thumbs put my feet up and just be a queen or a king I want to be like people would come out to us Hey hey hey this is all day Oh my God And then when you become a queen no matter what you post and this is what I love about the kings and the queens of this generation I literally could pour a bowl of cereal Put the spoon in Yes Right Think of come off

You go oh my God slaying Continuing to reinvent You know what I think though Kev which I love because it's also genuine Why are you laughing Well what I was going to say is um Jez why Jenie scares us is because they do not hold back And I think remember when they because they're vine you guys were half in half out You guys were like testing the waters and also being like wait are you crazy No this group is committed They're committed and they think that we're all a bunch of bozos So they're like shut up You you the four you guys get so banged up by the world as the time goes by um they're more defiant bigger bullies So they'll be ok for a minute for a minute But when um when Captain Kev is gone you know when everyone's favorite uncle is no longer here that's when those decades come Oh boy is the trap door gonna open And when it does the young generation I was tell tell you guys at lunch it's just study history The young generation probably my baby to come or the generation after that is going to eat them alive they're gonna blame them for the big mess that they made They're gonna be and they're who they're not gonna will be gone Can't keep blaming you know the patriarchs and can't keep blaming the Boomers By the way it is a boomer's fault but not for the reasons You think it's not because oh they were massive consumers or they didn't care about the environment Yes Some of those things play in But it was because the boomers or whatever we wanna call them Jex overindulged It was just like in in for their Children I'm gonna take take away all your pain I'm gonna give you all the pleasure in the world So it's not their fault It's not I feel I really feel bad for you guys And the older I get no the more empathetic I get I do And I'm really angry at parents and I and and then who knows I'll evolve to the point where I probably have empathy for them as a parent because maybe I'll do all the same things But I'm hoping not I'm hoping that I can let my kids skin their knees and let them you know I I told you I have a friend who's like the kids they never say they're bored because when they do they go out and they have to dig holes Oh I have something fun Go out He's like my backyard is all these holes Oh my God You know my mom when I used to tell my mom I was cold she would make me vacuum I mean again you know she'd be like great vacuum and I'm like I don't want to vacuum Yeah But see that's why Kels when I bring this stuff to your attention you don't relate to it because you're like but I did I know but Kelsey you're different and it's not the same for all your generation But you're one of the few Americans because your parents were like that And and you know if maybe they were too extreme maybe that's stuff for you to work through now But your challenge is gonna be don't go to

the other extreme for your kids which is a lot of these parents did I just don't want my little Johnny Yeah to have to deal with what I did And I'm like well you turned most of you turned out ok You know you had to go through this stuff to get where you are and we're always improving But but yeah to overindulge into it and again it's all based on the ego of the parent too and I get that as well But yes the and so that's why the gen Z is they've they've had even more and even less pain And um and so I don't know I just feel like in human nature Well when you mean anything that spoil any human that's spoiled are they ever happy if you ever met a happy spoiled human And what usually spoils a human is being overindulged correct So when you want I mean God I'm friends with some of the housewives and some of them are amazing But you watch those shows and these are like wealthy Yeah miserable because overindulge Don't hear the word No enough don't get the wrist slapped enough you know just all those things And so when you have all that I think you're miserable and then you're looking for problems So all these quote problems that are not affecting any of them you know and my response to most of them is like um how's that \$1200 phone in your back pocket that everyone in America Over to age of 12 has Yeah And then what a half of the kids under 12 probably somehow some way because life is so bad And by the way even when you see like God when you see um which I hate some of these stupid videos that I get I'm liking dog videos now and I'm liking videos of charity It's amazing in charity videos People doing good deeds Yeah So they're coming into my feet rather than the fights and the you know Kim So you know that that's the crap that comes to my feet But when I see even in those even when I see the people um in those things arguing and fighting whatever I don't see anybody with you know um chimney dust on wiped on each cheek and holes in their clothing I you know what I mean I don't it's like when I look at how everyone's dressed and what they have I'm like oh boy if you ever right Natasha if you could go to another country would you know would it not be an eye opener for all of us A very different life Right The word freedom means something very different outside of the US Yeah I know But again I think it's because we have too much you know too too too many good things Um which is why I'd rather just be a queen because you just why why just do I have to live in a world where I'm always trying to compute all this If I were just a queen I wouldn't care about anything I know I feel the same way I know I know all the queens out this weekend I was like damn y'all live a good life But like I said they don't actually it's tough to it's tough to keep it up Yeah it definitely is But I think

some of them are just so unaware Yeah But what so what happens is like I said it passes them by right And then they're always chasing it Are they just queens on Instagram or is their whole life No their whole life is a lot of them I think like a lot of the queen Oh yeah they like their life is being a queen Yeah And then and then you know but remember Natasha you're new to this It's not just putting out it's not just putting out the soft smile p signs and all the good things No you have to put out your mental health and your your traumas your triggers and when you have bad days and you have to you have to do that too That's part of being a queen right Yeah That's the that's the new that's a new wave of part of being a queen I feel like that again Everything has to go to the extreme for a minute We were getting crying Yes Exactly Everyone's like thank you for sharing queen Yeah Listen I'm taking all this to the extreme because I would say that most of this stuff starts out with good intentions iPhone with good intentions A I is going to be good intentions But sharing our feelings vulnerable people who are suicidal can get on there and connect with people who say but just I swear to God just humans get our hands on things and just just give us time but just open any history book any time and none of this is new I tell my mother all the time Like none of this is new when you think it's crazy If you see I always say this If you see Germany in like the if you saw Germany in the mid thirties see some some colorized um film it you feel like it's Boston in the 19 seventies or eighties Yeah I was just walking around shopping going to the Olympics I mean they were so advanced technologically they were ahead of everybody which is why this little country was able to f up the whole world one of the reasons Um And just in a blink it was like yeah ok What race are you OK great Get on a train like we're taking everything you own and then we're gonna kill you But what makes us think We've really we just kid ourselves that we've evolved so much in 70 years I mean we we'll just find new ways which is what we do today but we have new ways to eviscerate people and destroy them Um So what's the moral of story You asked But you didn't ask moral story I think the moral story is that you just nothing is different nothing is it's it's a new kind of you know crazy but humans have always been prone to this They always will be So you focus on your micro transactions how you are with people Be decent be kind be fair in your micro transactions as best you can and the rest of the world does that great I don't know like but you know it's always gonna be out there and you know again you go to these other countries that have wars and wars often and the threat of war and uh you know like you know we've had so we've been spoiled since you know I mean

