Suits & Scrubs: The Surgeon Sessions Podcast Episode #0023 Dr Shivani Sadwal Transcript

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Podcast Introduction and Guest Background

Well, thanks for coming. We are live Well, thanks for coming. We are live now. So, we've been talking about this now. So, we've been talking about this for a minute since you came to town that for a minute since you came to town that we're going to do a podcast. We never we're going to do a podcast. We never did it. So, we wait until the snowiest did it. So, we wait until the snowiest days happen.

days happen. >> Absolutely. >> Absolutely. >> Absolutely. >> Um, which should not be a bad deal for >> Um, which should not be a bad deal for you because you're from Michigan.

you because you're from Michigan. >> Well, no, you're actually from Alabama. >> Well, no, you're actually from Alabama. You just move. You're from Michigan.

You just move. You're from Michigan. Spent some time in Alabama. So, let's Spent some time in Alabama. So, let's get into that. Um, for people who don't get into that. Um, for people who don't know, you're a sports med doc. Um, know, you're a sports med doc. Um, you're becoming famous on Tik Tok you're becoming famous on Tik Tok >> and, uh, >> and, uh, >> you joined us at Harrison Memorial in >> you joined us at Harrison Memorial in October of this year, right?

October of this year, right? >> Correct. >> Correct. >> Correct.

Early Influences and Motivation for Medicine

>> Uh, but go backwards. So, go back and >> Uh, but go backwards. So, go back and tell us trainingwise, tell us trainingwise, why medicine, how that whole thing why medicine, how that whole thing happened for you.

happened for you. >> Sure. So, um, I'm the first physician in >> Sure. So, um, I'm the first physician in my family. Um, I don't know why. I think my family. Um, I don't know why. I think when I was little, I just got like a when I was little, I just got like a little doctor playset and I just fell in little doctor playset and I just fell in love with it and I told my parents, I'm love with it and I told my parents, I'm going to be a doctor.

going to be a doctor. >> Well, what's in the doctor playset? Like >> Well, what's in the doctor playset? Like a stethoscope? a stethoscope? >> A little plastic stethoscope.

>> A little plastic stethoscope. >> So, nothing you use now. >> So, nothing you use now. >> A syringe, a needle. >> A syringe, a needle. >> Fair enough.

>> Fair enough. >> Um, and ultround probe, >> Um, and ultround probe, >> maybe. I don't think they were around. >> maybe. I don't think they were around.

>> Fair enough. >> Fair enough. >> So, uh, you became obsessed. And then >> So, uh, you became obsessed. And then what did that look like? Like how old what did that look like? Like how old were you when that happened?

were you when that happened? >> Probably like five. >> Probably like five. >> Okay. So, five years old. Then how did >> Okay. So, five years old. Then how did you know like going through high school you know like going through high school and all this stuff like okay I think I and all this stuff like okay I think I want to be a doctor. Who told you what want to be a doctor. Who told you what to do?

to do? >> Yeah. So I really liked my pediatrician >> Yeah. So I really liked my pediatrician when I was younger.

She was super nice. when I was younger. She was super nice.

>> Um and she she just made me feel like >> Um and she she just made me feel like welcome whenever and even though I hated welcome whenever and even though I hated it because I would cry. I think I was 16 it because I would cry. I think I was 16 the last time I had an injection and I the last time I had an injection and I stopped crying.

stopped crying. >> Okay. Um, but she was just like someone >> Okay. Um, but she was just like someone I wanted to be like. I wanted to be like. >> Yeah.

>> Yeah. >> Yeah. >> And I didn't really have anyone kind of >> And I didn't really have anyone kind of directly like that to guide me. So, I directly like that to guide me. So, I was just like, all right, I'm going to was just like, all right, I'm going to figure this out.

figure this out. >> Okay. >> Okay. >> Okay. >> Um, and my parents were like, you can be >> Um, and my parents were like, you can be anything else you want to be.

anything else you want to be. >> Anything else you want, >> Anything else you want, >> anything else. Yeah. And I was like, no, >> anything else. Yeah. And I was like, no, I want to be a doctor. Which is kind of I want to be a doctor. Which is kind of ironic because my background, like if ironic because my background, like if you're Indian, you're either a doctor, you're Indian, you're either a doctor, lawyer, or engineer. Yeah. basically.

lawyer, or engineer. Yeah. basically. >> No, I don't know that. If you're telling >> No, I don't know that. If you're telling me that, I don't believe you. But me that, I don't believe you. But >> so that's what happens.

>> so that's what happens. >> That's what happens because they just >> That's what happens because they just want you to have like a stable job. want you to have like a stable job.

>> I gota >> I gota >> So, and what do you think? Is that like >> So, and what do you think? Is that like just because like families have just because like families have immigrated here for a better life and immigrated here for a better life and then they want you to be able to they'll then they want you to be able to they'll sacrifice for you to be able to sacrifice for you to be able to >> step up, right? Have some stable job. Is >> step up, right? Have some stable job. Is that is that a cultural thing?

that is that a cultural thing? >> I Yeah, it definitely is because they, >> I Yeah, it definitely is because they, you know, worked so hard to make a you know, worked so hard to make a better life for us. So they're like, better life for us. So they're like, "Don't waste this opportunity. Make sure "Don't waste this opportunity. Make sure that you can, you know, stand up on your that you can, you know, stand up on your own feet own feet >> and not struggle like we had to." >> and not struggle like we had to." >> So when did your family come to the >> So when did your family come to the United States?

United States? >> Um, so my dad came when he was a >> Um, so my dad came when he was a teenager. Um, and then my mom came when teenager. Um, and then my mom came when she got married to my dad.

she got married to my dad. >> Okay. >> Okay. >> Okay. >> Yeah. >> Yeah. >> Yeah. >> So, and then you grew up where? >> So, and then you grew up where?

>> I grew up um in Detroit, Michigan. >> I grew up um in Detroit, Michigan. >> Okay. >> Okay. >> Okay. >> And fun fact, I ended up doing my >> And fun fact, I ended up doing my residency in the same hospital I was residency in the same hospital I was born in.

born in. >> Okay. That's a definitely a circle back >> Okay. That's a definitely a circle back moment. moment. moment. >> Yeah. >> Yeah. >> Yeah. >> Um hopefully the uh OB doctor is retired >> Um hopefully the uh OB doctor is retired by that point.

by that point. >> Oh yeah, >> Oh yeah, >> probably not. Probably still working >> probably not. Probably still

working there. Probably the So where did you do there. Probably the So where did you do um what hospital did you do residency?

um what hospital did you do residency? >> So I did a residency mainly out of um >> So I did a residency mainly out of um Sinai Grace Hospital. Okay. Sinai Grace Hospital. Okay.

>> Doesn't have a great reputation, but >> Doesn't have a great reputation, but >> it doesn't. >> it doesn't. >> Is it on the Eight Mile Road? I'm >> Is it on the Eight Mile Road? I'm joking.

joking. joking. >> Close enough. >> Close enough. Is it Eminem was born there too? We can Is it Eminem was born there too? We can say that. No one knows.

say that. No one knows. >> No one knows. >> No one knows. >> Yeah. Okay. So, that was the main >> Yeah. Okay. So, that was the main hospital. What other training programs hospital. What other training programs did they have? Were there other did they have? Were there other residencies at that hospital?

residencies at that hospital?

Family, Culture, and Career Expectations

>> Yeah. So, there were a lot of other um >> Yeah. So, there were a lot of other um residents who would come float like we residents who would come float like we did because I wasn't tied to a did because I wasn't tied to a particular hospital. I was in a particular hospital. I was in a community program.

community program. >> Who So, you have a program director who >> Who So, you have a program director who kind of started things and were they in kind of started things and were they in private practice? Are there a hospital private practice? Are there a hospital employee? What was their deal?

employee? What was their deal? >> Um, that's actually a great question. >> Um, that's actually a great question. I'm not sure. I'm not sure. >> Yeah. So, your main attending, you're >> Yeah. So, your main attending, you're not sure if they were employed or not not sure if they were employed or not >> through the hospital? I don't I don't >> through the hospital? I don't I don't think so.

think so. >> Okay, that's all right. Um, because a >> Okay, that's all right. Um, because a lot of DO programs that are specifically lot of DO programs that are specifically DO have community like my residency DO have community like my residency program was all community doctors, not program was all community doctors, not tied to a university, not tied to a tied to a university, not tied to a hospital, hospital, hospital, >> right? So, we're all in private >> right? So, we're all in private practice. So, a lot of DO training practice. So, a lot of DO training programs were like, "Okay, I think I'll programs were like, "Okay, I think I'll start a residency because there's a start a residency because there's a need, need, need, >> right?" >> right?" >> right?" >> And then they build it around like >> And then they build it around like obviously you have hospitals because you obviously you have hospitals because you got to do rounds when you're in got to do rounds when you're in residency and do the other stuff. So, it residency and do the other stuff. So, it has to be affiliated with a hospital, has to be affiliated with a hospital, but we weren't none of my attendees were but we weren't none of my attendees were employees of a hospital system. They employees of a hospital system. They were all in private practice.

were all in private practice. >> Okay. >> Okay. >> Okay. >> Uh probably the reason I got brainwashed >> Uh probably the reason I got brainwashed into being in private practice my whole into being in private practice my whole my whole life. Um, but then you you do my whole life. Um, but then you you do become a lot of who trains you. So, become a lot of who trains you. So, >> and tell people a lot of people know >> and tell people a lot of people know because we've talked about residency because we've talked about residency before on this podcast, but like what's before on this podcast, but like what's that process like when you finish med that process like when you finish med school?

school? school? >> Well, let's go back. So, you end up in >> Well, let's go back. So, you end up in med school in

Alabama. med school in Alabama. >> Yes.

>> Yes. >> Yes. >> Is there any culture shock when you show >> Is there any culture shock when you show up in Noville, Alabama? up in Noville, Alabama?

>> Um, well, >> Um, well, yeah. For me, I was always in like a yeah. For me, I was always in like a metro area my whole life. And then I get metro area my whole life. And then I get into medical school in Dothan, Alabama.

into medical school in Dothan, Alabama. >> Um, very small, even though it's >> Um, very small, even though it's apparently like the sixth biggest city apparently like the sixth biggest city in Alabama.

in Alabama. >> Well, that means there are only five big >> Well, that means there are only five big ones then, I guess. ones then, I guess. >> Yeah. >> Yeah.

>> Yeah. >> Um, >> Um, >> Um, >> what do you think? Do you know the >> what do you think? Do you know the population of Dothan? How big it is? population of Dothan? How big it is?

>> Couldn't tell. Yeah. >> Couldn't tell. Yeah. >> Yeah. How big does it feel compared to >> Yeah. How big does it feel compared to Lexington? Honestly, it feels very Lexington? Honestly, it feels very similar in terms of like size. It's also similar in terms of like size. It's also a circle city, which I think is so a circle city, which I think is so funny.

funny. funny. >> Yeah. >> Yeah. >> Yeah. >> Um, >> Um, >> Um, >> what is it with you in circles? >> what is it with you in circles? >> Um, so you go to Alabama for med school.

>> Um, so you go to Alabama for med school. So, it's two years in Dothan, which is So, it's two years in Dothan, which is in the classroom studying, and then you in the classroom studying, and then you do residenc. I mean, then you do do residenc. I mean, then you do rotations and you went to Birmingham. Is rotations and you went to Birmingham. Is that right? So, Birmingham, that right? So, Birmingham, >> little bit bigger city. Yes. than >> little bit bigger city. Yes. than Dothan, but it's also like this little Dothan, but it's also like this little hub of medical innovation. Like UAB has hub of medical innovation. Like UAB has this weird kind of this weird kind of >> uh vibe around medicine and yeah, it's a >> uh vibe around medicine and yeah, it's a really the mecca of sports medicine. If really the mecca of sports medicine. If you start thinking about Andrews you start thinking about Andrews Institute and everything that happens in Institute and everything that happens in >> Birmingham, if you just looked at a map, >> Birmingham, if you just looked at a map, you wouldn't have picked that. like LA you wouldn't have picked that. like LA makes sense for right makes sense for right >> for Kurland and Job that makes sense but >> for Kurland and Job that makes sense but >> like Birmingham Alabama you wouldn't >> like Birmingham Alabama you wouldn't think would be the the mecca of sports think would be the the mecca of sports medicine but it became that way because medicine but it became that way because of James Andrews and all the work he did of James Andrews and all the work he did um and then he eventually kind of um and then he eventually kind of spreads out and ends up in the panhandle spreads out and ends up in the panhandle in Pensacola and uh so there's a big in Pensacola and uh so there's a big footprint but it is cool the way that footprint but it is cool the way that UAB has their hand in a lot of part of UAB has their hand in a lot of part of the medicine it's not just medicine it's the medicine it's not just medicine it's physical therapy and physician assistant physical therapy and physician assistant like the whole thing Um, so that's cool.

like the whole thing Um, so that's cool. So you end up there for two years doing So you end up there for two years doing rotations and then rotations and then >> uh you match and go back home and you're >> uh you match and go back home and you're saying you're at the same hospital to do saying you're at the same hospital to do the your residency.

the your residency. >> Y >> Y >> Y >> um >> um >> um >> who told you like how did you figure out >> who told you like how did you figure out that whole mess? Uh, so going from the that whole mess? Uh, so going from the first day you show up in orientation in first day you show up in orientation in Alabama with culture shock Alabama with culture shock >> and then a couple weeks later they're >> and then a couple weeks later they're trying to kill you with some sort of trying to kill you with some sort of block exam and then so talk about that block exam and

then so talk about that transition from becoming a medical transition from becoming a medical student to becoming a resident, what student to becoming a resident, what that was like for you.

that was like for you. >> Sure. It was I think I was so scared by >> Sure. It was I think I was so scared by all the stories I've heard in medical all the stories I've heard in medical school um about how crazy residency is school um about how crazy residency is and how you know everyone's going to and how you know everyone's going to work you to the bone. You're not going work you to the bone. You're not going to have a life. Yeah.

to have a life. Yeah. >> So, I was expecting the absolute worst. >> So, I was expecting the absolute worst. >> Um, and I think that's not a bad mindset >> Um, and I think that's not a bad mindset to begin residency with because from to begin residency with because from there you can only go up.

there you can only go up. >> So, I personally was pleasantly >> So, I personally was pleasantly surprised when I started. surprised when I started. >> So, did you go through the traditional >> So, did you go through the traditional match program like you matched in your match program like you matched in your program to your hometown?

program to your hometown? >> Yes. >> Yes. >> Yes. >> Did you do that because you just like, >> Did you do that because you just like, "Okay, mom, I'll be home." Like what "Okay, mom, I'll be home." Like what what took you back to home?

what took you back to home? >> Yeah. Um, it was just comfort. I think >> Yeah. Um, it was just comfort. I think you know my family's there. A lot of my you know my family's there. A lot of my friends are there or they ended up friends are there or they ended up moving back around the same time I did moving back around the same time I did which I thought was so interesting.

which I thought was so interesting. >> Yeah. Yeah. Because the timing it's four >> Yeah. Yeah. Because the timing it's four years later there's a cycle.

years later there's a cycle. >> Yeah. >> Yeah. >> Yeah. >> Yeah. Um how many people you grew up >> Yeah. Um how many people you grew up your friends are doctors.

your friends are doctors. >> Um not a lot which I think is funny >> Um not a lot which I think is funny because growing up everyone was like because growing up everyone was like yeah I want to be a doctor. And then I yeah I want to be a doctor. And then I look around and I'm like what happened?

look around and I'm like what happened? >> Yeah. >> Yeah. >> Yeah. >> They were smarter than you >> They were smarter than you >> probably. >> probably.

>> probably. >> Yeah. because you dedicate a lot of your >> Yeah. because you dedicate a lot of your life uh to becoming an attending like to life uh to becoming an attending like to finish residency and fellowship and so finish residency and fellowship and so which you just did this year made the which you just did this year made the transition in transition in >> and then now if you look around someone >> and then now if you look around someone who finished college who finished college >> or went to high school and graduated >> or went to high school and graduated young finished college got a degree went young finished college got a degree went into the work like they've been working into the work like they've been working for 10 years already and it's like for 10 years already and it's like >> okay I feel like I'm a little bit behind >> okay I feel like I'm a little bit behind on life on life >> just a little >> just a little >> um it catches up fast so your uh hair >> um it catches up fast so your uh hair turn gray. You'll get more wrinkles turn gray. You'll get more wrinkles under your eyes as you start practicing under your eyes as you start practicing medicine and doing that.

medicine and doing that. >> I'm already there. >> I'm already there. >> Yeah, it's it's all good. So, that's a >> Yeah, it's it's all good. So, that's a natural thing that happens. Um but then natural thing that happens. Um but then talk about that. So, transition from um talk about that. So, transition from um you did family practice residency you did family practice residency >> and then why did you choose to do a >> and then why did you choose to do a sports medicine fellowship? What led you sports medicine fellowship? What led you to that?

to that? >> Sure. Um so, I think I always wanted to >> Sure. Um so, I think I always wanted to end up in sports. It was more kind of end up in sports. It was more kind of how am I going to get there? Did I want how am I going to get there? Did I want to do family? Did I want to do PMR? Did to do family? Did I want to do PMR? Did I want to do ortho sports?

I want to do ortho sports? >> Yeah. >> Yeah. >> Yeah. >> Um and like I >> Um and like I >> What was it about sports that you liked? >> What was it about sports that you liked?

>> I just felt the most connection to it. >> I just felt the most connection to it. It just felt like innate. It just felt like innate. >> Um you know, growing up I was a >> Um you know, growing up I was a cheerleader. I was on the track team. I cheerleader. I was on the track team. I was on a dance team. So I was always was on a dance team. So I was always moving.

moving. moving. >> Gotcha. >> Gotcha. >> Gotcha. >> Um so it just felt like something that I >> Um so it just felt like something that I enjoyed and that I could talk to my enjoyed and that I could talk to my patients about and like understand where patients about and like understand where they're coming from.

they're coming from. >> Gotcha. So then residency's over. uh you >> Gotcha. So then residency's over. uh you end up uh matching there's another match end up uh matching there's another match as if those there's not enough another as if those there's not enough another match. So you you get into med school match. So you you get into med school which is an application process and which is an application process and taking a test.

taking a test. >> You finish med school there's another >> You finish med school there's another application process to get into application process to get into residency.

residency. residency. >> Finish residency and decide to do a >> Finish residency and decide to do a fellowship another process that you get fellowship another process that you get to match in.

to match in. >> Uh so you end up in Cincinnati uh for >> Uh so you end up in Cincinnati uh for your fellowship in sports medicine. So your fellowship in sports medicine. So tell us about that. What was that like?

tell us about that. What was that like? >> It was really fun. I think it was my >> It was really fun. I think it was my favorite um year of training honestly.

favorite um year of training honestly. um probably because it was where I um probably because it was where I always wanted to end up. But just the always wanted to end up. But just the experience was amazing. I worked with um experience was amazing. I worked with um two different colleges, D1 and a D3, and two different colleges, D1 and a D3, and then I took care of my own high school then I took care of my own high school athletes.

athletes. athletes. >> Okay. >> Okay. >> Okay. >> So, on top of being in clinic all day, >> So, on top of being in clinic all day, um getting to, you know, have the chance um getting to, you know, have the chance to be sideline and be a physician in to be sideline and be a physician in that capacity was so fun. Overwhelming, that capacity was so fun. Overwhelming, but fun.

but fun. >> Yeah, it's good. And if that's not >> Yeah, it's good. And if that's not enough, you finish residency and then enough, you finish residency and then somehow some ball guy tries to convince somehow some ball guy tries to convince you you should do like non-operative you you should do like non-operative ortho stuff. And uh so what's that ortho stuff. And uh so what's that transition been like? So when you start transition been like? So when you start in October and because now you're in October and because now you're learning a new language again, learning a new language again, >> which is you ortho and sports medicine >> which is you ortho and sports medicine go hand in hand. So your fellowship, go hand in hand. So your fellowship, you're always going to have interactions you're always going to have interactions with the surgery component of it because with the surgery component of it because if someone tears their ACL or someone if someone tears their ACL or someone tears their meniscus, you're going to tears their meniscus, you're going to going to have that relationship and they going to have that relationship and they help you train. But now people are help you train. But now people are bringing X-

rays in with broken bones and bringing X-rays in with broken bones and saying, "What do I do?" And so that's saying, "What do I do?" And so that's been a new transition for you. So talk been a new transition for you. So talk about that, how that's been so far these about that, how that's been so far these first few months.

first few months. >> Sure. I feel like it's another steepish >> Sure.

Medical Training and Residency Experiences

I feel like it's another steepish learning curve that I thought I would learning curve that I thought I would finally be done with, but you know, finally be done with, but you know, learning is lifelong.

learning is lifelong. >> Yeah. Um, it is, >> Yeah. Um, it is, >> but being the person that's actually in >> but being the person that's actually in charge of the decision is definitely charge of the decision is definitely scary.

scary. scary. >> Yeah, I told you that even when I don't >> Yeah, I told you that even when I don't know if you remember in the interview know if you remember in the interview stuff that you're going to lose a little stuff that you're going to lose a little more sleep.

more sleep. >> Yep. >> Yep. >> Yep. >> When you're the one responsible for the >> When you're the one responsible for the patient because before you had an patient because before you had an attending attending attending >> or you had a med school instructor, >> or you had a med school instructor, something could always fall back on something could always fall back on somebody else's shoulders. Now it's somebody else's shoulders. Now it's like, oh crap, like, oh crap, >> I got to take care. It's on you now, >> I got to take care. It's on you now, >> right? Um, so it is a benefit and then >> right? Um, so it is a benefit and then you know I'm fairly terrible at it but you know I'm fairly terrible at it but it is good to have people who've done it it is good to have people who've done it before who can tell you like we just had before who can tell you like we just had a case that we were talking about a case that we were talking about yesterday like yesterday like >> what what do you want me to do with >> what what do you want me to do with this?

this? this? >> Yeah. >> Yeah. >> Yeah. >> And it's >> And it's >> so the more you get to see it the more >> so the more you get to see it the more comfortable you get. So it's but it is comfortable you get. So it's but it is like learning a new language.

like learning a new language. >> You'll hear us say stuff that um you >> You'll hear us say stuff that um you wouldn't hear in another specialty. And wouldn't hear in another specialty. And it's not because it's special. is just it's not because it's special. is just because the bone like you don't get a because the bone like you don't get a lot of in-depth training for ortho in lot of in-depth training for ortho in med school.

med school. >> There is a muscle skeletal system. >> There is a muscle skeletal system. You're a DO. So there's a big proponent You're a DO. So there's a big proponent on the body and the spine and how it on the body and the spine and how it moves.

moves. moves. >> But your ortho teaching is probably not >> But your ortho teaching is probably not much. much. much. >> No, >> No, >> No, >> no one's going to teach you how to fix a >> no one's going to teach you how to fix a midshaft humorous fracture, midshaft humorous fracture, >> right?

>> right? >> right? >> So you go through these whole things and >> So you go through these whole things and even through residency, you're exposed even through residency, you're exposed to it. But if it becomes too much, you to it. But if it becomes too much, you say, "I don't know, refer it to ortho." say, "I don't know, refer it to ortho." >> Yeah.

>> Yeah. >> Yeah. >> And then now it's like you are ortho, >> And then now it's like you are ortho, right? right? right? >> And that referral comes to you and you >> And that referral comes to you and you have to you have to make decisions. And have to you have to make decisions. And so, um, that part of it doesn't get easy so, um, that part of it doesn't get easy for a little bit. I told you that it's for a little bit. I told you that it's like every day you're

learning. My first like every day you're learning. My first year and out out of residency, year and out out of residency, >> I spent more time reading than I did my >> I spent more time reading than I did my third and fourth year of residency.

third and fourth year of residency. >> Oh, yeah. or even the last year of >> Oh, yeah. or even the last year of residency because I'm like never seen residency because I'm like never seen I've read about it never seen it in I've read about it never seen it in person and then it shows up in your person and then it shows up in your clinic and so clinic and so >> and then you're in you're in Cynthiana >> and then you're in you're in Cynthiana and for some reason the microcosm of and for some reason the microcosm of that small town you can get every angle that small town you can get every angle of pathology like if you're there long of pathology like if you're there long enough you're going to see everything.

enough you're going to see everything. >> Uh I've seen things there that >> Uh I've seen things there that >> I only read about in residency never saw >> I only read about in residency never saw in residency in residency >> that are showing up two and three times >> that are showing up two and three times uh since I've been there. So, it's a uh since I've been there. So, it's a it's a good experience. It's a good it's a good experience. It's a good place to cut your teeth because you're place to cut your teeth because you're going to see everything.

going to see everything. >> Um, so that transition being all grown >> Um, so that transition being all grown up and being responsible now. up and being responsible now.

>> Um, what do you >> Um, what do you you start you started in October and we you start you started in October and we were like a little bumpy starting out were like a little bumpy starting out like so mainly you made Tik Toks but like so mainly you made Tik Toks but that transition uh through that time.

that transition uh through that time. talk about that like mindset on, okay, talk about that like mindset on, okay, I've made it past the finish line, I've made it past the finish line, >> right?

>> right? >> right? >> And then now you're drinking out of a >> And then now you're drinking out of a water hose again trying to learn stuff. water hose again trying to learn stuff.

>> So, what's that been like? >> So, what's that been like? >> Um, it's been, like I said, a little bit >> Um, it's been, like I said, a little bit overwhelming, but it's been easier overwhelming, but it's been easier because I'm kind of getting used to because I'm kind of getting used to like, okay, like I have to make a like, okay, like I have to make a decision. It has to be, you know, a decision. It has to be, you know, a thoughtout, well evidence-based thoughtout, well evidence-based decision, but like it's okay if I don't decision, but like it's okay if I don't have the exact answer. If we can figure have the exact answer. If we can figure out how to get to where we need to be, out how to get to where we need to be, that's the most important part.

that's the most important part. >> Yeah. Um, >> Yeah. Um, what do you think is the most important what do you think is the most important part of um someone who's thinking about part of um someone who's thinking about going to to medicine nowadays? You've going to to medicine nowadays? You've been through the whole spectrum now. So, been through the whole spectrum now. So, you've crossed one big finish line, you've crossed one big finish line, which is like, okay, I don't have to go which is like, okay, I don't have to go to residency anymore. Uh, so for to residency anymore. Uh, so for eight-year-old yourself who's somewhere eight-year-old yourself who's somewhere in Detroit, Michigan, is thinking about in Detroit, Michigan, is thinking about going to med school because they got a going to med school because they got a doctor's kit.

doctor's kit. >> Yeah. Uh, what advice would you give >> Yeah. Uh, what advice would you give them? them? them? >> Um, just stick to it. I think that's the >> Um, just stick to it. I think that's the hardest part is like you make up your hardest part is like you make up your mind and you're like, "Yeah, I want to mind and you're like, "Yeah, I want to do this, but it's going to be hard." do this, but it's going to be hard." >> And you know it's going to be hard, but >> And you know it's going to be hard, but you don't know how hard.

you don't know how hard. >> Yeah. Yeah. And you sure don't know that >> Yeah. Yeah. And you sure don't know

that life's going to take you to Alabama and life's going to take you to Alabama and Cincinnati and away from your family and Cincinnati and away from your family and friends and all the other stuff that friends and all the other stuff that happens. So, happens. So, >> there's a mental grind that goes with >> there's a mental grind that goes with it. Um, it. Um, >> I ended up in Oklahoma City and I didn't >> I ended up in Oklahoma City and I didn't know where Oklahoma was after med know where Oklahoma was after med school. So, um, it really, you know, can school. So, um, it really, you know, can drag you drag you around.

drag you drag you around. >> Oh, yeah. >> Oh, yeah. >> Um, and then >> Um, and then you're too young to say no, but if you you're too young to say no, but if you could do it all over again, do you think could do it all over again, do you think it's worth it?

it's worth it? >> I think so. >> I think so. >> Yeah. You don't know yet, but that's >> Yeah. You don't know yet, but that's okay. Uh, okay. Uh, >> that's not fair.

