

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover Season 2 Episode 10 : TOP FIVE FAVE WELLNESS DEVICES

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...

With spring smacking us in the face with allergies, cherry blossoms and something called a pink full moon, I thought it was time to talk about a lil thing the kids these days call "self care."

Although for me, y'all, as a self proclaimed sleep and sanity diva, I've been a fan of self-care before it had a big fancy term - hell before it was even acceptable. Y'all know what I mean? Our society has, since the dawn of time or more like since the dawn of the 1950's idea of a perfect house wife or the 1980's obsession with materialism condone doing things and doing for others over doing you.

So here's this phat girl's top five fave wellness products:

Number one: the Shakti mat. Y'all know the bed of nails? Well this is that but more like plastic nails that can still royally scratch you UP if you slide horizontally on your Shakti mat. You just lay it down and you lay back nicely. You'll feel some prickles on your back so start off slowly - maybe by wearing a thick t-shirt or a thicker sweatshirt if you're a wuss (joking). Or, if you're hard-core Shakti wellness like I am at this point (I've used it for nearly a decade) lift your shirt up and lay on it. Like, on your back - not sure if I clarified that part. You'll embrace the pain until it becomes a tingle and then embrace the tingle until it becomes calm. It's basically reflexology or kind of like a very DIY acupuncture.

At this point I can't fall asleep at night without laying on it for at least 20 minutes. I'll move it around to different areas of my back, the back of my legs even and I've noticed it's really helped my racing thoughts at night situation calm down. I crave it. In fact, I travel with it. TSA must really think they have a sadomasochist when they're going through my bags and I'm like au contraire it's for self-care. That rhymed. Just big tip when using the Shakti mat. Do not allow your pets near it. It could hurt their paws...and their feelings. Or maybe you could train them to lay on the Shakti mat too. I haven't tried that yet. I'm not that crazy.

The next thing is a Gua Sha Stone, which I consider to be the Jade Roller's more hardcore cousin. You know the one who wears dog collars and encourages you to

smoke although in this case, the Gua Sha stone doesn't encourage you to smoke because smoking is bad and we're talking about self-care here. The jade roller's all like, "I'll go with the flow. I'll roll with it." (Pun intended.) "I'll help do some of the work for you." The Gua Sha stone is like "Bitch you better put in the effort and I will work with you. But, never FOR you." I initially got a Gua Sha stone because I was like, "Oh, I rub it on my face and I'll remove all the wrinkles and get the blood flowing and look so beautifullllllls." Oh how we leave it to self-care marketing to sell us on thinking we are doing something for our wellness when we are really just suckers for youth and beauty.

But here's what I've learned with the Gua Sha stone. If you go to town too much on your face, especially if you have any percentage of Irish up in you like I do, it'll break the capillaries in your cheeks so that youthful rosy glow is actually making you turn into an alcoholic fisherman. Now, I use the Gua Sha stone to massage my neck and my head. My acupuncturist used it on my lower back by my tailbone and went to town and I was like that's cool, you can break all those capillaries up in there. Make it in the shape of a butterfly while you're at it, please.

And sometimes I'll get the Gua Sha stone cold in the fridge or freezer and put it on or under my eyes. Just because I want to and because I can. And you really don't need a Gua Sha stone, y'all. Any ole flat stone with a certain kind of shape to it could work. I have a flat triangular shaped lapis lazuli that I LOVE. So, I use that too. Y'all know the movie "Waiting for Guffman" - arguably my favorite movie ever - where Parker Posey's character is like, "People come by and they'll just get a coke." But I think she really means a Coke or any other beverage due to the fact that I'm from the South so I know what "a Coke" means when it is said by a Southern accent. So, you can just get a stone. And use it. Doesn't matter what kind of stone. Just get a stone. Bless it. And, use it. Massage it. But don't abuse it or you'll gonna end up with some broken capillaries like I did.

Oh wow, all my self-care recommendations so far really sound more like self-harm than self-care. They're not. They're wonderful. They're my friends. Well, maybe my frenemies. Back in the day, my mom's manicurist once put acrylic nails on me for shits and giggles when I was like 14 or 15. I was like, "Damn this hurts. I don't like this." and she (her name was Perry) Perry was like, "Well, pain is beauty. Beauty is pain." And, I'm guessing maybe I'm like Perry telling y'all self-care is pain y'all. Pain is self-care. Nooooo but in this case it's so worth it !!! The plastic bed of nails, the Gua Sha stone and broken capillaries and everything. Okay, here's more!
Cupping - the plastic at home version.

I'm sure y'all are familiar with cupping. Or maybe you've seen like a hardcore shirtless runner guy with saucer size red marks on his back jogging along the west side highway and you're like is he ill? Lord knows we don't need another illness right now. Y'all know I'm going to put photos on my Instagram this week - remember it's Br00keH00ver (substitute those letter O's for the number zero instead). It's not an illness or disease, it's just cup marks most likely done by an

acupuncturist or a masseuse or maybe even at his house with these plastic cups I'm gonna tell y'all about.

So, an acupuncturist will use a flame to heat up a glass cup or round jar like vessel and put it on your back, suction you up, leave it on you and then move it around and it feels like a big leech sucking away all your tension and aches and negative energy. Well, you can replicate it at home without the flame by using these plastic cups at home. And, don't judge, judge not lest thou be judged, I got mine just on Amazon. When you're self cupping, it's hard to reach certain areas but I can easily reach my quads or my flanks (like the side of my back area) that's what I call them - I think of flank steak which is an expensive piece of meat these days - and it really does help release the tension but it does sound like a leech coming up for oxygen (why am I talking like I know a lot about leeches?) So if you have a pet who gets overwhelmed by noises like my best guhl Annie the Pom aka Miss Fannie, do not use it around them. It may release YOUR tension but it'll give your sensory sensitive pet an anxiety attack.

Next up - those knobby hand held massagers that have been around for YEARS and it sounds obvious - you can use those for massage of course but NO as we know I use a Gua Sha stone or an electric massager for self massage. The handheld massager I use for pressure point therapy specifically for headaches and insomnia. My former roommate and one of my best friends who's also an Angel Healer - AngelFairyHealing.com - check her out - left her beloved Jin Shin Jyutsu book with me when she moved out west. Jin Shin Jyutsu is Japanese and it means the art of mending. It's similar to reflexology and acupuncture in the way that there are energy systems in your body that deal with other organs in your body to create harmony. There are points on your neck and at the base of your spine that help with anxiety, headaches and insomnia. And the handheld massager's four knobby things are positioned as such that they are in THE perfect location for these four points. Like the Shakti mat, I kind of place it and lay it in place or more like I lay down and put it under my neck/head area. You'll really feel when it's hitting those points. I try it before any over the counter meds for headaches.

And finally something so similar and perhaps the one item of all of these, my desert island item is a soft dark big ole cloth fabric that I use as a make shift eye mask. Brooke, why not just use an eye mask, you may ask? Because did I mention I'm a sleep and sanity diva? The traditional sleep eye masks make me feel claustrophobic. Maybe it's the elastic strap behind my head or the sweaty satin fabric but I don't dig them. I find that this soft black jersey (New Jersey) knit dress my friend gave me that doesn't fit works beautifully because I can use it to cover my eyes and it stays the whole night. If I'm cold, I can use it to cover my head. But unlike an overbearing mom, it doesn't smother you like most eye masks. And that y'all makes the make shift eye mask the LEAST masochistic self-care product of all, though I really love and recommend them all.

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 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

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