

**Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover**  
**SEASON 2 EPISODE #26 - BREATH THROUGH THE HOLIDAYS WITH COACH RITA SAVOIA**

BROOKE:

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. Hey everyone. It's the who's that phat girl podcast. And today we have a very special guest. I will let her introduce herself, but Rita Savoia, and she's a certified nutritionist, a functional breathing coach, yoga instructor, workplace wellbeing consultant, a speaker, a mental health and longevity advocate. And we have something kind of shared in common. We both have or have had. PCOS. Y'all heard me talk a lot about polycystic ovarian syndrome and Rita can touch on some of that, but I will let Rita introduce herself. Thanks so much.

RITA:

Oh, thank you for having me. I'm super excited to be doing this and to be sharing my experiences and knowledge with your community because I had PCOS and I totally reversed it. I wasn't actually looking at reversing it. I was actually looking at my blood sugar levels because I was pre diabetic - like I was one of those skinny diabetics and pre diabetics, brain fog, all kinds of digestive issues. And I actually looked at that and tried to heal that. And lo and behold, my body Healed other parts of things that were not working, which was a shocker when I did my ultrasound and I was going for my annual ultrasound looking up for PCOS because of my irregular menses And I still have the report and that was my aha moment really when the report showed there are no signs of ovarian cysts And that's when I was like, your body is so beautiful. It's such an amazing machine that if you actually remove the interference, whatever that is for you, whether it's toxins, chemical toxins in your food, in your products, um, personal care products or toxic relationships, right? All of that stuff, remove that interference, eat healthy, and then your body, you allow it to naturally heal that innate intelligence to not only heal one thing because your body works as a system to heal other systems in your body. And that's why I do what I do. And I love because if I did it, then anybody can do it, right? So it was, it was such an amazing aha moment for me.

BROOKE:

Awesome. And, Rita, can you tell us a little bit about your website where people can find you, um, some specific, uh, offerings that you provide, services?

RITA:

Yes. Yes. Of course. I would be glad to. So, my website is SavoiaSelfCare.com and you'll find all kinds of freebies in their free resources for women free resources for anybody really looking to really up level their health and the special promotion that I will have for your community is a 50 percent discount.

BROOKE:

So five zero.

RITA:

By using the promo code BREATHE, all in capital letters, BREATHE50 for the new moon and full moon online breathwork experiences that are awesome, by the way, that are happening every new moon and full moon. So they get that discount for being, um, listening, listening and watching this.

BROOKE:

Oh, that's wonderful. Thank you for that. And I will also be posting the link, you know, so people can just click on it on my Instagram website, podcast description, all that. So people will definitely be able to find you. So Rita, we're specifically, and we were just saying we did not plan this, but we're both wearing red. This episode will be airing right before, like, uh, right around Hanukkah and right before the, uh, Christmas, uh, madness, uh, the holiday hecticness. Like people put a lot of like, uh, pressure on the holidays. There is pressure on the holidays and the simple thing of breath can really help us. I mean, as an actor, I know a little bit more about breath, well breath work than the average bear, but definitely not as much as you, because you're specifically a coach in this. And I'm wondering if you can kind of lead us through, help us figure out how to handle some craziness upcoming and just in general, whether it's the holidays or not with the breath.

RITA:

Yeah. Amazing. Okay. So we could do a little assessment to just check, um, whether or not we are breathing properly. Do you want to do that first or do you want to get straight into the techniques?

BROOKE:

Let's, let's assess if we're like breathing correctly.

RITA:

Yeah, yeah. I want to call it functional breathing. Well, so let's go. So the way it's going to work, um, it's a really easy assessment. So we're just going to breathe in through the nose and out through the nose as you normally would. We're going to do that three times. Third time once you've exhaled fully, I invite you. So Brooke, I'm going to ask you to raise your hand or put up your finger so I know when to start the actual timing, but I'm going to invite you to hold the breath at the bottom of the breath. So once you've exhaled fully, hold your breath at the bottom of the breath. You just Raise your hand so I know when to start the clock and then when it's, when you get that urge to breathe and it should be a natural urge, not, Oh my God, I'm

dying. Right? A natural urge to breathe. Then you just raise your hand again and I'll stop. And then I'll, uh, I'll let you know what the results are. Okay. Awesome. So this is after the third, after the third exhale. Correct. So let's, uh, loosen up a little bit, stand up straight, and let's inhale through the nose and exhale in and out. Normal breaths. Okay. Normal breath in and as you exhale at the bottom of that exhale, hold the breath and just let me know when you start holding. Beautiful. And just hold the breath for as long as you can until you get the urge to breathe and just raise your hand one more time when you get. Okay. All right. So you got 14. 14. seconds.