>> that's not fair. >> That's Yeah. I mean, I'm just saying >> That's Yeah. I mean, I'm just saying like you've seen the grind. You've seen like you've seen the grind. You've seen kind of the finish line. Like, would you kind of the finish line. Like, would you do it again if you could if you had to?

do it again if you could if you had to? I think so because conversely I can't I think so because conversely I can't picture myself doing anything else.

picture myself doing anything else. >> Yeah, that's important. That's the >> Yeah, that's important. That's the advice I give people too. Like some advice I give people too. Like some people go to med school because of people go to med school because of expectations from their family expectations from their family >> or expectations from themselves that >> or expectations from themselves that they put on it. And if if you're not they put on it. And if if you're not really into the like I can't see myself really into the like I can't see myself doing something different, then I tell doing something different, then I tell people don't go, people don't go, >> right?

>> right? >> right? >> Do something different. It's easier >> Do something different. It's easier >> for sure. Hey, like and then used two, >> for sure. Hey, like and then used two, I'd say used to I'm going to not start I'd say used to I'm going to not start ranting about insurance companies, but ranting about insurance companies, but um used two is very predictable. Like um used two is very predictable. Like you're going to have a very stable, you're going to have a very stable, highpaying job highpaying job >> that um >> that um doesn't have the headaches of like am I doesn't have the headaches of like am I going to be unemployed or do is there going to be unemployed or do is there going to be a lack of need for me?

going to be a lack of need for me? >> Exactly. Um, there's been a transition >> Exactly. Um, there's been a transition now in our world where we're at that now in our world where we're at that going to trade school and become an going to trade school and become an electrician and plumber is probably the electrician and plumber is probably the most profitable thing you can do on the most profitable thing you can do on the planet right now because there's not planet right now because there's not enough. There's a whole generation of enough. There's a whole generation of people people people >> who did not do that.

>> who did not do that. >> And now all the old people who are dying >> And now all the old people who are dying or retiring or can't keep the same pace or retiring or can't keep the same pace they had before, they had before, >> there's a gap. So there's a lot of young >> there's a gap. So there's a lot of young people who are deciding to skip college.

people who are deciding to skip college. >> Yeah. and become a go to trade school or >> Yeah. and become a go to trade school or or learn a task and then or learn a task and then >> they're going to have that whole >> they're going to have that whole generation is going to be very generation is going to be very successful financially because they're successful financially because they're going to have a bunch of work that they going to have a bunch of work that they can do, can do, >> right?

>> right? >> right? >> But they also have to and this is the >> But they also have to and this is the thing like going

to med school seems thing like going to med school seems sexy and it's like that's a cool thing sexy and it's like that's a cool thing to do.

to do. >> Yeah. >> Yeah. >> Yeah. >> But and then the the bluecollar work of >> But and then the the bluecollar work of being a plumber, electrician is like being a plumber, electrician is like well that's hard work. It's kind of well that's hard work. It's kind of whatever.

whatever. whatever. >> And then you find out like going to med >> And then you find out like going to med school is kind of hard work too. Yeah. school is kind of hard work too. Yeah.

>> And it may not be the whole physical >> And it may not be the whole physical thing like I'm turning a wrench. thing like I'm turning a wrench. >> Um, but if you're trying to figure out a >> Um, but if you're trying to figure out a diagnosis when you're trying to help diagnosis when you're trying to help your patient, like the mental anguish of your patient, like the mental anguish of that is the same sometimes the physical that is the same sometimes the physical anguish. And I'm not complaining about anguish. And I'm not complaining about it because I like it. I love it.

it because I like it. I love it. Actually, I'm kind of addicted to that. Actually, I'm kind of addicted to that. >> But, um, that grind of thinking like, >> But, um, that grind of thinking like, oh, it's a lesser thing to be an oh, it's a lesser thing to be an electrician, plumber, is not true. No.

electrician, plumber, is not true. No. Like and then if you get that it's just Like and then if you get that it's just how many people are available to do it how many people are available to do it and how much work is there to do and how much work is there to do >> you can make a transition and be very >> you can make a transition and be very young and own a large company and be young and own a large company and be very successful financially very successful financially >> because used to people thought and like >> because used to people thought and like you said even the cultural thing you you said even the cultural thing you think if you're an attorney or a think if you're an attorney or a physician or an engineer you're going to physician or an engineer you're going to have a job and be secure have a job and be secure >> now if you're an electrician you're a >> now if you're an electrician you're a plumber you're plumber you're >> um HVAC person like you're never going >> um HVAC person like you're never going to not have And so you can build a whole to not have And so you can build a whole company around it. So I also tell kids company around it. So I also tell kids that like that like >> don't be stuck. When I was growing up, >> don't be stuck. When I was growing up, you just had to go to college. Like you just had to go to college. Like there was never a concern about like there was never a concern about like would I or would I not go to college would I or would I not go to college like it's just what you did.

like it's just what you did. >> Exactly. >> Exactly. >> Exactly. >> I mean now everyone has a bachelor's >> I mean now everyone has a bachelor's degree. It's kind of like the high degree. It's kind of like the high school education, school education, >> right?

>> right? >> right? >> Uh so it sets the bar uh a little bit >> Uh so it sets the bar uh a little bit lower lower lower >> uh on like what's the value of going to >> uh on like what's the value of going to college for that degree. Mhm.

college for that degree. Mhm. >> And so I tell people like if you want to >> And so I tell people like if you want to be a professional, you want to go to law be a professional, you want to go to law school, you want to be a dentist, want school, you want to be a dentist, want to be a physician, pretty much have to to be a physician, pretty much have to go to college. Like there's no way go to college. Like there's no way around that, around that, >> right?

>> right? >> right? >> But if you want to maximize your >> But if you want to maximize your potential, then don't forget about potential, then don't forget about >> trade school and the other stuff. Um I >> trade school and the other stuff. Um I can't see myself doing that cuz I'm just can't see myself doing that cuz I'm just like you. Like I couldn't imagine doing like you. Like I couldn't imagine doing something different, but I had no plans something different, but I had no plans on doing it.

on doing it. >> Oh yeah. >> Oh yeah. >> That's cool cuz you said like I knew >> That's cool cuz you said like I

knew since five that I wanted to be a doctor.

since five that I wanted to be a doctor. >> Yeah. Well, I knew since age four that I >> Yeah. Well, I knew since age four that I wanted to be a baseball player.

wanted to be a baseball player. >> Oh. >> Oh. >> Oh. >> And so that ran its course. >> And so that ran its course. >> I didn't become a professional baseball >> I didn't become a professional baseball player.

player. player. >> Oh man. >> Oh man. >> But I had no plans in my life until the >> But I had no plans in my life until the last pitch of my last out of my college last pitch of my last out of my college baseball game. I had no thought about baseball game. I had no thought about what I would be what I would be >> in life because it was all baseball, >> in life because it was all baseball, right?

right? right? >> So it's a little reckless. >> So it's a little reckless. >> And that's why I tell people like my >> And that's why I tell people like my daughter now is getting ready to daughter now is getting ready to graduate high school.

graduate high school. >> She doesn't know what she wants to do. >> She doesn't know what she wants to do. I'm like, who cares, I'm like, who cares, >> right?

>> right? >> right? >> Like, I didn't know what I wanted to do >> Like, I didn't know what I wanted to do either. Yeah. either. Yeah. >> Until the last pitch or the last out of >> Until the last pitch or the last out of my baseball career. And I still didn't my baseball career. And I still didn't know what to do then.

know what to do then. >> Um, >> Um, >> Um, and I end up like walking into the and I end up like walking into the president's office at the university and president's office at the university and be like, "Hey, can I go to med school be like, "Hey, can I go to med school here?" Because I'd known him because he here?" Because I'd known him because he was a baseball fan.

was a baseball fan. >> Okay. >> Okay. >> Okay. >> So, he had seen us play baseball, so he >> So, he had seen us play baseball, so he knew who I was. knew who I was.

>> Got it. So sports then opened the door >> Got it. So sports then opened the door for me to walk in a president's office for me to walk in a president's office and ask him a crazy question which is and ask him a crazy question which is like, "Hey, you're everybody's boss. Why like, "Hey, you're everybody's boss. Why don't you just get me in med school?" don't you just get me in med school?" >> Yeah.

>> Yeah. >> Yeah. >> All the while the people who are >> All the while the people who are grinding their faces off and doing the grinding their faces off and doing the MCAT study and doing all this stuff, MCAT study and doing all this stuff, they hate me because I'm like trying to they hate me because I'm like trying to cheat the system, cheat the system, >> right?

>> right? >> right? >> Go to the boss and say, "Hey." And he >> Go to the boss and say, "Hey." And he was like, "Yeah, it's not really how was like, "Yeah, it's not really how that works.

that works. >> I was a psychology major." >> I was a psychology major." >> Okay. >> Okay. >> Okay. >> In undergrad. What What did you do? >> In undergrad. What What did you do?

>> Okay. Similar biocsychology. >> Okay. Similar biocsychology. >> Yeah. the psychology major had none of >> Yeah. the psychology major had none of the prerequisites to go to med school.

the prerequisites to go to med school. >> Oh no. >> Oh no. >> I didn't know you had to take physics, >> I didn't know you had to take physics, organic chemistry. Like I'm like organic chemistry. Like I'm like >> the worst.

>> the worst. >> That doesn't make sense. I have abnormal >> That doesn't make sense. I have abnormal

psychology. What's psychology. What's >> Yeah, >> Yeah, >> Yeah, >> should be fine.

>> should be fine. >> So he ended up giving me a job and >> So he ended up giving me a job and paying for the organic and the physics paying for the organic and the physics classes because if I'm an employee of classes because if I'm an employee of the university, the classes are free.

the university, the classes are free. >> That's awesome. >> That's awesome. >> So I end up paying for that. And then um >> So I end up paying for that. And then um my wife who is way more planned out than my wife who is way more planned out than I am always wanted to go to med school.

I am always wanted to go to med school. So she went right after undergrad. So she went right after undergrad. >> Okay. >> Okay. >> Okay. >> And then we waited a two-year cycle so >> And then we waited a two-year cycle so that when she started rotations, that when she started rotations, >> I would start the classwork and so we'd >> I would start the classwork and so we'd be on a two-year cycle and not stuck for be on a two-year cycle and not stuck for one year apart.

one year apart. >> Okay. That's >> Okay. That's >> so I waited two years, played a lot of >> so I waited two years, played a lot of golf, golf, golf, >> end up traveling this country really and >> end up traveling this country really and recruiting for the undergrad program recruiting for the undergrad program like I was an admissions counselor.

like I was an admissions counselor. >> Okay. >> Okay. >> Okay. >> So that's the job he gave me. >> So that's the job he gave me. >> Okay. >> Okay. >> Okay.

>> And uh so traveled the whole world while >> And uh so traveled the whole world while she was in med school. She didn't she was in med school. She didn't notice. She was too busy studying.

notice. She was too busy studying. >> I bet. >> I bet. >> Uh so traveled that and then uh we were >> Uh so traveled that and then uh we were offcycle by offcycle by >> uh well we're on cycle. So when she >> uh well we're on cycle. So when she started rotations I started classroom started rotations I started classroom work. So for two years we'd be in the work. So for two years we'd be in the same spot.

same spot. >> She did family practice. So her third >> She did family practice. So her third year year year >> we were off cycle. So I went to >> we were off cycle. So I went to internship and so she stayed here for internship and so she stayed here for one year and then she was back to one year and then she was back to Oklahoma after that. Um, Oklahoma after that. Um, so speaking about that, like if you had so speaking about that, like if you had to plan out what the future was going to to plan out what the future was going to look like when you started med school, look like when you started med school, >> did you know like that you were going to >> did you know like that you were going to do something sports right away or that do something sports right away or that where did that come on?

where did that come on? >> I think so. In the back of my mind, I I >> I think so. In the back of my mind, I I was like, I'm going to do something was like, I'm going to do something sports. I don't know how I'm going to sports. I don't know how I'm going to get there, but it's going to end up in get there, but it's going to end up in sports.

sports. sports. >> Okay. So, that's from the start. >> Okay. So, that's from the start. >> Yeah. But I also was like, I can't close >> Yeah. But I also was like, I can't close my any doors. I have to, you know, keep my any doors. I have to, you know, keep my mind because everyone's like, my mind because everyone's like, >> you know, don't pigeon hole yourself, >> you know, don't pigeon hole yourself, whatever, whatever. So, I was like, whatever, whatever. So, I was like, okay, fine. Like, of course, I'm going okay, fine. Like, of course, I'm going to like everything that I ended up to like everything that I ended up rotating in. But, rotating in. But, >> did you >> did you >> kind of I mean, I did >> kind of I mean, I did >> pathology.

>> pathology. >> pathology. >> You didn't rotate in pathology? >> You didn't rotate in pathology? >> No. >> No. >> No. >> It's fine. What was your least favorite >> It's fine. What was your least favorite rotation?

rotation? rotation? >> General surgery. >> General surgery. >> Okay. You just don't like gallbladders. >> Okay. You just don't like gallbladders. >> It was awful.

>> It was awful. >> You don't like open abdomen? >> You don't like open abdomen? >> No. But, you know, this is one thing >> No. But, you know, this is one thing where I count my blessings, I guess. Um, where I count my blessings, I guess. Um, that's when COVID happened. So, that's when COVID happened. So, obviously, it wasn't a great time for obviously, it wasn't a great time for anyone, but I was two weeks into my gen anyone, but I was two weeks into my gen surge rotation and then I got pulled out surge rotation and then I got pulled out and the rest was virtual and I was so and the rest was virtual and I was so happy.

happy. happy.

Medical School in Alabama and Cultural Adjustments

>> Yeah, that's funny because uh really >> Yeah, that's funny because uh really general surgery is what made me general surgery is what made me interested in surgery.

interested in surgery. >> Really? So it was weird because I my >> Really? So it was weird because I my third year I started third year I started um family medicine for two months um family medicine for two months >> and then I think I can't remember I >> and then I think I can't remember I think think think >> there was another month maybe of >> there was another month maybe of cardiology after that and I didn't hate cardiology after that and I didn't hate cardiology um cardiology um >> because of the interventional component >> because of the interventional component of it.

of it. >> Sure. >> Sure. >> Sure. >> Um >> Um >> Um >> but I was confused by like how I was >> but I was confused by like how I was going to make a transition to going to make a transition to cardiology. So even though I enjoyed it, cardiology. So even though I enjoyed it, I really like the attending was I think I really like the attending was I think was the was the key and why I liked it.

was the was the key and why I liked it. >> Yeah. >> Yeah. >> Yeah. >> But then the transition I did general >> But then the transition I did general surgery and then I don't want to offend surgery and then I don't want to offend anybody but they're not going to listen anybody but they're not going to listen uh because I don't think they're around.

uh because I don't think they're around. But like when I was in family medicine But like when I was in family medicine and cardiology, like I would look at my and cardiology, like I would look at my watch and be like it's only like noon. I watch and be like it's only like noon. I feel like I've been here for 12 hours.

feel like I've been here for 12 hours. >> And then when I got in surgery and we >> And then when I got in surgery and we got in the O suite and started got in the O suite and started operating, the day flew by. M.

operating, the day flew by. M. >> So that's the advice I give young people >> So that's the advice I give young people who are who are >> in med school.

>> in med school. >> Yeah. >> Yeah. >> Yeah. >> Is find out what makes your day >> Is find out what makes your day disappear. And that probably is disappear. And that probably is something that that you're drawn something that that you're drawn towards. And so for me it was the towards. And so for me it was the general surgery thing. And I was the general surgery thing. And I was the same like I was I didn't love taking out same like I was I didn't love taking out gallbladders or having open abdomen. But gallbladders or having open abdomen. But >> the day just flew by like and so then I >> the day just flew by like and so then I started leaning into that um thinking started leaning into that um thinking that I I knew I was going to do that I I knew I was going to do something procedural wise something procedural wise >> uh after I didn't know what it was but >> uh after I didn't know what it was but uh so general surgery actually turned me uh so general surgery actually turned me on to surgery.

on to surgery. >> Interesting. >> Interesting. >> Interesting. >> Um >> Um >> Um >> it's a little nerve-wracking

when you're >> it's a little nerve-wracking when you're a thirdyear medical student and you a thirdyear medical student and you don't know how to scrub in or how to don't know how to scrub in or how to stay sterile and then like the scrub stay sterile and then like the scrub techs are mean to you.

techs are mean to you. >> Yeah. >> Yeah. >> Yeah. >> They're like, "Shut up. Get in the >> They're like, "Shut up. Get in the corner. you contaminated this. If you corner. you contaminated this. If you mess our day up, we'll kill you. Like mess our day up, we'll kill you. Like that's that's that's >> amazing all over again.

>> amazing all over again. >> You're the lowest on the totem pole. >> You're the lowest on the totem pole. Like you're the dumbest person in the Like you're the dumbest person in the room room room >> and you're like don't know what to do >> and you're like don't know what to do with your hands. So can I touch this?

with your hands. So can I touch this? >> So it's really uncomfortable initially. >> So it's really uncomfortable initially. >> Um >> Um >> Um >> so make that transition. You decide, >> so make that transition. You decide, okay, I'm going to do sports. And so okay, I'm going to do sports. And so that was early on. You kind of knew that was early on. You kind of knew that. Um how would you have mapped it that. Um how would you have mapped it out differently than what happened? Any out differently than what happened? Any any difference or you just kind of say any difference or you just kind of say whatever comes comes? I think whatever whatever comes comes? I think whatever comes comes. I did do like some time in comes comes. I did do like some time in ortho. Uh I was in the O my summer ortho. Uh I was in the O my summer between first and second year, between first and second year, >> but then I realized this is actually not >> but then I realized this is actually not what I wanted. Yeah.

what I wanted. Yeah. >> You know, it was like I enjoyed my time >> You know, it was like I enjoyed my time there. there. there. >> I mean, you don't like a football locker >> I mean, you don't like a football locker room. I don't understand what's going room. I don't understand what's going on.

on. on. >> Well, first of all, I was the shortest >> Well, first of all, I was the shortest one there. I needed two stools to see one there. I needed two stools to see anything.

anything. anything. >> Fair enough. >> Fair enough. >> But then I would come home and I'd be so >> But then I would come home and I'd be so tired and I'd have no time for anything.

tired and I'd have no time for anything. And I'm like, I I do like my life a And I'm like, I I do like my life a little bit outside the O. little bit outside the O.

>> No, I'm with you. >> No, I'm with you. >> No offense. >> No offense. >> It's not offended because I that's my >> It's not offended because I that's my only thing. And I told people early on only thing. And I told people early on like my like my >> best hobby is surgery.

>> best hobby is surgery. >> Yeah. >> Yeah. >> Yeah. >> And so some people aren't like that. >> And so some people aren't like that. They want they need time outside of They want they need time outside of their profession. And for whatever their profession. And for whatever reason, it's reason, it's >> I don't. Um but that's not a that's not >> I don't. Um but that's not a that's not a bragging thing. That's not necessarily a bragging thing. That's not necessarily a good thing.

a good thing. >> Uh it can go either way. Fair enough. >> Uh it can go either way. Fair enough. Uh, I love my job, but I don't have any Uh, I love my job, but I don't have any other hobbies.

other hobbies. >> So, Oh, well, it used to be golf. >> So, Oh, well, it used to be golf. >> Okay. >> Okay. >> Okay. >> But now I probably play once a year.

>> But now I probably play once a year. >> Oh. >> Oh. >> Oh. >> Um, because >> Um, because >> that's so sad. >> that's so sad. >> It is sad. And and co did that too.

>> It is sad. And and co did that too. >> And because I was in Tampa in private >> And because I was in Tampa in

private practice. Uh, 2017 we made ortholinks practice. Uh, 2017 we made ortholinks >> and then end of 2017. So really 2018 >> and then end of 2017. So really 2018 starting out 18 was rough to start a starting out 18 was rough to start a practice from scratch. So I worked a practice from scratch. So I worked a lot.

lot. lot. >> Mhm. >> Mhm. >> Mhm. >> 19 we hired sports medicine doc. Things >> 19 we hired sports medicine doc. Things got better. got better. >> Okay.

>> Okay. >> Okay. >> Because we were starting to get busy and >> Because we were starting to get busy and she got busy and and things were good. she got busy and and things were good.

Surgery volume was up. Surgery volume was up. >> And then as 2020 starts like things >> And then as 2020 starts like things started falling apart because we were started falling apart because we were completely completely completely >> independent like no call, no we didn't >> independent like no call, no we didn't have anything to help us. So it's like have anything to help us. So it's like elective sports medicine, elective sports medicine, >> right?

>> right? >> right? >> And it all got shut down. So all that >> And it all got shut down. So all that went down. So went down. So >> at that time prior to that I probably >> at that time prior to that I probably played a little bit of golf. I was uh played a little bit of golf. I was uh >> I had I was at Tampa Palms which is one >> I had I was at Tampa Palms which is one of the hardest golf courses in the of the hardest golf courses in the world. I don't know why anyone joined world. I don't know why anyone joined there but there but >> um so I played there a little bit but >> um so I played there a little bit but then when 2020 hit like literally was then when 2020 hit like literally was like how do I keep my head above the like how do I keep my head above the water?

water? water? >> Yeah. >> Yeah. >> Yeah. >> So I was working like actually I got CO >> So I was working like actually I got CO pretty early. pretty early.

>> Oh no. And at that time you were certain >> Oh no. And at that time you were certain that you were going to die or and then that you were going to die or and then you had to go like quarantine for two you had to go like quarantine for two weeks or 3 weeks.

weeks or 3 weeks. >> So I'm in like I run my practice and if >> So I'm in like I run my practice and if I'm gone like I don't know if it I'm gone like I don't know if it survives. So fortunately my employees survives. So fortunately my employees like stepped up. We kept it alive and like stepped up. We kept it alive and >> Okay.

>> Okay. >> Okay. >> But financially it was bad. So after >> But financially it was bad. So after like since co I haven't played golf. like since co I haven't played golf. >> Yeah.

>> Yeah. >> Yeah. >> So crazy like it steals a lot of things >> So crazy like it steals a lot of things from people. It stole my golf from people. It stole my golf >> man. But a lot of the things we did with >> man. But a lot of the things we did with Ortholinks was built around golf Ortholinks was built around golf initially and we built a performance initially and we built a performance center, center, center, >> right?

>> right? >> right? >> So then we were starting to unlock >> So then we were starting to unlock people's thoracic rotation and do crazy people's thoracic rotation and do crazy stuff for golfers and then it just never stuff for golfers and then it just never translated to me playing golf because I translated to me playing golf because I was too busy doing that.

was too busy doing that. >> And uh >> And uh >> here since we made a transition back >> here since we made a transition back over, over, over, >> uh it's been another grind again trying >> uh it's been another grind again trying to build practice, trying to get to build practice, trying to get reputation uh to the level that you need reputation uh to the level that you need to to grow sports medicine. And to to grow sports medicine. And >> um so I need to get back in golf for >> um so I need to get back in golf for sure.

sure. sure. >> Yeah, I think so. >> Yeah, I think so. >> We'll see. I'm terrible at it now. >> We'll see. I'm terrible at it now. >> The we made a lot of enemies and our >> The we made a lot of enemies and our classmates because

there's two of us in classmates because there's two of us in med school the first two years. All we med school the first two years. All we did was play golf.

did was play golf. >> Oh my gosh. >> Oh my gosh. >> The whole two years. And so they were >> The whole two years. And so they were grinding their faces off. They thought grinding their faces off. They thought we were making fun of med school. And we were making fun of med school. And like like like >> but we just studied on the golf course.

>> but we just studied on the golf course. And And And >> how >> how >> how >> I don't know >> I don't know >> like walk into the hole you're just like >> like walk into the hole you're just like >> can't remember exactly like we had block >> can't remember exactly like we had block exams.

exams. exams. >> Okay. >> Okay. >> Okay. >> So once a month we took an exam for >> So once a month we took an exam for everything that you were studying.

everything that you were studying. >> Okay. >> Okay. >> Okay. >> So there would be a ramp up like you're >> So there would be a ramp up like you're going to get an overwhelming amount of going to get an overwhelming amount of information and we know in three weeks information and we know in three weeks we're going to have a test.

we're going to have a test. >> I think maybe we took one day off. I'm >> I think maybe we took one day off. I'm not sure. I can't remember. and would not sure. I can't remember. and would like cram stuff to try to get it right like cram stuff to try to get it right for the test. Um, but if I'm being for the test. Um, but if I'm being honest, like my wife did it two years honest, like my wife did it two years ahead of me, so I had a blueprint.

ahead of me, so I had a blueprint. >> I knew how to navigate. So her sacrifice >> I knew how to navigate. So her sacrifice >> of grinding and going crazy helped me a >> of grinding and going crazy helped me a ton.

ton. ton. >> So I knew what was important and what >> So I knew what was important and what wasn't important. wasn't important. >> Um, so maybe she was the reason I had a >> Um, so maybe she was the reason I had a golf addiction.

golf addiction. >> Um, and then my buddy who is an >> Um, and then my buddy who is an anesthesiologist now in Louisiana and he anesthesiologist now in Louisiana and he fishes every day. We just would look at fishes every day. We just would look at each other because we had mandatory each other because we had mandatory attendance in med school and we had to attendance in med school and we had to wear ties.

wear ties. >> Oh, >> Oh, >> Oh, >> so ties mandatory attendance. It's >> so ties mandatory attendance. It's insane. insane. insane. >> But we would come check in and then he >> But we would come check in and then he was on the other side and I would let was on the other side and I would let >> So he would get up and leave. I would >> So he would get up and leave. I would get up and leave. And actually, it's get up and leave. And actually, it's wild. So the guy who was the golf pro at wild. So the guy who was the golf pro at our local golf course, our local golf course, >> he actually just I just saw him this >> he actually just I just saw him this morning here.

morning here. >> Oh, really? >> Oh, really? >> Grover Justice. And uh so we went and >> Grover Justice. And uh so we went and talked to him like, "Hey, we're med talked to him like, "Hey, we're med students. We have no money." students. We have no money." >> Yeah.

>> Yeah. >> Yeah. >> Literally no money. We're negative >> Literally no money. We're negative money. money. money. >> Uh can you give us a deal so that we can >> Uh can you give us a deal so that we can play golf here? And then when we're play golf here? And then when we're attendings, we'll pay. We'll join the attendings, we'll pay. We'll join the golf club and whatever, golf club and whatever, >> right?

>> right? >> right? >> Nobody even we didn't know what we were >> Nobody even we didn't know what we were talking about. He went to Louisiana. I talking about. He went to Louisiana. I went to Oklahoma. So we never really

went to Oklahoma. So we never really >> ended up doing that, >> ended up doing that, >> right?

>> right? >> right? >> Um but I forget the number, but it was >> Um but I forget the number, but it was really cheap. really cheap. >> But really cheap when you have no money >> But really cheap when you have no money is still expensive.

is still expensive. >> Yeah. So, both of us paid to become >> Yeah. So, both of us paid to become members of the golf club members of the golf club >> and we played every day. Like literally, >> and we played every day. Like literally, they were upside down in this deal and they were upside down in this deal and it was a super discount. I can't it was a super discount. I can't remember what it was, but it was super remember what it was, but it was super cheap.

cheap. cheap. >> That's awesome. >> That's awesome. >> And uh so we played every day for a year >> And uh so we played every day for a year and a half. Um and our uh anatomy and a half. Um and our uh anatomy partners hated us.

partners hated us. >> I probably would have too. >> I probably would have too. >> They're like one one guy in my group is >> They're like one one guy in my group is now a cardiothoracic surgeon. He moved now a cardiothoracic surgeon. He moved from Michigan actually. He was in um I from Michigan actually. He was in um I think he came from Dearbornne.

think he came from Dearbornne. >> Okay. >> Okay. >> Okay. >> And he came down and brought no TV, no >> And he came down and brought no TV, no entertainment. It was business that he entertainment. It was business that he was he was about his business.

was he was about his business. >> Yeah. >> Yeah. >> Yeah. >> Studied all day every day. Had nothing >> Studied all day every day. Had nothing else. That's just his life.

else. That's just his life. >> The other guy is in it's insane that >> The other guy is in it's insane that we're saying this actually. He is in we're saying this actually. He is in Dothan, Alabama. He's a pathologist.

