American Idol Star Exposes the REAL Secrets Behind Stage-Ready Health! Nutsa Buza | Ep. 86 Transcript

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Nutsau2019s Background and Georgian Roots

So I was 13 years old. Everybody in the family were telling me that I should be in Hollywood and not even in Georgia. And I didn't even know what Hollywood was.

When I living in Dubai, that's when I make a move and I sent my videos to American Idol and was the first foreigner that they allowed to repeat on American idol.

How did you feel when you got that response? I wasn't flying. I said, yeah, this is what belief in God means. Meet Newtza Buzaladze, singer, songwriter, and rising global icon.

From her breakthrough on American Idol to the Eurovision stage, she's redefining what it means to chase dreams and make waves. So tell me a little bit of what does the food typically look like?

You're gonna gain so much weight when you come to Georgia. Everything is so tasty that you wanna eat everything. When you have a big performance coming up, the last thing you want to do is get sick.

How do performers like yourself prevent that from happening? I don't overthink about being sick. Thankfully, I never in my life had a big thing going on and I got sick I dont fear that because I feel like I get very stressed if I write something and i dont do so I'm always trying to do three most important things in a day Welcome to another episode of a healthy point of view podcast.

I'm your host, Sam Tahata. And as usual, we're bringing people from all over the world to talk about health, wellness, beauty, and mindset. Today, We're bring a guest here to you.

You've probably seen her on American Idol and she's got one of those very beautiful voices, but being out there singing globally requires a lot of emotional health.

Physical health and all kinds of other stuff when it comes to mindset. Today, we're gonna tap in with our guests to figure out what she does to take care of her health as she's moving around.

This is gonna be an exciting one. You gotta hear it from people from all over the world and from different walks of life on how to care care their health.

Today we have Nutsa. Nuta, thank you for coming here on A Healthy Point of View podcast. It's a pleasure. Thank you inviting me. You're doing an amazing job.

And I'm very, very excited for everything that we're gonna share today. Absolutely, absolutely. So you've had a very wonderful career. And one of the things that we were just talking about backstage is one.

You saw my fire department gear. Yeah. He says, you know, one my top songs is about firefighters. Yes. So I want the listeners and viewers to kind of really understand who Newtza is.

So tell us a little bit about yourself and what got you to where you're at today. Well, I'm originally from a very old and very beautiful country of Georgia.

It's in Europe and we have very deep and old and beautiful culture. I'm very proud of it because that plays a big part in my life and in me as a person.

And I am very of that. Everywhere I go to, I feel like that I ambassador for my country, first of all. Amazing. Yeah, but I've always wanted to be global.

seen myself at one country, and also I think it's a good thing for my country too, to represent them and let everybody know how great our nation is and how many great benefits we have as a nation.

So I think that my country plays a big role in my resilience that I have in me, because the place where my father is, it's in mountains. And so they have this like they've been always in wars and always fighting and they had this, like, how to say, cold, not cold I'm sorry, hot, Lot, you know that warrior mentality and even though I'm a woman I embrace to be a women.

I love that feminine energy But also I see myself sometimes I caught myself in that like from my father genes It's really affecting my life a lot and it's helping me and the reason you mentioned firefighter the Reason?

Why I wanted to sing a song about firefighters. It's because of so there is a international contest called Eurovision. I don't know if you heard of it, but it's huge in Europe.

So on last year, I was representing my country for Euro vision, and I had I want to You know, it's watched by millions and millions of people this this show.

So I wanted to sing a song with a strong message. I saw all the hate and negativity that is happening right now in the world and was happening. So I wanted to be a firefighter and fight it with love and put out the fire with Love.

and kindness and, you know, and and all the things that we're going to talk about, it was part of my life for a long time. And and that that was the message of myself.

Food, Wellness, and Moving to the U.S.

It really touched a lot of people. When when I listen to that song, It always gives me the power and motivation to keep going, but not to be a bad girl and keep growing like that and fight that negativity with bad and even worse, because it's never going end.

