

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover

EPISODE #- Title

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...

What's up everybody? It is officially summer time when I am recording this and it is officially getting hot, hot up in this booth. Remember that sketch with Ana Gasteyer and Will Ferrell (Ferrell? That just became all country) Will Ferrell back in the 90s and they were like, "hot mic. hot mic." I feel like I'm like hot booth, hot booth. So, I'm sweatin' to the oldies in here. So, the podcasts of the summer might be a little bit shorter than the podcasts of the winter. We will see. But today we are not talking about heat. We're not talking about SNL sketches of the 90's though those are arguably were my favorite aside from SNL sketches of the 80's and SNL sketches of the 70's. We're talking about supplements. I am or I used to be or I am a recovering Supplement Junkie.

We might think because of the weight loss situation that various weight loss supplements such as - remembers Garcia Cambodia? What was that called Garcia Cambodia and things like that, all the weight loss supplements were things that I tried. Nope. I never drank that Kool-Aid. Never tasted that powder. Never snorted that stuff.

My first foray into supplements - I guess my mom had it laying around the house was St. John's Wort in high school. Because I heard that it was "nature's Prozac" and I knew that Prozac made ya feel happy and I was feeling a little unhappy so I took St. John's Wort and it made me bouncy and racy and crazy, crazier than I was. I've gotten much more grounded since then but I was already kind of bouncing off the walls and cuckoo as my dad would've said. He would say (Brooke's dad's voice, deep Southern accent) "Cuckoo". So, St. John's Wort made me a nutcase. That was my first supplement. So, I stopped after about a week or two. And then what I did supplements for, I didn't do supplements for a while, I did prescription medication as I've talked about in past episodes for Polycystic Ovarian Syndrome.

And, when the prescription medications started to kind of - not kind of but completely work against me- I mean a birth control pill made me faint when walking out of the subway in Brooklyn one day, I said, "peace out. Enough's enough with this." And, I started taking two supplements that are very good for Polycystic Ovarian Syndrome. That was vitex and evening primrose oil.

And, then I thought - I didn't just think but I noticed that my thyroid - it's always been borderline low so well hypothyroidism, right? So, I was seeing an acupuncturist. My acupuncturist at the time said how about you try this thyroid supplement. And, I felt better. It helped with anxiety and also that tiredness. That's like the thing with PCOS and with thyroid for me is that I feel tired but I also feel anxiety and depression at the same time. But, this thyroid supplement had ashwaghandha in it. Which is supposed to be wonderful for stress. It's supposed to be wonderful for most people. A lot of people have asked me about supplements because they know I've tried every single one just about. Ashwaghandha. Not good for me. For facial hair growth. I noticed that it was making the facial hair growth even worse and you know, the vanity I guess supersedes the benefits that actually work that made me feel better. Something that's actually supposed to be good for the facial hair growth in females, unwanted facial hair growth in female identifying friends who want to get rid of the hairs is spearmint. The supplement of spearmint.

But, I also then read spearmint, when taken in a prolonged way is not good for the kidneys. So, I also started facing something back in - shortly before the ole pandemic screwed up everything in 2019, I noticed that I have this constant need to urinate. Constant, constant need to urinate. And, it turns out yes I had about like four kidney stones moving around and things like that and it was also - I can't really quite pronounce it interstitial cystitis. Basically the frequency of urination is a beast. So, worked on the pelvic floor, stopped the spearmint.

So, it's funny because like a prescription medication will do the same thing: it'll be good for something but will give you a side effect. So will supplements, right? So, just to kind of reiterate, ashwaghandha, good for the mood. Bad for the facial hair growth. Spearmint: good for the facial hair growth, bad for the kidneys when you take it too long.

Oy. So, the pandemic hits and I'm not going anywhere, none of us are going anywhere. And, I say, you know I really, really need to up focusing on immunity and health. And, I'm always going to be around a bathroom which is around the time my IC, my cystitis was really bothering me. I said, you know what? I'm going to do a wash. I'm going to do a cleanse of supplements. So, I stopped taking every single kind of supplement that I was taking.

I've been - I've tried at least 30 to 40 different supplements in my lifetime. We'll keep going over those because I'll tell you what worked and didn't work for me and hopefully that can help you. I'll be your Guinea Pig for supplements. So, when I did the cleanse o' supplements, miraculously my cystitis got better. I stopped having the need to constantly urinate all the time.

During the height of the pandemic, we would sometimes just like to take a drive and be out in nature.

And, I'd have to travel with - ironically - a big ole tub that used to contain protein powder or supplements 'cause I'd have to sometimes pee in that big ole tub like four or five times when we were out and we didn't want to use bathrooms because everybody - you know we were all terrified of getting COVID. So, I just got pee on my hands a lot when driving around New York and New Jersey to look at nature.