Dothan, Alabama. He's a pathologist. >> No way. >> No way. >> Uh named Dustin Gandandy. Shout out to >> Uh named Dustin Gandandy. Shout out to Dustin Gandy. I haven't seen him in Dustin Gandy. I haven't seen him in years.

years. years. >> Um those were our two anatomy partners. >> Um those were our two anatomy partners. It was me and Ben who who were the It was me and Ben who who were the goofballs.

goofballs. goofballs. >> And then those two who were dead serious >> And then those two who were dead serious like about their business. And so for like about their business. And so for Dustin and Dustin and >> the guy's name's Lance Bazino. For those >> the guy's name's Lance Bazino. For those guys who came through, guys who came through, >> they they were ticked at us because we >> they they were ticked at us because we were like, "All right, we're not going were like, "All right, we're not going to really do a dissection day. We're to really do a dissection day. We're going to play golf." going to play golf." >> Yeah.

>> Yeah. >> Yeah. >> So they did the whole dissection. We >> So they did the whole dissection. We would come back at night and then look would come back at night and then look and see what they tagged and did and see what they tagged and did whatever. So they hated us. Um, I think whatever. So they hated us. Um, I think our what do you call it when you do a crime what do you call it when you do a crime and then a certain amount of time and then a certain amount of time passes.

passes. passes. >> Um, >> Um, >> Um, >> I didn't go down that law route. >> I didn't go down that law route. >> Do you know what I'm talking about >> Do you know what I'm talking about though? Like after so many years, though? Like after so many years, >> you can't be charged or what?

>> you can't be charged or what? >> Yeah. So now my med school can't be mad >> Yeah. So now my med school can't be mad at me for playing golf and skipping the at me for playing golf and skipping the anatomy lab. So um, we did the same test anatomy lab. So um, we did the same test we had to pass. So whatever. And I'm not we had to pass. So whatever. And I'm not sure how all that worked. And um but we sure how all that worked. And um but we did that and I we just saw him recently did that and I we just saw him recently actually went to vacation. He came up actually went to vacation. He came up and it's like we're connecting again.

and it's like we're connecting again. Now his son's a great golfer um in high Now his son's a great golfer um in high school. His daughter ended up going to school. His daughter ended up going to University of Tennessee University of Tennessee >> which initially broke his heart because >> which initially broke his heart because he's an LSU guy, he's an LSU guy, >> but now she's like completely v like >> but now she's like completely v like she'll probably she probably won't leave she'll probably she probably won't leave Knoxville now. He's lost her.

Knoxville now. He's lost her. >> Um so we were going through that whole >> Um so we were going through that whole transition playing golf and lost it transition playing golf and lost it through COVID. Never really got it back through COVID. Never really got it back through here. So, I need to start through here. So, I need to start playing golf again. I guess playing golf again. I guess >> you need some hobbies.

>> you need some hobbies. >> I guess. What's your best hobby? >> I guess. What's your best hobby? >> What's my best hobby? Does working out >> What's my best hobby? Does working out count?

count? count? >> You can call it whatever you want. >> You can call it whatever you want. >> Yeah, I think so. Like, honestly, if I >> Yeah, I think so. Like, honestly, if I >> scrolling TikTok, >> scrolling TikTok, >> I mean, I wouldn't call that a hobby.

>> I mean, I wouldn't call that a hobby. >> Okay, fair enough. >> Okay, fair enough. Um, but yeah, I've noticed, especially Um, but yeah, I've noticed, especially recently, like if I have any extra time, recently, like if I have any extra time, I'm like going for a run or doing a I'm like going for a run or doing a workout class or seeing what Lexington workout class or seeing what Lexington has to offer.

has to offer. >> Okay. What does it have to offer? >> Okay. What does it have to offer? >> A salt cave. >> A salt cave. >> You like that? >> You like that?

>> I went once. It's like yoga in a salt >> I went once. It's like yoga in a salt cave. It was It was a vibe. cave. It was It was a vibe. >> Sounds gross.

>> Sounds gross. >> It was It was a vibe. >> It was It was a vibe. >> I guess the salt like Well, it smells >> I guess the salt like Well, it smells different so the sweat you can't smell.

different so the sweat you can't smell. >> Okay. So my friend I went with my friend >> Okay. So my friend I went with my friend there and she said you could taste it in there and she said you could taste it in the air like salty but I I couldn't. So the air like salty but I I couldn't. So I don't I don't know what that was I don't I don't know what that was about.

about. about. >> She could though. >> She could though. >> She could. >> She could. >> Okay. >> Okay. >> Okay. >> Yeah. >> Yeah. >> Yeah. >> But you also like like EDM music and >> But you also like like EDM music and like raves and that kind of mess, right?

like raves and that kind of mess, right? >> I love it. >> I love it. >> So you don't count that as a hobby? >> So you don't count that as a hobby? >> Um >> Um >> Um I guess it is a hobby. I just don't do I guess it is a hobby. I just don't do it as much as I can cuz where I am it as much as I can cuz where I am >> cuz you have to be grown up professional >> cuz you have to be grown up professional now and then you have to come to work now and then you have to come to work the next day. Like what? of or the next day. Like what? of or >> so what does that mean? Like what does >> so what does that mean? Like what does that scene? How did you get into that?

that scene? How did you get into that? What was the first time you ever went to What was the first time you ever went to like a EDM thing? like a EDM thing?

>> So I was actually thinking about this. >> So I was actually thinking about this. So I think I got into it through my So I think I got into it through my cousin when we were younger. We' played cousin when we were younger. We' played DDR if you remember that. No.

DDR if you remember that. No. >> It's called Dance Dance Revolution. It >> It's called Dance Dance Revolution. It was like a video game. was like a video game.

>> You're way younger than me, so I don't >> You're way younger than me, so I don't know what that is. know what that is. >> Okay. Um basically you just like dance >> Okay. Um basically you just like dance to a video game and all the music is to a video game and all the music is like like dance music, like really hype like like dance music, like really hype music.

music. music. >> Lady Gaga. >> Lady Gaga. >> Sure. Yeah. Um, and then I realized, >> Sure. Yeah. Um, and then I realized, wow, that's kind of like what EDM is.

wow, that's kind of like what EDM is. Um, and so I've always loved it. I Um, and so I've always loved it. I didn't really start like going to shows didn't really start like going to shows or raves really until or raves really until >> residency honestly. Okay. When I had a >> residency honestly. Okay.

Residency, Fellowship, and Career Path Decisions

When I had a little bit more time, little bit more time, >> okay, >> okay, >> okay, >> and a little bit of money. >> and a little bit of money. >> So then you got like I don't know, you >> So then you got like I don't know, you can tell people like is that an can tell people like is that an expensive habit? Like how much does that expensive habit? Like how much does that cost to go?

cost to go? >> It can be. So, if you want to go to like >> It can be. So, if you want to go to like a festival, which is like Friday, a festival, which is like Friday, Saturday, Sunday, usually three days, Saturday, Sunday, usually three days, that's like a couple hundred dollars that's like a couple hundred dollars just to attend and then depending on just to attend and then depending on where it is, you know, getting a hotel.

where it is, you know, getting a hotel. Yeah. Yeah. Yeah. >> But raves aren't what people think they >> But raves aren't what people think they are, right?

are, right? >> Like you don't just go take a bunch of >> Like you don't just go take a bunch of ecstasy and like you're taking mushrooms ecstasy and like you're taking mushrooms and doing all kinds of crazy stuff.

and doing all kinds of crazy stuff. >> No, not anymore. >> No, not anymore. >> Not anymore. That's what you used to do. >> Not anymore. That's what you used to do.

>> No, no com. No, just kidding. Um, but >> No, no com. No, just kidding. Um, but like I think there's also a different like I think there's also a different kind of thinking behind it these days.

kind of thinking behind it these days. Like a lot of people are like you don't Like a lot of people are like you don't have to like be on anything. You can have to like be on anything. You can sober rave.

sober rave. >> So let the music be your drug. >> So let the music be your drug. >> Yeah. And now there's like daytime >> Yeah. And now there's like daytime coffee raves which are so cool. You go coffee raves which are so cool. You go to cafe and they're playing house music to cafe and they're playing house music and Okay.

and Okay. >> It's just fun. >> It's just fun. >> But do you sit down or you stand up and >> But do you sit down or you stand up and drink your coffee when they're playing drink your coffee when they're playing house music?

house music? >> Um I was standing and drinking my >> Um I was standing and drinking my coffee. coffee. coffee. >> That's what I would think cuz sitting >> That's what I would think cuz sitting down be difficult.

down be difficult. >> No. Yeah. >> No. Yeah. >> Yeah. You ever been to a concert that >> Yeah. You ever been to a concert that you sit down at? you sit down at?

>> I don't think I've ever sat at a >> I don't think I've ever sat at a concert. concert. concert. >> Yeah, that's what I'm wondering. It's >> Yeah, that's what I'm wondering. It's because you haven't gone to a country because you haven't gone to a country western concert yet.

western concert yet. >> Um, yeah. I don't. >> Um, yeah. I don't. >> Yeah, you're going to though. That's >> Yeah, you're going to though. That's fine. You're in Lexington. You like you fine. You're in Lexington. You like you probably live really close to like probably live really close to like Manchester Music Hall and the Burl and Manchester Music Hall and the Burl and like I think it's right on your part of like I think it's right on your part of town. So, you're going to have to go to town. So, you're going to have to go to one of those.

one of those. >> I guess >> I guess >> you could stand though. It's like a bar. >> you could stand though. It's like a bar. >> Okay. >> Okay. >> Okay.

>> Yeah. Manchester Music Hall you stand. >> Yeah. Manchester Music Hall you stand. The Burl you stand. But um what's your The Burl you stand. But um what's your favorite country music song?

favorite country music song? >> That's that's the point. You don't have >> That's that's the point. You don't have one, I'm guessing. one, I'm guessing.

>> Yeah, I was like, do I know any? >> Yeah, I was like, do I know any? >> Well, okay. Name one country music >> Well, okay. Name one country music artist.

artist. artist. >> Okay, so I don't know if this counts as >> Okay, so I don't know if this counts as a country music song because it's like a country music song because it's like it was like Florida Georgia line and it was like Florida Georgia line and like like like >> a hip-hop artist.

>> a hip-hop artist. >> That is so funny that you say Florida >> That is so funny that you say Florida Georgia line and country together Georgia line and country together because the people who think country are because the people who think country are like, okay, that's the definition of not like, okay, that's the definition of not country.

country. country. >> Is it really? >> Is it really? >> Yeah. >> Yeah. >> Yeah. >> I don't know. It seemed a little like >> I don't know. It seemed a little like >> they're outsiders.

>> they're outsiders. >> Like people make fun of them so it >> Like people make fun of them so it wouldn't be a country song. But wouldn't be a country song. But >> I can't think.

>> I can't think. >> But I'm sure you like Posty though. >> But I'm sure you like Posty though. >> Who's that? >> Who's that? >> Post Malone. >> Post Malone.

>> Oh yeah. >> Oh yeah. >> Well, he went he's dabbling in country >> Well, he went he's dabbling in country now. So he did a whole country album now. So he did a whole country album >> which is something I have not heard.

>> which is something I have not heard. >> You should hear it because you would >> You should hear it because you would like it. like it. >> Are you sure?

>> Are you sure? >> Positive. Still has a posty vibe. >> Positive. Still has a posty vibe. >> Okay. >> Okay. >> Okay. >> And he does it his own way and he puts a >> And he does it his own way and he puts a cowboy hat on and cowboy boots and has a cowboy hat on and cowboy boots and has a little twing.

little twing. >> Okay. But then you have like people like >> Okay. But then you have like people like Beyonce who did her, you know, Beyonce who did her, you know, >> cuz that's pitiful. That was not a >> cuz that's pitiful. That was not a country. That's not a real country song.

country. That's not a real country song. >> Okay. Because unpopular opinion, I was >> Okay. Because unpopular opinion, I was not a fan. not a fan. >> It's not an unpopular opinion. No one's >> It's not an unpopular opinion. No one's a fan.

a fan. >> Okay. >> Okay. >> Okay. >> Even Beyonce people aren't fans of that. >> Even Beyonce people aren't fans of that. And country people are certainly not And country people are certainly not fans of it. Even though I think she won fans of it. Even though I think she won a Grammy.

a Grammy. >> Yeah. >> Yeah. >> Yeah. >> And that tells you like the Grammy stuff >> And that tells you like the Grammy stuff is crazy. is crazy. >> Um, but what about like Jelly Roll?

>> Um, but what about like Jelly Roll? >> No, not so much. He's >> No, not so much. He's >> got like a little hip-hop, you know. He >> got like a little hip-hop, you know. He was like a was like a >> a white rapper in the streets of >> a white rapper in the streets of Nashville growing up.

Nashville growing up. >> Um, >> Um, >> Um, >> you don't like that as much either? >> you don't like that as much either? >> No. Like I like his vibe, but it's okay.

>> No. Like I like his vibe, but it's okay. I do know a Shabu that one Shabuzzi song I do know a Shabu that one Shabuzzi song that's always on the radio.

that's always on the radio. >> Yeah. >> Yeah. >> Yeah. >> So, he's transitioned over into like >> So, he's transitioned over into like >> the country world.

>> the country world. there's a few like the the line is there's a few like the the line is becoming blurred in country music now becoming blurred in country music now which I think is good. That's which I which I think is good. That's which I love love love >> because I can because it becomes >> because I can because it becomes >> everyone can. So now you get like it's >> everyone can. So now you get like it's not just not just >> three chords and some sad song.

>> three chords and some sad song. >> Um >> Um >> Um >> because like 90s country I couldn't >> because like 90s country I couldn't stand. stand. stand. >> Um >> Um >> Um >> but it's still it's insanely popular >> but it's still it's insanely popular today. Like there's a lot of retro today. Like there's a lot of retro people who like 90s country which is people who like 90s country which is traditional like guitar, steel guitar, traditional like guitar, steel guitar, >> uh probably a fiddle, I don't know.

>> uh probably a fiddle, I don't know. >> Yeah. >> Yeah. >> Yeah. >> Um so there's a lot of people who like >> Um so there's a lot of people who like that. Like Zack Top, who's popular now, that. Like Zack Top, who's popular now, is like a retro 90s country person.

is like a retro 90s country person. Everything sounds 90s country. Everything sounds 90s country. >> But for me, I like I hated country music >> But for me, I like I hated country music for a bit. And growing up, I was Tupac for a bit. And growing up, I was Tupac and Biggie and Bone Thugs and Harmony.

and Biggie and Bone Thugs and Harmony. >> That's why we get along. Uh yeah, a lot >> That's why we get along. Uh yeah, a lot of hip-hop stuff in the 90s when it was of hip-hop stuff in the 90s when it was first starting like hip-hop became first starting like hip-hop became popular with popular with >> MTV and the culture became like a >> MTV and the culture became like a hip-hop culture. Now it's dead.

hip-hop culture. Now it's dead. >> Yeah. >> Yeah. >> Yeah. >> So like hip-hop's dead now. You have >> So like hip-hop's dead now. You have these whack rappers.

these whack rappers. >> So is MTV. >> So is MTV. >> MTV's rest in peace. It did its thing. >> MTV's rest in peace. It did its thing. It was old enough. It's fine.

It was old enough. It's fine. >> No one with YouTube and like streaming >> No one with YouTube and like streaming platforms. It's worthless to like watch platforms. It's worthless to like watch music videos music videos >> and see a commercial. Yeah. No one wants >> and see a commercial. Yeah. No one wants to see that, to see that, >> right? And then MTV degraded into like >> right? And then MTV degraded into like all these all these >> stupid shows that are reality shows that >> stupid shows that are reality shows that no one can tolerate. So no one can tolerate. So >> RIP MTV I think VH1's still a thing >> RIP MTV I think VH1's still a thing though.

though. though. >> Is it really? >> Is it really? >> Yeah, probably. It plays movies and >> Yeah, probably. It plays movies and >> stuff like that. And then like some >> stuff like that. And then like some music videos.

music videos. >> Where were we going? Oh, country music. >> Where were we going? Oh, country music. >> So now the lines are the lines are kind >> So now the lines are the lines are kind of skewed where like it's okay for of skewed where like it's okay for hip-hop artists to hip-hop artists to >> collaborate with country music artists >> collaborate with country music artists and it's a cool thing. So now you and it's a cool thing. So now you actually have beats in country music.

actually have beats in country music. >> Yeah. >> Yeah. >> Yeah. >> Which I like a lot. But then >> Which I like a lot. But then >> my transition >> my transition >> uh and I don't know how it is. It's like >> uh and I don't know how it is. It's like when my daughter was born, when my daughter was born, >> I had I had an iPod at that time. So I'm >> I had I had an iPod at that time. So I'm old. You don't even know what an iPod old. You don't even know what an iPod is, but you've heard of it.

is, but you've heard of it. >> Uh but you put all your music on it and >> Uh but you put all your music on it and that's just it. There's no streaming that's just it. There's no streaming service. Apple Music doesn't exist. You service. Apple Music doesn't exist. You had to like buy 99 cents per song.

had to like buy 99 cents per song. >> Buy >> Buy >> Buy >> Yeah. No, you really had to buy because >> Yeah. No, you really had to buy because >> Oh, this is before >> Oh, this is before >> this is after >> this is after >> the closure of like Napster and all the >> the closure of like Napster and all the other stuff. Okay. So, other stuff. Okay. So, >> buyer.

>> buyer. >> buyer. >> I was in college when Napster was a >> I was in college when Napster was a thing. So, I would go hook up a computer thing. So, I would go hook up a computer and download every pirated song on the and download every pirated song on the planet.

planet. planet. >> Um, when everyone thought it was legal. >> Um, when everyone thought it was legal. >> U, >> U, >> U, >> but then it became really expensive for >> but then it became really expensive for a period of time because Napster gets a period of time because Napster gets shut down, all the file sharing stuff shut down, all the file sharing stuff becomes illegal or whatever you want to becomes illegal or whatever you want to say. There were still ways to do it, but say. There were still ways to do it, but I wasn't willing to do it.

I wasn't willing to do it. >> Yeah. >> Yeah. >> Yeah. >> Uh but then you had to pay for your >> Uh but then you had to pay for your music like 99 cents per single. It got music like 99 cents per single. It got expensive.

expensive. expensive. >> Yeah. >> Yeah. >> Yeah. >> Um and then like Apple Music came about >> Um and then like Apple Music came about for the streaming services, then Spotify for the streaming services, then Spotify and all the other stuff. Now you just and all the other stuff. Now you just pay a set fee. You can stream whatever pay a set fee. You can stream whatever you want, you want, >> right?

>> right? >> right? >> You don't actually own the music. You >> You don't actually own the music. You rent the music, I guess, which is way rent the music, I guess, which is way better because I was spending hundreds better because I was spending hundreds of dollars of dollars >> on buying singles >> on buying singles >> and then you

don't hear the whole album.

>> and then you don't hear the whole album. I'm not going to spend $14.99 to buy the I'm not going to spend $14.99 to buy the whole album, whole album, >> right?

>> right? >> right? >> So, I end up picking whatever songs I >> So, I end up picking whatever songs I like and then so now I think it's like and then so now I think it's better.

better. better. >> However, now the artists kind of get >> However, now the artists kind of get hosed. hosed. hosed. >> Yeah. >> Yeah. >> Yeah. >> They don't get their $14.99. They don't >> They don't get their $14.99. They don't can't sell a CD anymore.

can't sell a CD anymore. >> Yeah. >> Yeah. >> Yeah. >> So, their entire way to make an income >> So, their entire way to make an income has shifted to live music.

has shifted to live music. >> Streams you have to do. >> Streams you have to do. >> No, streams are completely pitiful. >> No, streams are completely pitiful.

>> Oh, really? >> Oh, really? >> On how they get reimbursed. Like, if >> On how they get reimbursed. Like, if you're a top tier person, like you're you're a top tier person, like you're Bad Bunny, you're good.

Bad Bunny, you're good. >> Yeah. because people will stream your >> Yeah. because people will stream your stuff and you get some money from that. stuff and you get some money from that. >> Okay.

>> Okay. >> Okay. >> But if you're the middle tier who used >> But if you're the middle tier who used to could sell some CDs and make some to could sell some CDs and make some money on music, money on music, >> you get paid like a cent for >> you get paid like a cent for thousand streams or something. It's thousand streams or something. It's ridiculously low.

ridiculously low. >> Yeah. >> Yeah. >> Yeah. >> So streaming music for a mid person >> So streaming music for a mid person who's not a superstar is fairly who's not a superstar is fairly worthless.

worthless. worthless. >> Got it. >> Got it. >> Um now you can get now with YouTube, you >> Um now you can get now with YouTube, you can get your music out.

can get your music out. >> Yeah. with Tik Tok especially. Oh yeah, >> Yeah. with Tik Tok especially. Oh yeah, you can go out and maybe you'll blow up you can go out and maybe you'll blow up and you can become, and you can become, >> you know, Tik Tok famous, which is what >> you know, Tik Tok famous, which is what you're working on.

you're working on. >> But if you do that, there's a mechanism >> But if you do that, there's a mechanism to be known. to be known. >> You then have to follow it up with live >> You then have to follow it up with live shows or you're not going to make any shows or you're not going to make any money.

money. money. >> Yeah. >> Yeah. >> Yeah. >> Because even if you're, >> Because even if you're, you have 300,000 Tik Tok followers, it you have 300,000 Tik Tok followers, it may pay you some money, but it's not may pay you some money, but it's not significant enough to maintain your significant enough to maintain your career, career, career, >> right?

>> right? >> right? >> Um, so it's a weird place. And then now >> Um, so it's a weird place. And then now AI is here. AI is here. >> Oh my gosh. And so with Sunno, you can >> Oh my gosh. And so with Sunno, you can create your own music.

create your own music. >> It used to be that, >> It used to be that, >> you know, if you wanted to be a >> you know, if you wanted to be a musician, you had to be talented.

musician, you had to be talented. >> Now, you don't have to. You just have to >> Now, you don't have to. You just have to have a computer. have a computer.

>> That's crazy. >> That's crazy. >> And uh I'm guilty of >> And uh I'm guilty of >> making music. >> making music. >> Writing songs >> Writing songs >> on the the other stuff. So, you don't >> on the the other stuff. So, you don't have to be a talent. You have no talent.

have to be a talent. You have no talent. >> Listen to one. >> Listen to one. >> Well, I haven't released it to anyone. >> Well, I haven't released it to anyone. >> Oh.

>> Oh. >> Oh. >> Uh so, we haven't put it out in the >> Uh so, we haven't put it out in the world. Uh but I did dabble in how do you world. Uh but I did dabble in how do you write songs? Initially it was hard write songs? Initially it was hard because all the AI stuff was trash because all the AI stuff was trash >> cuz the learning models it would make >> cuz the learning models it would make every word rhyme like you're reading a every word rhyme like you're reading a poem like no one would ever sing it.

poem like no one would ever sing it. >> No thanks. >> No thanks. >> Now it's pretty legit. Like Sunno is >> Now it's pretty legit. Like Sunno is legit now. You could put drum beats in legit now. You could put drum beats in the back. You can whatever you're the back. You can whatever you're dreaming of you can make happen.

dreaming of you can make happen. >> That's awesome. >> That's awesome. >> Yeah, it's cool. Um, I'm God knew that I >> Yeah, it's cool. Um, I'm God knew that I couldn't have any music talent or I'd couldn't have any music talent or I'd never be a physician because I would be never be a physician because I would be like homeless in Nashville chasing music like homeless in Nashville chasing music >> and so I have zero talent and I've tried >> and so I have zero talent and I've tried everything.

everything. everything. >> Okay, >> Okay, >> Okay, >> it's okay. >> it's okay. >> Drum box. >> Drum box. >> We can't all be good at >> We can't all be good at >> whatever the chimes.

>> whatever the chimes. >> I can't play any of it. >> I can't play any of it. >> Okay. >> Okay. >> Okay. >> So, thankfully I can't. So, now I have a >> So, thankfully I can't. So, now I have a real job.

real job. >> Yeah. Yeah. And you have this on the >> Yeah. Yeah. And you have this on the side to live out your dream. side to live out your dream. >> No, I don't think it's going to be like >> No, I don't think it's going to be like It's not going to be like that. So, now It's not going to be like that. So, now I just try like I love live music.

I just try like I love live music. >> Well, it's a hobby. You can add that to >> Well, it's a hobby. You can add that to your hobby list. your hobby list.

>> I think I do have some hobbies now that >> I think I do have some hobbies now that I say that. I say that. >> Yeah. >> Yeah. >> Yeah. >> It's got a 3D printer.

>> It's got a 3D printer. >> Oh, what have you printed so far? >> Oh, what have you printed so far? >> Little statues. >> Little statues. >> Oh, cute.

>> Oh, cute. >> That are like u my son takes to school >> That are like u my son takes to school that are wolves. that are wolves. >> Oh, nice. cuz he has a little club, a >> Oh, nice. cuz he has a little club, a little gang that he created in school little gang that he created in school called the Wolfpack.

called the Wolfpack. >> Okay, nice. >> Okay, nice. >> We printed that. Printed a phone holder >> We printed that. Printed a phone holder for my daughter for my daughter >> so she can >> so she can >> watch her YouTube.

>> watch her YouTube. >> Oh, that is so crafty. >> Oh, that is so crafty. >> Um, >> Um, >> Um, I printed a bowl that you can put uh I printed a bowl that you can put uh fruit in and run water in it and it fruit in and run water in it and it circles through and washes the fruit circles through and washes the fruit off.

off. off. >> That is so cool. >> That is so cool. >> Didn't work. >> Didn't work. >> Oh, >> Oh, >> Oh, >> it looked great on the video. Yeah. >> it looked great on the video. Yeah.

>> Doesn't work in real life. >> Doesn't work in real life. >> Okay. Um, >> Okay. Um, >> can you make me like a model foot? >> can you make me like a model foot?

Like make a little a little joint model? Like make a little a little joint model? >> I don't know. Maybe. >> I don't know. Maybe. >> Okay. >> Okay. >> Okay.

>> I haven't thought of that. >> I haven't thought of that. >> If you're bored. >> If you're bored. >> If you're bored. Um, yeah. I may be a >> If you're bored. Um, yeah. I may be a little obsessive on the on things. I little obsessive on the on things. I might go a little hard on everything I might go a little hard on everything I do because I did also like we were do because I did also like we were somewhere on vacation. I got um somewhere on vacation. I got um freeze-dried candy freeze-dried candy >> and they had freeze-dried >> and they had freeze-dried candy corn. Uh oh.

candy corn. Uh oh. >> Um and it was amazing. >> Um and it was amazing. >> Okay. >> Okay. >> Okay. >> So I bought a freeze drying like a >> So I bought a freeze drying like a commercial freeze dryer.

commercial freeze dryer. >> So now every Halloween I freeze dry >> So now every Halloween I freeze dry candy corn candy corn >> and Skittles and all the other stuff. So >> and Skittles and all the other stuff. So >> we were just talking about that the >> we were just talking about that the bottom part of bottom part of >> I have a room in the basement. It's like >> I have a room in the basement. It's like my office has a computer in it.

my office has a computer in it. >> Now it has a 3D printer >> Now it has a 3D printer >> and the freeze dry machine. >> and the freeze dry machine. >> Freeze dry machine and the scaffolding >> Freeze dry machine and the scaffolding that you would build to work on a that you would build to work on a building. I have two massive speakers, a building. I have two massive speakers, a subwoofer, a turntable.

subwoofer, a turntable. >> You're making a DJ booth. >> You're making a DJ booth. >> I have a DJ booth in my basement. >> I have a DJ booth in my basement.

>> Oh my gosh. >> Oh my gosh. >> With the scaffolding. So >> With the scaffolding. So >> that's awesome. >> that's awesome. >> I really got into like buying vinyl, >> I really got into like buying vinyl, like going back and and getting vinyl like going back and and getting vinyl albums, albums, albums, >> but I don't mix them like >> but I don't mix them like >> Okay. No, >> Okay. No, >> that's dead now. Now it's all digital.

>> that's dead now. Now it's all digital. >> It is digital. >> It is digital. >> So you have to be skilled at matching >> So you have to be skilled at matching the beats and all the other stuff. AI the beats and all the other stuff. AI will do that for you, too, by the way.

will do that for you, too, by the way. Uh, but the old school like two Uh, but the old school like two turntables and making them spin at the turntables and making them spin at the same rate, that's a lost art, I think.

same rate, that's a lost art, I think. >> Oh, yeah. >> Oh, yeah. >> And I was thinking about doing it, but I >> And I was thinking about doing it, but I can't. So, can't. So, >> it's hard.