with a few exceptions we've been so spoiled here So just be grateful That's what I think Go to gratitude and then like I said be decent enough people and live in that live But I I think there's always room for improvement and I just think the things not all the problems we're attacking but some of the problems we're attacking There's other problems that we should be It There's an irony to all of this The irony is I actually think we have it too good not that we have it so bad I think that's the irony and then you know we all have to work on ourselves Um And on that note we and Kevin uh a what shower Excuse me I wanted to pretend that you created this So then this would go off smoothly Well no I said because just again wanting to be my best queen I was I just threw it out there and and it's not working because I said because you know this baby moon we have a baby coming in June I don't know baby you Natasha Have you heard of a baby moon A baby moon is the vacation you take together before the baby arrives You're going on a baby moon No no no Kelsey Yes OK We're coming into a new time All right Masking feminine right It's it's everyone needs to be acknowledged We have dads now that that get they get leave right That do you know why That's a good thing by the way and no no one very few people will ex I've heard Explain it through Shelley's Alice Friend of the show Explain it to me why Yes of course It's great for the dad to be home help the mom bond with the child But really it's office politics because now when Kelsey well when you and I apply for a job and we're totally equal on paper They go mm but Kelsey just got married She's gonna have a kid There's gonna be leave We don't wanna deal with that So we're gonna hire Kev But when the company rule is no matter what you get your leave you have to take your meat Now you see we get we you don't you don't get penalized for So II I get it So that being said in the spirit of that I said and I think let's see if Natasha will understand I'm sure she will because I think it's actually very big in Europe It's not my idea I said when's my baby batch batch My baby Ok Natasha Do you even know what a bit Do you know what a baby This one's now pretending to go along Do you know what a baby batch is You know what you know what it is Yes of course Right It's when the it's your like last night out So as a dad before you have a baby So I so of course I went to my best person best human not best man best woman best human best person Kelsey Kelsey you have to get on planning my baby bath and I got like what what's that And I was like really of all people But again Kelsey three years ago you were like and you know why three years ago because even if you didn't know what it was you would never have wanted to admit it because you would not have looked like

a queen like oh my God I'm so on it And you would have went home and googled it and figured it out fomo I wouldn't want to be Now I'm like ok I'll go home and watch Ted Lao Kelsey person to join RGF I really think so It needs to be the right Genz though It's got to be a queen because like Elaine did not fit that Bill Elaine again You just you can't listen I don't want to blank at this but immigrant First Jen No it's an American Genz Yeah All participation trophies their whole life Everything It's got to be the whole magical Disney fairy tale that was delivered to them But also has to have like a you know a sense of humor and no we're we're we're doing this We're coming from a place of love That's true We only want to serve on the hunt but back to the baby of ash Oh my bad Natasha It's a baby badge right over in South Africa That's what they call them I Yeah it's a baby baby baby batch Ok cool So I'll make us sashes and we'll go to the den and saddle ranch and you can ride the bull and then everyone will be like what's the den And then what's the Abbey dance for Yeah Yeah Yeah Yeah Yeah So he danced at the Abbey We can go to um Tom Tom we can go to um I am so excited for the baby The baby is gonna be it's gonna be well we'll take the party bus that we talked about for so long because you know we need some friends on the baby back Do we do we go to the clinic who just click maybe too young to really appreciate a baby I don't know if they'll appreciate it 25 and older I mean we can invite Lauren's the ultimate my ultimate party girl Yeah She'll be down for anything that says she's in she'll be in But here's the trick you all we have to we've got to put this over We can't blink You can't Yeah it's gonna be like they're crazy for not knowing They're crazy for what For why they hit it Ok We're doing it Oh my God I'm so stressed Planning Kev's baby batch What a nightmare What a nightmare So much to do And he's really he's very stressed about it as well He's a lot of demands for his baby batch has to be perfect T shirts are coming in late I'm so stressed We have to have the t-shirt Yeah Oh I'm so down for the baby batch and by the way how great it's gonna be when you call the bar the venues Marie Man's husband Kevin under is having his baby batch I just wanted to know like could we get a taste You guys do bottle service What's the vibe What's the vibe here Ok I can't wait You know if I think about it I probably know some of the someone who owns a I mean yeah I could and be like I know I I could figure out ok Yeah we have to get going in mid to late June We got it's got to be that first week of June Ok I'm going to do this So don't be surprised if we actually do this because I'm doing it I'm doing it by the way I wonder if Queenie is gonna go Well that's what I was thinking I was like so what are we gonna do with

Queenie Queenie can't come to a baby by the way she'd be the one to think that she could come to the right for the Jack and Joe Bachelor party and I would be great at it We would have a lot of fun but I do think the baby batch I don't know if she would like saddle ranch you know but he would die with the the baby batch Yeah Ok Hm So we'll have a little how about this Especially to our Patreon people Hit us up in the comments We are open to ideas for the baby is so and you know do they the the tradition of the baby Yeah Yeah So give us ideas y'all because then I can make the by the way I'll be well you're a girl dad So should it be like girl I know you're probably gonna want to edit this out But am I a girl dad Oh well well you're a girl dad from what we know right now in what we know and then she gets to make that choice because I don't want the baby batch Maybe we don't we don't get gender specific so we can give us y'all's ideas for the theme of Kev's baby batch I know I know Well they know like I I've just too busy with work too focused Kelsey too much into growing up self-care practices being out in nature all that baloney It's just ruining You know here's the thing Back to the old playbook Well I love a good party So let's go I'm ready for this Seriously I invite all my most fun party Friends Alcoholics Oh yeah Oh yeah Oh yeah I know them all too Ok Drink drink drink drink and then the ones where it's like you guys know when you have a drink and then the other person like wraps their arm around you and then you have to finish it Yeah I got that a couple of times this weekend and I was like don't touch me but on your baby batch batch is different It's different Yeah And also we should look into the traditions in the other countries How does Italy Well I'm Italian How does Italy do the baby batch Well and Claire we got Claire from Australia How do you guys do it over there You know we have some Canadians up in here How do you Yeah Yeah I'm excited We with some ideas Everybody let's take a break and then when we come back um I'm gonna tell you why my back went out But but but again so such a vanity RGF light Not just so far RGF zero No but there was a good information I got about emotional stuff that's tied to it that I would like to share And then Kelsey this weekend her first for into what could be a new career venture as a wrestling manager So yeah because I'm not allowed to wrestle Right Well well no you said that I wasn't good We tried remember Yeah Yeah I don't know why you weren't good You you you have you're the strongest female I've ever met and you're a gymnast which is crazy to be trained earlier on Yeah Yeah Well you would pick it up though right And also but then you told me borrow your concussions So you have a lot of concussions so you couldn't do it anyway All right All that And