BROOKE:

Okay.

RITA:

Okay. So no harm here because there's obviously room for improvement and I still don't get the high score either. So there was a study and I can link the study as well in 2017. And what they found was that if you're breathing, so this is your tolerance, how much CO<sub>2</sub> you can actually tolerate, which is the breath hold, right? So the more you can tolerate CO<sub>2</sub>, the better your breathing habits, the better your functional breathing, right?

BROOKE:

Mm-Hmm.

RITA:

the less you can tolerate, that's an indication that you're not breathing as optimally as you could be.

BROOKE:

Mm-Hmm.

RITA:

So less than 25 is considered that improper sort of breathing that room for improvement and more than 25 is considered that functional breathing. So what does this mean? Don't get alarmed or anything like that. Because I, when I first started doing it, I was at 10 and I was like, what? You know, I'm this like holistic. I do yoga and I do breathing and yoga and I'm still getting 10. So it really just means that either, um, a few of the symptoms that, um, you could be displaying basically mouth breathing when you're not supposed to be and most of us should be nose nasal breathing. 99 percent of the times. I always say that your mouth is for kissing and eating and really not breathing. It's not a primary instrument for breathing your noses. And I know many of us don't like our noses, but it's so intricately formed that it's got all of these amazing things that are helping you. Even our nose hairs, right? They actually help her help us filter that air moist in that air, right? that we actually get more resistance. So we're actually taking in more better quality air into our lungs, right?

BROOKE:

And I should because I have a lot of nose hairs. Yeah,

RITA:

I know. Right. Most of us are doing this incorrectly because we're mouth breathing. So about 50, 60 percent of us are mouth breathing. So it could be that you could be using your chest as opposed to your diaphragm when you are not breathing properly in that chest, that upper chest breathing. What does it do? It actually signals to that sympathetic nervous system. part of our nervous system, which is that fight or flight that we're in danger, like holy shit, something's going to happen to us. And we're actually causing stress just by our breath, by the way we breathe, right? So that upper chest breathing, we might be breathing really fast. So the slower we breathe, the better it is. Think of animals. There was a study done by yogis and what they found was those animals that breathe really slow. It's actually connected to longevity. The slower you breathe. The longer you live and it makes sense, right? We only have a limited number of breaths. So if we use them up, guess what? Like we're actually not extending our life. Um, our, our life. Think of a turtle breathes really, really slow and just lives forever. A dog, not as slow, more fast, you know, that panting and they don't live as long, of course. So it could be that fast upper chest breathing and noisy, right? If you seem to yawn a lot or sigh, a lot of size and a your body indicating real hey, take a deep breath. o not using your diaphragm. that your body signals to So all the, all these lit are actually telling us s one as well are telling u properly breathing because breathing during the day, breathing at night, and that usually causes that snoring. Usually it's not always you could have deviated septum or some sort of structural issues. But if you don't, then it could be your improper breathing during the day is causing that snoring in the evening. So that's the assessment. So most of us are so don't fear. Most of us are under that 25 seconds mark, but there is a solution, right? So I don't just tell you that we have an issue. The product, the solution is to actually be breathing light. So I call this L. It's not, it's not me. Actually, it's oxygen advantage that causes LSD breathing. L for light. So it needs to be very light in terms of almost imperceptible. So if you, if we had a feather right under your nostrils, that feather wouldn't be moving. And there's a legend that that's how they, That was the final test of the summer. I that's when they would get like, you know, their sword if they actually passed this test where the feather wouldn't move so that that breath has to be super light, right? It has to be very deep, but I don't mean this is a huge misconception Brooke that I would love everybody to know that taking a deep breath. It's actually causing detrimental harm. It's actually causing the opposite. We are starving ourselves of oxygen when we do that. We actually want to take that deep breath with the diaphragm. So deep into the diaphragm by allowing the belly, engaging that belly and the ribcage and the diaphragm. That's what we mean by deep. Now, We mean the deep into our diaphragmatic breath. As you know, the diaphragm is super, super amazing. It's one of the largest muscles we have for breathing. It's got the largest number of lymph nodes. So if you use the diaphragm, you're actually detoxing your body every single breath you take. Hence why our breath smells, right? And even for our weight

management, um, people or weight loss people out there, you did, you know that ate. When you wonder where does, where does the breath, where does your fat go when you release it? Right. And you think, yes, you poop it out, you pee it out and it turns into muscle. 80 percent of it is actually expelled through our breath.