But opposite. Yeah, it's almost like, you know, when you think about firefighters, they're saving lives, preserving property, and you do that with a form of passion and love.

Yes. Yeah. I love that. So that mountain area that you're talking about where your father lives. Is that where you grew up? No. So that's, it's called Tiuleti in Georgian.

That's how it called. And Ta is mountain. Ta means mountain in Georgia. and that where my father's roots are from. But I grew up in the capital city, but that is where out my surname is from, you know, my genes are, are there from there.

And like, but my father still has it. You know, my. Father loves horses and knives. And, you know. He's been a soldier in almost all the wars that my country had.

Oh, wow. Yeah. My father. So so I have I. Have this, uh, this power of him in me also, even though I'm a girl and I love that and. I appreciate that. So is that area where your father's from in the mountains, he's there now?

No. Okay, that's where he was originally from. That's what he is originally born from, but he decided that he doesn't want to live in a capital, so he lives near, like it's not far from the city, it is near to the feels that love from nature that he has and then for love for animals and he had horses.

That's amazing. He has, yeah, it's a great place. So I don't know too much about the culture of Georgia. Yeah. The culture, what language do you guys speak here?

We speak in Georgian. We have actually three different alphabets and we use only one alphabet from it. Is it Latin based? No, no, it's just unique because it has been a long time that Georgia is existing in the world and kings and queens, and it's like very rich culture, in each region of my country.

My country is very small. It's five or six million people living, not only in Georgia, but outside also, like in total, as a nation, we're like five to six millions.

But our country has different regions, each has its own language, too. So for example, my mother is from San Megrelo, it's called like that, and they speak Georgian, but also they speaking Megrelian.

Okay, is it like a different dialect? Yeah, dialect, yes, different language. I don't understand that language, to be honest. Oh wow, very interesting.

And each region has its own traditions. That's why our food is so diverse. Food in Georgians restaurants are very big. Everywhere in in New York. There is like so many Restaurants open now Georgian because they have such a unique and tasty food and and my country is a wine country also So we have like different variations of why I was gonna ask you about the food because you know when we talk about health and wellness, yes Depending where you from kind of defines the level of health also, right?

You will get like a lot of countries in the Mediterranean. They have a very healthy type of diet if you look at it But we don't. So tell me a little bit of what does the food typically look like in Georgia?

You're gonna gain so much weight when you come to Georgia, but it's gonna be good and happy weight. Is it natural food though? Natural food, yes, fresh.

food like fresh meat, fresh cheese, trash vegetables. Everything is fresh. It's such a tasty and nourishing food that we have there. it's just unreal.

You've never seen anything like that. That's the good part about it, but everything is so tasty that you want to eat Everything and everything has such a lot of calories.

We love lots of cheese, we love butter, and we like meat and so many different spices also inside of the food. It's just really tasty. And we also love to drink wine.

So when we do gatherings, everybody should say a toast, Everybody should drink wine, and everybody Should taste all the food. And it's not that when We go to a restaurant, we order one dish.

No, We order a lot of dish, And then we share everything. So it It's a great culture. But about diet, My country is not close. If you go To Georgia, you shouldn't be on diet.

You should Forget about that.

American Idol Breakthrough and Handling Stress

But what helped me with my wellness and diet and healthy living is actually America. So when I came to LA and I saw how healthy people are living and got all these healthy tips and how we should eat in order to function better and feel better, it was life-changing for me.

Actually, my health journey changed after I started going in and out to Los Angeles. Okay, well, not all parts of America are that healthy, like LA. Fortunately, Miami, LA, people take better care of themselves.

Now, when was it when you started coming to the United States? How long ago? It was 2019. 2019, okay. So LA was the city that I wanted to see the first time when I traveled to US, and it was kind of like my dream city.

What did you think about it? That was right before COVID, right? Yeah. Yeah, no. Yes, exactly. It was right before

COVID. Also, I traveled when it was COVID, too.