so much more on this edition of RGF zero 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 heald 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 heald I'm wearing they're a denim romper right now It's perfect here in the summer because it's cold inside with all the ac but it's light and fresh enough to wear in the heat outside Oh and if someone you know is a new mom like me I've added the most adorable baby items They're so cute I can't help myself You'll also find everything you need to make this fall your best head over to Macy's dot com forward slash heels qut and start getting ready for the fall season Remember Macy's dot com forward slash heels guys kid you not one of the staples of my family's diet is wonderful pistachios I have wonderful pistachio bags in my backpack every time I fly in my kitchen cabinets in my office and even in my glove compartment of my car So when my agent reached out saying wonderful pistachios wanted to support the heel squad I was all in wonderful pistachios are both delicious and nutritious Trust me wonderful pistachios is a true nutritional powerhouse A good source of protein with zero guilt Each one ounce serving has 6 g of protein Got to get our protein at over 10% of your daily value There are so many delicious flavors of wonderful pistachios too Roasted and salted are my dad's favorite lightly salted Kev's favorite No salt which Kev actually mixes into his yogurt sweet chili salt and pepper and my favorite seasoned salt Whether you're working at your desk s watching TV hitting the gym going for a run or you're just looking for a nutritious boost with delicious satisfaction Wonderful pistachios are there to elevate your energy and keep you going strong So why settle for the ordinary when you can experience the extraordinary and treat yourself to wonderful pistachios and unlock a world of flavor and goodness visit wonderful pistachios dot com to learn more Yeah What you are I want Kelsey uh during the commercial break now suddenly inspired and excited about the baby bear I really am a laga party I really do Listen it'll just be another thing another thing But here's what I said

but just like hashtag crisp right Being a queen So I'm really excited But I was telling Kevin I said Queen is gonna get hella jealous though It super jelly of the baby batch to which Natasha enlightened us that apparently not only for the guys which I had no idea So that's great because they're more traditional where she's a baby So we'll just have to tell her Hey I'm sorry Maria this is for the men Right Exactly Well the Friday Friday is not for the it's for the people not the people Right Right Right Yeah So not for her So that right So she'll have to be ok with not going to the baby batch I tell you they used to be back in the day when I would have my big bowl of cereal before bed Oh yeah that used to be my signal of like I'm I'm done I'm off duty Yeah No more asks And she would get so mad like no look bowl cereal She knew it So she talks about it then once that came up because you know normally I would still do all the asks and then we'd get all soggy I'm like no bowl I'm out You don't do your bowl cereal at all anymore So I do coconut yogurt should do anything before you go to bed But they'll do like that try to be healthier Um But yeah yeah So it's always fun when I'll say to to like yeah no it's it's a no ask Monday that didn't go well or I'll say you've got only two more asks use them wisely speaking of But yeah but I kind of have to be out of asks days Well no what am I saying it was it was earlier this week two days ago I lifted something as they continue to just you know try to de hoard in the video game of life that I play against Um you know all the other people It's like a it's like a Donkey Kong kind of game I like a little bit of pac man The Greeks bring in all this stuff that we don't need or they keep it for too long And then it's like my character in the game has to organize it or carry it and move it to another place that will eventually get moved to another place and then get eventually move be moved back in when I renovated the house it was furniture and I just was like don't need let's just donate it and get a tax write off No no no no no no So we did the civilian thing people and put everything in storage And so I just was like ok I'm just so two years later I could have bought all the you know most of the furniture I I could have bought with the storage fees and then they bring it down And so Maria is like no I found a website that sells them and a lot of these websites are kind of figuring out what their business model is They give you so little money um that it's inconsequential to you but they make the lion share But the reason I think it works is because it's for people that you know let's say God forbid your family in Seattle dies and now you have a house full of stuff Well you don't want to go back there put things on Facebook You don't have time and you don't even have you don't even have the money to

say move it all out So they'll come in No no no We'll take everything and we'll sell it for you and then they give you like 25% or less Um And so you know like and I get it why it works for them But so then I was like wait now this is just more work And so finally um you know I just said either I would rather give it to somebody who's friends who can enjoy it use it And by the way Francisco had I like I I furnished their places 20 times now I don't like giving them stuff because I'm like you guys are hoarders too and I don't want you living like that you know so but anyway um but um so there I am logging there's Kevin putting the 25 cents in the video game And my character is do do do do just carrying stuff way too heavy for me and I just felt this like thing in my back go and I God damn it And um it was I was limping all day and I go this is not good I kept moving Hope Hopefully like I could just yeah not have it freeze up But then it went it was a bulging disk on my nerves And so literally I just kept collapsing having the dishes I'm doing the dishes in the sink and then all of a sudden it's like you just heard a couple of tissues broke and I was on the floor and so I couldn't know that Yeah And uh thank God shout out to Doctor Burke Um a great chiropractor who you know like I'm like listen I we we have to travel and um so he he said listen to we can give you some steroid to take down the inflammation we can inject you with the steroid to take that inflammation and we can you know do all the stretching and the protocols and stuff like that So um it's getting better I have a brace and I went and got the um the regular guy Kane which is a golf club golf club I said I gotta get a golf club and he was like um you don't need a golf club because you know she gets and I just finally I was in a pain I'm driving myself to the sporting goods store to get a golf club You can either take me or not take me So what is your decision I'll take you And then when I got it she was like oh my God like you're able to get yourself up and stand and move and yeah so you said no you use a tree branch outside No just thinking like go get it you know you don't like it They always have another way You just hang on a tree and then you can like swing from tree to tree to get to the the rope through the you know and I'm like I don't want to get the you know I don't want to get the old man like please So anyway but here's the thing So I called Ida Kendall We had an appointment Monday we bring Kevin's Sense So we're doing we're working together again every Monday and um I was like 30 minutes late to the call because there was so much pain at the time And um but I'm like no I really she's no ma don't worry about it I go No no no I really want I feel like there's more to offer for this So she said ok where is the pain And I said to my left I showed her she goes you know

Kevin it's lower back almost left hip And she said um you know your your left side No it's your right Excuse me I don't want to screw this up You guys Maybe it was my my right side Yeah it's my right side And she said that hard is is in that leg is about moving forward in life and and she's like and that's where you are moving forward You're doing all these you're being a dad and you're doing you know you're doing different things in business but it's a message that um you can't do it be doing things in the way that you could before And uh she's like I see an energy cyst there and she's like called John Amal and she only met John once by the way chick But no I feel because she's you know he's intuitive too you know and John's an energy worker we've had him on the show and again we're very grateful so blessed to know these people from Ida to Doctor Burke to to to John Amaral And so John came over and he he said oh my God Yeah And he was like the sister is just because it's it's a gross it's filled with all this It's like yeah And then he Maria took a video because she came in and you know your body kind of starts flailing when he works with and he starts saying all this stuff and that I I was picking up a lot but a lot it was just but he was you know basically saying um he has just a lot trapped inside me that needs to come out He's like you're locked that's what that is And um but uh that's interesting It's interesting too because Kevin Murray wanted Kev to go to uh do cryo And you were like no tensing and like that that you're talented too You're good intuitive because my intuition was like no I'm already like tensing You don't want to freeze me Now I gotta loosen if anything Like I don't care what books say what just for me personally right now that's not the way but that's good to trust you too And that's funny that he used the word locked I think that's interesting Yeah He said there's so much trapped inside of you um that we have to get out And I think that for me because I'm always like you know that's why I asked for I know why because I I'm a believer if you know recently um Alyssa was mentioning her friend who broke her ankle and um I you know and I know the friend and I said you know of course she broke her ankle because I don't know she stepped in a pot or whatever But really I'm a believer that there's something else tied to that And I said and knowing this friend I said she's running and she's got to stop and and so we get these things to make us stop and change But then what do we do We drink a diet coke We press on right and go you know so but um and maybe because we're not meant to learn that lesson in the moment or maybe not in this lifetime for some of us But as I'm as I'm trying to assent myself that's why I said I don't why what's going on and that's what she said Um she said you can't be mom and dad to this baby