>> it's hard. >> It just doesn't sound good if you don't >> It just doesn't sound good if you don't know how to do it know how to do it >> or that. Yeah. So, it's the output was >> or that. Yeah. So, it's the output was trash. And so, I was like, I'm good.

trash. And so, I was like, I'm good. I'll just let somebody else do it. I'll just let somebody else do it. >> Yeah. >> Yeah. >> Yeah. >> Let AI do it.

>> Let AI do it.

Transition to Practice and Early Career Challenges

>> Even better. >> Even better. >> Um, >> Um, >> Um, you're probably an easy adapter to like you're probably an easy adapter to like chat GBT and all that stuff.

chat GBT and all that stuff. >> Yeah. You don't mind it? >> Yeah. You don't mind it? >> I don't mind it. It's like >> I don't mind it. It's like >> because you know like everything you've >> because you know like everything you've typed in there now somebody knows about typed in there now somebody knows about you.

you. you. >> But who? >> But who? >> Who cares? Somebody does. >> Who cares? Somebody does. >> Somebody. >> Somebody. >> Somebody. >> Yeah, cuz you >> Yeah, cuz you >> like a human.

>> like a human. >> No, I think I just I think it's all just >> No, I think I just I think it's all just in the cloud. in the cloud. >> What cloud? >> What cloud?

>> I don't know. The >> I don't know. The >> probably owned by United Healthcare. >> probably owned by United Healthcare. >> GPT cloud. Yeah, honestly.

>> GPT cloud. Yeah, honestly. >> Yeah, it's probably Black Rockck. >> Yeah, it's probably Black Rockck. >> Well, have you seen the Oh, yeah. Yeah, >> Well, have you seen the Oh, yeah. Yeah, you're the one who showed me the G Chad you're the one who showed me the G Chad GBT prompt for the caricature.

GBT prompt for the caricature. >> Yeah, but you did yours and it turned >> Yeah, but you did yours and it turned out great. Like it turned out normal.

out great. Like it turned out normal. >> Yeah, it knows too much about me. That >> Yeah, it knows too much about me. That means means means >> I did mine and it had me holding a >> I did mine and it had me holding a prosthetic leg.

prosthetic leg. >> Okay. >> Okay. >> Okay. >> With cords wrapped around my arm and a >> With cords wrapped around my arm and a little thing on my hip and somebody like little thing on my hip and somebody like doing all this weird stuff with meniscus doing all this weird stuff with meniscus stuff because we talking a lot about stuff because we talking a lot about meniscus recently.

meniscus recently. >> Yeah. >> Yeah. >> Yeah. >> Um but it was a jacked up picture of a >> Um but it was a jacked up picture of a meniscus. It wasn't real meniscus. just meniscus. It wasn't real meniscus. just some it was no way I could show somebody some it was no way I could show somebody that's just would confuse people and that's just would confuse people and then people were in like this high-tech then people were in like this high-tech bolab.

bolab. bolab. >> Yeah. >> Yeah. >> Yeah. >> And then I had my ortholink stuff on the >> And then I had my ortholink stuff on the on the thing and so I don't know what on the thing and so I don't know what I've told Chat GBT but it's confusing it I've told Chat GBT but it's confusing it >> apparently >> apparently >> apparently >> because it looks like I need a >> because it looks like I need a prosthetic leg and uh so then I told it prosthetic leg and uh so then I told it like hey get rid of the prosthetic leg like hey get rid of the prosthetic leg and put an arthroscope in the hand.

and put an arthroscope in the hand. >> Yeah. >> Yeah. >> Yeah. >> And it's weird because I wore my striker >> And it's weird because I wore my striker pullover today. Yeah. I'm not sponsored pullover today. Yeah. I'm not sponsored by Striker. Like I don't even use by Striker. Like I don't even use Striker stuff for the most part.

Striker stuff for the most part. >> Yeah, >> Yeah, >> Yeah, >> it put Striker on the R3. That is so >> it put Striker on the R3. That is so weird. weird.

weird. >> So weird. I'm like, can you take the >> So weird. I'm like, can you take the Striker off? Like I'm not I don't

know Striker off? Like I'm not I don't know where that came from, right?

where that came from, right? >> Striker would be happy, I guess. >> Striker would be happy, I guess. >> Um but industry is uh >> Um but industry is uh >> I wonder why it did that. Like why it >> I wonder why it did that. Like why it picked Striker.

picked Striker. >> That is really Yeah. >> That is really Yeah. >> Yeah. So mine was terrible, but yours >> Yeah. So mine was terrible, but yours turned out fine. You even posted yours.

turned out fine. You even posted yours. >> Yeah. Mine was super cute. >> Yeah. Mine was super cute. >> Yeah. >> Yeah. >> Yeah. >> I like it. >> I like it.

>> Did it have like a dog in it? >> Did it have like a dog in it? It maybe it had like an old old people. It maybe it had like an old old people. >> Oh, it had your mom and dad as the top.

>> Oh, it had your mom and dad as the top. >> Yeah. >> Yeah. >> Yeah. >> Did you show your mom and dad that they >> Did you show your mom and dad that they came up?

came up? >> I did. They thought it was cute. >> I did. They thought it was cute. >> Yeah. So, what else did it have on >> Yeah. So, what else did it have on there?

there? there? >> Um, it had a guy lifting weights with a >> Um, it had a guy lifting weights with a little knee brace. little knee brace. >> Makes sense.

>> Makes sense. >> Um, it had an ultrasound machine. >> Um, it had an ultrasound machine. >> Also makes sense. >> Also makes sense. >> Yeah. Um, and then I think it maybe had >> Yeah. Um, and then I think it maybe had some like supplements or like vitamins some like supplements or like vitamins or something.

or something. >> Okay. So, nothing weird though, not a >> Okay. So, nothing weird though, not a prosthetic leg with wires coming out prosthetic leg with wires coming out your arm. Yeah.

your arm. Yeah. >> See, I don't know what I feed into my >> See, I don't know what I feed into my chat, GBT, but you've been putting real chat, GBT, but you've been putting real stuff in and mine thinks something stuff in and mine thinks something different.

different. different. >> Yeah, >> Yeah, >> Yeah, >> I guess. >> I guess. >> Um, >> Um, >> Um, so AI stuff doesn't scare you. so AI stuff doesn't scare you.

>> It doesn't scare me because I think I'm >> It doesn't scare me because I think I'm very well aware of it. It scares me that very well aware of it. It scares me that other people are not as aware of it as I other people are not as aware of it as I am. Um, you know, am. Um, you know, >> so what happens when there's like super >> so what happens when there's like super learning and somebody hacks your door learning and somebody hacks your door code at your house?

code at your house? >> I don't know. I haven't thought that far >> I don't know. I haven't thought that far in advance. in advance. >> For me, I'm just like looking out for >> For me, I'm just like looking out for the older people who are very easily, the older people who are very easily, you know, scammed into AI videos.

you know, scammed into AI videos. >> Yeah. Did you see the video where like >> Yeah. Did you see the video where like there's a voice call from to your there's a voice call from to your parents and it's your voice and said, parents and it's your voice and said, "Hey, please send like 500 bucks or I'm "Hey, please send like 500 bucks or I'm going to kill your kid." going to kill your kid." >> Yeah.

>> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> But like you'd think like my parents >> But like you'd think like my parents would be smarter than that. Like would be smarter than that. Like >> you think so though? What if it's

>> you think so though? What if it's straight up your voice?

straight up your voice? >> Like, "Hey, this is Shiovani. I'm in big >> Like, "Hey, this is Shiovani. I'm in big trouble. like I need your help right trouble. like I need your help right now.

now. now. >> I think they would know like the way I >> I think they would know like the way I talk and also talk and also >> what if it's dead on. >> what if it's dead on.

>> Well, see that's scary cuz how >> Well, see that's scary cuz how >> because you talk in the chat GBT you >> because you talk in the chat GBT you talk into it.

talk into it. >> I talked into it once. >> I talked into it once. >> You talked to it more than once. I heard >> You talked to it more than once. I heard you do it twice.

you do it twice. >> Okay, fine. Twice. >> Okay, fine. Twice. >> It only takes once. >> It only takes once. >> But I spoke to it in English. What if I >> But I spoke to it in English. What if I use a different language?

use a different language? >> How many languages do you know? >> How many languages do you know? >> A little of a lot. >> A little of a lot. >> What's your hardest one that you know >> What's your hardest one that you know nothing about, but you still try?

nothing about, but you still try? >> Um, >> Um, >> Um, >> Spanish. Spanish I can understand pretty >> Spanish. Spanish I can understand pretty well. I just can't really speak it very well. I just can't really speak it very well. Same thing with French.

well. Same thing with French. >> Um >> Um >> Um >> Okay. >> What does that mean? >> What does that mean? >> My name is >> My name is >> See, you do know.

>> See, you do know. >> Um random, but I like >> Um random, but I like >> German. >> German. >> German. >> Not German. >> Not German. >> Okay. >> Okay.

>> Okay. >> Um I know a little Korean. >> Um I know a little Korean. >> Okay. >> Okay. >> Okay. >> A little Turkish. >> A little Turkish. >> What? Give me one sentence in Korean.

>> What? Give me one sentence in Korean. >> Um one sentence. Anything two two words >> Um one sentence. Anything two two words >> is hello. >> is hello.

>> That's a long hello. >> That's a long hello. >> Yeah, you can shorten it if you're >> Yeah, you can shorten it if you're talking about talking about >> how do you say hi?

>> how do you say hi? >> Anyong. >> Anyong. >> Anyong. >> It's better. >> It's better. >> Yeah. >> Yeah. >> Yeah. >> Okay. You got to say a lot of words to >> Okay. You got to say a lot of words to get hello out. That's that long get hello out. That's that long >> because it's like one of those languages >> because it's like one of those languages where you have like formal informal. So where you have like formal informal. So like the longer words are formal.

like the longer words are formal. >> Okay. >> Okay. >> Okay. >> So if you're meeting someone for the >> So if you're meeting someone for the first time, you say the long version.

first time, you say the long version. But if it's like a little kid, you can But if it's like a little kid, you can say anong. say anong. >> How do you say what up?

>> How do you say what up? I don't think I've ever said that to I don't think I've ever said that to anyone. anyone. anyone. >> Try it. >> Try it. >> I have no idea.

>> I have no idea. >> Okay. So, you don't know enough Korean >> Okay. So, you don't know enough Korean to say what up? to say what up? >> Don't know enough. Okay.

>> Don't know enough. Okay. >> Yeah. >> Yeah. >> Yeah. >> What are the other ones? >> What are the other ones? >> Um, so I tried to teach myself Turkish a >> Um, so I tried to teach myself Turkish a little bit.

little bit. >> Okay. Why? >> Okay. Why? >> Um, >> Um, >> Um, >> that's where the best raves are. >> that's where the best raves are. >> Well, I've always wanted to go to >> Well, I've always wanted to go to Turkey.

Turkey. Turkey. >> Um, but I like foreign TV and I was >> Um, but I like foreign TV and I was watching like Turkish TV shows. watching like Turkish TV shows.

>> Okay. But you had to have the captions >> Okay. But you had to have the captions because you couldn't understand it. because you couldn't understand it. >> Always.

>> Always. >> Always. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> And you What about Squid Games? >> And you What about Squid Games? >> Squid Games is Korean.

>> Squid Games is Korean. >> Yeah. But you can understand it. >> Yeah. But you can understand it. >> Uh, for the most part. Yeah. >> Uh, for the most part. Yeah. >> Okay.

>> Okay. >> Okay. >> But I always have captions. Even when >> But I always have captions. Even when I'm watching English, I need subtitles. I'm watching English, I need subtitles.

>> Only if you're in Kentucky. >> Only if you're in Kentucky. >> Well, that's why I don't like going to >> Well, that's why I don't like going to the movie theater because then I have to the movie theater because then I have to concentrate on listening.

concentrate on listening. If I'm like, If I'm like, >> see, subtitles, it must just be a >> see, subtitles, it must just be a generation thing. Like I'm a generation generation thing. Like I'm a generation older than you and subtitles drive me older than you and subtitles drive me insane. Like and my daughter could care insane. Like and my daughter could care less. She wants them on less. She wants them on >> and I'm like what are we doing? Like >> and I'm like what are we doing? Like >> cuz what if you miss something and it's >> cuz what if you miss something and it's important cuz you're like munching your important cuz you're like munching your >> Exactly. Exactly.

>> Exactly. Exactly. >> Sure. That's why you have the subcap the >> Sure. That's why you have the subcap the >> No, I'm like not like munching on things >> No, I'm like not like munching on things usually, but like usually, but like >> I'm just saying like what do what could >> I'm just saying like what do what could you possibly miss? one word you possibly miss? one word >> or like sometimes it helps you keep >> or like sometimes it helps you keep track of like characters because it'll track of like characters because it'll say who's speaking say who's speaking especially if especially if >> I think I don't have enough >> I think I don't have enough >> I don't know >> I don't know >> awareness like uh situational awareness >> awareness like uh situational awareness because I just watch a movie to not because I just watch a movie to not experience what the character is doing experience what the character is doing just what's the overall just what's the overall >> vibe how do I feel now >> vibe how do I feel now >> fair enough >> fair enough >> that the punch line has been >> that the punch line has been >> revealed >> revealed >> revealed >> okay >> okay >> okay >> but it's probably not fair that's not >> but it's probably not fair that's not normal because that's why I like pulp normal because that's why I like pulp fiction so much fiction so much >> maybe >> maybe >> maybe >> because there's no punch line >> because there's no punch line >> like what what's happening?

>> like what what's happening? >> You just feel like sick to your stomach >> You just feel like sick to your stomach that you just wasted three hours of your that you just wasted three hours of your life.

life. life. >> That's how I felt. >> That's how I felt. >> Um but you have to do it like 12 times. >> Um but you have to do it like 12 times. >> Okay.

>> Okay. >> Okay. >> In order to tolerate it. So you have to >> In order to tolerate it. So you have to build tolerance to it. And then all of a build tolerance to it. And then all of a sudden you're like well Tarantino is a sudden you're like well Tarantino is a genius because I didn't get that the genius because I didn't get that the first 10 times.

first 10 times. >> Okay. >> Okay. >> Okay. >> Took the 12th time to understand what he >> Took the 12th time to understand what he was saying here. was saying here.

>> Fair enough. Um, >> Fair enough. Um, there's lots of things in Pulp Fiction there's lots of things in Pulp Fiction that once you watch it, you're like, that once you watch it, you're like, "Oh, he's very opinionated on "Oh, he's very opinionated on everything." everything." everything." >> Okay, I'll have to try it 10 more times >> Okay, I'll have to try it 10 more times then.

then. then. >> Yeah, good luck. >> Yeah, good luck. >> 11. >> 11. >> 11. >> Most people don't. Like the 12th time, >> Most people don't. Like the 12th time, you're like, "Oh, this is a work of you're like, "Oh, this is a work of art." art." art." >> Okay.

>> Okay. >> Okay. >> But I've seen it a hundred times at >> But I've seen it a hundred times at least. least. least. >> Okay. I mean, it's very like commonly >> Okay. I mean, it's very like commonly referenced, so that's why I watched it.

referenced, so that's why I watched it. But then I was like, But then I was like, >> all the oneliners I know. Yeah. All the >> all the oneliners I know. Yeah. All the one. And that's also where I learned one. And that's also where I learned that you cannot snort heroin.

that you cannot snort heroin. >> So if you actually snort heroin, it will >> So if you actually snort heroin, it will put you in cardiac arrest, apparently.

put you in cardiac arrest, apparently. According to Tarantino, According to Tarantino, >> apparently. Okay. >> apparently. Okay. >> Because the boss's wife >> Because the boss's wife >> took heroin out of uh Vincent Vega's >> took heroin out of uh Vincent Vega's pocket, she thought was cocaine.

pocket, she thought was cocaine. >> Oh. And snorted it. >> Oh. And snorted it. >> Snorted it. Okay. Went in cardiac >> Snorted it. Okay. Went in cardiac arrest.

arrest. arrest. >> Well, I mean, I'm sure >> Well, I mean, I'm sure >> it was my first introduction to medicine >> it was my first introduction to medicine because they took an epinephrine pen and because they took an epinephrine pen and jabbed it in my heart.

jabbed it in my heart. >> Oh, okay. Fair enough. >> Oh, okay. Fair enough. >> And they drew like a little red dot to >> And they drew like a little red dot to miss the sternum. So they kind of knew miss the sternum. So they kind of knew like, hey, you got to miss the sternum like, hey, you got to miss the sternum to get to the heart.

to get to the heart. >> Injected epinephrine. She woke right up. >> Injected epinephrine. She woke right up. >> Okay. So So they knew what they were >> Okay. So So they knew what they were doing a little bit.

doing a little bit. >> I think if you're a drug dealer, you >> I think if you're a drug dealer, you have to know that. Yeah, you have to have to know that. Yeah, you have to know.

know. know. >> Oh, you have to know that. That's a >> Oh, you have to know that. That's a qualification for being a drug dealer. qualification for being a drug dealer.

>> I don't know any drug dealers, but >> I don't know any drug dealers, but according to Tarantino, according to Tarantino, >> that he knew to get to the drug dealer's >> that he knew to get to the drug dealer's house and he was going to have some house and he was going to have some epinephrine to try to save her. But if epinephrine to try to save her. But if the if she would have over if she would the if she would have over if she would have overdosed,

the boss would have have overdosed, the boss would have killed her killed him.

killed her killed him. >> Okay. >> Okay. >> Okay. >> So >> So >> So >> interesting. >> interesting. >> interesting. >> That's how that works. >> That's how that works. >> Okay.

>> Okay. >> Okay. >> The timeline's really messed up though. >> The timeline's really messed up though. >> Okay. >> Okay. >> Okay. >> When you start Pulp Fiction, it starts >> When you start Pulp Fiction, it starts out in the cafe and they're getting out in the cafe and they're getting ready to rob.

ready to rob. >> Right. There's like time hops. >> Right. There's like time hops. >> That's way late in the deal. Like >> That's way late in the deal. Like especially when he takes Samuel especially when he takes Samuel Jackson's wallet and he wants it back.

Jackson's wallet and he wants it back. >> Yeah. >> Yeah. >> Yeah. >> That's happens way after. I like that >> That's happens way after. I like that concept of like time hopping, but like concept of like time hopping, but like it's so it's so >> I think in order to understand it the >> I think in order to understand it the first time, you have to be on drugs.

first time, you have to be on drugs. >> Okay, that would be >> Okay, that would be >> that's why you would understand it. I've >> that's why you would understand it. I've never tried drugs and I refused to never tried drugs and I refused to because I didn't want to be stuck in one because I didn't want to be stuck in one of those type deals.

of those type deals. >> Um yeah, that's the whole point. >> Um yeah, that's the whole point. >> But you have the prerequisite. You have >> But you have the prerequisite. You have the medical knowledge to be able to the medical knowledge to be able to >> Yeah. I don't know if I could navigate >> Yeah. I don't know if I could navigate it to I can time travel, I guess, it to I can time travel, I guess, without the drugs if you watch it 12 without the drugs if you watch it 12 times.

times. times. >> Okay. >> Okay. >> Okay. >> But then I'm still confused. Like you >> But then I'm still confused. Like you you could I can pause it somewhere in you could I can pause it somewhere in the middle. I still don't know where we the middle. I still don't know where we are yet in time.

are yet in time. >> Okay. >> Okay. >> Okay. >> Uh because Bruce Willis is in there and >> Uh because Bruce Willis is in there and he meets with the boss man.

he meets with the boss man. >> Okay. >> Okay. >> Okay. >> It's Marcelus Wallace and he's a boxer >> It's Marcelus Wallace and he's a boxer and he's supposed to throw the fight.

and he's supposed to throw the fight. It's the end of his career. He's It's the end of his career. He's supposed to throw a fight, supposed to throw a fight, >> but instead he kills the guy >> but instead he kills the guy >> and doesn't throw the fight and then has >> and doesn't throw the fight and then has to run away to run away >> from the boss.

>> from the boss. >> But then his his dad gave him a watch >> But then his his dad gave him a watch >> and his girlfriend or his wife forgot >> and his girlfriend or his wife forgot the watch at his house and they had to the watch at his house and they had to run. So, we had to go back and get it.

run. So, we had to go back and get it. So, then he runs over the guy who's So, then he runs over the guy who's going to kill him in the thing. It's going to kill him in the thing. It's insane.

insane. insane. >> Okay. I don't have any recollection of >> Okay. I don't have any recollection of this. this. this. >> Yeah, you got to go again. >> Yeah, you got to go again. >> Okay.

>> Okay. >> Okay. >> Yeah, you got to watch it again. >> Yeah, you got to watch it again. >> Okay. >> Okay. >>

Okay. >> What about Jackie Brown? Have you ever >> What about Jackie Brown? Have you ever seen that?

seen that? >> I have not. >> I have not. >> Another Tarantino film. >> Another Tarantino film. >> Okay. >> Okay. >> Okay. >> Um, >> Um, >> Um, Reservoir Dogs.

Reservoir Dogs. >> I have not seen that. >> I have not seen that. >> Another Tarantino film. >> Another Tarantino film. >> Okay. I'm not super big on films.

>> Okay. I'm not super big on films. >> Yeah, >> Yeah, >> Yeah, >> I've realized. >> I've realized. >> Why? Why? >> Why? Why? >> I don't know. Oh, everyone have captions >> I don't know. Oh, everyone have captions on them on them >> probably. Everyone's like, "Have you >> probably. Everyone's like, "Have you seen this movie? Have you?" And I I seen this movie? Have you?" And I I usually my answer is no.

usually my answer is no. >> Okay. >> Okay. >> Okay. >> If it's not on Netflix, you haven't seen >> If it's not on Netflix, you haven't seen it. it. it.

>> Well, okay. So, I think it's it just >> Well, okay. So, I think it's it just seems like a bigger commitment to commit seems like a bigger commitment to commit to watching a movie to watching a movie >> than watching like eight episodes of a >> than watching like eight episodes of a TV show cuz like TV show cuz like >> Definitely not a bigger commitment. No, >> Definitely not a bigger commitment. No, >> the movie's going to last two hours >> the movie's going to last two hours >> because you don't sign up for binging >> because you don't sign up for binging the TV season. You sign up for one the TV season. You sign up for one episode and then you're like, "Oh, let's episode and then you're like, "Oh, let's just keep going." just keep going." >> Fair enough. What is the last movie show >> Fair enough. What is the last movie show that you binged?

that you binged? >> What? I literally just finished one the >> What? I literally just finished one the I cannot tell you. I cannot tell you. >> Did you watch Dexter?

>> Did you watch Dexter? >> No, I started it and I never finished >> No, I started it and I never finished it. it. it. >> Yeah, me either. I didn't like it much.

>> Yeah, me either. I didn't like it much. >> It was Yeah, it was weird. >> It was Yeah, it was weird. >> Yeah. What's your go-to if you're >> Yeah. What's your go-to if you're working out? And is it music playlist working out? And is it music playlist like EDM stuff or like EDM stuff or >> you're watching stuff?

>> you're watching stuff? >> Um, it's you it's always music. Um, >> Um, it's you it's always music. Um, >> usually it's EDM like DJ sets or >> usually it's EDM like DJ sets or something like that.

something like that. >> Until you moved to Kentucky and now it's >> Until you moved to Kentucky and now it's >> Um, no, but like I'll throw in some like >> Um, no, but like I'll throw in some like like old old school like rap hiphop like like old old school like rap hiphop like recently.

recently. recently. >> Old school's like what Kanye? No, like >> Old school's like what Kanye? No, like I don't know. Not like like 90s. Not I don't know. Not like like 90s. Not like that old school.

like that old school. >> That's way too old school. Yeah, >> That's way too old school. Yeah, >> that's what I grew up on. >> that's what I grew up on.

>> Yeah. Um >> Yeah.

Sports Medicine Fellowship and Sideline Experiences

Um >> Ice Cube >> Ice Cube >> like throwback to like early 2000s I >> like throwback to like early 2000s I would say. would say. >> I don't know because lately I've been >> I don't know because lately I've been listening to um TI's new song which is listening to um TI's new song which is so good.

so good. >> Okay. But do you know um Q-tip? >> Okay. But do you know um Q-tip? No. Do you know Tribe Called Quest? No. Do you know Tribe Called Quest?

>> I've heard of these >> I've heard of these >> Farel Williams. >> Farel Williams. >> Yeah, I know Farel >> Yeah, I know Farel >> because he's a producer, but he's also >> because he's a producer, but he's also old school. Like he was he would look up old school. Like he was he would look up at Tribe Called Quest and that would be at Tribe Called Quest and that would be like his like his >> people that he would look to and so it's >> people that he would look to and so it's like Q-tip. And what about like Q-tip. And what about >> um you know Method Man, Red Man, like >> um you know Method Man, Red Man, like all those people?

all those people? >> I've heard of them. >> I've heard of them. >> No, you don't. Tupac. >> No, you don't. Tupac. >> Yeah. >> Yeah. >> Yeah. >> Biggie.

>> Biggie. >> Biggie. >> Yeah. >> Yeah. >> Yeah. >> Okay. Bone Thugs and Army. >> Okay. Bone Thugs and Army. >> Yeah. >> Yeah. >> Yeah. They're Cleveland. They're from Ohio.

They're Cleveland. They're from Ohio. >> Are they really? >> Are they really? >> Yeah. >> Yeah. >> Yeah. >> Oh. >> Oh. >> Oh. >> Um Jay-Z obviously know.

Jay-Z obviously know. >> Um >> Um >> Um Kanye, you know. Kanye, you know. >> Mhm. >> Mhm. >> Mhm. >> Shout out Yeezys. >> Shout out Yeezys. Um Kendrick Lamar, you know. Oh yeah.

Kendrick Lamar, you know. Oh yeah. >> I mean obviously he's on the thing, but >> I mean obviously he's on the thing, but are you Drake or Kendrick Lamar?

are you Drake or Kendrick Lamar? >> Oh, the pick. Um, >> Oh, the pick. Um, >> can't be both. >> can't be both. >> I think I'm probably on team Kendrick.

>> I think I'm probably on team Kendrick. >> That's That's surprising. I thought you >> That's That's surprising. I thought you were going to say Drake.

were going to say Drake. >> I don't know. I used to like Drake a lot >> I don't know. I used to like Drake a lot when he was like his early stuff and when he was like his early stuff and then it just got like then it just got like >> get it together.

>> get it together. >> He did get slayed in that battle though. >> He did get slayed in that battle though. >> He did. >> He did. >> Kennar killed him.

>> Kennar killed him. >> Oh yeah. >> Oh yeah. That's the best line. That's the best line. >> Yeah. >> Yeah. >> Yeah. >> of maybe ever. >> of maybe ever. >> Ever.

>> Ever. >> Ever. >> Yeah. And a rap song. Okay. Um >> Yeah. And a rap song. Okay. Um so spend your time working out and so spend your time working out and watching TV shows and no movies and um watching TV shows and no movies and um what's next? Like what's next on your what's next? Like what's next on your line and in life? What do you want to line and in life? What do you want to accomplish next? You're all done with accomplish next? You're all done with all your training.

all your training. >> Yeah. I think I just want to like get >> Yeah. I think I just want to like get better at what I'm doing, you know? I better at what I'm doing, you know? I want to work with like sports team, you want to work with like sports team, you know, be a team doc.

know, be a team doc. >> Yeah. >> Yeah. >> Yeah. >> Um I feel like that would be super fun. >> Um I feel like that would be super fun. But like I also, But like I also, >> like you mentioned, I am trying to grow >> like you mentioned, I am trying to grow my social media just to have like my social media just to have like another outlet.

another outlet. >> Okay. >> Okay. >> Okay. >> Um I think it also helps me >> Um I think it also helps me professionally because I'm keeping up professionally because I'm keeping up with like stuff that I might not see in with like stuff that I might not see in clinic, but that's like relevant.

clinic, but that's like relevant. >> Yeah. Yeah. Shout out. What's your Tik >> Yeah. Yeah. Shout out. What's your Tik Tok handle? at Sportstock Shiv. Tok handle? at Sportstock Shiv.