So when I was covid, i was in Miami, actually. My first covid. I got it from Miami. Right. Yeah. Where do you live now? Now I live in Los Angeles. OK.

That's home base. But before, like I wasn't living here. Amazing, so have you been singing all your life? Yes. You've been performing since you were a child?

Yeah, since I was a kid. So I 13 years old and I lucky enough to have supportive family and my aunt and mom, everybody in the family were supporting me and telling me that I should be in Hollywood and not even in Georgia, yes.

Yes, they were like since I was like six years old, They were telling me this and I didn't even know what Hollywood was. I'm like, I like searching and that's what my aunt was literally like telling.

Me that every day and it was kind of in my mind. So when I. Was living in Dubai, that. When I make a move and. And I sent my videos to American Idol and was the first foreigner that they allowed to compete on American idol.

Yeah, so I flew from Dubai to Los Angeles and I had like maybe six auditions and then the producers liked me and kind of changed the rules and it was like really miraculous.

Moment, how did you feel when you got that that response? I was I Was flying I? Was playing it was like I, was so I. Was crying and I, was flying and i was Like, yeah this is what belief in god means i've always believed in God and always Believed in miracles and there is nothing for me that cannot happen in my mind that's god's work you're right that'S absolutely right That's God's word yeah, okay, so You you get out to american idol yes How was that whole process?

Because there's the excitement, but at the same time, there is a level of stress that comes with that. Oh my God, so much stress. You know how they say, if there are good stress, bad stress it doesn't matter, stress will kill you.

Yeah, I was so stressed. It was from the beginning when I got accepted. Obviously, I was very happy and oh, my God, this is great news. And a whole country was celebrating with me, not only me but the competition itself.

It's so hard, first of all, when you are a foreigner. There's a different level of competition there also. You're like, why she's allowed to be here? She's not allowed.

To compete with us. And then then I got hate from people. So obviously I had great supporters, but also I have a lot of haters and also inside of the competition, I was feeling that some like side eyes and, you know, Some some contestants didn't even like how I was dressing up because I love to dress up every day Yeah, I loved to dressed up not for anybody but for myself.

It makes me feel good So some some people would get irritated by that I couldn't understand why you know, cuz I didn' do anything bad to anybody But, you know, yeah.

So how do you handle those stressful situations? It's really hard, yes. What are the steps that you take to kind of maintain yourself at that peace of mind?

Well, to be honest, I was crying a lot. But then I realized that it's hurting myself and my voice. And I said, OK, now I need to step into my power and accept it as a reality.

So accepting the reality is very important. Absolutely. You accept that and then you move on. Oh, I don't know why. Why they tell me this or why they did this.

They do. So the thing that I had to realize is that. I cannot control other people and I have no control over other. People. What they do or what they say is not my business.

Right. Because I can never control that, even how they act. They can do or say to me whatever they feel like saying or doing. But my job is how am I gonna answer and what am i gonna do, right?

And what I'm I going to think about myself? Am I accepting what you're saying? Or am not accepting in me? See, that's a very powerful message, especially for the young generation that is listening, because what ends up happening, a lot of people go into that victim mentality, which that could put you into a worse situation.

Worst situation, it's not going to do any better for you. So when I had that first situation that I got accused of something from other competitor, that was afraid for for her performance and blame it on me that she was losing it you know it was like i've never been in that situation before and and for a for like that night i i cried a lot but then the next day i realized i realize the situation that i understood her too that why is she doing that because clearly she's not mentally well if she does that, right?

And then I accepted that and I felt kinda sorry for her. And, then, I realized, okay, she did that. What am I gonna do now? What's my answer now, how am gonna deal with that?

So, actually, spending time with yourself and thinking and analyzing, and if you need writing, it's very powerful and important. Yeah, like journaling.

Journaling, yeah. So do you depend on prayer? Yes. Meditation, so I do meditations, I doing praying, affirmations, all of it. And I'm doing training every day.