Yes. So, other supplements I have tried that are supposed to be wonderful that did not work for me or at least worked for a little while but caused more side effects than good : Maca. MACA. That is a powder. I believe it's been around - the ancient Mayans had discovered it. It's good for hormone regulation, PMS, periods, all that jazz. But, it gave me what's called breakthrough bleeding. And I said, "Hm, if this is happening, it can't be right for me."

My acupuncturist - my current acupuncturist 'cause my former acupuncturist - we didn't leave on bad terms - like you can never leave on bad terms with an acupuncturist, right? Like it'd kinda be like leaving on bad terms with I don't know a massage therapist or a chiropractor. It just kind of doesn't sit right. Even like it feels weird leaving on bad terms with a mental health therapist - I mean that happens as we know. But, it just doesn't feel right so my former acupuncturist - left on good terms - he moved to Ithaca like a good ole acupuncturist. You know? They all move to Ithaca. Or somewhere else that's GORGES. Those who know about the Ithaca is Gorges with that pun will understand that bad joke.

Needless to say, my current acupuncturist has me on several Chinese herbs. It is a blend. I take Chai Hu Shu Gan Tang. I will be posting a picture of that on Instagram. So, Erin Kumpf Acupuncture and Herbs is always able to do supplement and herbal consultations via Zoom if you are not able to make it into their office in Jersey City. This really helps me for regulation of the PMS situation because I notice that ovulation for me is worse than my actual period because it's like the calm before the storm. No, I'm just like the storm before the storm. So, the herbs that I take from Day One through Day Fifteen really do help with that.

Also, I noticed that I was taking a wonderful supplement for a multivitamin. Who's on a multivitamin. Say hey ho. But, do we all really need the multivitamin is my question? Are you getting enough of most of all those goodnesses - what are those words - vitamins and minerals in your regular diet? Perhaps.

I was taking Rainbow Light, which is a brand that I recommend and loved. It was made with vegetables and all natural everything. But, I was still peeing neon green and I heard that you basically pee out most of your vitamins or supplements that you take. Hence why I stopped when I was having cystitis and peeing and kidney stone issues.

Then, I stopped. So, at this point I've stopped all the supplements except for the Chinese herbs and then I added back in Magnesium at night time. 500 milligrams or less. Magnesium at night time. It's good for blood pressure. It's good for sleep. It's

good for calming. In fact, I recommend to people to do magnesium at night instead of melatonin. Melatonin was a supplement I used to take all the time every night. It makes me groggy. I say do not do melatonin unless you desperately do not have no other way to fall asleep. But, there are many other things you can do to relax or for stress such as Valerian Root, been on that or Kava. Again, in high dosages you want to be careful with Kava. Lemon balm is probably a safer bet for stress. So, of those, magnesium every night, lemon balm as needed is what I recommend.

Also, a supplement I take now every day is Vitamin D. I also take a probiotic, specifically a probiotic for the mood. It doesn't have additional supplements. A lot of times I'm noticing probiotics will have ashwaghandha and we know how I feel - not how I feel but how ashwaghandha worked or didn't work for me so I avoid a probiotic that has additionalllllll things in it. I like a probiotic where the specific strain is good for mood or is good for XYZ. There are different probiotics that are good for different things that are going on. I will specifically perhaps in an Instagram clip this probiotic that I love. They're not sponsoring this podcast. Nobody sponsors this podcast - if you know of anybody who wants to sponsor this podcast, tell them to give me a shout.

Another supplement that I take, I take an iron - B-complex and all of these three things - four things if you will, the magnesium, the vitamin D, the probiotic, the B-complex, that is recommended by my acupuncturist. And, fish oil. Fish oil was recommended by my therapist. One of my therapists - one of my therapists - actually m therapists who ghosted me. Some very important information she gave me is take fish oil and it has not affected my cholesterol. Sometimes I know if people are on a fish oil supplement it can amp up their cholesterol. Knock on wood, it has not. It has helped my moods. I'm not perfect. But, I definitely notice a big difference being on fish oil along with the probiotic for mood wise specifically.

Some other supplements I had taken that I no longer take for good reason or for reason that I don't always take a supplement every single day. Those ones I just mentioned are my daily ones. But, when my back issues act up or my piriformis issues act up like I pulled my piriformis something fierce when I was pulling a roll-on luggage when I went down to see my dad in Louisiana. Like who does that? Aside from Brooke Hoover. So, basically I was taking a little cocktail that I had already taken before when I blew my back out a couple years ago. It's quercetin bromelain. That's also great for immunity. So, during the height of the pandemic, I was also popping that daily. Also, I take glucosamine contriving - you know what I mean. Glucosamine contriving whatever that CHR word is. I should learn how to pronounce all of this if I'm going to do a podcast about it. But, the glucosamine, I take that for joint health. And, I was also taking collagen very, very regimented regularly every day. Now I just take collagen a couple times a week when I'm like "Oh I want some beauty health. I want to feel beautifulssss."