>> Sportstock Shiv. That's SIV. >> Sportstock Shiv. That's SIV. >> Yes. >> Yes. >> Yes. >> What's your Instagram? >> What's your Instagram? >> It's the same.

>> It's the same. >> Smart. >> Smart. >> Smart. >> Yeah. >> Yeah. >> Yeah. >> Unless >> Unless >> Unless >> Unless >> Unless >> Unless >> you lose the password.

>> you lose the password. >> Yeah. Well, it's hard to these days. You >> Yeah. Well, it's hard to these days. You just click reset and then just click reset and then >> Yeah, but remember chat GBT has your >> Yeah, but remember chat GBT has your >> Yeah, that's true.

>> Yeah, that's true. >> has your password then. >> has your password then. >> True. >> True. >> True. >> What was the last thing you put in chat >> What was the last thing you put in chat GBT?

GBT? GBT? Um, Um, Um, it was probably like something to help it was probably like something to help me make a real over the weekend. me make a real over the weekend.

>> Yeah, that's what I was going to ask >> Yeah, that's what I was going to ask you. So, you're using like the AI stuff you. So, you're using like the AI stuff for ideas on what to put on for for ideas on what to put on for >> social media. So, >> social media. So, >> it's pretty helpful.

>> it's pretty helpful. >> Yeah. >> Yeah. >> Yeah. And then And then what are you going to do with it when what are you going to do with it when it's all said and done?

it's all said and done? Social media side, like what would you Social media side, like what would you want to see about it? want to see about it? >> You're like, I'm doing it because it >> You're like, I'm doing it because it helps me. I'm doing it like what do you helps me. I'm doing it like what do you want to do with it?

want to do with it? >> Yeah. Um, >> Yeah. Um, >> you just want to be famous. >> you just want to be famous. >> Stay tuned. >> Stay tuned. >> I can't give everything away.

>> I can't give everything away. >> Yeah. No, but just say that. No, what >> Yeah. No, but just say that. No, what the reason I'm asking is is like uh some the reason I'm asking is is like uh some people use it to like, hey, I'm trying people use it to like, hey, I'm trying to grow my brand personally so I can do to grow my brand personally so I can do this and that. Some people say this and that. Some people say >> I'm trying to do it to become an >> I'm trying to do it to become an authority at this or that or the other.

authority at this or that or the other. Like Like Like >> when you just and you just recently >> when you just and you just recently decided like this started like October, decided like this started like October, right? Because right? Because >> literally. So, >> literally. So, >> but you're also like super private about >> but you're also like super private about your private life.

your private life. >> So, and that's there's nothing wrong >> So, and that's there's nothing wrong with that. We talked about that already. with that. We talked about that already.

So there's the business side of things So there's the business side of things and and and >> right >> right >> right >> the sports medicine side of things, but >> the sports medicine side of things, but you're not like posting your thoughts you're not like posting your thoughts and deep your Facebook post about how and deep your Facebook post about how you're thinking that.

you're thinking that. >> Yeah. Not yet. >> Yeah. Not yet. >> Yeah. How you're politically divisive >> Yeah. How you're politically divisive and and all those because those two and and all those because those two things typically don't work well things typically don't work well together.

together. together. >> No. If you're trying to grow a brand or >> No. If you're trying to grow a brand or you're trying to be helpful in sports you're trying to be helpful in sports medicine world and give out information medicine world and give out information and then you post about something about and then you post about something about the country and everything else, the the country and everything else, the mass that's going on, those types either mass that's going on, those types either you blow up you blow up >> and then you have to go that route and >> and then you have to go that route and then you become that person, then you become that person, >> right?

>> right? >> right? >> And then you forget about like, hey, >> And then you forget about like, hey, don't forget to stretch, don't forget to stretch, >> right? Yeah.

>> right? Yeah. >> So we a lot of people do that. Mhm. >> So we a lot of people do that. Mhm. >> There's a lot of social media people and >> There's a lot of social media people and even podcast people here just like even podcast people here just like >> they'll say and do anything for clicks >> they'll say and do anything for clicks and likes, and likes, >> right?

>> right? >> right? >> Um, >> Um, >> Um, >> is that what you do? Say and do anything >> is that what you do? Say and do anything for clicks and likes.

for clicks and likes. >> No, I think right now because I am still >> No, I think right now because I am still growing, like I'm still trying to make growing, like I'm still trying to make sure I stay true to my personal brand.

sure I stay true to my personal brand. >> Um, and like >> Um, and like >> I think it's smart. >> I think it's smart. >> Yeah. >> Yeah. >> Yeah. >> Yeah. If you just try to get one clip to >> Yeah. If you just try to get one clip to go viral, then what how you going to go viral, then what how you going to follow it?

follow it? >> I'm gonna >> I'm gonna >> That's No, that's what I'm saying. Like >> That's No, that's what I'm saying. Like if you don't have any content, you don't if you don't have any content, you don't have a way that you're going, then have a way that you're going, then you're like, "Oh, great. I blew up with you're like, "Oh, great. I blew up with that video. Now what?

that video. Now what? >> I got to say something even crazier, >> I got to say something even crazier, >> right? >> right? >> right? >> You got to do something even crazier." >> You got to do something even crazier." So if you have you ever thought about So if you have you ever thought about like doing what is it when they just like doing what is it when they just jump off buildings? Like free form jump off buildings? Like free form stuff?

stuff? stuff? >> Oh my gosh, that's scary. That scares >> Oh my gosh, that's scary. That scares me. me. me. >> You wouldn't climb up the side of a >> You wouldn't climb up the side of a building or that stuff?

building or that stuff? >> No. No. >> No. No. >> Yeah. >> Yeah. >> Yeah. >> I'm not an adrenaline junkie. >> I'm not an adrenaline junkie. >> You don't like roller coasters?

>> You don't like roller coasters? >> Okay, so I do like roller coasters to an >> Okay, so I do like roller coasters to an extent. extent. extent. >> Okay. To what extent? to like nausea >> Okay. To what extent? to like nausea >> um till like I limit it to like once a >> um till like I limit it to like once a year maybe even.

year maybe even. >> What about like skydiving? >> What about like skydiving? >> No, I would never do that. Actually, so >> No, I would never do that. Actually, so I won't say never. Um but chances are I I won't say never. Um but chances are I will not be doing that will not be doing that >> cuz you don't like the idea that the >> cuz you don't like the idea that the shoot might not work and you're dead.

shoot might not work and you're dead. >> Yeah. There's just too many other >> Yeah. There's just too many other

extraneous. extraneous. extraneous. >> But the the adrenaline it would be >> But the the adrenaline it would be legit.

legit. legit. >> I don't think I'd be able to open my >> I don't think I'd be able to open my eyes. eyes. eyes. >> Okay. So you couldn't enjoy it. Yeah.

>> Okay. So you couldn't enjoy it. Yeah. >> What if you can't find find the >> What if you can't find find the >> the thing? Yeah, that's the thing. Yeah.

>> the thing? Yeah, that's the thing. Yeah. >> Okay. >> Okay. >> Okay. >> I don't know. >> I don't know. >> So, you're not jumping off an airplane? >> So, you're not jumping off an airplane? >> No.

>> No. >> No. >> But you've never did bungee jumping. >> But you've never did bungee jumping. >> That used to be a thing. Just tie this >> That used to be a thing. Just tie this bungee cord on your leg and just hope bungee cord on your leg and just hope the thing get the thing happens.

the thing get the thing happens. >> Cuz that terrifies me. >> Cuz that terrifies me. >> Yeah. Especially the ones that go like >> Yeah. Especially the ones that go like over the water with no like over the water with no like >> pad or whatever.

>> pad or whatever. >> Nothing. Yeah. >> Nothing. Yeah. >> Then you something goes wrong, you're >> Then you something goes wrong, you're just dead. just dead.

>> Yeah. Yeah. But people are out there >> Yeah. Yeah. But people are out there doing crazy stuff. doing crazy stuff. >> Yeah, for sure. And most of it's on >> Yeah, for sure. And most of it's on video now.

video now. >> Yeah. >> Yeah. >> Yeah. >> Um Yeah. Okay. So, the social media >> Um Yeah. Okay. So, the social media stuff like um what's your go-to? Like stuff like um what's your go-to? Like your favorite is Tik Tok or Instagram?

your favorite is Tik Tok or Instagram? You like the reals or you like Tik Tok You like the reals or you like Tik Tok better? better? better? >> So, I used to be super against Tik Tok >> So, I used to be super against Tik Tok just because, you know, it's the whole just because, you know, it's the whole like brain rot thing. Yeah. But I think like brain rot thing. Yeah. But I think if you use it like productively, it can if you use it like productively, it can be really cool.

be really cool. >> Yeah. >> Yeah. >> Yeah. >> Um >> Um >> Um >> it may be the algorithm that's still >> it may be the algorithm that's still capable of breaking through. Like I capable of breaking through. Like I don't think anyone understands what don't think anyone understands what happens with Instagram res.

happens with Instagram res. >> Yeah. >> Yeah. >> Yeah. >> Because you post it and it's like that >> Because you post it and it's like that was really good and it got four views.

was really good and it got four views. >> Yeah. Yeah. >> Yeah. Yeah. >> And then you post something that's you >> And then you post something that's you didn't think is so good that it does didn't think is so good that it does better. So I don't I don't know if better. So I don't I don't know if anyone's figured that out yet.

anyone's figured that out yet. >> But the persistence part is important. >> But the persistence part is important. And you've been pretty persistent. And you've been pretty persistent.

>> I've been trying to stay, you know, >> I've been trying to stay, you know, Yeah. Yeah. Yeah. >> putting stuff out. You said every >> putting stuff out. You said every weekday you're posting something.

weekday you're posting something. >> Every weekday. >> Every weekday. >> Yeah. What happens when you run out? >> Yeah. What happens when you run out? It's called ChatgBT.

It's called ChatgBT. >> Exactly. That's why I'm enlisting my >> Exactly. That's why I'm enlisting my >> What's What's his or her name? >> What's What's his or her name?

>> I don't know. I just realized I should >> I don't know. I just realized I should probably name it right now. probably name it right now. >> It's the one with the British accent.

>> It's the one with the British accent. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> It's a very soothing British accent. >> It's a very soothing British accent.

>> His name is Jules. >> His name is Jules. >> I guess we will name him Jules >> I guess we will name him Jules >> because Jules was like impul fiction, >> because Jules was like impul fiction, too.

too. too. >> Oh, you know what? I think I'll name >> Oh, you know what? I think I'll name him. What was um Batman's butler? him. What was um Batman's butler?

Alfred. I'm going to name him Alfred. Alfred. I'm going to name him Alfred. >> Batman had a butler. >> Batman had a butler. >> Yeah, >> Yeah, >> Yeah, >> I know that.

>> I know that. >> Yeah. >> Yeah. >> Yeah. >> Never seen Batman. >> Never seen Batman. >> You're lying. >> You're lying. >> I mean, I probably have seen it, but >> I mean, I probably have seen it, but I've never I don't know the story line.

I've never I don't know the story line. I don't know what happens. I don't know what happens. >> Oh my gosh. >> Oh my gosh. >> Same for Spider-Man. Like, I'm not into >> Same for Spider-Man. Like, I'm not into Marvel or Marvel or >> Okay, Spider-Man, whatever. But Batman, >> Okay, Spider-Man, whatever. But Batman, like OG Batman, Christian Bale Batman.

like OG Batman, Christian Bale Batman. >> Uh that's OG for you. I'm old. So, this >> Uh that's OG for you. I'm old. So, this be like Michael Keaton or something.

be like Michael Keaton or something. >> Okay, whatever. Well, we're gonna stick >> Okay, whatever. Well, we're gonna stick with with with >> the best Batman is Christian Bale.

>> the best Batman is Christian Bale. >> Who is the Joker that like killed >> Who is the Joker that like killed himself? himself? himself? >> Heath Ledger.

>> Heath Ledger. >> Yeah, >> Yeah, >> Yeah, >> he was good. >> he was good. >> That's cool. >> That's cool. >> So, you saw that one? >> So, you saw that one?

>> I never saw it. >> I never saw it. >> Oh, >> Oh, >> Oh, >> I knew he killed himself, but >> I knew he killed himself, but >> Okay. >> Okay. >> Okay.

>> I've seen YouTube clips and >> I've seen YouTube clips and >> Fair enough. >> Fair enough. >> Um, most of the people I like end up >> Um, most of the people I like end up killing themselves. Kurt Cobain.

killing themselves. Kurt Cobain. >> Okay. >> Okay. >> Okay. >> Um, a lot of um I really like the grunge >> Um, a lot of um I really like the grunge movement. uh when I was like I was super movement. uh when I was like I was super hip-hop.

hip-hop. hip-hop. >> Okay. >> Okay. >> Okay. >> And was into grunge. It was a weird >> And was into grunge. It was a weird thing. thing. thing. >> Okay.

>> Okay. >> Okay. >> But I think a lot of those artists like >> But I think a lot of those artists like I appreciate I appreciate not necessarily the headsp space they're not necessarily the headsp space they're in, but the talent they have in, but the talent they have >> and for some reason like people can't >> and for some reason like people can't

handle it. And I don't know what happens handle it. And I don't know what happens in your brain if you get to a certain in your brain if you get to a certain point that I don't know if it's chicken point that I don't know if it's chicken or egg, right?

or egg, right? >> Like either you're born that way >> Like either you're born that way >> and then now you have to like take drugs >> and then now you have to like take drugs to to exist to to exist >> in that way or you think taking drugs >> in that way or you think taking drugs makes you better in at your art. Um but makes you better in at your art. Um but there's definitely a direct correlation there's definitely a direct correlation for people who are super talented and for people who are super talented and taking drugs.

taking drugs. >> Um and drugs usually end up taking >> Um and drugs usually end up taking people out. people out. uh eventually or if it's just the uh eventually or if it's just the opposite like you get some fame and opposite like you get some fame and you're not capable of handling that type you're not capable of handling that type thing and so the mask that you need to thing and so the mask that you need to put on as your drug is to cope.

put on as your drug is to cope. >> I'm not sure which way it goes. >> I'm not sure which way it goes. >> I don't know if it's like you're >> I don't know if it's like you're >> you're already predisposed to that and >> you're already predisposed to that and then like drugs is is the natural thing then like drugs is is the natural thing to do or if it's a coping mechanism.

to do or if it's a coping mechanism. >> Not sure. >> Not sure. >> We're good. >> We're good. >> Yeah, I've looked into it. I mean I was >> Yeah, I've looked into it. I mean I was a psychology major.

a psychology major. >> Oh yeah. So I thought initially I >> Oh yeah. So I thought initially I thought that my whole life was going to thought that my whole life was going to be like how to help schizophrenics.

be like how to help schizophrenics. >> Oh interesting. >> Oh interesting. >> And so schizophrenia and drugs are hand >> And so schizophrenia and drugs are hand in hand. Yeah. Like they literally go in hand. Yeah. Like they literally go hand in hand.

hand in hand. >> Okay. >> Okay. >> Okay. >> And then we try to cure it with more >> And then we try to cure it with more drugs, right? drugs, right? >> Like oh let's just fry this part of your >> Like oh let's just fry this part of your brain so you'll be normal and be back to brain so you'll be normal and be back to where it's at.

where it's at. >> So it never made sense to me >> So it never made sense to me >> on how we were taking these the worst of >> on how we were taking these the worst of the worst people. Now, also, God knew the worst people. Now, also, God knew that I should not be a psychiatrist that I should not be a psychiatrist because my suicide rate would be like because my suicide rate would be like 95%. Because I'd be like, "I'm thinking 95%. Because I'd be like, "I'm thinking about killing myself." And I'd be like, about killing myself." And I'd be like, "All right, do it." "All right, do it." >> They're like, and then they actually do >> They're like, and then they actually do it. And they're like, "My doctor told me it. And they're like, "My doctor told me to." to." to." >> Yeah.

>> Yeah. >> Yeah. >> It wouldn't be good. >> It wouldn't be good. >> No. Because the abnormal psychology >> No. Because the abnormal psychology stuff like you really exist inside of a stuff like you really exist inside of a realm realm realm >> that you have to that you can't win >> that you have to that you can't win sometimes like and it's not just a sometimes like and it's not just a chemical imbalance. There's a spiritual chemical imbalance. There's a spiritual realm to it. There's all kinds of crazy realm to it. There's all kinds of crazy stuff.

stuff. stuff. >> Yeah. >> Yeah. >> Yeah. >> That you get into. We were talking about >> That you get into. We were talking about that yesterday. that yesterday.

>> Yeah. It was just so >> Yeah. It was just so >> you kind of get into this subconscious >> you kind of get into this subconscious of your brain that that exists. It's not of your brain that that exists. It's not a safe place to play. Um, and I think a safe place to play. Um, and I think that's like some of the artists I think that's like some of the artists I think that's why drugs like make them normal.

that's why drugs like make them normal. No, they they like something that would No, they they like something that would make us abnormal make us abnormal >> would make them >> would make them >> gives them some sense of normality. So I >> gives them some sense of normality. So I think they live in that think they live in that >> subconscious realm sometime. But I just >> subconscious realm sometime. But I just don't know like Elvis dead because of don't know like Elvis dead because of drugs, drugs, drugs, >> Kirk Cobain dead because of drugs. Like >> Kirk Cobain dead because of drugs. Like you can name and they're all 30 years you can name and they're all 30 years old when it happens.

old when it happens.

Transition to Orthopedics and New Responsibilities

Lane Staley who's lead singer of Allison Lane Staley who's lead singer of Allison Chains like is really Chains like is really into like how talented he was about into like how talented he was about putting words together and the tone of putting words together and the tone of his stuff his stuff >> dead like uh and you can just keep going >> dead like uh and you can just keep going and going and going.

and going and going. >> Yeah. >> Yeah. >> Yeah. >> All these artists killed themselves with >> All these artists killed themselves with drugs and drugs and >> not sure why. I don't know how we got >> not sure why. I don't know how we got there.

there. there. >> I don't either. >> I don't either. >> Probably start talk about Tarantino. >> Probably start talk about Tarantino. That's how we got the drugs partly.

That's how we got the drugs partly. >> Yeah. The Pulp Fiction thing. Um, oh, we >> Yeah. The Pulp Fiction thing. Um, oh, we were talking about social media. How did were talking about social media. How did you start doing drugs after your Tik you start doing drugs after your Tik Tok?

I don't know. Drug counseling and Tik I don't know. Drug counseling and Tik Tok. Tok. Tok. I don't remember. I don't remember. >> Yeah. I don't I don't know.

>> Yeah. I don't I don't know. >> Yeah. So, you started Tik Tok, started >> Yeah. So, you started Tik Tok, started putting stuff out, started putting the putting stuff out, started putting the reals out. Um, reals out. Um, >> which one is having the most traction?

>> which one is having the most traction? >> I think it's kind of 5050 right now. My >> I think it's kind of 5050 right now. My Instagram is like a lot newer cuz it's Instagram is like a lot newer cuz it's kind of like kind of like >> more um intimidating to me.

>> more um intimidating to me. >> Okay. >> Okay. >> Okay. >> Because Tik Tok is more just like, you >> Because Tik Tok is more just like, you know, casual, whatever.

know, casual, whatever. >> Yeah. >> Yeah. >> Yeah. >> Instagram and it's always been like this >> Instagram and it's always been like this to me, but it's been more like serious to me, but it's been more like serious and aesthetic, you know. Um and I don't and aesthetic, you know. Um and I don't know, aesthetics are really important to know, aesthetics are really important to me.

me. me. >> But you also said you want to keep the >> But you also said you want to keep the your people who know you off of your your people who know you off of your Instagram, Instagram, Instagram, >> which is just counterintuitive for how >> which is just counterintuitive for how you're going to blow up an Instagram.

you're going to blow up an Instagram. I'm like, you got to get all your people I'm like, you got to get all your people that are your friends to put you out, that are your friends to put you out, >> right? Yeah. Well, initially I had two >> right? Yeah. Well, initially I had two trains of thought, but then I realized trains of thought, but then I realized that.

that. that. >> What is your current train of thought? >> What is your current train of thought? >> Um, well, >> Um, well, >> get everybody on board. >> get everybody on board.

>> Yeah, exactly. >> Yeah, exactly. >> Because Instagram's owned by Facebook. >> Because Instagram's owned by Facebook. >> Yes. >> Yes. >> Yes. >> And so, uh, and that meta whole meta >> And so, uh, and that meta whole meta place has the same algorithm. So, place has the same algorithm. So, >> do you have Facebook?

>> do you have Facebook? >> I don't, which I'm thinking maybe I >> I don't, which I'm thinking maybe I should make one should make one >> because it's hand in hand because every >> because it's hand in hand because every time you post something on Instagram time you post something on Instagram reels, it becomes a Facebook reel.

reels, it becomes a Facebook reel. >> Mh. And then someone may see it on >> Mh. And then someone may see it on Facebook, but mainly old people see it Facebook, but mainly old people see it on Facebook and then they won't see it on Facebook and then they won't see it on Instagram, on Instagram, >> right?

>> right? >> right? >> But then clicking on it takes them to >> But then clicking on it takes them to your Instagram real. So I don't know how your Instagram real. So I don't know how you can have Instagram without Facebook.

you can have Instagram without Facebook. So you need Facebook, So you need Facebook, >> I guess. So it's like >> I guess. So it's like >> then you join the old crowd.

>> then you join the old crowd. >> Well, then at least I would get like a >> Well, then at least I would get like a broader audience because I feel like broader audience because I feel like >> everybody in Cynthia will follow you.

>> everybody in Cynthia will follow you. >> Yeah, that's great. Then they'll be >> Yeah, that's great. Then they'll be like, "Oh, hey, I saw your reel like, "Oh, hey, I saw your reel yesterday." And I'm like, "Oh, yesterday." And I'm like, "Oh, >> yeah." >> yeah." >> yeah." >> And >> And >> And >> and was it good?

>> and was it good? >> Yeah. You didn't comment, you didn't >> Yeah. You didn't comment, you didn't like. like. like. >> Yeah. As long as you don't do all that >> Yeah. As long as you don't do all that clickbait stuff, you'll be fine.

clickbait stuff, you'll be fine. >> Yeah. >> Yeah. >> Yeah. >> I I think professionally, like the >> I I think professionally, like the initial advice when I was coming out of initial advice when I was coming out of med school was just stay off of social med school was just stay off of social media.

media. media. >> Like never add your patients >> Like never add your patients >> on social media. Never let them follow >> on social media. Never let them follow your stuff. Yeah.

your stuff. Yeah. >> Because they had like this liability >> Because they had like this liability thing in the back of their head like thing in the back of their head like >> And it's true like if you're a wild >> And it's true like if you're a wild person and you're like drinking and person and you're like drinking and partying on the weekend and then you do partying on the weekend and then you do somebody's surgeries on Monday and somebody's surgeries on Monday and you're kind of hung over you're kind of hung over probably is good that people know that, probably is good that people know that, but if you are who you are already, it's but if you are who you are already, it's not that big of a deal. I mean, you not that big of a deal. I mean, you know, it is what it is. And we're in a know, it is what it is. And we're in a world now where world now where >> I mean, patients going to find you on >> I mean, patients going to find you on social media if you have any social social media if you have any social media presence.

media presence. >> Yeah. >> Yeah. >> Yeah. >> If you don't have social media presence, >> If you don't have social media presence, >> then uh that's also another question.

>> then uh that's also another question. So, I always wrestle with that like what So, I always wrestle with that like what if I just had if I just had >> just shut it all off, right?

>> just shut it all off, right? >> Is it going to make any difference? >> Is it going to make any difference? >> Um and then I post and never know what >> Um and then I post and never know what happens, happens, happens, >> right? But then I had somebody call me >> right? But then I had somebody call me like I hadn't seen in 20 years like, like I hadn't seen in 20 years like, "Hey, I saw your Facebook post about ACL "Hey, I saw your Facebook post about ACL screening stuff." And then my son is screening stuff." And then my son is doing this or doing this or >> so you never really know, >> so you never really know, >> right?

>> right? >> right? >> This what's rude is >> This what's rude is >> people will scan your stuff and not >> people will scan your stuff and not comment or like it, comment or like it, >> right? Just lurking.

>> right? Just lurking. >> They saw it. >> They saw it. >> Yep. >> Yep. >> Yep. >> But you never know they saw it, >> But you never know they saw it, >> right? Yeah.

>> right? Yeah. >> Um it's kind of rude. >> Um it's kind of rude. >> It is. >> It is. >> I think that violates the Instagram uh >> I think that violates the Instagram uh terms and conditions. If you like what terms and conditions. If you like what you saw, please double click.

you saw, please double click. >> Please. Yeah, it does nothing for you, >> Please. Yeah, it does nothing for you, right? right? right? >> They call that like um uh social media >> They call that like um uh social media equity or something like you spend a equity or something like you spend a little bit and so you have to do the little bit and so you have to do the same actually. You have to same actually. You have to >> like >> like >> like >> Yeah. You got to, you know, >> Yeah. You got to, you know, >> even your channel, you have to go and >> even your channel, you have to go and not even comment, but you have to like not even comment, but you have to like stuff.

stuff. stuff. >> Yeah. >> Yeah. >> Yeah. >> Just interact with people. >> Just interact with people. >> Yeah. And it was weird like our social >> Yeah. And it was weird like our social media stuff with Ortholinks like was media stuff with Ortholinks like was stuck for a bit stuck for a bit >> and then um once you get above a certain >> and then um once you get above a certain amount of followers like if you follow amount of followers like if you follow someone else they're like oh well they someone else they're like oh well they got like 5,000 followers I'll follow got like 5,000 followers I'll follow them too them too >> right >> right >> right >> I struggled that early on because I >> I struggled that early on because I would be like following somebody that I would be like following somebody that I wanted them to follow me.

wanted them to follow me. >> Yeah. And then they didn't. >> Yeah. And then they didn't. >> It's a weird game. So then next week I >> It's a weird game. So then next week I would go back and unfollow everybody who would go back and unfollow everybody who didn't follow me back. And so I was didn't follow me back. And so I was clicking back and forth like fine, you clicking back and forth like fine, you know, I would like to follow you, but if know, I would like to follow you, but if you're not going to follow me, we're you're not going to follow me, we're done.

done. done. >> Yeah, >> Yeah, >> Yeah, >> we're breaking up every week. Um, and >> we're breaking up every week. Um, and then it changed a little bit as you get then it changed a little bit as you get a little bit of traction, you put a little bit of traction, you put something out, somebody sees something, something out, somebody sees something, >> uh, I think it's just a natural thing.

>> uh, I think it's just a natural thing. Like if somebody has 300,000 followers, Like if somebody has 300,000 followers, >> yeah, >> yeah, >> yeah, >> and they follow you, you're like, "Oh, >> and they follow you, you're like, "Oh, wow. I'll follow them, too." wow. I'll follow them, too." >> Right.

>> Right. >> Right. >> If they have 5,000, I don't think it >> If they have 5,000, I don't think it matters. Um, I don't know what the matters. Um, I don't know what the number is, but number is, but >> um, >> um, >> um, >> just something that looks impressive, >> just something that looks impressive, probably. But then it gains momentum probably. But then it gains momentum because then everybody who sees your because then everybody who sees your thing follows you because they're like, thing follows you because they're like, "Oh, everyone's doing it, "Oh, everyone's doing it, >> right?

>> right? >> right? >> I guess I'm going to follow too." >> I guess I'm going to follow too." >> Um, so there is a breakthrough that >> Um, so there is a breakthrough that happens. I don't know what the number happens. I don't know what the number is. It's high.

is. It's high. >> I'll let you know when it happens to me. >> I'll let you know when it happens to me. >> Yeah. Yeah. When you blow up and go >> Yeah. Yeah. When you blow up and go viral.

viral. viral. >> Um, I don't know. How do you make a >> Um, I don't know. How do you make a viral video? viral video? >> I don't think there's like a true >> I don't think there's like a true method. It's kind of method. It's kind of >> I'm not sure.

>> I'm not sure. >> Yeah. Chat Chad GBT told you. >> Yeah. Chat Chad GBT told you. >> Yeah. >> Yeah. >> Yeah. >> How to go viral. There's people who made >> How to go viral. There's people who made an entire business around like uh having an entire business around like uh having you pay them money and try to make a you pay them money and try to make a video go viral.

video go viral. >> Yeah. >> Yeah. >> Yeah. >> And the the fake clicks doesn't matter. >> And the the fake clicks doesn't matter. The algorithm figures it out.