So these four things, and I also do breath work. Breath work, yeah. I love breathwork. These five things are so important for your daily life. Just imagine if people, like, when somebody says, oh I don't have time, then I never believe that.

You make time for what you want. Exactly. If you make for scrolling for nonsense on TikTok and Instagram, come on, you should have time yourself. Right.

So but it's like you're so dependent on that scrolling. You just don't realize how many hours of your life is going for that. It's just so crazy when I think about it.

so you have to push yourself and say that, OK, I need to do this five things every day in order for me to stay happy. stay successful and get even more successful, and just be happy.

Because what I've realized is that if I'm not gonna do that for three, four days, my protocol now, it's like brushing your teeth. If you're not going to brush your tooth for 3-4 days.

You're going to smell awful. Right. Very bad breath. Bad breath goes to your mental to. Your mental state. Yeah. It can easily start to rot. You know.

So yeah. This small things that you do every day is very important. And then you don't realize. But then. you have that stamina to face whatever is coming to you.

Because as I said, you never control what's coming for you Now, do you ever tap into meditation or breath work at a point in time where you encounter like unplanned stress, if you will?

Yeah. You know, it's one thing where it just like, OK, I got this big event coming up that you know you have that coming out. Yeah, you could do your breathwork meditation prior to work out when you.

Have something that just randomly happens. Yes. Well, your luggage didn't show up or something like that.

Meditation, Breathwork, and Staying Healthy on Stage

I say this to my fiance now all the time because he loves to get stressed at the airports and I'm the opposite. So I

always choose very wisely on what am I going to worry about.

So I never worry about luggage. I'm never worried about if I am late for the airport. Of course, that thought is hitting me, but I try to control it and not stress over it.

Because what am I, again, what I gonna control? If there's something that I can control and I worry, okay, it's fine. But if there is nothing that can do about it, There is no point to worry about it.

But once that kind of things happen, for example, my father is sick. My aunt is stick or like there's so many things or somebody said some some accused me of something that I didn't do or there is some bad press or.

There's like so so. Many things can happen in life, right? I always call to my priest and I talk with him. OK, it always helps me. It helps you and my mother.

Yeah. And also there is third person added to that list, my fiance, because I got engaged last month. Oh, congratulations. Thank you. So, uh, so I have this three people that I call to when I.

Have some emergency going on. Now, when you, how do you meditate? Do you have a certain style of meditation that you prefer? Yes. I either meditate in morning or night, but I prefer meditating morning.

If I don't have some emergency or I'm not late or anything, I do meditate and the morning and I have my personalized meditation by our healer that we have.

Okay. Yeah, so he did this meditation for for both of us me and my fiance and we do that every morning if not then at night I like to do Wim Hof's meditations if you heard of him when half like Iceman I love him and his breath works are just great and there is the app of his and also I go to that app and if I don't do my morning meditation that I'm gonna do his meditation today and then you do the breath work you implement that as well, too Yes, I do the breath work, but sometimes like I maybe I can have two days where I'm so busy.

It's so hectic that, you know, sometimes I don't have time for it. And but not more than two. Days. Then I say that. OK, no, it's fine. Like I. Don't like to stress myself.

Oh, gotta do that! You know? And if if, if something happens unexpectedly, let it let. Let it flow. Right. Maybe it has been maybe two, days I cannot do it, what I am going to do a third day.

So, you know, mental health is extremely important, especially when you're high performance, very active lifestyle. So sticking on the topic of meditation and breath work, do you ever do meditation breathwork before you get on a big stage?

Yes, breath work. I do, not meditation. Before my performance, I always pray, always. Okay. Like I've never went on a stage without praying. But now I started also breath works.

It's really helped me. And that helps you. How does it help you? Like, what do you get out of it? It grounds me because you have such an excitement. And also I get a lot of like stomach aches, like, I don't know, butterflies before I hit the stage.