you've got to be a dad and you can't be and you can't be uh a construction worker and a housekeeper And at the same time you know a manager and assistant but then step into your creative power in Hollywood in in production and producing and and she's like because you can't you're not 20 you're not 30 that's your body She's like no you can't do it You have to find uh you have to now embrace new roles So it's a lesson for me that I I you know is it ok So the house in our house in Connecticut got totaled You know there was a pipe burst back there and it's all studs and it's a mess and it will never get done Um And I had to remind Maria Maria remember when I refinished your dad and your brother's house and you scream for me to get home because you couldn't handle it back here anymore And I said please two more weeks two more weeks No now and like literally took me I was covered in paint I had to go to the airport flight But I said Maria I promise I said if you don't let me stay these two weeks and finish this it'll be a year before it gets done You guys it was two years and that's not because I'm that great It's just on the flip side you larry curly Like they just don't have that kind of focus And uh and I said you know Maria I'm telling you now I have got a man up go back there do this It will be savings of a retirement honestly if I do it And um but this is a sign that no like I can't do it She's like in while you have all these other like major things going on here in Hollywood And just so anyway so it was a um a an eyeopener also So humbling I mean I just you know I'd like to think I feel bad for people who are handicapped I can't walk but I really feel bad now and I just because I was like oh my God I can't walk you're on the ground and you're like oh my goodness the feeling Um But yeah so I mean that's the it's so interesting I just think I really believe in the the energy system We were even talking about it yesterday where like you need the eastern and all that The woo woo is not going to work when you can't walk right And it helps But like you needed the combination of like the doctor Burke with the jaw and it's both and I always like that's how I grew up and I'm grateful for my mom because of that It's always and Maria talks about it too It's like she needed you know the western to like get the tumor out But like you know the eastern is going to help continue to actually heal Um but I think that's interesting Kev just the energy systems and and John was saying the energy system came from he's like well I mean look at for 20 years all you've been doing is slaying dragons and then Maria's mother gets sick then Maria gets sick Marie get sick again and then you're renovating house I haven't stopped and then you know it's not like you're the picture perfect either like you had your own but you have to shove it down to

everyone else Yeah So interesting Interesting I believe that though I remember when we had the first time we had Dr Kim on the show my back was killing Doctor Kim Deramo who helps Kev a lot Um My back was killing me My family had just left it Do you remember this And she like told me to kind of like she kind of walked me through something but to release it and she was like yeah that was just all energy like me like being tense and holding energy from my dad or whatever it was it felt better but I couldn't walk like it hurt so badly and it kept like just like shooting pain but yeah Yeah I really believe in all of that So now going forward Kev is there like you have to get on a plane What what do you have to get on a plane And his plane change in automobiles I have to really be like no I'm not picking up that bag Normally It's like you know you travel with a star you know and then I'm very considerate to workers and stuff I feel bad they have backs So I'm strong So I usually lift everything for the drivers and I help them But I really have to um as my friend as my brother Joe would say it'd be a fancy lad but I have to really maybe start embracing that of like no I you know like and I said to I go listen I I'm gonna be packing very light So I don't want to hear that I don't have the best outfits and you know I'm like I I'm you know it's gonna this is gonna be tough But um but no I think the lesson is for me is to know is to actually you know not push my body and and uh and not continue to be a mule anymore I could I could probably still be a mule if I didn't have everything else to do So but you don't want to be a mule No no but you like that you might like this Ida Ida thinks sick You're gonna make it into your hundreds Like you might even see your great grandchildren I'm like really I like that And you know what's funny is the psychic that I talked to who said that you and I were brother sister you in a past life so that I had a long lifeline too So we're going to be charging on together Yeah that's what she said too So look at us you will see the rise of the next generation There you go Yes From a big TV set Excuse me TV Screen No excuse me Gel screen Whatever What will it be at that Yeah Yeah So I'll throw your baby batch and you can throw mine Oh yes I can Yeah this is now the United States We it's different here We're about equality So Yes No no no she's old The younger queens can't Right Well no she looks like she's 22 I guess she could have Don't think Maria is really feeling a baby I don't think so We can always ask her I think we're going to do it So I think she's she's actually opting for the sea What is that I did that Wow Great perspective Please tell us what that is So when Dylan was four weeks old we had everybody over and if Brian got to sit and see the baby what do they bring on Well we had

alcoholics Did anyone get hammered Of course they did So So instead of doing it's the it's the by the way and I have her on a monitor somewhere for everyone to see Once again we go to and I'll have a host from after buzz We go to live coverage of the oh I'll be hosting that of little baby Gertie Um It's Kelsey I'm standing outside It's you better not be like hey guys it's Kelsey if you're wondering what I'm wearing from the streets of L A Um We are outside waiting to see the baby and I jump in real What are you What are you head to toe Um What do I want to wear Head to toe Gaa new little pop up shop in on c alley and we really cute Shout out to them the other day Loved it You're not I can't wait Just anyone listening to this Can you just can we just step back for a second and I'm just gonna apologize right now I'm sorry for everything I all my wack aod theories about the future Why Genz is the way they are Why parents are the way they let's just forget all of it and let's focus on the baby badge being queens Sippies having it hosted like I still don't know why we didn't have the huge explosions and and bonfires for the reveal that was upsetting Francisco was ready We had the propane tank I had the fuses I had everything ready to go Yes Yes Maria was a giant propane tank with confetti So it was going to explode And then the idea is let's just go and shoot out of it holding a sign that said it's a girl Yes Yes It would be amazing And we were getting it all on camera for you and if you know there was some danger Hello Viral Right Exactly So we would have we would have been amazing Yeah That's why I hate my life I know All right But we're getting back to that She'll get the Sipan which you will and you will host live coverage of the sea right We'll be cutting to you live from the nursery to do and by the way we could even stream the Sipan Sea So here's my question though for those who aren't having a baby Like can I do can I have something like can I have like a sip and see me Um Cool cool cool No there's any number of vanity Listen Next week you want that for me Yes But next week we'll have well you were already getting warm about mother's day making it the the Children which I did get a beautiful text from Natasha and my mother saying happy Mother's day to me And then my mom bought me a glass of wine But if you listen to last week's show listen to Kelsey's very plausible explanation So I think that and I'm only saying the eldest child because my sister did not make my mom a mom I was the OG right So the eldest child should actually also be celebrated on Mother's Day because we made the mom's mom and sorry Father's Day too I'm just saying just saying my dad would love that My mom was into it She thought it was funny and she was like down to celebrate with me Doug I don't see that going down