The algorithm figures it out. >> Yeah. The algorithm is really smart and >> Yeah. The algorithm is really smart and that is kind of unsettling. that is kind of unsettling.

>> I don't know if it's I don't know if >> I don't know if it's I don't know if it's smart or if it's like it's smart or if it's like >> I'm more of a conspiracy theorist.

>> I'm more of a conspiracy theorist. >> Sure. >> Sure. >> Sure. >> I think it's set up for certain things >> I think it's set up for certain things to to be put out into the world and c to to be put out into the world and c certain things to be shut up. But like, certain things to be shut up. But like, >> and I don't think anyone cares about >> and I don't think anyone cares about their ACL.

their ACL. >> Who controls it? >> Who controls it? >> Um, >> Um, >> Um, I mean, you would think it's like X and I mean, you would think it's like X and Zuckerberg and like because Facebook has Zuckerberg and like because Facebook has Instagram and Instagram and >> Facebook, >> Facebook, >> Facebook, >> right? But then there's like separate >> right? But then there's like separate though.

though. though. >> Tik Tok is separate, but Tik Tok is the >> Tik Tok is separate, but Tik Tok is the one that you can actually one that you can actually >> get a video to go crazy without >> get a video to go crazy without influence. It's just like, influence. It's just like, >> yeah, that's true. Because if it's >> yeah, that's true. Because if it's getting traction, the way it reads it is getting traction, the way it reads it is it's gonna keep spitting it out to on it's gonna keep spitting it out to on your for you page your for you page >> and I still can't figure out Instagram.

>> and I still can't figure out Instagram. Like I can post an Instagram post Like I can post an Instagram post >> and the people who follow me and we've >> and the people who follow me and we've like interacted still don't see it like interacted still don't see it >> on their front page. So it's not like >> on their front page. So it's not like all of your followers see your post.

all of your followers see your post. >> Uh because if you scroll through your >> Uh because if you scroll through your Instagram, you don't see everybody who's Instagram, you don't see everybody who's who you follow. You see a a trend, who you follow. You see a a trend, right? I keep seeing the same person right? I keep seeing the same person over and over, but you don't see every over and over, but you don't see every single one of the people you follow when single one of the people you follow when they post something. And if you click on they post something. And if you click on their profile, you're like, I never saw their profile, you're like, I never saw that post, right?

that post, right? >> Because it never came on your for you >> Because it never came on your for you page or whatever you want to call it, page or whatever you want to call it, your landing page, your landing page, >> right?

>> right? >> right? >> I don't understand it. If I understood >> I don't understand it. If I understood it, then I guess I'd be one of those it, then I guess I'd be one of those people who were selling people who were selling >> courses on how to blow up.

>> courses on how to blow up. >> I don't know the benefit of blowing up. >> I don't know the benefit of blowing up. I guess there's a financial benefit.

I guess there's a financial benefit. >> Um, >> Um, >> Um, >> well, I guess it's all back to like what >> well, I guess it's all back to like what are you doing for?

are you doing for? >> Are you doing it for clout? Are you >> Are you doing it for clout? Are you doing it for money? doing it for money? >> Yeah, but you're doing it for clout.

>> Yeah, but you're doing it for clout. >> Yeah, maybe. >> Yeah, maybe. >> I mean, it's not a bad thing. It's not a >> I mean, it's not a bad thing. It's not a bad thing to say like because it's not bad thing to say like because it's not like, "Oh, I'm going to replace it." Be like, "Oh, I'm going to replace it." Be nice if you could, but it's not like I'm nice if you could, but it's not like I'm going to replace my You're not going to going to replace my You're not going to quit being a physician.

quit being a physician. >> No, never. This is just like it's fun, >> No, never. This is just like it's fun, you know? I enjoy it. you know? I enjoy it.

>> I agree. Same same for this podcast. >> I agree. Same same for this podcast. Like we don't do the really the podcast Like we don't do the really the podcast because we have like tens of listeners.

because we have like tens of listeners. >> Yeah. >> Yeah. >> Yeah. >> And uh but the whole process of going >> And uh but the whole process of going through the whole thing matters. Yeah.

through the whole thing matters. Yeah. >> And so we talked about before we went >> And so we talked about before we went live, like initially I didn't even know live, like initially I didn't even know how to edit video.

how to edit video. >> Yeah. >> Yeah. >> Yeah. >> So I would have all these raw video >> So I would have all these raw video clips and it take me hours and hours to clips and it take me hours and hours to get one episode out. And it started get one episode out. And it started audio only. I didn't have video when we audio only. I didn't have video when we started. Okay.

started. Okay. >> Because video was too much. I was like >> Because video was too much. I was like I'm never gonna have time to do it, I'm never gonna have time to do it, >> right?

>> right? >> right? >> But also I mean I'm a huge Joe Rogan >> But also I mean I'm a huge Joe Rogan fan. I got a neon sign like uh Joe Rogan fan. I got a neon sign like uh Joe Rogan does.

does. does. >> But >> But >> But no one listened when he started out no one listened when he started out either. And it's just persistence. It's either. And it's just persistence. It's like the whole persistence thing. That's like the whole persistence thing. That's what I got in trouble with because what I got in trouble with because initially I just called everyone I know, initially I just called everyone I know, all my friends, like, "Hey, we're going all my friends, like, "Hey, we're going to record a podcast, to record a podcast, >> right?" >> right?" >> right?" >> And then you run out >> And then you run out >> of like, "Who are you going to call >> of like, "Who are you going to call >> and what are you going to do? And is it >> and what are you going to do? And is it helpful to anybody?" helpful to anybody?" >> Um, so then this year we decided like >> Um, so then this year we decided like we're going to start highlighting we're going to start highlighting football players on the high school football players on the high school football team at LCA.

football team at LCA. >> So we did that consistently every >> So we did that consistently every Tuesday. Nice. Tuesday. Nice. >> So that was consistent that part of it.

>> So that was consistent that part of it. And then I went through like initially And then I went through like initially and recorded and recorded I was recording five times a week I was recording five times a week >> on the podcast when we started. Like I >> on the podcast when we started. Like I was literally calling everybody like was literally calling everybody like let's run run.

let's run run. >> Yeah. >> Yeah. >> Yeah. >> And then I didn't get burned out about >> And then I didn't get burned out about it but it's like it but it's like >> you have to edit all of it and then I >> you have to edit all of it and then I was like taking the whole weekend was like taking the whole weekend >> Yeah.

>> Yeah. >> Yeah. >> editing and it was crazy. >> editing and it was crazy. >> A lot of work. That's a lot of work. >> A lot of work. That's a lot of work.

>> Um so I was like I don't know if that's >> Um so I was like I don't know if that's worth that. Yeah. worth that. Yeah. >> Because I also didn't know what I was >> Because I also didn't know what I was doing. like I'm not trying to get a doing. like I'm not trying to get a podcast to be podcast to be >> like make my job like to to be my job.

>> like make my job like to to be my job. And so my initial thought was is I want And so my initial thought was is I want people to have a people to have a >> platform >> platform >> platform >> uh to talk about whatever they want to >> uh to talk about whatever they want to talk about and then how does it help my talk about and then how does it help my part of the business part of the business >> because we just got into >> because we just got into um I say we just got into like I've been um I say we just got into like I've been doing sports medicine since we started doing sports medicine since we started in 201 in 201 10. That's when I came out. So I'm old.

10. That's when I came out. So I'm old. >> Uh 15 years I guess. >> Uh 15 years I guess. >> I won't tell you what I was doing then. >> I won't tell you what I was doing then.

I don't want to know. Um you that's when I don't want to know. Um you that's when you got your little doctor outfit and uh you got your little doctor outfit and uh you decide you're going to be a doctor.

you decide you're going to be a doctor. Um Um Um but then it it get me it gives you the but then it it get me it gives you the ability to do like long form stuff.

ability to do like long form stuff. That's the reason we're like an hour and That's the reason we're like an hour and a half into it. Like these 15inute a half into it. Like these 15inute podcasts that talk stuff like podcasts that talk stuff like >> right >> right >> right >> they have no value to me. I just kind of >> they have no value to me. I just kind of flip them.

flip them. >> So superficial too like >> So superficial too like >> Yeah. So I think it's just >> Yeah. So I think it's just conversations. That's what that's the conversations. That's what that's the thing I like about it. Mhm.

thing I like about it. Mhm. >> Um and then whatever comes of it, you >> Um and then whatever comes of it, you know, it is. And and I was also using it know, it is. And and I was also using it >> uh full disclaimer to get people here >> uh full disclaimer to get people here >> to know. Yeah.

>> to know. Yeah. >> Who's like, "Hey, you don't know what >> Who's like, "Hey, you don't know what we're doing, but if we can sit together we're doing, but if we can sit together and have a conversation, it helps me. It and have a conversation, it helps me. It helps you. It helps everybody involved." helps you. It helps everybody involved." >> Yeah.

>> Yeah. >> Yeah. >> So, you're going to have a bunch of >> So, you're going to have a bunch of clips you can put on social media clips you can put on social media because you say so many because you say so many >> crazy things today, right?

>> crazy things today, right? >> Like you don't know what pulp fiction >> Like you don't know what pulp fiction is. is. >> Um >> Um >> Um so, I don't know. like the longterm part so, I don't know. like the longterm part of it. Um, of

it. Um, I never had a plan on what to do. I knew I never had a plan on what to do. I knew I wanted to get to the video side I wanted to get to the video side because I wanted on YouTube.

because I wanted on YouTube. >> That's it. >> That's it. >> Yeah, >> Yeah, >> Yeah, >> because YouTube is better than >> because YouTube is better than audio version of Spotify.

audio version of Spotify. >> Yeah, for sure. >> Yeah, for sure. >> Um, but we don't have like sponsors. >> Um, but we don't have like sponsors. Actually, we do have a sponsor called Actually, we do have a sponsor called Pure Life Zootopia 2 that we don't have Pure Life Zootopia 2 that we don't have real sponsors. So, we never went that real sponsors. So, we never went that corporate side. like, hey, brought to corporate side. like, hey, brought to you by whatever. So, we never try to you by whatever. So, we never try to make make make >> make it into that. I mean, it's not >> make it into that. I mean, it's not we're not opposed to it, but just never we're not opposed to it, but just never happened.

happened. happened. >> Gotten there yet. >> Gotten there yet. >> Yeah. We give our time. Well, not even >> Yeah. We give our time. Well, not even gotten there yet. We'll happily like gotten there yet. We'll happily like I'll promote something if it matters to I'll promote something if it matters to me.

me. me. >> Sure. >> Sure. >> Sure. >> Because we don't have to. >> Because we don't have to. >> So, water doesn't matter >> So, water doesn't matter >> because we can't beat it. Does obviously >> because we can't beat it. Does obviously does not. I like Coca-Cola better. Bring does not. I like Coca-Cola better. Bring the Coca-Cola can in me and Warren the Coca-Cola can in me and Warren Buffett.

Buffett. Buffett. >> And that's something the only thing we >> And that's something the only thing we have in common. have in common. >> All right. He loves Coca-Cola.

>> All right. He loves Coca-Cola. Um, Um, Um, what about you? You're like super picky what about you? You're like super picky eater. eater. eater. >> I wouldn't say I'm super picky.

>> I wouldn't say I'm super picky. >> Don't lie, you are. I've seen you at the >> Don't lie, you are. I've seen you at the cafeteria. cafeteria. cafeteria.

>> I just have dietary restrictions, >> I just have dietary restrictions, >> which is what? >> which is what? >> I'm a pescatarian. >> I'm a pescatarian.

>> Okay. Not a pescatarian. It's not a a in >> Okay. Not a pescatarian. It's not a a in front of it, right? No. front of it, right? No. >> Yeah. It always sounds like that when >> Yeah. It always sounds like that when you say I'm a pescatarian.

you say I'm a pescatarian. >> Oh, like I'm a vegetarian. I'm >> Oh, like I'm a vegetarian. I'm >> No, that one sounds different because >> No, that one sounds different because the a in front of it.

the a in front of it. >> Okay. What's a pescatarian for people >> Okay. What's a pescatarian for people that don't know? that don't know?

Learning Curves and Professional Growth

>> Sure. Um, a pescatarian is someone who >> Sure. Um, a pescatarian is someone who eats fish and seafood, eats fish and seafood, >> but other stuff too.

>> but other stuff too. >> Not like other meat, >> Not like other meat, >> right? But you also eat like grass and >> right? But you also eat like grass and stuff.

stuff. stuff. >> Oh, yeah. >> Oh, yeah. >> Like salad. >> Like salad. >> Yeah. Vegetables. >> Yeah. Vegetables. >> Yeah. >> Yeah. >> Yeah. >> So, the only meat you have are >> So, the only meat you have are um fish um fish >>

and what else you said? Seafood.

>> and what else you said? Seafood. >> So, like lobster. >> So, like lobster. >> Yeah. >> Yeah. >> Yeah. Yeah. What's the difference in a lobster Yeah. What's the difference in a lobster and a cow?

and a cow? >> I don't know. >> I don't know. >> From eating it. I mean, >> From eating it. I mean, >> I I haven't had cow in a very long time. >> I I haven't had cow in a very long time.

>> I know. So, why did you come to that? >> I know. So, why did you come to that? I'm getting to that point. Like, why did I'm getting to that point. Like, why did you Why did I decide is that a religious you Why did I decide is that a religious thing? It's like a what? What? Why are thing? It's like a what? What? Why are you like that?

you like that? >> Um, so when I was little, I used to eat >> Um, so when I was little, I used to eat like everything. Um, like everything. Um, >> bacon.

>> bacon. >> bacon. >> I don't think I ever ate bacon actually. >> I don't think I ever ate bacon actually. Um, Um, Um, >> cuz I get a bacon sandwich every morning >> cuz I get a bacon sandwich every morning you see me, you see me, >> right? Yeah. Um, but one day, I think I >> right? Yeah. Um, but one day, I think I was in middle school, I was like was in middle school, I was like watching TV or something, I don't know.

watching TV or something, I don't know. And I was like, you know what? I just And I was like, you know what? I just >> Were the captions on? >> Were the captions on? >> Probably.

>> Probably. >> Probably. Um, it was like some baby animals and I Um, it was like some baby animals and I was like, they're so cute was like, they're so cute >> and I eat them. I cannot eat them.

>> and I eat them. I cannot eat them. They're too cute. They're too cute. >> So, it just happened naturally for you. >> So, it just happened naturally for you.

>> Yeah. I was just like so upset like that >> Yeah. I was just like so upset like that I was eating these baby animals. I was eating these baby animals. >> Okay.

>> Okay. >> Okay. >> So, I was like, I can't do it anymore. >> So, I was like, I can't do it anymore. So then how how long did it take you to So then how how long did it take you to quit wrestling with that or it just quit wrestling with that or it just happened immediately?

happened immediately? >> Um it took a couple years honestly >> Um it took a couple years honestly because I was like I love chicken because I was like I love chicken nuggets.

nuggets. nuggets. >> McDonald's chicken nuggets. >> McDonald's chicken nuggets. >> Um no I I actually didn't really like >> Um no I I actually didn't really like McDonald's chicken McDonald's chicken >> and you still don't. We won't tell that >> and you still don't. We won't tell that story.

story. story. >> Yeah. >> Yeah. >> Yeah. Um but and it was harder back then Um but and it was harder back then because it because it >> wasn't a good option. So >> wasn't a good option. So >> there Yeah. Like it was like mac and >> there Yeah. Like it was like mac and cheese or you know something else cheese or you know something else unhealthy. So, like if you went to your unhealthy. So, like if you went to your high school cafeteria, like you get to high school cafeteria, like you get to skip mac and cheese.

skip mac and cheese. >> Yeah. Or like French fries. Wow, what a >> Yeah. Or like French fries. Wow, what a great lunch. So, great lunch. So, >> um but now it's like so much easier cuz >> um but now it's like so much easier cuz you know it's trendy to be vegetarian or you know it's trendy to be vegetarian or vegan or pescatarian. Well, there's so vegan or pescatarian. Well, there's so many more options. There's a lot of like many more options. There's a lot of like >> Do you eat like tofu stuff?

>> Do you eat like tofu stuff? >> Mhm. >> Mhm. >> Mhm. >> Yeah. And then there's like stuff that's >> Yeah. And then there's like stuff that's made out of beans that taste like made out of beans that taste like burgers.

burgers. burgers. >> Have you tried that? >> Have you tried that? >> Yeah, I have. >> Yeah, I have. >> Do you like the taste of that stuff? >> Do you like the taste of that stuff?

>> I think it tastes pretty good. Um >> I think it tastes pretty good. Um >> but you don't know what to compare it >> but you don't know what to compare it to. It's been so long since you had a to. It's been so long since you had a hamburger.

hamburger. hamburger. >> Yeah, it has. >> Yeah, it has. >> So, if it tastes fine, then it already >> So, if it tastes fine, then it already tastes fine.

tastes fine. >> Yeah. Yeah. >> Yeah. Yeah. >> Yeah. >> Yeah. >> Yeah. >> As long as it's not like awful. Like, >> As long as it's not like awful. Like, all right, awesome.

all right, awesome. >> What's awful? Like, what's the last >> What's awful? Like, what's the last thing you tasted you're like, no, I'm thing you tasted you're like, no, I'm >> I don't know. I don't really >> I don't know. I don't really >> We love them.

>> We love them. >> Yep. >> Yep. >> Yep. >> They give us free food. >> They give us free food. >> They do. >> They do. >> Doesn't make sense, though. It really >> Doesn't make sense, though. It really doesn't.

doesn't. doesn't. >> They should charge us and give somebody >> They should charge us and give somebody else free food, else free food, >> right? >> right?

>> right? >> It's kind of like those baby animals. >> It's kind of like those baby animals. I'm going to make a I'm going to make a I'm going to make a I'm going to make a new pass now.

new pass now. >> Yeah. >> Yeah. >> Yeah. >> Doctor Doctors can pay. We can afford >> Doctor Doctors can pay. We can afford to. to. to. >> Yeah. >> Yeah.

>> Yeah. >> Give free food every month to a >> Give free food every month to a different department. different department. >> That'd be nice. >> That'd be nice.

>> Yeah, let's do it. >> Yeah, let's do it. >> Yeah, let's do it. >> Yeah, let's do it. >> Kathy tells you he was going to be on >> Kathy tells you he was going to be on this podcast.

this podcast. >> Oh, yeah. >> Oh, yeah. >> Yeah. But we didn't get the dates right. >> Yeah. But we didn't get the dates right. So, she's the CEO of the hospital So, she's the CEO of the hospital >> and initially she didn't want to do it >> and initially she didn't want to do it because she was afraid because it's a because she was afraid because it's a little unhinged, like long form. So, she little unhinged, like long form. So, she didn't know if I have like button hole didn't know if I have like button hole in her corner.

in her corner. >> Where are we going to go with this? >> Where are we going to go with this? >> Yeah. Like, yeah. I'm not sure this is >> Yeah. Like, yeah. I'm not sure this is going to go well.

going to go well. >> Yeah. >> Yeah. >> Yeah. >> It's probably smart. A little >> It's probably smart. A little unpredictable. unpredictable. unpredictable. >> Yeah.

>> Yeah. >> Yeah. >> So, not not necessarily. So, you're >> So, not not necessarily. So, you're like, "Baby animals, I'm not going to like, "Baby animals, I'm not going to eat that anymore." eat that anymore." >> Now, like what's your go-to? Like, if >> Now, like what's your go-to? Like, if you're going to have like, "Okay, I'm you're going to have like, "Okay, I'm getting ready to splurge. Is my favorite getting ready to splurge. Is my favorite >> Uh, sushi.

>> Uh, sushi. >> Sushi. Yeah. >> Sushi. Yeah. >> Okay. >> Okay. >> Okay. >> Because there's good sushi and bad >> Because there's good sushi and bad sushi, right? Like there's some trash sushi, right? Like there's some trash places.

places. places. >> Yeah. But >> Yeah. But >> what's the best place in Lexington to >> what's the best place in Lexington to get sushi? get sushi? >> I've only been to two different sushi >> I've only been to two different sushi places. I don't really eat out that places. I don't really eat out that much. Um I forgot the name, but it's much. Um I forgot the name, but it's right It's really close to me.

right It's really close to me. >> How are you going to call it out if you >> How are you going to call it out if you don't know the name? don't know the name?

>> I don't know. It It's like a little It's >> I don't know. It It's like a little It's >> They probably would sponsor your >> They probably would sponsor your Instagram, Instagram, Instagram, >> but now you don't know their name.

>> but now you don't know their name. >> No, I don't know their name. It's very >> No, I don't know their name. It's very It looks like a little Japanese like It looks like a little Japanese like house. It's very cute and it was really house. It's very cute and it was really good. Um, but I forgot the name.

good. Um, but I forgot the name. >> So, I don't eat sushi because it's gross >> So, I don't eat sushi because it's gross to me. But what what makes it? Is it the to me. But what what makes it? Is it the actual meat or it's the sauces that you actual meat or it's the sauces that you put on it?

put on it? >> So, it's the quality of the fish. Um, >> So, it's the quality of the fish. Um, and like I'm not like a sushi purist and like I'm not like a sushi purist because because because >> I don't like like the raw like sashimi.

>> I don't like like the raw like sashimi. >> Okay. >> Okay. >> Okay. >> Um, it's a texture thing for me, I >> Um, it's a texture thing for me, I think. Um, so I usually get my rolls think. Um, so I usually get my rolls like cooked or like vegetable rolls or like cooked or like vegetable rolls or whatever.

whatever. whatever. >> Doesn't that disqualify as sushi though? >> Doesn't that disqualify as sushi though? >> I think today everyone just has this >> I think today everyone just has this broad label of sushi if you're going to broad label of sushi if you're going to be like this is sashimi like the be like this is sashimi like the >> the raw stuff.

>> the raw stuff. >> Yeah. Yeah. >> Yeah. Yeah. >> And then everything else is just sushi >> And then everything else is just sushi roll. roll. roll. >> I guess you know. So you got to ask >> I guess you know. So you got to ask specifically for the raw stuff.

specifically for the raw stuff. >> Mhm. >> Mhm. >> Mhm. >> Yeah. Makes sense. I don't know anything >> Yeah. Makes sense. I don't know anything about that.

about that. >> You should try it. You can you can ease >> You should try it. You can you can ease into it with like a texture roll. Yeah. into it with like a texture roll. Yeah.

I've tried that once really and it was I've tried that once really and it was gross. gross. gross. >> Okay, fair enough. >> Okay, fair enough. >> Um so I couldn't find enough sauce that >> Um so I couldn't find enough sauce that I would like to make that taste good.

I would like to make that taste good. >> Sure. Um, >> Sure. Um, and it was like one of those events like and it was like one of those events like after work where I was super hungry and after work where I was super hungry and that's the only thing there.

that's the only thing there. >> Oh. >> Oh. >> Oh. >> So, you're just normally would not have >> So, you're just normally would not have tasted it, but I had to.

tasted it, but I had to. >> And then I'm was disappointed. >> And then I'm was disappointed. >> Well, you're a pickier eater than I am. >> Well, you're a pickier eater than I am.

You get the same thing for lunch. You get the same thing for lunch. >> For sure. >> For sure. >> The pickiest eater I know. >> The pickiest eater I know.

>> The little sandwich and you pull half of >> The little sandwich and you pull half of the meat out anyways, the meat out anyways, >> which is totally weird. So, like in >> which is totally weird. So, like in college, college, college, uh there was a Subway in our town, so I uh there was a Subway in our town, so I never had to order. I walked in never had to order. I walked in >> and they made my order.

>> and they made my order. >> Okay. >> Okay. >> Okay. >> Because it was >> Because it was >> the same every day. >> the same every day. >> Every day. Cheese, meat, and bread.

>> Every day. Cheese, meat, and bread. >> Okay. >> Okay. >> Okay. >> Like literally, >> Like literally, >> but they started feeling bad for me >> but they started feeling bad for me because I didn't put any toppings on it.

because I didn't put any toppings on it. >> Okay. >> Okay. >> Okay. >> So, they would want to put extra meat on >> So, they would want to put extra meat on it just to kind of like, hey, I'm going it just to kind of like, hey, I'm going to throw you a little extra piece. I'm to throw you a little extra piece. I'm like, quit doing that.

like, quit doing that. >> I'm going to peel it off. Like I want >> I'm going to peel it off. Like I want mainly the bread. mainly the bread. >> So I'm here for the bread, but I need a >> So I'm here for the bread, but I need a little turkey to make the bread taste little turkey to make the bread taste okay.

okay. okay. >> Okay. >> Okay. >> Okay. >> Because I could just eat the bread. >> Because I could just eat the bread. >> Interesting. >> Interesting. >> Interesting.

>> And be okay. Like bread and cheese. >> And be okay. Like bread and cheese. >> Okay. >> Okay. >> Okay. >> Um so that was my staple growing up is >> Um so that was my staple growing up is literally two pieces of white bread and literally two pieces of white bread and a piece of fake cheese. Like American a piece of fake cheese. Like American >> Yeah. Craft singles.

>> Yeah. Craft singles. >> Craft singles. >> Craft singles. >> I could live off that. Okay. >> I could live off that. Okay. >> Growing up. >> Growing up.

>> And I did all different versions of it. >> And I did all different versions of it. Put it in the microwave. Melt it a Put it in the microwave. Melt it a little bit.

little bit. >> Yeah. >> Yeah. >> Yeah. >> That one's pretty good. >> That one's pretty good. >> Okay. put it in rolls, roll it up and >> Okay. put it in rolls, roll it up and cut it into sushi stuff.

cut it into sushi stuff. >> Okay. >> Okay. >> Okay. >> Pretty decent. >> Pretty decent. >> Okay. >> Okay. >> Okay. >> Uh so all different >> Uh so all different >> just a grilled cheese.

>> just a grilled cheese. >> Grilled cheese is still a staple. Okay. >> Grilled cheese is still a staple. Okay. >> Like if I need something quick. >> Like if I need something quick. >> Yeah.

>> Yeah. >> Yeah. >> 100%. >> 100%. >> 100%. >> Awesome. >> Awesome. >> Awesome. >> Um yeah, super picky. >> Um yeah, super picky. >> I eat off the kids menu. And I believe >> I eat off the kids menu. And I believe that that that >> the five things on the kids menu that >> the five things on the kids menu that you normally could go with. Pizza, you normally could go with. Pizza, >> chicken nuggets.

>> chicken nuggets. >> Well, chicken nuggets I'm cool with. >> Well, chicken nuggets I'm cool with. Pizza I don't eat. Pizza I don't eat. >> Spaghetti I don't eat.

>> Spaghetti I don't eat. >> Why? Um, >> Why? Um, >> that's so random. >> that's so random. >> I don't know what the deal. Apparently, >> I don't know what the deal. Apparently, when I was young, I would eat pizza.

when I was young, I would eat pizza. >> Okay. >> Okay. >> Okay. >> But it went away pretty fast. >> But it went away pretty fast. >> Okay. >> Okay. >> Okay. >> Um, >> Um, >> Um, no noodles. Like, and it's a texture no noodles. Like, and it's a texture thing for me, too. Like, I will gag.

thing for me, too. Like, I will gag. >> Okay. >> Okay. >> Okay. >> Like soup makes me gag. Spaghetti would >> Like soup makes me gag. Spaghetti would make me gag.

make me gag. >> Okay. >> Okay. >> Okay. >> Weird. >> Weird. >> Weird. >> So, no mac and cheese. >> So, no mac and cheese. >> So, craft mac and cheese, the fake >> So, craft mac and cheese, the fake stuff, stuff, stuff, >> Yeah.

>> Yeah. >> Yeah. >> is rigid enough that I'm cool with it. >> is rigid enough that I'm cool with it. Can't eat the Vita. Can't eat the Vita. >> Not the real stuff. Like you go to >> Not the real stuff. Like you go to Chick-fil-A and get the real good stuff.

Chick-fil-A and get the real good stuff. >> Okay. >> Okay. >> Okay. >> Can't eat it. >> Can't eat it. >> Interesting. >> Interesting. >> Interesting. >> Too cheesy.

>> Too cheesy. >> Okay. >> Okay. >> Okay. >> Interesting. >> Interesting. >> Interesting. >> Major issues with eating. >> Major issues with eating. >> It's my mom's fault, I think.

