

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover
EPISODE #37- Maw Maw Leona's Home Remedies

Hey y'all, I'm Brooke Hoover. A Louisiana native, actor, writer and comedian. I've lost 100 pounds through diet and exercise or shall I say "lifestyle changes". My twenty year and counting health journey has taught me that just like taking a diet pill for weight loss, body positivity doesn't magically happen overnight. I'm working on re-gaining my self esteem and re-kindling my love affair with Cajun and Southern comfort food in a healthier way all the while juggling eating as clean as I can, re-establishing myself in the entertainment industry which, as we know, is historically fat phobic all the while showing my inner phat girl some love - that's phat with a PH - pretty hot and tempting. Let me tell y'all a tale or two...

In honor of my Maw Maw Leona's birthday this week, November 16th to be exact, this episode is for her - it's for all the grandma's out there who inspired us and taught us lessons that we carry on to this day.

If you're lucky enough to have at least one grandma, you'll know that the lessons they teach us are worth their weight in platinum.

While I became really REALLY into health and wellness when I got sick and tired of being sick and tired from Polycystic Ovarian Syndrome, I know I had it in me all along and that was thanks to Maw Maw Leona.

See, y'all, she had a natural remedy for everything. And, usually that natural remedy involved garlic. Or plain yogurt. Back in the 80's, she was ahead of her time because she had a private masseuse come over to the house and do massage and acupressure, she went to acupuncture and got seeds on her ears and she would constantly make sure my Poppa who was pre-diabetic was always keeping his sugar in check with healthy food. She was sucking the bones on fried chicken because, "it's good for you baby" which basically means Maw Maw was Paleo after the real Paleo people but before Paleo bone broth became bougie.

While I know it's legend that a lot of grandmas bake sweets and cupcakes and such, the sweetest thing that Maw Maw had at her house was Cool-Whip and it was often kept in the freezer and often the tub wasn't full of Cool-Whip but it had been up cycled and it now contained frozen red beans.

When I was in school and got sick, it was Maw Maw who called Momma and asked what I was sick with exactly and she would bring over a soup or some concoction for me to drink.

I tended to get UTI's here and there when I was younger and it was Maw Maw, not doctors who made Momma and I put an end to those perfumed bath cubes. And who insisted on sheets on the mattress. For some reason, I guess because the mattress had a nice sheen to it, I liked to lay on the mattress sheet less when I was sick. Maw

Maw would be like, "Brooke Anne, you better cover yourself. You're gonna get particles in your chunky." If you know me and my family, you know what a chunky is. If you don't, I'll let you guess.

While Maw Maw was really into health food - it was her friends who owned the workout table place I talk about in an earlier episode called Flippin Tables - she DID allow me to go to McDonald's or Burger King to play in that indoor fishbowl of a playground for hours on end. I'd make her act like she was locking me (the Hamburglar) up in jail - y'all remember that circular shaped burger with bars that was like burger jail? Anyways. Maw Maw probably allowed play time at fast food joints because exercise was good for me.

Maw Maw told me that while she knew I loved playing in the playgrounds at McDonald's and Burger King, when I got old enough to drive I had to promise her I would bring her to Wendy's - because at the time, with their baked potatoes, they were the healthier of the fast food joints. I told her, "But Maw Maw, I'll bring you somewhere MUCH better than Wendy's."

Maw Maw passed away ten months before I got my driver's license. I wish I could have just brought her to Wendy's once because that's just how she rolled - she wasn't fancy - she was just a simple soul.

The healthy eating guru of our family contracted a virus at a conference in Florida, which affected her heart. Maw Maw got congestive heart failure, which she learned was also what the lady in that movie "Beaches" had. Y'all remember that movie? I remember one year Maw Maw wrote us all notes, because Maw Maw didn't think she would live beyond that Christmas and at the end she wrote, "You are the wind beneath my wings." I can NOT LISTEN TO THAT DAMN SONG WITHOUT BAWLING MY EYES OUT, Y'ALL.

But, Maw Maw lived about five Christmases beyond that. And, all the doctors said it was because she was religious with her health and wellness regimen. In fact, they were kind of shocked by it.

When Maw Maw passed, like I said, she was a simple woman and she didn't have a lot of jewels or anything super valuable in terms of pawnshop valuable. All I wanted was some of her Fransiscanware (dessert rose - the same as the casual dishes Jackie O had in the White House), her hand written recipes and her copy of Rodale's Encyclopedia of Natural Home Remedies which now resides on top of my fridge with my other cook books.

And, if you're itching to know one or two of Maw Maw's best natural remedies, well, whoop here they are:

First one is this - a few years ago I was traveling in the Dominican Republic and a weird bug bit me. I had no anti-itch cream but I DID have salve for my lips AND a

capsule of Benadryl. Boom, homemade anti-itch cream. Maw Maw was BIG on SALVES.

One of my FAVORITE ONES: If you have a yeast infection, get a natural “hippie dippier” tampon and soak it in a paste of plain yogurt and a opened capsule of acidophilus and insert that bad boy - well you know the rest. And, it WORKS better than any cream you can buy at a pharmacy. I once had a yeast infection - at one of my best friend’s weddings on top of all of that - and after buying three different creams, this was THE ONLY THING that worked.

I know it sounds weird to say every time I get a UTI or a YEAST INFECTION or a BUG BITE I think of my Maw Maw. But, she wouldn’t be offended at all. She’d be honored.

It was Maw Maw who would watch me tap dance and do little shows for hours on end when all my other relatives, including my dogs, had grown tired of me. It was Maw Maw’s cute little handmade outfits I wore when I was cast as the Mayor’s Wife in Bye, Bye Birdie and it was Maw Maw who sat front row laughing her butt off (and probably wetting her pants a little bit) night after night as I did pratfalls while watching Conrad Birdie sing.

In my early teens, Maw Maw encouraged me to follow my dreams but she used to also say to me, “Brooke please be a cardiologist so you can cure other people like me.” As we know, I didn’t become a cardiologist. I became...an actor. I don’t even play a cardiologist on TV (yet). I still feel kind of guilty that I never pursued that route to try to help people in that way.

A few years ago, in a private acting class, my acting coach had me travel in my mind to visit a relative. Maw Maw came to me instantly. And, she told me that while she wanted me to be a cardiologist, she knew what I was doing - acting, comedy, telling tales - was also good for people’s hearts - and that she wasn’t mad at me at all.

I know this may all sound cheesy and woo-woo but I think it’s the way we have to process the after life. Maw Maw would have been 90 years old this week. I’d like to think if she hadn’t gotten that virus she would definitely have been more than healthy enough to live to be 90 or beyond. But, who knows? WHO. KNOWS.

All I know is that while I didn’t become a cardiologist, I still am making health, wellness and humor my mission.

Thanks so much for listening, y’all. It is my hope to inspire, uplift and entertain you with this Who’s Dat Phat Girl podcast. So, if you’re HUNGRY for more, you can book me to speak or perform my solo show that inspired this podcast Phat Girl Costumes written by yours truly and directed by my best bud Brian Lady at your virtual or in person event. Please visit [Brookehoover.com/fluffybuttproductions](https://brookehoover.com/fluffybuttproductions) or email me at contactbrookehoover@gmail.com for more information. And, let’s follow each other on instagram - I’m @Br00keH00ver and those O’s are not the letter O but they’re

ZEROS. Not because I want to be a size 0 but because I guess I'm just so clever with my late 90s Yahoo! self

And, if you like this podcast, please give me a five star rating and write a review on Apple Podcasts and, please, most importantly, share with your friends, family and other people you may know who are as phat as we are - that's phat with a PH.

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