that way I am telling you now millennials will have you know the usual half in half out Gen Z can get this over the goal line So they know they should be celebrated on Mother's Day and Father's Day You got two days to be celebrated Yeah Yeah But you know what I will say is I do on all my friends birthdays like my friends I grew up with birthdays excuse me I always text their mothers and say happy birthday because they gave birth to them So that's why again this goes to my theory of we should be celebrated on Mother's day as they should be celebrated on birthdays of their Children Lot more celebration for everybody but we need more vanity celebration That's what I'm saying Like I want like a sip and see like Roxy did the half birthday forever Can I tell you the drama at after when we didn't celebrate by the way this is where like I am I am the Nero of Rome uh CEO S because I was like oh you are all fired If there's not a cake I want balloons I want the everything the whole nine yards stop work at 12 Unbelievable Yeah And then at some point I don't know why Either she out or I forget why But it was it was great The one year that it didn't get celebrated correctly was ugly And then we went the other way and everyone was happy Happy birthday Roxy Thank you Yeah Oh my God Happy birthday That's so funny Oh my God Just try to have fun But maybe like when I get a new outfit or something I'll have like a sip and see my new outfit and live stream that for everybody No I think you know what I think that um I think we should come up with some kind of term where people can update their looks I remember I experimented with things I was like I think I'm gonna do I'm gonna I'm gonna introduce a new walk somewhere in the nineties No I mean it I'm like I I want to introduce a new walk and I said and I was I said we have a couple we're working through in beta and I would I would do them through MV But this is more of a Yeah this is and it was like most of my just oh my God stupid idea that there was no follow through But but getting back to where he has this theory that you know some people get stuck in the style that where they were the happiest in their life But it's really hard when you get stuck in that one style You don't really you know what I mean You remember our old boss who her her tall leather boots knee high boots and her long black skirts And that was it Everyone always knew her for that because that's where she and the old lady used to run et too It was like she said one kind of hairstyle and outfit for every single person there And that was it But you know I think that yeah I think that there is I don't know if it's a makeover because that sounds extreme So not maybe a makeover but a um not uh leveling up No no but it's just a it's just I like the I like the idea of the new test a new look Like I'm introducing

my new looks and then by October 22nd we will have a sip and for my new official look and I think I love it So I think and then maybe it's if like if we could come up with an official term and then I think it's because you can't do it annually That's too much work and know that styles don't change as drastically as they once did I always say the forties the fifties the sixties the seventies the eighties and the nineties all of it So you know it's the era and then you come to 2000 early 2000 a little bit still Then all of a sudden but the last 20 years it's blended you know it's it's it's whatever just looks cool on you now by the way I think is great for the most part I mean but but for but men is still you know it took a long time to get the skinny jeans Now it's back to loose But yeah for the real superb kings and queens it's gonna take a minute for the men to get there But but I'm saying with the women you'll see like the super baggy or you girls used to you know Marie will pull stuff out from 20 years ago Should I I'm like that looks amazing So I feel like it's every five years or do you think it's every 2555 five I love it And if you want to like you know and see the New me sip Wow You know the no I like Sipan the New Me and by the way OK but if it's every five years then we could say it's it's my five year we have it's a thing you know the way there's a baby badge in it right So it's so it's a five year and then the sip and see New Me follows But I think it's it's my five year blank I think we I don't know I mean I'm like it's my new year So Kia what is it with you So you get a makeover again Heels We're putting a lot on you This we need baby bad ideas but we need a name for this Every five years You actually change your look It could be makeup hair clothing all the I'm gonna be more accent Thank you I'd like to think personality do whatever to become your best self You know I wish this was around when I maybe like I want to be goth or I want but exactly when I lived in London for the year I wanted to adopt um sorry because everyone would just say sorry sorry sorry sorry But no one was having it because I wasn't able to unveil it properly with a sip and see the new me If that were around then I would have I would have nailed it because I like your Kelsey Yeah Right Like a different look Maybe do all of it all of it Right But I think you're right It's it's there's innuendos accents that can be changed New terminology I will be using Yes Yes Yes Yes Wow this is great and and yeah and so whatever this 55 year blank whatever this term is five years you can throw it out to your friends and you start taking ideas and you can stay I listen and they always say with content everyone's pushing out content the but the superior people find a way to pull meaning you pull from your fans pull get info get them to give things to you rather than you just pushing out

the content So yes we're gonna push out the it's new me coming in the fall dates to be announced But as far as the new me goes for my five year upgrade I don't know I'm thinking pink hair so I'm thinking alternative alternative I'm thinking I'm thinking of um Yeah business Yeah No like yeah like it's so you know I'm and then as we narrow it down so you so the poll comes from when you say can you send me ideas and perhaps even looks you know and then we can start putting out some pictures and again we just warned this is in beta This is not the look this is not the sip and me be we're just throwing out some chum to see you know what's gonna stick how people respond Yes this is good Yeah Wow Wow Maybe I'll dye my hair pink for a sip and see the new me But that's what the new thing going Yeah I can't decide yet Can you guys give me some ideas for that too Yeah but today I guess you could say I'm actually going to you know it's for the new me is Smurf so maybe you just go full That's so stupid Why That's stupid Why do you have to be like that Kelsey Why would you be so shit I wanna be smurf I can be smurf I would if I would have like the hats and uh yeah No no And by the way like I think I think it opens you up to on Fridays Excuse me he was their villain He wore like the robe and yeah like I could when I'm feeling that beta it's in beta right When is gonna be your new I don't know I have a baby patch to plan Well you're not planning planning and by the way I'm kind of on a finally on team all done What does that mean Team all done is just beautiful It's time to get a to get a pocket protector to for my phone It's time to Yeah it it's it's time you know I realized that Well last time we went to Saint A by the way shout out to Saint A for having our former president Trump there all the kids I know we're like crying Like what I go guys remember we were talking about the science class group we have them they they they knew the the general pop population of the student body was basic and they were we were trying to work out with them the P rating right Because we've IQ we have EQ but we've developed PQ for people who are just more popular than others natural and so she's been they that group has been working on Yes about the about the app and the data and the science behind him So they were horrified We're on the map What are you doing I'm like the whole world knows about SAT A I go finally we can get more Absolutely Shut the F up and let go for the ride baby ride the ways Yeah But they were you can you can put up social media you can say it triggered you You can say you you can't go to class whatever you want to do to make it about you you gotta do But like we're on the map we're in the game we're in the we're in conversation as they say we are now in conversation But when I