It's like you're just so like I cannot say nervous because I know I'm going to do my best. But it's just like when you. Have to go and perform for like millions or thousands of people, you know you get.

Yeah, you're always gonna get that excited. Yeah. And I love that. I wanna get there. But breath work and praying always helps me so that I know that, I'm gonna do my best.

Amazing. So, being a performer, this is a question that i personally have. Because, you know, when you have a big performance coming up, the last thing you want to do is get sick.

And then all of a sudden you got a sore throat, your coughing. So how do how to performers like yourself prevent that from happening? You cannot prevent that from happening.

If it, for example. Do you stress out about that? Like, like, oh, I hope I don't get sick before this big performance. I. Don't stress about it. No, no, No.

Because what you fear you attract, you know that. Yeah, yeah, Yeah.. I Don' fear that because I feel like OK, if it's going to happen, OK I'm going. To do it well, don' overthink about being sick.

Right. OK. But. In February, no, before February previous month, I got COVID and I get bronchitis together in New York. Yes. And I was supposed to have some meetings and everything.

Obviously nothing happened and i got very sick. And after a couple of weeks, I had also this Oscar viewing party of Elton John's that I have to attend.

And the COVID went away, but I hadn't bronchitis, right? COVID it went way. Then I also had to travel to LA. My body was really low. Like, my body even couldn't fight with this virus anymore.

It was in very bad state. So what could I do? I, you know, did some IVs. Those help a lot. Yeah. I did IV before flight. Did IV when I landed, my fiance, then he was my agent.

He took really good care of me with all the vitamins and everything. And I was not at my best, but I still went to the event and I showed up as my Best Self.

I tried like it's like about pushing yourself because you can never prevent thankfully thankfully I never in my life had big thing going on and I got sick never because I know that I don't have to party when something great is happening in my life, career-wise, I know that I don't have to go out if I have not to.

I'm in this business since I was 13 years old, so I kind of learned what to do and what not do before. And I am always trying to prevent it. Well, you obviously take very good care of your health, right?

So part of making sure that you keep a strong immune system is doing whatever you do, which we're going to dig a little bit deeper about that. Yes. You came here to the United States and you said, man, L. A., you see all these people looking good and whatnot.

So you're taking care of your health. Yes. So we talked about the mental side of doing breath work, meditation, prayer. But now let's talk about your physical health, right?

Because I've been dealing with that for a very long time. Let's. Talk about it. Yeah. Also, I started vlogging on my YouTube. I was not doing that before.

OK. But I felt that I need to share whatever I know with with my subscribers and with me with My followers so I started vlogging so i did this vlog about my weight loss journey And it's such a painful topic for me.

You I couldn't even believe that it was that painful for Me how much were you weighing? Was not I was never like overweight I Was chubbier than I am now and sometimes I would get plus 10 kg sometimes.

I Would have lost Lose that so I always like that. Are you going to Georgia? Huh, are you gonna church a lot when you get? So, you know, it's like I wasn't ever like, I never had a problem with weight, and you're not like health problem Thank God but like I'm talking about like when you know that you can look much better and be in a much physical state than you are now, and you just cannot because your subconscious is used to the same patterns of eating that that, you've been eating for a very long time.

But you seem like you're a competitive person with yourself. Right, right, so in February I had to face myself and say, okay, what is wrong? You know because I would say okay, I'm so competitive and okay like I I did this I Did

that but I could have done so much better I Would have been in much healthier state with my body and happier with My body, and turns out for 10 years.

I was never happy with. My buddy really for ten years Why what was what part of your body were you not happy? Well, so I wasn't doing this extreme diets, which are not healthy and I would say, okay, I need to get ready for that, which is in one month.

Weight Loss, Habits, and Daily Accountability

And I will starve myself. Yeah, and be ready that and then the next day eat like a pig. Then I get stomach issues and problems. I'll be bloated and everything.