So imagine if we, yeah, I know. Right. Imagine if we do this, this proper breathing every single day, we're actually helping our weight management strategy, right. Or our weight loss goals. Super cool. So we want to be breathing light. Deep and slow as slow as possible. Right? And this is where we can we can actually get into some of the Techniques for the holidays and beyond of course.

Oh, but one last thing that will probably the most important thing is nasal breathing. We want to be breathing through our nose as much as possible again. As we said it's made for breathing, but it also releases. So every time we do nasal breathing we actually produce Nitric oxide have you heard of nitric oxide?

BROOKE:

Yes.

RITA:

Yeah. So super, super cool molecule. Most people say no. So I was like, so I always say, have you heard of Viagra? And they're like, yeah, well, that's what they use in Viagra. Why? It opens up capillaries, sends fresh oxygenated blood to that area. But you can actually produce nitric oxide any every time you nasal breathe. And that doesn't happen when you're mouth breathing. And nitric oxide is one of my favorite molecules. It's antibacterial, antiviral, super, super powerful. They were actually really good. They're, they are using it to help recover from COVID. So they're giving it to COVID patients. When we have this ability at our nose tip for free, just by nasal breathing. And one quick favorite molecule.

BROOKE:

First off, I love the favorite molecule.

RITA:

I'm such a nerd. I'm a geek. I know, but yeah, um, because the more I research it, the more I'm like, wow, it's so powerful. I love this molecule. So, and one way to actually increase that by some research says 7%, seven times more, not percent, seven times more. Some research says 15 times more is actually by humming Brooke. Can you believe that?

BROOKE:

I can actually.

RITA:

But yeah, because don't you feel so good when you're humming your favorite song and that's why kids are always so happy. Right. They're always walking around, humming and doing their thing. And then we sort of lose that as we grow and

become boring and you know, we just don't enjoy life as much as, as we used to as kids.

BROOKE:

I was humming the other day at the dentist's office. I was humming, don't stop believing as he ripped out one of my teeth because I'm going through an implant process and I was humming, don't stop believing. And it was rather soothing. I've had dental phobia since I was a pretty young child. Yes. It was fun.

RITA:

Yes. Because you release that nitric oxide. So yes. So going to some of the techniques that we can use, humming is one of them. So if you're in line frustrated because you've just spent, you know, I don't know how many hours at the mall shopping for your loved one and you find that there's this massive line in front of you. Hum your favorite song. Yes, you might look weird. Yes, they might think, what is she, which song is she humming or anything like that. But humming will actually help with that frustration. That's all you need to do. Just hum, inhale through the nose and hum the exhales. It's super cool, super fun and really teach your kids as well, maybe before a test or before a presentation or if they come into this, you know, a tense situation, ask them to hum their favorite song. I had a headache the other day and I don't get them too often and I, I honestly don't take, um, meds for it rarely. And so I just concentrated in that area. And I started humming towards that area and there's actually research now that just by our thought alone, as you know, the power of thought can actually bring that fresh oxygenated blood to that area. And it really helped the humming. So I love humming. Another thing you can do if you're super frustrated, overwhelmed and anxious about the holidays and beyond really maybe the new year, you're like, Oh, I need a new year's resolution. So I'm going to teach you some in, in on like on the spot. Um, and then some offline ones that you can do, like while you're doing other things which you can incorporate into your daily habits or routine. So another one like on the spot, um, is called the psychological sign. So this is actually from Andrew Huberman, and he's my favorite, um, neuroscientist. He's, um, super, super knowledgeable and it just like explains things so beautifully. So he talks about the psychological side. And so what this is on the spot, when you're feeling super overwhelmed, you can literally signal to that other part of the nervous system, which is the parasympathetic nervous system, which is your, our rest digest and heal actually broke. This is another misconception. We cannot heal our bodies if we are super stressed. Right? Because think about it, your body's going to prioritize if you, if you signal it, that it is under crazy amounts of stress, right? And our body cannot, our brain cannot perceive real stress versus perceived stress. So even though you're not being chased by anybody or attacked or it's, you know, it's a deadline, let's say, or it's a conversation or it's a toxic relationship that you're stressed about. Your brain is going to release the same cascade of chemicals like those stress hormones to help you fight that as if you were being chased and, you know, by, by someone, right? As if you were in real physical danger. So that's the thing. So we want to signal to that other side. to that parasympathetic nervous system, which is the only place we can really heal and the