was there the last time it was definitely finally decades and decades after graduating I was like ok I'm good now we went there We had fun right We had a party with the kids and like we did our thing But I was like yeah I'm finally done finally ready to just I have to now that maybe we can do that for our trip this year We can go over to Washington State Oh it's fun Yeah But I don't I don't know I don't it's just you know and then I was back there for the opening day and so what my niece and her friends always want to go out So I went out with everyone and it was so great to meet like all their like husbands to be But at the same time like I just I think it's I'm all done finally 40 years later I should have been all done But I finally feel like yeah No Yeah I don't know I'm scared that I might be the guy like at 10 o'clock or 11 who calls the baby batch Get out of here Kevin Literally at when we were at Saint A's Me Elaine and our new friend Brian were like laying on the grass waiting for Kevin because he was thriving in the frat and it was like three in the morning One last one we were like Kevin the core of the New England I'm like no they were angry they were angry But you should I wish you could come with me I have a wedding in June That's all my college friends That's gonna be interesting Uh June 24th I think it's yeah it's kind of right in the middle of you Um have to go to a wedding with girl Sorry I mean you you how many times I'm the stand in the bold I am bold reliable Like I just want it for all my friends who don't have husbands or boyfriends It's like all right Kev it's like it's either the gay best friend or me then That's it Whoever can make it make it So I'm just adopting my friends boyfriends who are like my friends are in the wedding So I just adopt their boyfriends Oh for sure I will I am very grateful That's actually the situation But it will be interesting because I'm already low key Dreading it I'm like oh God no it'll be fun But it's just like I can't party like that anymore It's a lot for us It's a lot a lot Exactly So the flight home a lot and it's like it's in the middle of Washington Understand that they work 9 to 5 you have to fly to Seattle and then drive another four hours to wall wall That's a lot of my body care where you're working 13 14 hours a day You know it's really hard But I would also be so sad if I missed it Like I have to go But I'm like oh it's gonna be a lot Yeah But good content So it will be great content So we have to wrap this up But I wanted to go So you know if you don't know I am the advocate to Mercedes Monet formerly Sasha Banks and she is wrestling in Long Beach in a big giant tournament against a ton of international wrestlers for New Japan A big um a big wrestling or the biggest wrestling organization over in Japan She was like number two to WWE and super well respected And uh yeah she's

she's wrestling in it this weekend And I'm not going to be able to be there So Kelsey will be stepping in to be her advocate to be my advocate for her advocate and I think you're gonna like it What what does Dwight say to Michael the associate Um wow I can't live messing up this line from the office anyway Basically I'm like the the assistant to the regional manager so I'm the assistant to the Advocate There you go Yeah I'm excited Yeah I think it's gonna be excited I'm excited to spend more time with her too because she seems so sweet but I don't know her Well you know it's like uh you're used to dealing with the with everything goes on at Oscars and Emmys and you know how much pressure is on the talent you know she's got um I think two matches but she's got it's a tournament so there'll be I think so there could be several matches and that's like yeah so it's a and it's a physical toll that will be on her body and then costume changes and then fans and uh yeah so it's but it's going to be a great experience for you I want I want you to bond with her and she's excited I don't want her alone and unfortunately because I'll be away Um yeah so oh and remember Kelsey um lots of selfies and if because there's a there's a title on the line if she will for the belt Um You have to get a picture with holding the belt with her with her for my 1% marketing marketing This is not asked the manager Mondays but I will say Natasha do you know what 1% marketing is I do because you've told me But no I appreciate it I did my I did my Rain Wilson Post and then I did my last week and I do it for you right And was not the response was amazing what marketing is you know that puppies and milkshakes are for the 99% So all the fun the light stuff and people love that The soft smile peace sign which Kelsey just showed Thank you Kelsey But then there's things that might not get as many likes over but they're super impressive and uh and you got and that's for the 1% the people who will hire you one day or wanna do business with you or you might just need them to respect you for any number of reasons you know might be you know Dylan's you know people at Dylan's school parents that suddenly see you Natasha you know making moves and doing extraordinary things They go oh jeez I wanna get to know her and just life gets a little easier So I just I always tell people with the social media like no just do your 99% puppies and milkshakes But 1% you know even Queenie Maria I'm like honey 1% marketing and every time she does she's like oh my God why did this one reach out Why That I it never fails never fails And lastly I will ask you this question But do you know why Pt Barnum's Circus at a time There was multiple circus circuses Do you know why Pt Barnum's circus was the greatest show on earth Uh Nope no idea

Because you wanna guess Well I don't know because he was always doing something different OK good answer Natasha to the boof Yes My first language was actually Greek and now thanks to Rosetta Stone I'm improving my Greek while Kevin's actually using rosetta to learn the language now that we've become Greek citizens So whether you want to learn a language for business or travel living abroad which is happening more and more now or you just want to improve your neuroplasticity like we've learned here on the show Rosetta Stone is the way Rosetta Stone is an immersive learning experience So say goodbye to tedious memorization and mindless drills with rosetta You're 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 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 Yeah I was gonna say this similar He was always like doing something extraordinary Pt Barnum his circus was the greatest show on earth because he said so Oh that's good And often that's just what it takes people I don't do it enough Sometimes I do it on this show but then I go too far and then I go back into my Catholic shell of I'm ashamed of myself But you know if you don't have an advocate so you always see me when I introduce you Kelsey or I talk about you Natasha which you know if you heard me talk about you but I speak very highly of you and your skill set I do the same with Kelsey And you know to me Mercedes is the is not only the greatest today But maybe the greatest of all time with an upside That's incredible Maria is entertainment journalism and hosting Same thing That's why you were saying oh we've never heard upcoming interview with Jessica Alba Kelsey was like Kevin we've never heard her talk like that I'm like that's because when you have a professional host who's actually the greatest at what she does versus a tiktok star youtube star with no disrespect to them But you can see the difference and I'm sorry it's like Diane Sawyer is older and that's also network and so produced that even a Jessica is probably not going to open up like she would to a Maria But um but because Maria is that great but you know when you don't have a me in your life and uncle Kev who's gonna step in for you and say this person's amazing and you need to see it You gotta be able to step up for yourself And if and that's the 1% marketing Yeah I'm with we just made if she wins we just made history which it will be history if she does it you know and you'll be part of it you know as her stand advocate right With the snap of the finger I wish you guys would see this I'll see what the pocket the lips and did the snap and then the closing I say you're so good You still got it You can still do this anyway Sometimes you guys have to step up and just say like PT Barnum ours is the greatest show on earth or like an elf When they say this is the world's best cup of coffee And then Will Ferrell runs in and says congratulations World best cup of coffee You did it you did it But sometimes it's because you said so sometimes you need to say so because the world won't say it for you So true Sometimes you have to be the one so true So if you don't have an advocate if you don't have a Paul Haman or Captain Kev or Captain Banham which I thought we would be able to go over an RGF bonus to show you It's gonna go a little long But do you mind Kelsey just give you and and Natasha needs to see this Let's um listen we'll be right