It's just for your mental self is not good. So how to say, it's stressful for yourself and for your body. You're not happy like that, you know? Every time I would go to a restaurant, I was like, OK, should I eat now or should not?

I think I cannot eat. Now I should drink only water. I wasn't in a healthy state of mind with food. So it's really, what you're talking about is overall lifestyle.

There are many girls doing it like that. Oh yeah, 100%. And it is something that people deal with and I'm happy you are vlogging about it because you help a lot of other people understand what your gone through.

But when you look at your overall lifestyle at that point in time, how was your over all lifestyle? Were you out partying, drinking at any of these things?

But overall, pretty healthy, you would say? Well, because I wanted to be global singer, I started traveling since I was 17 years old. So I would travel alone, also go to different countries and go different festivals.

TV contests and shows, and I've been to many places. Because of that, I was everywhere. I couldn't sustain a lifestyle that I wanted because I want to try that.

But it did help me with my career, yes. But I wouldn't sustain like, for example, I would be at home for one month and I will work out and eat well for 1 month.

And kind of do something like a diet, but always with with like cheating with chocolates or with sweets. I had a very sweet tooth and would always cheat with chocolate and it's not healthy.

And then after one month, I would go back to my old self and just like eat like junk food and some chips and sodas and what like bad food, you know, not controlling it.

And what does it look like now? So now, so in February, I spent some time with myself and I wrote it down, my reality. How Nutsa is doing right now with financial state, with my health, With my career, and with everything, And I burned it.

I read it and I didn't make it beautiful. OK, I I wrote it just how it is. I did it like to myself. And I burned it. Then I write my my dream life. It in my Dream Life.

II I've written there that I'm training every day. Okay. I like that. Even if it's 15 minutes walk, I'm moving. Right. Moving every day. You know, i'm not going to say, oh, okay.

iIm not gonna work up for three days, but then i'M gonna workout very hard and make up. For that three. Days. No. But I wrote that I'M going. To be gentle and caring with myself.

And iM gonna move every. Day. Sometimes a lot of movement, sometimes small. And also I wrote it down that I'm going to eat healthy, what is nourishing for my body, not because of my look, but for brain, for body.

What is like nutrition that i need for the body? I like that. Yeah. And that's how then I was reading that every day. That's also how it got into my subconscious mind.

You have to have new habits now. Right. Now, is that change the habits? It's not. And it seems like you've done it. Is that how you're living now? Yeah, I'm in the process.

I can say that I've done it 100%. I'm eating chocolate sometimes, but I am giving myself permission, kinda, for it. But I couldn't say, that, oh, I perfect now.

I mean, a perfect state. No, still have little bit fights with myself, But, much better than I was before. Much better. You have to enjoy your life too, you know?

Yeah, let the chocolate suck on her. Yeah. Enjoying my life, and I not like, Oh, have be super strict. Now, love to enjoying life. Right. but, happy that make this progress now, Now, accountability is extremely important.

Yes. So how do you hold yourself accountable? Well, and I get very stressed if I write something and don't do, so I'm always trying to do three most important things in a day.

So I write down in my plans for a day. I love to write my plan for day, because it helps me be more organized. And when I wrote that, I mark the three most important things to do a today, and it really helps.

Me. Yeah. But sometimes I like to have a days where I'm not doing anything. Right. So what is a typical day, like when we talk about your healthy habits, what does a typically day look like for you?

Yeah, so now in Los Angeles, I do have the life that I wrote there. I'm so close to that. And I could say that in my daily plan, What I am doing is how I imagine it would be.

I wake up, I try to wake at eight or nine a.m. I'm not waking up at five a, m yet, but maybe I am gonna get to that point also. Do you wake to an alarm clock or no?

Yes. You do? But sometimes when I already used to it, and I woke up. Naturally? Naturally, yes. But I always wanted, when people say that, oh, wakeup at 5 a and then I have so much going on and so energy and you know, in that morning period of time.