breath can allow us to do that, right? So we, we do that by taking two quick sips of, through our inhales of breath. So two inhales and then one exhale through the mouth. And I know I said that we shouldn't be breathing through the mouth, but there are like, little things in short period of time that will actually be okay, right? So we're going to do in exercise. It's a technique. So it's not something we're doing, you know, 24 seven. So we're going to do two, and this is called the psychological size. So we're going to inhale twice. And then, so it sounds something like.

Yeah. And think about it. Doesn't this sound exactly when you're over crying and you're like, our body does that naturally, but he's sort of revisited it in a way that, okay, let's use it to calm ourselves. So we do this naturally to calm ourselves. So why not use it? But again, if you're in line and you're freaking out and you've got things to do, or, you know, you have a bunch of things to do before for your, your beautiful dinner that you're organizing for everyone. Stop. Do this three times and you will notice, I actually just noticed right now myself calming and I did it once. So if you do it three times, you'll just automatically calm down and not have that freak out moment that maybe you would, you would otherwise have. So that's called the psychological side. Another one of my favorite focus, concentration, attention. Okay, so you're at the mall. And you have all these gifts you haven't written down, but you know that you want to buy these gifts and you're probably your brain is scattered everywhere. There is a really cool technique that the Navy SEALs do. If it's good enough for them, it's going to be good enough for us, right? That they use to concentrate, particularly their snipers before they're actually going to pull the trigger. Now that is a crazy amount of attention that they need, right? So this is called box breathing. So what we're going to do is we're going to draw, I don't know if you've heard of this, so we're going to draw a box, an imaginary box with um, our breath. So we're going to breathe in for four counts, we're going to hold for four, breathe out for four, And then exhale for four, and then we're going to sort of keep going around the box until you feel calm, cool, and, and collected, right, all your thoughts and everywhere else. And then you head for the mall or you head for the stores, right? This is a really cool way to concentrate. I don't know if you want to do it now or if you want to just. Let's move on to another one.

BROOKE:

I say let, let's, let's do one round of it, even though I know it's supposed to be three or more, but I, I do love box breathing. I think that's funny that we also learned that in acting school. So acting school is very much like training for the Navy SEALs it's stupid to equate it, but tell any acting professor that they think they're just as important as a Navy SEAL. But yeah, one round that way people can take a little break while they're listening to the podcast.

RITA:

Exactly. Okay, great. So again, we want to either sit with our spine straight or stand with our spine straight. If you feel safe to do so, and you can do it, you could even lower your eyes. Okay. So lower that gaze or even close your eyes to really tune out the outer world and really focus in. So we're going to breathe in for two, three, four,

hold two, three, four, Exhale, two, three, four, hold, two, three, four, nice, beautiful. So then you just sort of keep going, not sort of, you would just keep going and going until you either feel more calm or you sort of, you know, you run out of time, right? You only have three minutes to do it or two minutes to do it. So that's again, something really, really interesting. Another one that I love. is to balance. Let's say you're feeling a bit off like, um, and you want to sort of balance that and you want to feel a little bit more energized or a little bit more calm. It's called the alternate nostril breathing technique. So we have these two beautiful nostrils and this is actually from the yogic tradition of pranayama of breathing. So what we can do is anytime. So think of your car. Okay. The pedal and the brake, right? So anytime you want to sort of slow things down and relax and bring in that calmness, that feeling of calmness, you would actually breathe through the left nostril. So you plug the right and breathe in through the left. Okay, so think of a car, right? It's the left foot that goes on the break. So that's the break. You want to slow down and, and chill out. So that's the left nostril. If you want to energize yourself and sort of, you know, maybe before a presentation or before a meeting or just anything, you need some energy, then it's the right nostril that you want to breathe. And again, think of the gas pedal. You press the gas pedal with your right foot, right nostril left is to break. So again, you would actually plug your left nostril and then breathe in through the right. So do a couple of rounds of those to get that energy. If you want a balance of both a bit of calmness, sort of balance both sides of the nervous system, then you would alternate from one nostril. You would alternate and go to the next one.