>> It's my mom's fault, I think. >> Um because >> Um because >> like I was her first child and you don't >> like I was her first child and you don't really know if you can have another really know if you can have another human survive. So if I didn't eat human survive. So if I didn't eat something, she would just fix me something, she would just fix me something else.

something else. >> Okay. >> Okay. >> Okay. >> Instead of saying, "Eat what's on your >> Instead of saying, "Eat what's on your plate." plate." plate." >> Right?

>> Right? >> Right? >> So I blame her for that problem. And I >> So I blame her for that problem. And I never grew up after that. never grew up after that.

>> And then I did have to eat vegetables >> And then I did have to eat vegetables when I was a kid because my mom thought when I was a kid because my mom thought that was the right thing to do for your that was the right thing to do for your kid to make sure they're healthy.

kid to make sure they're healthy. >> Wise mom. >> Wise mom. >> And uh then I decided when I got old >> And uh then I decided when I got old I'll never eat that again because it's I'll never eat that again because it's so gross. I would have like hold my nose so gross. I would have like hold my nose to eat vegetables.

to eat vegetables. >> Um but I still had to do it or I >> Um but I still had to do it or I couldn't get up from the table. couldn't get up from the table. >> Okay.

>> Okay. >> Okay. >> So then it degraded to like not real >> So then it degraded to like not real vegetables like peas and applesauce. vegetables like peas and applesauce. >> Okay.

>> Okay. >> Okay. >> So you can mix them together and kind of >> So you can mix them together and kind of mainly get applesauce. Yeah. mainly get applesauce. Yeah.

>> And get some peas in. >> And get some peas in. >> Okay. >> Okay. >> Okay. >> Well, now they're getting crafty. You >> Well, now they're getting crafty. You can blend all the vegetables into like can blend all the vegetables into like sauces and stuff. So, you'll never know sauces and stuff. So, you'll never know >> that. But

also like u maybe we can get a >> that. But also like u maybe we can get a sponsor from u what is the thing they sponsor from u what is the thing they always advertise that it's all fruits always advertise that it's all fruits and vegetables that's uh smashed up into and vegetables that's uh smashed up into a pill a pill >> like the greens.

>> like the greens. >> Yeah. I forget the name of it. I took it >> Yeah. I forget the name of it. I took it for a bit because it gives you your full for a bit because it gives you your full dose of your vegetable dose and fruit dose of your vegetable dose and fruit dose through taking a pill.

dose through taking a pill. Is that like the popular one? Is that like the popular one? >> Yeah, >> Yeah, >> Yeah, >> like on the commercials all the time.

>> like on the commercials all the time. >> Like the AG one or whatever. >> Like the AG one or whatever. >> No, that's different. That's shout out >> No, that's different. That's shout out Joe Rogan.

Joe Rogan. >> I don't know. >> I don't know. >> I see commercials for that and I'm like >> I see commercials for that and I'm like I don't know what this is.

I don't know what this is. >> I forget that. Nature's something. No, >> I forget that. Nature's something. No, >> I don't know. There's just so much stuff >> I don't know. There's just so much stuff out there.

out there. >> Yeah. So, apparently it's like a full >> Yeah. So, apparently it's like a full dose of vegetables and it tastes nasty dose of vegetables and it tastes nasty kind of. It's like a vegetable taste and kind of. It's like a vegetable taste and this little capsule pill. So, I take two this little capsule pill. So, I take two vegetables and two fruits.

vegetables and two fruits. >> Wow. >> Wow. >> Wow. Can't believe I can't think of what it's Can't believe I can't think of what it's called. called. called. >> Interesting.

>> Interesting. >> Interesting. >> That's why we don't have sponsors. You >> That's why we don't have sponsors. You don't know the sushi place. I don't know don't know the sushi place. I don't know the name I don't know the name of the the name I don't know the name of the vitamins I was taking. And I think it's vitamins I was taking. And I think it's probably a scam if I'm being honest.

probably a scam if I'm being honest. Like I don't know how you can get a full Like I don't know how you can get a full dose of vegetables all all like uh dose of vegetables all all like uh >> powdered up.

>> powdered up. >> Powdered up into a capsule. >> Powdered up into a capsule. >> Super concentrate. I don't know. But >> Super concentrate. I don't know. But that's kind of how I feel about these that's kind of how I feel about these greens drinks. Like my brother has like greens drinks. Like my brother has like this greens powder and he's like, "Look, this greens powder and he's like, "Look, I'm so healthy." And I'm like, "Just eat I'm so healthy." And I'm like, "Just eat a salad." No, a salad." No, >> eating a salad's awful.

>> eating a salad's awful. Like Like Like >> you should definitely take the pill >> you should definitely take the pill instead. instead. instead. >> Okay, never mind. Yeah, I'm going to >> Okay, never mind. Yeah, I'm going to tell my brother not to listen to this tell my brother not to listen to this episode.

episode. episode. >> Yeah. No, I'm I'm with your brother. >> Yeah. No, I'm I'm with your brother. What's your brother's name? What's your brother's name?

>> His um >> His um >> his You don't know his first name? >> his You don't know his first name? >> No, I know his first name, but he's >> No, I know his first name, but he's going by his nickname now.

going by his nickname now. >> Okay. What's his nickname now? >> Okay. What's his nickname now? >> His nickname is Siki. >> His nickname is Siki. >> Siki.

>> Siki. >> Siki. >> Is he like What does he do? Is he in med >> Is he like What does he do? Is he in med school? school? school? >> He's in med school.

>> He's in med school. >> You can't just pick a name and like I'm >> You can't just pick a name and like I'm Lenny Kravitz. I'm going by Lenny. Lenny Kravitz. I'm going by Lenny.

>> That's exactly what he did. You can't >> That's exactly what he did. You can't like because it's going to be on his like because it's going to be on his diploma. He's gonna get on the wall.

diploma. He's gonna get on the wall. >> We told him >> We told him >> can't put Sigy on the wall. >> can't put Sigy on the wall. >> Yeah. Well, >> Yeah. Well, >> what's it? What is it? Siggy.

>> what's it? What is it? Siggy. >> Siki. >> Siki. >> Siki. >> Siki. Like s e k y. >> Siki. Like s e k y. >> S e i k e i. >> S e i k e i. >> Seik. >> Seik.

>> Seik. >> Yeah. He he literally just >> Yeah. He he literally just >> he came up with that. >> he came up with that. >> Your mom didn't make that up.

>> Your mom didn't make that up. >> And my mom had we've been fighting about >> And my mom had we've been fighting about it for a long time. it for a long time. >> Yeah.

>> Yeah. >> Yeah. >> When did he decide that's his name? Um, >> When did he decide that's his name? Um, I think high school. I think high school. >> So, it didn't just happen.

>> So, it didn't just happen. >> No. >> No. >> No. >> Okay. >> Okay. >> Okay. >> It's been I like it. >> It's been I like it. >> It's been a long battle in my household.

>> It's been a long battle in my household. >> Okay. >> Okay. >> Okay. >> But yeah, cuz we were like, you could >> But yeah, cuz we were like, you could make it your middle name.

make it your middle name. >> Is he basically saying like, I don't >> Is he basically saying like, I don't like my first name and you messed up, so like my first name and you messed up, so now it's now it's >> basically.

>> basically. >> basically. >> Yeah. >> Yeah. >> Yeah. >> What does your mom think about that? >> What does your mom think about that? >> I think my mom didn't realize that like >> I think my mom didn't realize that like his name is like kind of difficult for his name is like kind of difficult for people to say.

people to say. >> Okay. and no one's going to pronounce it >> Okay. and no one's going to pronounce it right. Like I'm really lucky. Like my right. Like I'm really lucky. Like my name is super phonetic. It's super easy name is super phonetic. It's super easy to say.

to say. >> Yeah. You can look at the words and it >> Yeah. You can look at the words and it kind of comes out like that. kind of comes out like that. >> It makes sense. Yeah.

>> It makes sense. Yeah. >> But I did ask you how you say your last >> But I did ask you how you say your last name because it was funky, but it's not.

name because it was funky, but it's not. >> No, >> No, >> No, >> but we're going to leave my last name >> but we're going to leave my last name for anonymity.

for anonymity. >> Whatever. I'll say it. I don't care. >> Whatever. I'll say it. I don't care. This is Dr. I'm kidding. This is Dr. I'm kidding. You can't hide. Like after this podcast, You can't hide. Like after this podcast, like everyone who's been on has been like everyone who's been on has been super famous.

super famous. >> Okay. So >> Okay. So >> that's the goal part of it. >> that's the goal part of it. >> But we're just

going to see. >> But we're just going to see.

>> Just experimenting along the way. >> Just experimenting along the way. >> We're going to be seeiki. What? Siki. >> We're going to be seeiki. What? Siki.

Say it again. Say it again. >> Yeah. Siki. >> Yeah. Siki. >> S e i k e i. >> S e i k e i. >> Yep. >> Gave me a new think. Like I think I'm >> Gave me a new think. Like I think I'm coming up with a different name now, coming up with a different name now, too.

Advice for Aspiring Medical Professionals

too. too. >> Yeah. >> Yeah. >> Yeah. >> Well, she doesn't have a middle name. I >> Well, she doesn't have a middle name. I don't have a middle name. don't have a middle name.

>> My sister and brother don't have middle >> My sister and brother don't have middle names. names. names. >> Oh, really? >> Oh, really? >> Yeah. So, I do. So, my first name is my >> Yeah. So, I do. So, my first name is my dad's first name, Jean.

dad's first name, Jean. >> Yeah. Yeah, >> Yeah. Yeah, >> I never went by that. Okay. And >> I never went by that. Okay. And >> so Jason's my middle name. And so always >> so Jason's my middle name. And so always went by that. But went by that. But >> when you go to school, the teacher >> when you go to school, the teacher doesn't know, doesn't know, >> right?

>> right? >> right? >> They get your legal name. >> They get your legal name. >> Yeah. >> Yeah. >> Yeah. >> So I went from like all my peers growing >> So I went from like all my peers growing up are like, "Oh, Jean, Jean." So it up are like, "Oh, Jean, Jean." So it became a thing. And so my nickname became a thing. And so my nickname became Gino in college.

became Gino in college. >> Okay. >> Okay. >> Okay. >> So I know if someone says Gino, it's >> So I know if someone says Gino, it's like an old school person. Like no one like an old school person. Like no one knows that.

knows that. >> Yeah. Um, and then you have to be from >> Yeah. Um, and then you have to be from college to do that. Even high school college to do that. Even high school wasn't that way.

wasn't that way. >> Um, >> Um, >> Um, yeah. So, your brother is in med school. yeah. So, your brother is in med school. >> Does he know what he's going to do yet?

>> Does he know what he's going to do yet? >> He wants to do something surgical. I >> He wants to do something surgical. I told him to do ortho. I was like, we can told him to do ortho. I was like, we can collab.

collab. collab. >> Yeah, for sure. Um, what year is he? >> Yeah, for sure. Um, what year is he? >> First year. >> First year. >> Okay. >> Okay. >> Okay.

>> So, he's kind of like all over the >> So, he's kind of like all over the place. place. place. >> Doesn't matter. He's just got to pass >> Doesn't matter. He's just got to pass test right now.

test right now. >> Yeah. >> Yeah. >> Yeah. >> Um, where's he going to do his >> Um, where's he going to do his rotations? Does he know yet? Uh, I don't rotations? Does he know yet? Uh, I don't think he knows. Yeah.

think he knows. Yeah. >> Yeah. Probably second year you figure >> Yeah. Probably second year you figure that out. that out. >> Where is he in med school?

>> Where is he in med school? >> Uh, he's in Chicago. >> Uh, he's in Chicago. >> Okay. >> Okay. >> Okay. >> So, he didn't travel quite as far away >> So, he didn't travel quite as far away from home. So, from home. So, >> no. He >> no. He >> But you're the favorite child in your >> But you're the favorite child in your family.

family. family. >> I think so. >> I think so. >> Well, actually, no. My parents have a >> Well, actually, no. My parents have a soft spot for my brother.

soft spot for my brother. >> Is it just you and your brother? Yeah. >> Is it just you and your brother? Yeah. >> He's the baby. >> He's the baby. >> He is the baby.

>> He is the baby. >> That answers that. >> That answers that. >> Exactly. >> Exactly. >> Exactly. >> I mean, you know, and especially like >> I mean, you know, and especially like your mom, too. It's like your mom, too. It's like >> moms and sons. Yeah. It's a thing.

>> moms and sons. Yeah. It's a thing. >> He can do no wrong. >> He can do no wrong. >> He hasn't yet except change his name. >> He hasn't yet except change his name.

>> What does your dad think about that? He >> What does your dad think about that? He doesn't care. doesn't care. >> I don't think I've really heard his >> I don't think I've really heard his opinions.

opinions. opinions. >> But he wouldn't call him that. >> But he wouldn't call him that. >> No. >> No. >> No. >> No chance. Your dad saying, "What's up, >> No chance. Your dad saying, "What's up, Siki?" Siki?" Siki?" >> No. No chance. Even when I say it, I'm >> No. No chance. Even when I say it, I'm like, "This is so weird." I just revert like, "This is so weird." I just revert to like how I refer to him at home.

to like how I refer to him at home. >> Yeah. But he called you out when you >> Yeah. But he called you out when you first started your social media stuff.

first started your social media stuff. He said your acting skills were trash. He said your acting skills were trash. >> Yeah. He's my biggest critic. But at >> Yeah. He's my biggest critic. But at least he's honest.

least he's honest. >> Yeah. Oh, you thought they were trash, >> Yeah. Oh, you thought they were trash, too? Cuz I thought you were proud of it too? Cuz I thought you were proud of it and he's like, and he's like, >> I mean, I was, but he was like, >> I mean, I was, but he was like, >> okay, but like you can do better, like >> okay, but like you can do better, like be better. Like, what is that?

be better. Like, what is that? >> Does he do social media stuff? >> Does he do social media stuff? >> No, not at all. He has like he has a >> No, not at all. He has like he has a social media, but he has like zero social media, but he has like zero posts.

posts. posts. >> So, he's underground seeiki. >> So, he's underground seeiki. >> Yeah. >> Yeah. >> Yeah. >> You should get him on >> You should get him on >> Yeah.

>> Yeah. >> Yeah. >> Put him on TikTok. and have a segment >> Put him on TikTok. and have a segment like Ask Seeki. like Ask Seeki. >> Yeah. >> Yeah. >> Yeah.

>> Is he ego for that? >> Is he ego for that? >> No. >> No. >> No. >> Why not? >> Why not? >> Just be like, >> Just be like, >> you think he would come on this podcast?

>> you think he would come on this podcast? >> I don't know. He has like an alter ego. >> I don't know. He has like an alter ego. >> What if I said I'll try to like write >> What if I said I'll try to like write you a letter recommendation for ortho you a letter recommendation for ortho and and and introduce you to Brian Cole and I Brian introduce you to Brian Cole and I Brian Cole.

Cole. Cole. It'll get you in residency. Come on. It'll get you in residency. Come on. >> Yeah. >> Yeah. >> Yeah. >> He would he wouldn't love it. >> He would he wouldn't love it.

>> I think I think I could maybe convince >> I think I think I could maybe convince him. Is he like a gamer person? him. Is he like a gamer person? >> Yeah, he is.

>> Yeah, he is. >> Yeah. >> Yeah. >> Yeah. >> Like Fortnite stuff or Call of Duty? >> Like Fortnite stuff or Call of Duty? >> Yeah. Whatever. >> Yeah. Whatever.

>> You don't know. >> You don't know. >> Both of those sound familiar. >> Both of those sound familiar. >> You don't You're not a gamer person. >> You don't You're not a gamer person.

>> I like Mario Kart. That's the extent of >> I like Mario Kart. That's the extent of my gaming. my gaming. >> Do you have like a a Switch? >> Do you have like a a Switch? >> Um >> Um >> Um >> Nintendo Switch?

>> Nintendo Switch? >> Yeah, but I think I left it at my house. >> Yeah, but I think I left it at my house. >> So, you're not a Mario Kart person cuz >> So, you're not a Mario Kart person cuz you haven't played in years. Um, well, I you haven't played in years. Um, well, I played it over the holidays when I was played it over the holidays when I was at home.

at home. >> On your Switch or on a regular Nintendo >> On your Switch or on a regular Nintendo >> on like a on the Switch, but like we >> on like a on the Switch, but like we have controllers have controllers >> that goes to the TV.

>> that goes to the TV. >> Yeah. >> Yeah. >> Yeah. >> You're cool that way, huh? >> You're cool that way, huh? >> Well, my brother, you know, >> Well, my brother, you know, >> he's a gamer.

>> he's a gamer. >> Yeah. >> Yeah. >> Yeah. >> Yeah. And then, but he's a gamer, but >> Yeah. And then, but he's a gamer, but not like a streamer. So, he's not going not like a streamer. So, he's not going to be on YouTube streaming his gaming.

to be on YouTube streaming his gaming. >> No. Which I feel like he could have. >> No. Which I feel like he could have. Like, apparently he was really good back Like, apparently he was really good back in the day.

in the day. >> What's really good mean? like he could >> What's really good mean? like he could hose people like he's good at it. hose people like he's good at it.

>> Like our local library would have like >> Like our local library would have like video game competitions and apparently video game competitions and apparently he won some of them and I like never he won some of them and I like never >> a trophy now.

>> a trophy now. >> I don't know. He got like a gift card or >> I don't know. He got like a gift card or something something something >> to like extra free books from the free >> to like extra free books from the free library.

library. library. >> No to like you know like GameStop or >> No to like you know like GameStop or whatever. whatever. whatever. >> Oh yeah, that's legit then.

>> Oh yeah, that's legit then. >> Okay. >> Okay. >> Okay. >> But now everything's online. Like my we >> But now everything's online. Like my we just saw videos like we've said it just saw videos like we've said it before and I'll just say it out loud before and I'll just say it out loud like we're the worst parents on the like we're the worst parents on the planet like me and my wife because we planet like me and my wife because we thought we were really good parents when thought we were really good parents when my daughter was growing up because she my daughter was growing up because she was super easy.

was super easy. >> Mhm. >> Mhm. >> Mhm. >> Like she was a rule follower. She's >> Like she was a rule follower. She's conscientious. Like we're like we got conscientious. Like we're like we got this whole parenting thing down.

this whole parenting thing down. >> She's the older one. >> She's the older one. >> She's the older one. She first, but she >> She's the older one. She first, but she was the only child for 10 years. So then was the only child for 10 years. So then we have we have >> our son.

>> our son. >> Yeah. >> Yeah. >> Yeah. >> Eight years ago now. And we're like, "Oh >> Eight years ago now. And we're like, "Oh my gosh." Like we're not good at my gosh." Like we're not good at parenting. Like this is really parenting. Like this is really difficult. because he would push the bar difficult. because he would push the bar on everything like and he's super wild on everything like and he's super wild and crazy.

and crazy. >> We just I we were literally looking back >> We just I we were literally looking back the first time he played a video game the first time he played a video game which is Fortnite.

which is Fortnite. >> He was like 16 months old. >> He was like 16 months old. >> How could he even like >> How could he even like >> he couldn't do the controller. So we >> he couldn't do the controller. So we have a video of his hands.

have a video of his hands. >> He would use the palm of his hands on >> He would use the palm of his hands on the controller and his fingers on the the controller and his fingers on the top top top >> and he got like 30 second place on >> and he got like 30 second place on Fortnite when he was 16 months old.

Fortnite when he was 16 months old. >> What the heck? And then we thought it >> What the heck? And then we thought it was a joke because my daughter was was a joke because my daughter was playing with her friends like, "Oh yeah, playing with her friends like, "Oh yeah, I'll let him play. It's not that big of I'll let him play. It's not that big of a deal." a deal." >> Yeah.

>> Yeah. >> Yeah. >> And then like in a few months he was >> And then like in a few months he was like winning like winning >> like he's two years old and he's winning >> like he's two years old and he's winning at Fortnite.

at Fortnite. >> And I thought it was cool because for me >> And I thought it was cool because for me you're like triangulating. That's how you're like triangulating. That's how you scope a knee or scope a shoulder. So you scope a knee or scope a shoulder. So if you can use both of your hands if you can use both of your hands independently and look at a screen independently and look at a screen >> and perform a great surgeon.

>> and perform a great surgeon. >> Yeah. It'd be a great surgeon. Just let >> Yeah. It'd be a great surgeon. Just let him do it. Like who cares? And then we him do it. Like who cares? And then we look at it and we're like kind of look at it and we're like kind of embarrassed because like yeah our embarrassed because like yeah our three-year-old plays Fortnite. He jumps three-year-old plays Fortnite. He jumps out of a travel bus and shoots people out of a travel bus and shoots people and he's good at it. We're like and he's good at it. We're like >> okay.

>> okay. >> okay. >> So we had to have the conversation early >> So we had to have the conversation early with him like you know this isn't with him like you know this isn't reality, right? Like you don't go get reality, right? Like you don't go get guns and kill people.

guns and kill people. >> Yeah. >> Yeah. >> Yeah. >> Um >> Um >> Um >> Yeah. Cuz kids are so impressionable >> Yeah. Cuz kids are so impressionable too. Like too. Like >> Yeah. As long as they're like >> Yeah. As long as they're like >> you give him like he understands because >> you give him like he understands because we told him like we told him like >> this is video world. This is not real >> this is video world. This is not real life. we don't go and kill people, life. we don't go and kill people, >> right?

>> right? >> right? >> Um but then there's the blame like >> Um but then there's the blame like that's where school shootings came from that's where school shootings came from and all this mess. Like we have all and all this mess. Like we have all these video games. Now to me that's just these video games. Now to me that's just a lazy excuse for parenting.

a lazy excuse for parenting. >> Like that's probably an unpopular >> Like that's probably an unpopular opinion too, but like opinion too, but like >> yeah, >> yeah, >> yeah, >> explain to your kids what the difference >> explain to your kids what the difference in video games are and the difference in in video games are and the difference in like what reality is.

like what reality is. >> Yeah, it's important. >> Yeah, it's important. >> Um yeah, how do you know you're not a >> Um yeah, how do you know you're not a parent yet?

parent yet? >> No, >> No, >> No, >> I'm joking. I'm kidding. I can have >> I'm joking. I'm kidding. I can have opinions, too. opinions, too. >> You can. That's right. Uh, so for me is >> You can. That's right. Uh, so for me is that then we're It's terrible. Like you that then we're It's terrible. Like you I'm not promoting that you let I'm not promoting that you let three-year-olds play Fortnite. Not three-year-olds play Fortnite. Not saying that's a real thing.

saying that's a real thing. >> Eight at eight-year-old now, he's like >> Eight at eight-year-old now, he's like really good at it. really good at it. >> That's awesome.

>> That's awesome. >> And so if we would have made him a >> And so if we would have made him a YouTube channel when he was two and he YouTube channel when he was two and he was winning was winning >> Oh.

>> Oh. >> Oh. >> He'd be famous by Yeah. But we didn't >> He'd be famous by Yeah. But we didn't want that. want that. >> Yeah. >> Yeah. >> Yeah. >> Like we'll back off.

>> Like we'll back off. >> That's like too much. >> That's like too much. >> But it probably is. I don't know. Well, >> But it probably is. I don't know. Well, for well, he wouldn't even know what was for well, he wouldn't even know what was going on, I think.

going on, I think. >> Of course, he would not. So, somebody >> Of course, he would not. So, somebody has to run it for him. Yeah. has to run it for him. Yeah.

>> But now he watches like Typical Gamer >> But now he watches like Typical Gamer and Mr. Beast and all these people. He's and Mr. Beast and all these people. He's like, like, like, >> man, I just want to be like a famous >> man, I just want to be like a famous YouTuber.

YouTuber. YouTuber. >> And I'm like, you would have been it's >> And I'm like, you would have been it's our fault. Oops. our fault. Oops. >> Um, so now it's like not that abnormal >> Um, so now it's like not that abnormal for a very young person to be for a very young person to be >> Yeah.

>> Yeah. >> Yeah. >> good at video games. It's just part of >> good at video games. It's just part of life, I guess. life, I guess. >> Yeah. >> Yeah. >> Yeah.

>> And I loved video games like growing up. >> And I loved video games like growing up. I had an Atari. No one knows what that I had an Atari. No one knows what that is, but this 1970s something, like is, but this 1970s something, like probably early 80s, probably early 80s, >> and it was literally a stick with a >> and it was literally a stick with a button on it, and everything was this button on it, and everything was this pixelated craziness, like pong. And pixelated craziness, like pong. And >> yeah, >> yeah, >> yeah, >> baseball would be this square that like >> baseball would be this square that like block block and then you swing at it.

block block and then you swing at it. >> And then Atari like 2600 came out. >> And then Atari like 2600 came out. >> There's a game called Pitfall. Mhm.

>> There's a game called Pitfall. Mhm. >> I spent most of my childhood trying to >> I spent most of my childhood trying to beat that. beat that. >> Okay.

>> Okay. >> Okay. >> These video game designers would put >> These video game designers would put flaws in it. So, Pitfall, you could flaws in it. So, Pitfall, you could actually run backwards.

actually run backwards. >> Oh. >> Oh. >> Oh. >> Through the screen and then you jump >> Through the screen and then you jump everything backwards if you got bored everything backwards if you got bored and beat it the first way. So, run and beat it the first way. So, run backwards like a hidden thing.

backwards like a hidden thing. >> Yeah. >> Yeah. >> Yeah. >> And like Donkey Kong and so I was >> And like Donkey Kong and so I was originally with the Atari stuff. And originally with the Atari stuff. And then then then >> I think then Nintendo came.

>> I think then Nintendo came. >> Uh the original Nintendo. That was Super >> Uh the original Nintendo. That was Super Mario Brothers the original. Mario Brothers the original. >> Yeah.

>> Yeah. >> Yeah. >> And a game called Duck Hunt. >> And a game called Duck Hunt. >> We had that. >> We had that. >> And so Duck Hunt was this little pistol >> And so Duck Hunt was this little pistol and you shoot this thing. You probably and you shoot this thing. You probably cheated. You probably got too close to cheated. You probably got too close to the screen, but the screen, but >> probably. But it was so fun.

>> probably. But it was so fun. >> Yeah. So that was I started that and >> Yeah. So that was I started that and then Super Nintendo came out and it was then Super Nintendo came out and it was like then you're starting sports games.

like then you're starting sports games. >> Um but I don't remember if it was >> Um but I don't remember if it was Nintendo that was Techmo Nintendo that was Techmo 1980 something. It's like Bo Jackson 1980 something. It's like Bo Jackson >> was the running back and it was a cheat >> was the running back and it was a cheat code like you win with him every time.

code like you win with him every time. So if you play with the Raiders and Bo So if you play with the Raiders and Bo Jackson, you can't tackle him. Jackson, you can't tackle him.

>> Uh that may have been regular Nintendo. >> Uh that may have been regular Nintendo. >> Then Super Nintendo came >> Then Super Nintendo came >> somewhere in that mix was another >> somewhere in that mix was another competition like Sega Genesis came out.

competition like Sega Genesis came out. That was Sonic. That was Sonic. >> So played Sonic the Hedgehog >> So played Sonic the Hedgehog >> and then the progression went to >> and then the progression went to >> PlayStation came on board. Like so >> PlayStation came on board. Like so PlayStation one, PlayStation one, I don't remember how long we either had I don't remember how long we either had to wait in line or what. It was one of to wait in line or what. It was one of those crazy things and I think my those crazy things and I think my wife who was my girlfriend then was wife who was my girlfriend then was involved in that.

involved in that. >> I think you had to get like Amazon >> I think you had to get like Amazon wasn't a thing at that point wasn't a thing at that point >> and you had to like get in line online >> and you had to like get in line online or something like wait in a queue to try or something like wait in a queue to try to buy it. something really weird like to buy it. something really weird like that. And it was expensive. So, it's a that. And it was expensive. So, it's a big deal to get a PlayStation.

big deal to get a PlayStation. >> Yeah. >> Yeah. >> Yeah. >> If you brought the PlayStation to the >> If you brought the PlayStation to the college dorm, college dorm, >> like a rich kid, like all the rich kids >> like a rich kid, like all the rich kids had all the games.

had all the games. >> Yeah. >> Yeah. >> Yeah. >> Uh but then as it went to like >> Uh but then as it went to like PlayStation 2 or whatever it is, we you PlayStation 2 or whatever it is, we you could start playing these dynasties.

could start playing these dynasties. >> So, literally the entire baseball team >> So, literally the entire baseball team would be playing college football.

would be playing college football. >> And then it got taken away from us for a >> And then it got taken away from us for a long time and then recently came back.

long time and then recently came back. >> Okay. Because NIL deals now allow >> Okay. Because NIL deals now

allow college players to be paid. So now we college players to be paid. So now we can pay for their likeness and they can can pay for their likeness and they can be be be >> so we can have the actual players on the >> so we can have the actual players on the college football team are in the game college football team are in the game now.

now. now. >> Oh wow. >> Oh wow. >> So it's really cool. That's one good >> So it's really cool. That's one good thing NIL did. thing NIL did. >> Yeah.