I wanna try that also, to be honest. But first, I'm getting used to this cycle that I am having and it feels good. So I feel good in it and I fell happy.

Yeah, that's what matters I think. In the morning I do meditation, and do breath work, do affirmations. And also I go to sun and always do that in front of sun.

and like to get that sun energy in the mornings. It feels good, right? It feel so good. Then I'm having a cold shower. It's very important for me. And then I am going to the studio and then i'm going into meetings.

If I have some meetings going on, then around eight o'clock or six o clock, I've having dance classes also. That's how I fit in. In between, i am trying also to read if I had one hour.

But usually when I go out from home, to like nine or eight. What about like supplements, vitamins, and all those kind of things? Are you taking? Yes, so when also after my bronchitis and my COVID that I had, I felt that my immune system was very affected, very low.

So I went to TEDx and I did everything. And they give me supplements for my body, which was Omega. Vitamin D, there is a thing I take in the morning, like a powder, Pecta.

And also, I'm trying to drink every day two liters of water. Okay. Hydration support. Two or three. Nice. So do you use any kind of data to monitor your progress, health and wellness wise?

I do journal, I love to write it. No aura ring or Apple watch or anything like that? No, no I don't do that. I just do, right, because I write like my yearly plan.

And sometimes I'm do monthly also, so in this month I want to do it, but then when I read it I check that, let's say that that is my data. Right now there's a big movement that's happening here called Make America Healthy Again.

It's the Maha movement. And that movement talks about a lot of the ultra-processed foods that people here in the United States are being poisoned by a lotta the toxins and chemicals that are inside of these foods.

Not only America. There are other places around the world as well. Everywhere, yeah. Now this MAHA movement, the Make America Healthy Again, what's your thoughts on this whole movement?

It's great. I wish that that movement was in every country of the word. It is very important because also recently I started drinking water only from glass bottles.

Yeah. And not using plastic anymore. Is just crazy. how much toxins we get from plastic. It's like every week, I saw a picture like, every, imagine eating the credit card that you have.

That's crazy. Yeah, it amounts to the same plastic that we are taking from the plastic bottles. We're turning into the real Barbie doll made out of plastic, right?

Right. So, yes, so many. So many things that there is in that. Also, not only food, to be honest, I'm also creating now my beauty line. And I wanted to create that beauty because the fragrance.

I also have my fragrance line, which is cruelty and it's vegan. It's cruelty free. that chemicals that are inside of this makeup products and fragrance that we are using every day and lotions that were using everyday on our body.

It's crazy. Yeah, it's it also a big cause of the illness that that women have from such a young age. Oh, yeah. And it said it not only food, hormone disrupt as well.

I'm happy you bring that up because people have to understand your skin. It's one of the largest organs in your body, right in. Your skin absorbs everything that goes onto your skin.

Yes. So so when you're talking about, you know, a lot of these products and you go into some of. These, uh, drug stores and some. Of these department stores.

And there's all kinds of different cosmetics and you have the makeup and the lotions. And a lot of these recently, you know, they've got, have published the studies.

There's a lotta toxic stuff in these products. What's happening is disrupting your hormones as a female. It's causing infertility issues. Disease starts to develop from it.

So what motivated you to actually develop this product line? So after I moved in here, I downloaded those application where I scan products, what I'm using.

Clean Beauty, Hormones, and Advice for the Next Generation

And after, you know, And I guess I still am one of those girls that are like, I love to have a lot of products on me, like makeup, a lotta creams, lotta serums, lotta toners, every little girly thing that you can possibly imagine, and I loved it.

And when I realized how damaging it is for my health, okay, why am I eating healthy for and why I am training for? do the same damage to my skin and body through this product, you know?

So I'm like, I want to create something that is healthy for our bodies and we're going to still look pretty. They'll get

the benefits, but less damaging for health and hormones and for everything.

With girls, it's like so different than men, you know, with women, because we are all about our hormones, and it's very important to care of that. And also, I want to tell the women to check your hormones.