BROOKE:

So alternate it within one cycle, such as like one in through the left hold, and then one. Like then, right.

RITA:

Exactly. So you want to do that? You want to quickly do that?

BROOKE:

Balancing both nostrils.

RITA:

Exactly. All right. Okay. So again, we're going to take a nice deep breath in through the nose and let it go in, out. Let's plug the right nostril, which with every finger you feel comfortable. Breathe in through the left, plug the left, exhale through the right, inhale through the right, plug the right. Exhale through the left. Inhale through the left. Plug the left. Exhale through the right. One more. In through the right. Plug the right. Exhale through the left. Beautiful. Very nice. And I will give you one last one to help with digestion. to help you. Um, and now this should be done on an empty stomach. So it really gets that pump going as well and waking up those digestive organs. So this is called the breath of fire. So what we want to do is we want to actually engage the belly as, as much as possible. And really, if you focus on only the exhales, It's much easier. So don't worry about the inhales. They'll happen

naturally. So just focus on the exhales and remember that the proper way of breathing when we inhale and we do this we do this Most of us do this incorrectly when we inhale we actually want to inflate the belly This is the first time probably people are hearing you want me to stick my belly out?

BROOKE:

Yes, I do. Even though it's society always tells us to bring it in right stick it in

RITA:

Exactly. No, I want you to bring it out Stick it out. So when we inhale, we're going to actually stick the belly out. When we exhale, we pull that belly button towards the spine. But for this particular exercise, let's just focus on pulling that belly button towards the spine, right? So we're going to breathe out, exhale as if we have some snot in our nose and we want to get rid of it. So it's like Sometimes does come out so it's okay. Um, so maybe just make sure your nose is clean before you do this. So this is why we want to breathe as fast as we can and as aggressive as we can and focus on the exhale. So really, we're building that fire in the belly. Let's try that together. Beautiful. I can see from your throat that you're doing it right. Amazing. Yes. Yeah. So you can do that right before, um, you're about to eat just to get those juices going, that fire in the belly going so that you can digest all that food properly. And another one too, right before eating is I love how, you know, the simple grace before meals are just, it's just a little bit of, of, um, gratitude right before your meal really allows your system, your nervous system, the digestive nervous system and the parasympathetic nervous systems to slow down right and really allow those enzymes to be produced. So then again, you break down that food and allow those nutrients to be assimilated. So just a couple of minutes, literally just sit down. I don't need you to go on full out prayer, but just a couple of minutes just to be thankful. And of course, gratitude is one of the highest vibrating emotions anyway. So you're bringing in all of that goodness as well. So just a couple of breaths, deep breaths in through the nose. And then out and just maybe a little gratitude, thanking whoever made the dish for you or even the restaurant, wherever you're at, just sort of thinking that you have this food in front of you. So that's, uh, that's my last technique. But overall, Brooke, overall, anytime we. Elongate. We extend the exhale. We're bringing in. We're bringing in that parasympathetic nerve activation. We're bringing in that calmness into our lives. So even if you know all of these seem overwhelming to some of you and maybe too complicated or anything like that, just literally all you need to remember if it's one thing you remember after this podcast is as long as you're extending the exhales, Then you are telling your body that you're safe. You're supported. You're okay.

BROOKE:

Yes, and one thing to comment on that Um, I've heard this before and you can probably vouch for this and comment on it. You know, when you go to the doctor's office They're always like, okay, relax. Take a deep breath. And that's actually pretty inaccurate because they're essentially saying focus on taking a deep breath in, but they're not talking about actually having a longer exhale to really soothe you. And

that's one thing that really frustrates me because it's a surefire way to, to coach people incorrectly, if you will, you know,

RITA:  
100%.

BROOKE:  
And then they wonder why their blood pressure is super high when you go to the doctor's office.