back I'm gonna bring in the for RGF bonus Uh look very serious and we're not gonna bring in the um what's the song Is the chicken song or the popcorn Yeah it's the chicken I don't think there's gonna be a chicken song because it's very serious I'm gonna show you what how an advocate acts and how we should how we should all act If you want the refresher Natasha needs to see this how we should all act for the people we advocate for But if not for ourselves Ok we'll come we'll be right back You guys and I promise we'll let you go enjoy your week You guys were back with the little RGF bonus as promised And uh I'm going to I'm gonna set this up for you It's a an interview that probably took place 50 years ago This looks like probably like early 19 seventies Vincent K mcmahon Junior uh multibillionaire Vince Kay mcmahon Junior Yeah he definitely has about \$100,000 saved easily He uh here he is uh the owner of this group at that time his dad owned it but he was about to take it over And um so since in a sense he's the boss and you would everyone walks on eggshells around him because he is the boss Um So he's there in the yellow blazer now in the center is uh well let me go to the left is the golden terror So what you'll see when it'll turn around is you're gonna see a man dressed in yellow leotards um with the dad bod of all dad bods and under that mask is uh a wrestler by the name of Duke Excuse me Pete Doherty A K A the Duke of Dorchester He was from Dorchester Massachusetts basically was a toothless Irish truck and a really nice guy but he would be considered what you would they would consider him a job which means he would lose every week Well every now and again if someone got injured and they needed to have a you know a a main event match but they didn't have the people to wrestle You would get someone throw them in a mask and try to make them out to be championship material and then you'd put them against a big superstar and knowing that they wouldn't win But if you can suck people in long enough just for the one match you make your money and you're done So here we have Pete Doherty in this cheap costume playing the Golden Terror And the in the center is the advocate the original advocate uh manager Captain Lou Albano who is now tasked with the job to make us all believe that Pete Doherty the Golden Terror would be able to beat um somebody who pretty much never lost which was this guy haystack Calhoon He was about £600 and back then he was yeah that's what yeah he was And back then he was considered they would they had giants and they had monsters He was would be considered a monster And you know you would have him on he'd only wrestle for like seven or eight minutes and Jeremy would win He'd you know he'd beat his

he'd do his big frog splash on the opponent and you know that was it But people loved him kids loved him So but they must have had some injury and someone fell out and couldn't wrestle him So they're like well how do we get people to buy tickets to the Golden Terra Well I'll tell you how you bring in Captain Lou who has zero FS given which we should all And then the other thing about him and this goes to another quote that is not mine But I love I might he totally subscribes to this I might be wrong I might be right But I'm never in doubt Captain Lou is never in doubt He also subscribes to the win if you can lose if you must always cheat That's that's another thing we don't need That's not this lesson Ok Let's pick it up now from the beginning Natasha be patient with me We're gonna have some pauses We're gonna dissect a little bit of this Ok let's take it from the top Are you ready for this Thursday night Does the cat have a tail A pussy cat walk through the woods Now did you see that Now already you can tell there's zero doubt in his mind He just laughed in his boss's face Do a pussycat walk through the woods do a cat of a tail Of course a cat has a tail Course pussy cat walks through the woods Amazing He's literally laughing at his boss's face Please continue Is he ready Look at the man Can you see through the mask You get a close up of his eyes pause once again Not only standing up to his boss Now taking over direction Can we get a close up of the eyes It's amazing Now most of the stuff I'm told he's totally drunk He's got no Today they have writers and directors and they they they work on their character for years but then they have scripts that are written for them This was back in the day of like what do you need me to do I got it I got it Ok So now we're going for the close up and you can see poor drunken look at the Golden Terrace film Can you see his eye Like and he says give me a close up of the eye Look at him He's cross He's not Well OK But again there's no doubt on lof there's none I'm the advocate OK Keep going to win mentally balanced mentally competent plus Ok Now I wanna I'm gonna clue you guys in Golden Terra is going along with this right But even Lou so oversells him watch the Golden Terror Eyes very carefully where he's like really keep watching it physically fit speed agility power superplex artist chicken wings Step over to answer that brother I don't think we've ever seen the Golden Terra use a suplex in the square That's my favorite love I can't tell you a comedy You know what again this is where Gen Z and the the to everyone Actually it's not Jen Z This is where Americans have finally caught up to Lou because no matter what facts get presented today to either side This is what you get I think you're soft So what So but in this moment I just love that Even when presented with the facts I

don't think we've ever seen The Golden Terror perform The Super Parks hasn't but he's like well I think you're soft So what now instead of you know not only not blinking to when he's called out watch what he does He goes on the offense I haven't been able to focus your eyes quick enough to catch the man in action He gaslighting him He can do that right now What does the golden terror have to say about this Don't say nothing He knows he's leaving and talking bumblebee How do you how do you like that was from And the Golden he's terrorizing his boss So there's many lessons in all of that Natasha But if you don't have a Captain Lou in your life to step up and be like that you have to be your best Captain Lou You have to be your own Captain Lou because and then we'll have to dissect this other things of him where he would just by the way if you could look it up We've done it before when he shows up on Letterman God I love it because who was he with No no one else Just him Oh but he wrote the what was the one where he like wrote the song for somebody Well he talks about a Letterman though he wrote all of Cindy Lawson without blinking But what I loved about it was and when you deal when you work with some of these um when you work with Hollywood uh uh comedy writers and even Jerry Seinfeld says this they're so trained that any conversation they're in whether it's buying a cup of coffee talking about their kids or interviewing someone on the show they're just always formulating a cut a joke a comeback to the point It's really annoying sometimes and sometimes they don't realize that like I've been in a writer's room where they really cut you down a size and diminish your value you know So it's like so it's actually I'm very sensitive to this And so Letterman's trying this on Lou and he he's got his shirt open his gut hanging out He's in flip flops and no he just he tries to be Letterman with him with the dryness and the digs and just Lou just plows right through him And by the way that's literally one of the greatest comedic minds of our time There's nobody faster more And when I say Lou just blows right to him because again no blinking and doesn't give enough Yeah but he was like he was like where did you write the song for I just I don't know it just came to me He was not talking about Woodstock producers We went and he worked with it So funny Anyway when did he die I think in 2012 and one of my many regrets is I don't know why I didn't hunt him down And he was uh they say he was so sweet behind the scenes and like what bothers me and Steve the steamer will corroborate it because he always helps me is that they kind of everyone's stories about him was that he was just some drunk not realizing the genius of like the the way the the rubber bands on his face I mean this was this was at a