It's or for losing weight, for being happy, you know, and for all those things that bother bothering you. Maybe somebody has headaches or anything. It all starts from hormones.

Yeah. And that's what we call is look under the hood. You can't do jack up. Don't wait until it's a problem. Yes. Do it as prevention. Prevention is very important.

I always put things into three categories. Prevention, early detection and treatment intervention. Make sure you're doing all three of them correctly.

That's a, you know, do you have any kids? No. No kids. I wanna have two. And it's blessing to have kids, I don't have many kids yet either, but let me ask you this.

If you had children, right, a daughter and a son, what would you do different for your children health-wise versus what you've had as a kid? Well, I had great childhood.

I love my childhood, but definitely I have some unhealthy habits. So I wouldn't give them so much sugar and chocolates and sugary treats as and I wouldn't take them to junk food places that children love to go, and wouldn' call it a cheat day for them, no.

I would give them as more nutrition as possible, I will definitely have a psychologist for children for me to teach me how to handle any situation with my kid in order for then to be healthy and happy, because guess what?

When we are young, our subconscious mind takes everything that's happening around us and that and when we are grown up. That's when it shows up so so it's so important for children to have healthy childhood, and not only with what we give them to eat.

what we give them to eat, but also with what say in the family and how we react or whatever they do. So I would definitely hire a psychologist for me.

Well, I have a great relationship with people, with my friends, the children are different. I think I need knowledge in that. Yeah, yeah, I agree with you.

And you know, you bring up a good point of how things come up later in life. A lot of that they call it the childhood trauma. Yes. Right. Which can affect someone later on in their life, especially if they don't address those traumas.

So that's that. That's great. They bring that up. But some people, they do want to talk about it. No, they don't. But but that's really how you get to the next level.

If you want to go to next, well, you got to dig deep in that. Yeah. And there's people that specialize in and will guide you through the process to have that breakthrough and be able to address.

Yes. So yeah, that' amazing that you bring that up. Nutsa, you know, if someone is listening to the podcast and they can really resonate with today's message, right?

There's people out there that are listening the podcasts that, are probably aspiring to do what you've done, and be on a global stage and perform. And they wanna make sure they can do it the right way based off of a lot of things that you said today.

What is one thing that can leave that person with today? To have belief in themselves. Because you see me or they see you, there's no difference between us and them.

There's not difference with nobody. I have the strong belief that every person is born with a star in them and I believe every person has it. So I don't want anybody to think that I'm more than they are or somebody is more.

No, I truly believe that we're all equal. It's just the work we do. I want them to sit down and stay with themselves and spend time with them. Don't be afraid of that.

And I what they have, what are they doing in their lives now. And I want them to face that reality and believe that if they wanna change that, they can, and start working from there.

Amazing, amazing. If people wanna find you, where can they find? I'm everywhere, I love social medias. I am working on myself to stop scrolling so much, definitely I said that.

But I Love Instagram, Facebook, TikTok, YouTube and my name, my handle there is Nutsa Buza. It's a booze everywhere. I have the same name. Yeah, and we'll put those all down below so people can follow you Thank you.

So thank you so much amazing new set. It was a pleasure having you on the podcast amazing message That you're giving people here. so I Appreciate it. Thank it was I love being here Thank You Thank Guys you heard it from Nutsa Everyone has that star within them, right?

You have to tap into it, the power of journaling and writing things down, being able to put your thoughts on paper and understand them. She does it and it works for her.

Many other people do it. And it worked for them you have tap in within. for you to take things to the next level. There's things that you don't have to be a medical professional to do these things.

They're things we can do on a daily basis when it comes to meditation, prayer, breath work, exercise, and nutrition. All of these are extremely important.

You're hearing it from people that are doing it at a very high level, that're moving around, traveling the world. Guys, make sure you do what's best by sharing this podcast.

Make sure subscribe, like, and share it with all your friends and we'll see you for the next one.