And, I was also taking turmeric for pain and inflammation. That's a little supplement cocktail I recommend if you're having any back issues. Here's the deal with turmeric

though. I almost prefer to cook with it. I'm a Cajun girl cooking with Indian spices. Go for it. Put it on fish. Put it on whatever you like. I really don't like that kind of powdery yellowy it's so messy. I think again it works best on fish. If you want to make like a savory Greek yogurt or a savory oatmeal cause you're crazy like that, go for it. But, turmeric I noticed is very powdery. So, I noticed I would swallow the powder and it would come up through my nose like if you do a burp. I literally have burped and turmeric powder or beet root powder - we'll speak of that in a second - powder came out my nose when I swallowed and then burped it. That can't be good.

So, my blood pressure does run on the higher side of things. I'm talking in funny rhythm and rhyme sometimes today because that's just how I feel when I hit the witching hour. Usually I record the podcast before noon. But, I'm recording during the witching hour, which for me is 5:44pm.

So, for the heart supplements, specifically for blood pressure, I took beet root and berberine. (Singing to the tune of "Valerie" by Amy Winehouse) Berberine. For some reason every time I took the Berberine every morning, I sang it to the late great beautiful wonderful Amy Winehouse's song "Valerie". Why don't you come on over help my heart Berberine. Berberine. Thank y'all for letting me indulge.

That might work for some. I didn't notice a difference in my blood pressure. Again, as we know, shout out to the reishi mushroom from Catskill Fungi for really helping me with blood pressure as well as Zumba. We'll get into Zumba at some point.

So, wrapping up. This girl, this phat girl does not take a multivitamin because you pee them out. And because I think, and I feel that it was messing up my cystitis because it was making my urinary tract work too hard. So, now just magnesium at night and in the morning, vitamin D, probiotic, fish oil and iron and I also take a blend of Chinese herbs from Days one through fifteen of my period. I think the point is y'all, this is the whole point is don't rely on a supplement to fix everything. Just like don't rely on a prescription drug to fix everything. lifestyle wise you have to also work on everything too and you can't just ASS-ume that a supplement will be healthy just because oh it's natural.

They do have their side effects, positive and negative as well. And, you have to just really, really, really listen to your body as well. I didn't want to do prescription drugs not because I'm stubborn - ah maybe a little bit because I'm stubborn - but it was mainly because of the side effects or feeling that the prescription drug is just a Band-Aid, we're not getting to the root of the issue. But, I realized for a while, I was doing the same thing with supplements. Oh something didn't feel right, let me get the supplement for it. Something didn't feel right. I'm going to get the supplement for it. At this point, I feel like I'm really digging deep to analyze not just exercise but the type of exercise that I'm doing, what I'm telling myself mentally, what I'm feeding myself emotionally and literally and what I'm telling myself while I'm feeding myself - balancing all that out, listening to my body. So, that's what I encourage us to do.

I'm happy - y'all know - my friends know - I inherited this I think from my grandma the late great Leona Olivier that I just love to talk about natural remedies for things. Maw Maw was bigger on natural remedies. I'm a little bit bigger on supplements for things. But, I do think too much of a good thing is a good thing - no can be too much of a good thing. So, we need to be careful with our supplements. Always happy to swap stories, tell tales about them. I mean my dogs even take supplements.

I'm noticing a big change with Annie. She had a hot spot (in a Southern accent) a hot spot which is like that kind of bald, itchy area you know that dogs can get. And, she's taking a supplement for that. I've been using Vitamin E directly on her. It's tremendously helping so I really condone supplements. It's just like a big ole puzzle to know what's right for you.

So, thank y'all so much for listening. Sometimes I get into this little hot little booth, hot little booth and I'm like, "What am I doing? Am I helping people? My goal was to help people, give people humor. Am I providing that?" And, I saw a dear friend of mine at a film festival this past weekend and she was like, "Oh my God, Brooke. I go out and walk my dog and there you are. There's your podcast. You have a new episode out and I listen and I feel like I'm just gabbing with a friend." And, that made me feel really good. So, that's what keeps me keeping on keeping on. And, again, I'll say it again, if y'all ever have any questions, want to tell tales, by all means we know I'm not a NOCTOR - I'm not a doctor, I don't play one yet on TV - maybe I'm a NOCTOR like not a doctor.

But, I'm happy to tell tales about supplements and to give advice based on what I've experienced and what I know. Peace, love and supplement regulation. (Laughs) I don't know what else to say. Bye.

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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