RITA:  
Exactly. Because I'm going to go nerdy and geeky on you here, but it's actually the, the release. Okay. Of carbon dioxide that signals to the brain. to or hemoglobin to release oxygen. So it's that amount that build up, not the release, I'm sorry, the buildup of carbon dioxide that signals to the brain to release oxygen to the cells, tissues, muscles, organs, and systems. So it's not the, it's not the inhales. It's not the oxygen that you take in. It's actually how much carbon dioxide you hold. Correct. So the slower we breathe, right? The act, the more we extend those exhales, the more we breathe light with that diaphragm, the more we're actually keeping that carbon dioxide into the system.

BROOKE:  
I love when you go, quote unquote, nerdy geeky, as you say, I love that, you know, you're passionate and you're knowledgeable. I think those are some great techniques. And I mean, I don't want to speak for my listeners, but I know my fan, I like the fan base, the listener base are not the type of people who would really care what people think. Like, let's hope, but guys, if you are worried, like, "Oh, I might look crazy at the store doing this." Um, I think like the people who might look at you crazy, you're going to see them for like five minutes. You're going to, you're living with yourself for the rest of your life. So do some crazy. Stuff like it's not that ever existed in the world.

RITA:  
yeah, exactly. You can, you can actually hum the song that's been, that's playing, right.

BROOKE:  
Exactly.

RITA:  
And the actually the song, Mariah Carey, like just--

BROOKE:  
I actually personally love that song.

RITA:

I love--me too. Do you know how much money she makes from that every single year? It's like a ridiculous amount, Brooke. I think it's in the millions every single year.

BROOKE:

Wow. I mean, like I sound crazy. She kind of deserves it. Cause that song, but that is nuts. I mean, I wish I would have thought of it, but you'll, you'll just hear me hum. If you're in line at Macy's with me, . So Rita, thank you so much for that. And this is something that we like to do on the, Who's Dat Phat Girl Podcast? When we have a guest, we kind of like tie in some fatness that's fat with the pH, as y'all know, pretty hot and tempting where we talk about some of, kind of the themes of the show in general. So, Rita, do you have a, like a favorite childhood memory associated with food that you would like to share or talk about?

RITA:

Oh, yeah. How about like every single Sunday? I come from a very traditional Italian family. So Sundays at 2 p. m. Oh, it's just one of my favorite food memories because there's always there was always like such a huge spread as if it's Christmas or you know, holiday, but it was every single Sunday at 2 p. m. And I just remember, because I was a teenager waking up at probably like 1:50, just waking up to this beautiful, beautiful smell of like either, um, sauce or meat. I used to eat meat back then, or just like this. That's what used to wake me up, was the smell of just such amazing, yummy food. So, shout out to my mom for all of this amazing Sunday spread, Sunday afternoon spread.

BROOKE:

Hey, Sunday dinner. I've heard it. I'm definitely not Italian. I'm Cajun, but because I live in New Jersey, a lot of my friends are Italian and I'm always like Sunday dinner. I love y'all. It's so I like the feast of the seven. Is it the seven fishers or the 11 fishes?

RITA:

It depends. Yeah. How many fish you could get.

BROOKE:

I love that too. Now I really don't like to label food as bad food or good food, but clearly I do believe there are foods that are better for you, and there are foods that are not so good for you, like for your body. And as we know with PCOS, there's foods that support and there's foods that don't support. Throw all that aside. Do you happen to have a favorite quote unquote guilty pleasure food?

RITA:

Oh yeah, for sure. I actually have two. So, chips. Okay. Right. Uh, but I guess you can get the oven baked and really non GMO, some really good ones. So maybe that might not fall under that, but truffle fries, truffle French fries.

BROOKE:

I know they're so good.

RITA:

Just that smell of truffle. I love it. So yes, that would be my guilty.

BROOKE:

Truffle has a taste like none other.

RITA:

Yeah. I love that. Yeah. Very acquired taste, actually. Not everybody likes this. Members of my family think it's good. It's disgusting that I'm eating like this.

BROOKE:

I think it's a fun fact pigs have to sniff it out.

RITA:

I know, crazy, right?

BROOKE:

I like that. And on that note, do you have a favorite healthy food?

RITA:

Oh, I have so many, but if I had to choose, it would probably be arugula. I love my arugula salad. Yeah, I love it. It has a nice flavor to it. Super bitter and the bitter, the better for your digestive issues, right?