time where nobody did that You know he was so out there and he lived it and he was so original and you know he would take guys like the Golden Tower you would never pay to see him but when lou would be done you'd go oh wow Maybe this guy is a I love it anyway You gotta just not give enough you have to try not to doubt don't blink Um But yeah you've gotta be uh just like pt bottom had the greatest show on earth just like The Golden Terror could perform a suplex from his knees You know sometimes you have to step up and say so about yourself Like she was just uh Tasha is mention mentioning an influencer She knows it says she is a certain kind of the greatest a certain talent under the age of 30 I forget even what it was Natasha So forgive me But um but she just put it out there in a way like OK how do you refute that You know how do you not say it's the greatest right Like it is So anyway All right Little RGF bonus Everyone trying to remember why we're here and Tasha take us out with something I don't know I don't know if you want to prep them I'm not sure what's going to happen in the next couple of weeks because Kevin will be over global Uh We're going to figure it out Figure it out and everyone's good about the on the and our fans Thank goodness So if we have to just have a you know a nice little chat over the phone we will do so won't So everyone wish Kelsey well this weekend as her first foray into advocacy advocate for Mercedes Monet and uh Tasha good luck to you Uh this weekend Natasha is just mommy stuff No mommy stuff This weekend It is a work focused I love that You are not a queen and you are not American So we'll get you there we'll get you there we'll get you there And yeah look the look the look will go out for a Gen Z queen of some kind to come here and help us if they're lucky Oh what do we got Oh I like that Show me too What's happening here What do you want What is that How are you taking us out of here What the hell is that I love him He's amazing what is happening He's got this shawl He's scaring me He's he's a man of a certain age He's been around for a while Yeah I think he is like the seventies and eighties But big big in South Africa we still performing Who is this guy Simply red Well listen I didn't change my name on my my sip and see me I love you know there's just something about a sip and see me simply Kelsey but sip and see me see me No I love it I love it Just like in Ted Lasso when um are you caught up uh last night or Yeah this week's episode maybe just sob But there's the one guy who comes in and they're like wait that's not your real name And he was like and just change your name Tell people about your name by the way you know there was I think it was or Trek it was a documentary and about Star Trek fans And there was one lady who um came

to work in a Star Trek outfit and everyone had to call her Commander It was a print shop and I'm like that is amazing That's why here's the thing Like just I just if that's what you're about and that's how you want to be addressed Fine But don't be violently offended when when an older person doesn't understand it Right Right Right But I love that Oh my goodness I love that I I always said but yeah even after I was like ready to put everyone at Star Trek outfits we did have the tomorrow show everyone wore their outfits wear their uniforms as we call them But anyway we uh we've digressed a lot Wow Very long emphasis And thank you Shout out to simply red I am really a huge fan now I don't know if I can say that but you know Kelsey an asterisk I have to find out if he's got like the massive following because you know and I don't want to go down this rabbit hole But you know I'm a huge doja cat fan but I'm listen to me Listen Kelsey you're not paying attention I still love my marshmallow Right So what's the problem No problem Well I kind of feel like you like I love marshmallow What was that that we used to go to that hadal playing Yeah I know I just I used to go all the time but but I'm thinking yeah I how could I have forgotten that He played he used to play once in a while He'll go in but he doesn't he goes in under a different name He doesn't go in in full marshmallow Right See that's but I'm like um I don't know I'm all in on marshmallow You know I just want to be clear and loving Do love me Some do of course love for that Yeah But I don't know Red red big red I forgot and I'm kind of into big red Look at that Oh yeah it's cool I like those What the heck is that He's just like he knew me I think it's time to bring back the ceremonial robe Yeah I mean a lot of people do it A lot of yeah a lot of the spirit when I hang out with like the spiritual crew Oh this I was at the other weekend camp They were all in their like robes and Yeah Yeah Ok Right And cool Shit Yeah I need but I know I need the yes the spiritual robe and and it's gonna be yeah something ties around the ways the special knot Yeah I like that Not the crown A staff would be nice No staff instead of my golf club Can I like how Natasha said it Ok Yeah Ok Cool By the way is that how I'm gonna be an advocate Maybe I will go to the ring with my staff You know what I don't like Because guess what Jey would say I'm treating the wrestlers like sheep Oh God I'm a shepherd You know what I mean And that's that's got to be gender in some way you know Yeah So we don't want to do that Don't do that anyway All Right Let's keep those ideas coming Yeah I can't wait to hear guys try to learn from mistakes Um be kind along the way What do we say Learn from mistakes help each other help each other and have a few laughs along the way And we need a name for the five

years Yeah But really really let's focus on baby batch ideas right now VIP Listen it's us you know I have to explain this to a queenie all the time too Like Maria people what is one thing people in our business always ask how did you pump out 200 shows a week afterwards How do you do five shows a week and this and this And I don't get it I'm like you know why Because I'm not selling furniture on Facebook marketplace Those are things that you know what You're gonna take a loss on We have to have give somewhere but no we absolutely and Hale Squad has it in them to come up with ideas for the baby badge and the and and see the new me is the five year blank but that's a long lead Meaning like every week we'll have I don't feel like we're gonna have that It's not gonna be a one and done It's not gonna be unlocked yet It's Yeah it's definitely a five year something like transformation right It's a five year fashion upgrade Don't love that What five year fashion update don't love it but I but I like five year fashion blank Five year Ok But it's not just fashion though Oh my God 55 year fashion upgrade or update Five food Oh my God So for my five yes I'm inviting everyone to see the new me I think the five guys thank you to Tasha I like update is better than upgrade because we're not saying you would like down So for my five year fashion update or you can go the other way and sip and see the new me and then say explain Subtitle is sip and see the new me And if you don't know what the sip and see new me is it's you know it's the it's the it's like five by five year fashion update I like five Ok But maybe the acronyms see now I'm getting even crazier So I looked at the clock it was 3 33 a minute ago now it's 4 44 It has to be saying something Can you just shut the f up please All right 5 ft five But maybe that's still not the official name It's just hashtag five Like when they say what is the the the name of this thing What is the five year blah blah Oh it's my five year fashion update I don't know I want to hear y'all ideas Yeah the 55 is cool though Jeez my food is going to be kind of a downgrade because I'm gonna go full dad but with a robe maybe with the ceremonial robes also Why would why would being a dad down be a downgrade No you're right But I'm thinking it's you're kind of stepping out of queen energy or not You can be a queen dad No I think there are some really cool But I think it's a conflict because it's too much about you and not enough But I think about you know I think about Cam from modern family He was a queen dad and he was a great dad Kind of a little bit of a he was dady but he still cared a lot about his fits Had some queen Yeah I don't know We bore you guys Have a great weekend Bye