BROOKE:

The bitter, the better. That'd be a good bumper sticker. I like the bitter. I like that. We've heard some of it, but can you kind of give us what, what is your healthy lifestyle mantra or saying or something that you have on repeat in your head that you'd like to share with us?

RITA:

Um, there's a few. You actually, like, you got to do the work so like, there's not going to be a magic pill or a powder or, you know, just somebody that's going to do it for you. Like, you really have to do the work. And I think another 1, 2 is everything matters. Like, well, how you do 1 thing is how you do. Everything right as how you do all other things. So like everything matters. If you, if you're, if you go for your walks in the morning, if you know, you get that sunlight exposure, like you're eating your, you know, people that you're eating with, right, those healthy meals and who you're eating with, like all of these little things matter. So it's not just one thing. It's really everything that stacks up. And maybe another one is the 80 20 rule because we are human. And so it's not what you do. Okay. Sorry, it's not what, yeah, it's not what you do 20 percent of the time. So if 20 percent of the time I am having those truffle fries, it's okay, right? It's what I'm doing consistently 80 percent of the time that really matters.

BROOKE:

I love those are also great, Rita. One last PHAT question. Pretty hot and tempting question. Was there a time when you felt maybe at your fatness or like, um, again, P. H. A. T. When you had a, like an aha moment or something that really clicked or one of several moments that you would like to share with us?

RITA:

Yeah. So every time I do my breathwork experience, which I'm going to obviously invite you to. It's just an amazing and we do the sharing right? Oh, first of all, even during the experience when everyone is just breathing. So everyone's in the room and they're laying down and they're just breathing in unison. And we sound like an orchestra and I feel like the conductor and it's just so amazing how. Everyone is just breathing it to the same rhythm and I can just sense the energy and I can just sense the release of stuck emotions, negative emotions, just really exhaling them out of our bodies. And then when it's over, we actually do a sharing circle. And it's just so beautiful just to hear the stories, the breathwork stories. So this is where I'm just like, yes, this is why I'm here. I'm on this earth to help expand this beautiful modality of breathwork that is really free and available at Arnold's tips. So it's during my breathwork sessions.

BROOKE:

Yeah. I love that. And that's when you're helping, obviously you're helping yourself, but most importantly you're focusing on helping other people. Yeah. So I really love that, that you're seeing the, um, the Kindred spiritness. That's an example of when you feel at you're Yes. Fattest pretty high. Interesting. And we know that's literal, but also figurative. So Rita, again, you're giving people 50. That's five 0% off. That is an. Same discount. I'm grateful for that. Thank you. Before we wrap up and I thank you and I say, you're so awesome. Um, can you plug your website in your discount one more time?

RITA:

Yes, of course. So the website is SavoiaSelfCare.com and there's a bunch of freebies in there and I, I actually forgot to mention that the review that's would be super pertaining to this episode is nine vital breathing techniques. And it's actually going to go into these breathing techniques that we, we talked about, and then you can click on it. So it's a document, you can click on it and sends you to my YouTube channel. So where there's a demonstration and you can do it along with me. So that one is going to be part of this podcast for sure. And then that 50 percent discount on those. Breath work sessions. Let's say you wanna get something for a loved one. Get them the gift of breath, right? The, the gift of health. The gift of wellness. So really, um, breathe 50. So that's all capitals. The promo code is going to be Breathe50.

BROOKE:

Awesome. And I'll be posting all that in the description, the links. And I say that this is a wonderful gift y'all, because sometimes people have too much stuff. You know,

my side gig is personal organizing. Don't always give people just stuff, but think about giving somebody the gift of like Rita said, the gift of breath, the gift of health. This sounds like a wonderful gift for. Anybody on your list. Rita, thank you so much for sharing all this with us. I really appreciate it. I'm glad the universe connected us and I again, I hope we can talk again one day specifically about PCOS and share your story with everyone, but I think this is super helpful for people right now in this world in this space and not just for the holiday seasons, but Always. So keep breathing and Rita, thank you again.

RITA:

Thank you. This was so much fun. Thank you. I love your energy, Brooke. Thank you. I love that

BROOKE:

We're, we're doing Namaste hands for those who can't see us.

RITA:

Together. Yes. In our red sweaters.

BROOKE:

Red sweaters.

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](http://BrookeHoover.com/fluffybuttproductions) or email me at [contactbrookehoover@gmail.com](mailto: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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