>> Yeah. >> Yeah. >> Got college football back. >> Got college football back. >> So all the old people like me who were >> So all the old people like me who were playing in the college dorms playing in the college dorms >> love college football and now my son >> love college football and now my son loves it. So, and some of the people loves it. So, and some of the people that he knows, like that was on his high that he knows, like that was on his high school team are on the game now. That's school team are on the game now. That's so cool.

so cool. >> So, you can play with them. >> So, you can play with them. >> Yeah. >> Yeah. >> Yeah. >> Super cool. >> Super cool. >> So, I'm probably a better bigger gamer >> So, I'm probably a better bigger gamer than you are.

than you are. >> Yeah. >> Yeah. >> Yeah. >> Especially since you left your Switch at >> Especially since you left your Switch at home. home. home. >> Yeah.

>> Yeah. >> Yeah. >> Yeah. You can get like a PlayStation 6 >> Yeah. You can get like a PlayStation 6 now when it comes out or something now when it comes out or something though.

though. though. >> My brother's probably already looking >> My brother's probably already looking into it. into it. >> Yeah. >> Yeah. >> Yeah. >> He's supposed to be studying, not >> He's supposed to be studying, not playing golf.

playing golf. >> That's Yeah. >> That's Yeah. >> Yeah. not allowed to play golf. It's >> Yeah. not allowed to play golf. It's hard for the video stuff to go away.

hard for the video stuff to go away. >> It is. >> It is. >> It's >> It's >> It's >> It's an addiction in some ways, but >> It's an addiction in some ways, but >> but it's also like, you know, your >> but it's also like, you know, your outlet, too.

outlet, too. >> Yeah. I don't know if it is for me. I >> Yeah. I don't know if it is for me. I just love it. Like, I don't know if it's just love it. Like, I don't know if it's an outlet. Like, I think it stresses me an outlet. Like, I think it stresses me out more than out more than >> Honestly, I feel that there's a game on >> Honestly, I feel that there's a game on the Switch. It's called cook something the Switch. It's called cook something cooking. Cookout something cooking. And cooking. Cookout something cooking. And it stresses me out because you have to it stresses me out because you have to like make all this food and it can't like make all this food and it can't catch up.

catch up. >> Yeah. the orders are that people are >> Yeah. the orders are that people are waiting, you have to sell it. Yeah, I've waiting, you have to sell it. Yeah, I've seen that before.

seen that before. >> And I am just like my heart my watch is >> And I am just like my heart my watch is like, "Are you okay? Do you want me to like, "Are you okay? Do you want me to start a workout?" And I'm like, "No, I start a workout?" And I'm like, "No, I just need to get this done." just need to get this done." >> Start a workout.

>> Start a workout. >> Yeah. What is the highest your heart >> Yeah. What is the highest your heart rate would go if you were doing a rate would go if you were doing a cooking game?

cooking game? >> 120. >> 120. >> 120. >> I don't know. I didn't really pay that >> I don't know. I didn't really pay that much attention. much attention.

>> You should. >> You should. >> Yeah. I don't have time because then >> Yeah. I don't have time because then I'll miss I'll miss >> I'll miss the cook.

>> I'll miss the cook. >> I'll burn something. >> I'll burn something.

Comparing Career Paths and Societal Expectations

>> Yeah. That's funny. You go from like >> Yeah. That's funny. You go from like your brother's like Fortnite, Call of your brother's like Fortnite, Call of Duty, and you're playing a cooking game Duty, and you're playing a cooking game on Switch.

on Switch. >> Yeah. >> Yeah. >> Yeah. >> Yeah. You didn't really get the video >> Yeah. You didn't really get the video bug. Um, bug. Um, how much younger is he than you?

how much younger is he than you? >> Three years. >> Three years. >> Same. Yeah. Me and my brother, three and >> Same. Yeah. Me and my brother, three and a half years.

a half years. >> Uh, difference. Um, so he's the golden >> Uh, difference. Um, so he's the golden child, but child, but >> you were the trailblazer. >> you were the trailblazer.

>> So you went to med school first. So now >> So you went to med school first. So now he's always got to live up to your he's always got to live up to your expectations because you're already expectations because you're already ahead of him.

ahead of him. >> Yeah. I think I don't give him that like >> Yeah. I think I don't give him that like leeway. I'm just like, I did everything leeway. I'm just like, I did everything for you. Why can't you just listen to my for you. Why can't you just listen to my advice?

advice? advice? >> But he probably like gets a lot of flack >> But he probably like gets a lot of flack from my parents. Like, why can't you from my parents. Like, why can't you just be like your sister?

just be like your sister? >> Oh, they they would say that out loud. >> Oh, they they would say that out loud. >> I think they said it a couple of times >> I think they said it a couple of times and I'm like, dang. Okay.

and I'm like, dang. Okay. >> What did you do? Just flex on him. Wink >> What did you do? Just flex on him. Wink care or what? What happened? You don't care or what? What happened? You don't care?

care? care? >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> I'm like, obviously, >> I'm like, obviously, >> but you guys get along like you like >> but you guys get along like you like each other.

each other. >> Um, for the most part, yeah. >> Um, for the most part, yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> I don't know what that means. So, we'll >> I don't know what that means. So, we'll There was a period of time uh growing up There was a period of time uh growing up like me and my brother were like like me and my brother were like competitive with each other.

competitive with each other. >> Mhm. >> Mhm. >> Mhm. >> Because I was a catcher and he was >> Because I was a catcher and he was young, three and a half years younger young, three and a half years younger than me, but four years in school. So, than me, but four years in school. So, >> Okay.

>> Okay. >> Okay. >> Like we never went to high school >> Like we never went to high school together. together. together. >> Overlap. Okay. >> Overlap. Okay.

>> So, I was a catcher in high school. He >> So, I was a catcher in high school. He was a catcher. was a catcher. >> He was way better than me >> He was way better than me >> uh all the way through like through high >> uh all the way through like through high school. But school. But >> I wouldn't tell him that.

>> I wouldn't tell him that. So it was like this super competitive So it was like this super competitive thing. Then I went to college and we thing. Then I went to college and we became friends.

became friends. >> Oh, nice. Yeah. >> Oh, nice. Yeah. >> So when we were together, like I'm in >> So when we were together, like I'm in high school, like we're super high school, like we're super competitive, like who can throw the ball competitive, like who can throw the ball and hurt each other the most or who's and hurt each other the most or who's who's better at this and that.

who's better at this and that. >> And he was always better than me, but >> And he was always better than me, but I'd never tell him. I'm like, you're I'd never tell him. I'm like, you're just a little brother, like you're just a little brother, like you're trash, trash, trash, >> right?

>> right? >> right? >> And so he took the blunt of all the >> And so he took the blunt of all the jokes because there was four of us jokes because there was four of us growing up, two of my cousins, me and growing up, two of my cousins, me and him. And so he would be he was the him. And so he would be he was the youngest of the group. Mhm.

youngest of the group. Mhm. >> I had one older cousin just two years >> I had one older cousin just two years older than me older than me >> then me and then um my other cousin was >> then me and then um my other cousin was like a year and a half or something like a year and a half or something younger between you guys younger between you guys >> and then him.

>> and then him. >> Yeah. >> Yeah. >> Yeah. >> So he always took like the four of us he >> So he always took like the four of us he always took the brunt of the jokes and always took the brunt of the jokes and like he was always having to be the like he was always having to be the younger kid. So he had to younger kid. So he had to >> play harder or be faster or do whatever, >> play harder or be faster or do whatever, >> right?

>> right? >> right? >> But we played baseball from like the >> But we played baseball from like the time that the sun came up time that the sun came up >> till it went down. Like my grandparents >> till it went down. Like my grandparents had a garden that was a square had a garden that was a square >> and then we turned it into a baseball >> and then we turned it into a baseball field.

field. field. >> That's awesome. >> That's awesome. >> And so I don't they didn't have a garden >> And so I don't they didn't have a garden anymore. anymore.

anymore. >> U so we turned that square into a >> U so we turned that square into a baseball diamond and we played sun up to baseball diamond and we played sun up to sun down for years like uh growing up sun down for years like uh growing up and I grew up in a place where it's like and I grew up in a place where it's like there are no roads on the GPS.

there are no roads on the GPS. >> Oh. >> Oh. >> Oh. >> Like the road ends and then you keep >> Like the road ends and then you keep going. That's where I grew up.

going. That's where I grew up. >> Okay. >> Okay. >> Okay. >> So super safe. >> So super safe. >> Yeah. Uh, I didn't know like that murder >> Yeah. Uh, I didn't know like that murder was a thing till I went to college.

was a thing till I went to college. >> Okay. >> Okay. >> Okay. >> Never heard of it really. >> Never heard of it really. >> Wow. >> Wow. >> Wow. >> It's kind of a weird >> It's kind of a weird >> great way to grow up because that it >> great way to grow up because that it wasn't a thing. Like crime wasn't an wasn't a thing. Like crime wasn't an issue.

issue. issue. >> Yeah. What is that? >> Yeah. What is that? >> We didn't understand what that was. Like >> We didn't understand what that was. Like if somebody stole something, like you're if somebody stole something, like you're just going to know who it is, just going to know who it is, >> right?

>> right? >> right? >> Like, hey, you have my thing. You still >> Like, hey, you have my thing. You still give it back, give it back, >> right? >> right?

>> right? >> So, we never locked our doors. Um, >> So, we never locked our doors. Um, >> keys in our cars outside. Oh wow. >> keys in our cars outside. Oh wow.

>> No one stole your car. >> No one stole your car. >> U but it was in the mountains like it's >> U but it was in the mountains like it's in East Kentucky in the mountains. So in East Kentucky in the mountains. So early early early which drove my mom insane like our dad which drove my mom insane like our dad got us motorcycles and so we were like got us motorcycles and so we were like in the mountains in the mountains >> mountains with a motorcycle >> mountains with a motorcycle >> and my brother was like five years old >> and my brother was like five years old doing that cuz I would be eight, eight doing that cuz I would be eight, eight and a half.

and a half. >> It's really when I was 10 so he probably >> It's really when I was 10 so he probably would have been eight like seven. He was would have been eight like seven. He was in the mountains by himself on a in the mountains by himself on a motorcycle.

motorcycle. motorcycle. >> That's terrifying. >> That's terrifying. >> You now it is. Yeah. That I'm old and >> You now it is. Yeah. That I'm old and I'm a parent, but in the meantime, I'm a parent, but in the meantime, >> I couldn't understand why my mom was so >> I couldn't understand why my mom was so upset about it.

upset about it. >> Like, >> Like, >> Like, >> so >> so >> so >> what's the problem? Like, we're going to >> what's the problem? Like, we're going to get gas and we're going to go ride in get gas and we're going to go ride in the mountains. Like, this is what we do.

the mountains. Like, this is what we do. >> Yeah. >> Yeah. >> Yeah. >> My brother's like seven. I can't imagine >> My brother's like seven. I can't imagine my son, who's eight now, my son, who's eight now, >> like giving him a motorcycle and saying, >> like giving him a motorcycle and saying, "Oh, yeah. You just go ride in the "Oh, yeah. You just go ride in the mountains. Like, come back before it mountains. Like, come back before it gets dark." gets dark." >> That's what we did like growing up. um >> That's what we did like growing up. um riding in the mountains. And like I riding in the mountains. And like I said, my brother's always younger, so he said, my brother's always younger, so he had to like tag along.

had to like tag along. >> Yeah. >> Yeah. >> Yeah. >> He did it with us. Like he was a little >> He did it with us. Like he was a little bit more of a maniac than I was.

bit more of a maniac than I was. >> But then we decided we got a little bit >> But then we decided we got a little bit older, our motorcycles got a little bit older, our motorcycles got a little bit bigger, a little bit faster.

bigger, a little bit faster. >> Mhm. >> Mhm. >> Mhm. >> And we used to play tag like on the >> And we used to play tag like on the motorcycles. motorcycles.

motorcycles. >> Oh my gosh. >> Oh my gosh. >> But your motorcycle had to hit the other >> But your motorcycle had to hit the other motorcycle to be attack. You can't touch motorcycle to be attack. You can't touch each other. You had actually run into each other. You had actually run into it.

it. it. >> Okay. >> Okay. >> Okay. >> Insanely dangerous. >> Insanely dangerous. >> Yeah. Uh because you'd be going as fast >> Yeah. Uh because you'd be going as fast as you can to ram into the other as you can to ram into the other motorcycle.

motorcycle. motorcycle. >> Yeah, >> Yeah, >> Yeah, >> we were real smart. It's lucky we're >> we were real smart. It's lucky we're alive. alive. alive.

>> Yeah, you made it this far. >> Yeah, you made it this far. >> I just can't imagine my son doing that >> I just can't imagine my son doing that eight years old in the mountains.

eight years old in the mountains. >> That's terrifying. >> That's terrifying. >> Riding a motorcycle. >> Riding a motorcycle. >> Yeah. >> Yeah. >> Yeah.

>> And we ran over like we ran into like >> And we ran over like we ran into like like wild animals like I don't know if like wild animals like I don't know if it's like bobcats or wild cats or it's like bobcats or wild cats or whatever. Like these wild animal whatever. Like these wild animal >> dangerous, aren't they?

>> dangerous, aren't they? >> Well, they can't outrun a motorcycle. >> Well, they can't outrun a motorcycle. Uh, but Uh, but >> but they're fast, aren't they?

>> but they're fast, aren't they? >> They are fast. >> They are fast. >> Yeah. >> Yeah. >> Yeah. >> Large snakes like rattlesnakes, >> Large snakes like rattlesnakes, copperheads, like all we see all that copperheads, like all we see all that stuff cuz we're literally in the stuff cuz we're literally in the mountains.

mountains. mountains. >> Yeah. >> Yeah. >> Yeah. >> So now I would There's no chance I would >> So now I would There's no chance I would let my son do that.

let my son do that. >> No thank you. >> No thank you. >> I don't know what happens. Like when how >> I don't know what happens. Like when how do we get to do that? I think my dad was do we get to do that? I think my dad was just like this. Let him be boys.

just like this. Let him be boys. >> Yeah. >> Yeah. >> Yeah. >> What else would he do? >> What else would he do? >> He grew up in the mountains. So, um, it >> He grew up in the mountains. So, um, it was wild when you think about it cuz was wild when you think about it cuz there's no prayer that my wife would there's no prayer that my wife would ever number one, let him have a ever number one, let him have a motorcycle.

motorcycle. motorcycle. >> Yeah. >> Yeah. >> Yeah. >> But number two, like go just in the >> But number two, like go just in the wild. wild. wild. >> Yeah.

>> Yeah. >> Yeah. >> And hopefully you don't get bit by this >> And hopefully you don't get bit by this wild cat or something, wild cat or something, >> right? Yeah.

>> right? Yeah. >> Bitten by a snake and die. >> Bitten by a snake and die. >> That's crazy. >> That's crazy. >> Yeah. >> Yeah. >> Yeah. It's wild though. Yeah.

It's wild though. Yeah. >> To think about that. Now I'm old. Like >> To think about that. Now I'm old. Like not sure my We are like, "Oh, wait. Be not sure my We are like, "Oh, wait. Be careful going down the steps." careful going down the steps." >> Yeah.

>> Yeah. >> Yeah. >> Like so. My son's Wait, don't go. Don't >> Like so. My son's Wait, don't go. Don't jump steps. You'll fall. jump steps. You'll fall. >> Yeah, >> Yeah, >> Yeah, >> that's how we are. I don't know how now.

>> that's how we are. I don't know how now. Maybe they just become soft now. Have a Maybe they just become soft now. Have a whole generation of soft people.

whole generation of soft people. >> Maybe >> Maybe >> Maybe >> cuz they didn't ride motorcycles in the >> cuz they didn't ride motorcycles in the mountain.

mountain. mountain. >> Probably. >> Probably. >> Probably. >> It's kind of sad. Maybe we should get >> It's kind of sad. Maybe we should get him a motorcycle.

him a motorcycle. >> I don't think my wife's gonna go for >> I don't think my wife's gonna go for that. that. that. >> I don't think so either. >> I don't think so either.

>> Yeah. Um, >> Yeah. Um, what's next? Um, not just business-wise, what's next? Um, not just business-wise, but um, what's your next big milestone? but um, what's your next big milestone?

What do you want to accomplish? Like What do you want to accomplish? Like climb Mount Everest. Uh do 5,000

climb Mount Everest. Uh do 5,000 push-ups in the salt room? Like push-ups in the salt room? Like >> Okay.

>> Okay. >> Okay. >> What's on your map? >> What's on your map? >> Um a half marathon. It's like one of >> Um a half marathon. It's like one of those typical like those typical like >> Have you done a quarter of a marathon >> Have you done a quarter of a marathon yet?

yet? yet? >> What's a >> What's a >> Okay. What's the farthest you can run? >> Okay. What's the farthest you can run? >> Well, I haven't tested it out anytime >> Well, I haven't tested it out anytime soon.

soon. soon. >> I love it. She can run a half marathon, >> I love it. She can run a half marathon, but you've never ran 13 miles. but you've never ran 13 miles.

>> I haven't started training yet. How are >> I haven't started training yet. How are you going to train? you going to train? >> Uh just running. Just a little, you >> Uh just running. Just a little, you know, road to half marathon.

know, road to half marathon. >> There's an app for that. >> There's an app for that. >> Yeah, you can like look up online or, >> Yeah, you can like look up online or, you know, whatever fitness app you use.

you know, whatever fitness app you use. I use Pelaton, so they have a little I use Pelaton, so they have a little program. program. program. >> Shout out Pelon because the stock's down >> Shout out Pelon because the stock's down 7%.

7%. 7%. >> Yeah, my dad sent me that. He was like, >> Yeah, my dad sent me that. He was like, "Look, by the way, here's the news." "Look, by the way, here's the news." >> Yeah. He told you the stock was down.

>> Yeah. He told you the stock was down. >> Yeah. >> Yeah. >> Yeah. >> That you need to buy more programs now. >> That you need to buy more programs now.

>> I don't know. >> I don't know. >> Yeah. He wanted you to subscribe to >> Yeah. He wanted you to subscribe to another program so his stock would go another program so his stock would go up.

up. up. >> Maybe. >> Maybe. >> Maybe. >> Yeah. You think he owns Pelton stock? >> Yeah. You think he owns Pelton stock? >> Maybe now that I have one. >> Maybe now that I have one.

>> He does own it. You think? >> He does own it. You think? >> I can never tell with him. >> I can never tell with him. >> Okay. He's not going to tell you.

>> Okay. He's not going to tell you. >> He will, but like he's always just like >> He will, but like he's always just like doing doing doing >> What about like Apple and and Tesla and >> What about like Apple and and Tesla and stuff like that?

stuff like that? >> Oh, for sure. >> Oh, for sure. >> He owns that kind of stock. >> He owns that kind of stock. >> Yeah. >> Yeah. >> Yeah. >> And then he'll be like, "Okay, now's a >> And then he'll be like, "Okay, now's a good time to get this stock." Thanks, good time to get this stock." Thanks, Dad. Oh, Dad. Oh, >> so do you buy stocks now? Uh, I dabble.

>> so do you buy stocks now? Uh, I dabble. I try. I try. >> What's What's your platform? Like >> What's What's your platform? Like Charles Schwab? Charles Schwab?

>> Um, Robin Hood. >> Um, Robin Hood. >> Oh, yeah. Because you're young. You're >> Oh, yeah. Because you're young. You're like a hipster. like a hipster.

>> Cuz it's like easy. >> Cuz it's like easy. >> It is easy, but like Charles Schwab's >> It is easy, but like Charles Schwab's free trades. free trades.

>> I don't even know. >> I don't even know. >> I know cuz you're young. You should look >> I know cuz you're young. You should look at it though. at it though. >> Okay.

>> Okay. >> Okay. >> Yeah. >> Yeah. >> Yeah. I used to have um I forget the name of I used to have um I forget the name of it, but I had to pay $7.99 per trade.

it, but I had to pay $7.99 per trade. So, it kind of kept you from like uh it So, it kind of kept you from like uh it kept you from just like buying dumb kept you from just like buying dumb stuff like penny stocks because stuff like penny stocks because >> you wouldn't want to you're going to >> you wouldn't want to you're going to spend this transaction fee. I forget the spend this transaction fee. I forget the name of it.

name of it. >> Okay. >> Okay. >> Okay. >> But now I have Charles Schwab. >> But now I have Charles Schwab. >> Shout out Tesla Apple. >> Shout out Tesla Apple.

>> Sponsor us. >> Sponsor us. >> No, for me is like um my Tesla stock I >> No, for me is like um my Tesla stock I got early got early because I was always intrigued by it.

because I was always intrigued by it. >> Yeah. Uh, I liked rockets and electric >> Yeah. Uh, I liked rockets and electric cars and all that stuff before it was a cars and all that stuff before it was a reality, reality, reality, >> but then I made a transition from I >> but then I made a transition from I don't remember exactly like 2013 don't remember exactly like 2013 >> was probably Apple stock that I had >> was probably Apple stock that I had >> and I bought it cheaper than it was, but >> and I bought it cheaper than it was, but it's split many times. So, if you keep it's split many times. So, if you keep it, you get these big paychecks, it, you get these big paychecks, >> right? Um, but you if you keep the stock >> right? Um, but you if you keep the stock then and don't sell it, you don't have then and don't sell it, you don't have to pay capital gains because you didn't to pay capital gains because you didn't really realize the the benefit of it.

really realize the the benefit of it. So, I was holding it. So, I was holding it. >> Nice. >> Nice. >> Nice. >> And then in 2013, I left my private >> And then in 2013, I left my private practice and was going to move to practice and was going to move to Florida or did move to Florida.

Florida or did move to Florida. >> So, I didn't work from December till >> So, I didn't work from December till June. June. June. >> So, I sold my Apple stock >> So, I sold my Apple stock >> that gave us the money not to work for >> that gave us the money not to work for six months.

six months. >> So, that funded that. Then in 2017, >> So, that funded that. Then in 2017, I'm starting new practice, Ortholinks. I I'm starting new practice, Ortholinks. I didn't have any cash.

didn't have any cash. >> So, I sold my car and my tees T T T T T >> So, I sold my car and my tees T T T T T

tax or 15.

10% tax or 15. >> Or you could pay 33% tax or whatever tax >> Or you could pay 33% tax or whatever tax bracket you're in if you sell it before bracket you're in if you sell it before a year.

a year. >> Okay? >> Okay? >> Okay? >> So it kind of prevents you from >> So it kind of prevents you from >> just like buying and selling. >> just like buying and selling.

>> Buying and selling, buying and selling. >> Buying and selling, buying and selling. Gotcha. Gotcha. Gotcha. >> Well, you can still do it, but you're >> Well, you can still do it, but you're just going to pay your regular tax on just going to pay your regular tax on it.

it. it. >> Okay? So it does hinder some people. >> Okay? So it does hinder some people. >> Interesting. Good to know. >> Interesting. Good to know. >> Capital gains tax. So >> Capital gains tax. So >> hold it for a year if you can.

>> hold it for a year if you can. >> Yes. >> Yes. >> Yes. >> But for you, you should just buy it and >> But for you, you should just buy it and keep it. Like buy stocks that just keep keep it. Like buy stocks that just keep >> just like we're just going to see what >> just like we're just going to see what happens.

happens. happens. >> Yeah. Used to you should buy Berkshire >> Yeah. Used to you should buy Berkshire Hathaway when Warren Buffett was like Hathaway when Warren Buffett was like >> that's the one for me that's like it >> that's the one for me that's like it continually grows like it outperforms continually grows like it outperforms the market.

the market. >> But Warren Buffett's eventually going to >> But Warren Buffett's eventually going to die. He's old now. And I actually think die. He's old now. And I actually think he just stepped down as a CEO of Ber he just stepped down as a CEO of Ber Hathway.

Hathway. Hathway. >> And Charlie Munger, who was his partner, >> And Charlie Munger, who was his partner, >> died recently or not too long ago, but >> died recently or not too long ago, but he's like 95 years old, too.

he's like 95 years old, too. >> But they every year it's like the people >> But they every year it's like the people who are business geeks who are business geeks >> listen to their year-long I mean their >> listen to their year-long I mean their end of the year conference they have end of the year conference they have where they go out and talk about the where they go out and talk about the shares and shares and >> Okay. Okay. So, Berkshire Hathaway, >> Okay. Okay. So, Berkshire Hathaway, which is the Warren Buffett company, which is the Warren Buffett company, >> they don't just like buy, they buy >> they don't just like buy, they buy companies or or positions in a company.

companies or or positions in a company. >> So, they own like some of Coca-Cola and >> So, they own like some of Coca-Cola and >> some of this. So, they'll find out when >> some of this. So, they'll find out when a business is has margin.

a business is has margin. >> Okay. >> Okay. >> Okay. >> They'll buy into those businesses. >> They'll buy into those businesses. >> And so, it's almost like when you buy >> And so, it's almost like when you buy their stock, you're buying small pieces their stock, you're buying small pieces of all kinds of different businesses.

of all kinds of different businesses. >> Okay. Got it. >> Okay. Got it. >> Um, so those are good type of long-term >> Um, so those are good type of long-term investments.

investments. investments.

Personal Hobbies, Music, and Social Media

>> Okay. Um, >> Okay. Um, >> the best thing you can do is just blow >> the best thing you can do is just blow up your TikTok though and have people up your TikTok though and have people pay you to say stuff.

pay you to say stuff. >> Yeah, that would be the easiest for me, >> Yeah, that would be the easiest for me, let's be honest. let's be honest. >> Yeah. Or you can buy Tesla. So Elon said >> Yeah. Or you can buy Tesla. So Elon said when the Tesla went down to like $198, when the Tesla went down to like $198, >> it's a $400 stock. Trust me, I didn't >> it's a $400 stock. Trust me, I didn't trust him.

trust him. >> Oh. >> Oh. >> Oh. >> So I didn't buy it. >> So I didn't buy it. >> Oh, >> Oh, >> Oh, >> it's $400 stock now. >> it's $400 stock now. >> Oh no.

>> Oh no. >> So it would have doubled your money. >> So it would have doubled your money. Yeah. Yeah. Yeah. >> Like however much money you put in, it >> Like however much money you put in, it would have been doubled now.

would have been doubled now. >> Yeah. Dang. >> Yeah. Dang. >> Don't mess with Elon. >> Don't mess with Elon. Um, what do you think about like Um, what do you think about like electric cars and all that mess? Don't electric cars and all that mess? Don't make fun of me.

make fun of me. >> Uh, no. Just when it's icy and cold and >> Uh, no. Just when it's icy and cold and you can't open your car door. you can't open your car door.

>> Did you see this? >> Did you see this? >> True. >> True. >> True. >> I saw it all over TikTok when that ice >> I saw it all over TikTok when that ice storm hit like last week. People were storm hit like last week. People were like using like these cards or credit like using like these cards or credit cards or something just to pick the ice cards or something just to pick the ice off so they could open their Tesla.

off so they could open their Tesla. >> No, I didn't see that. >> No, I didn't see that. >> I don't know. I saw I'm on the music >> I don't know. I saw I'm on the music side of TikTok, so I don't get to see side of TikTok, so I don't get to see these kind of stuff.

these kind of stuff. >> I don't know what side of >> I don't know what side of >> You're on the brain rot side, >> You're on the brain rot side, >> but like half of it's like medicine and >> but like half of it's like medicine and like interesting stuff and then it's like interesting stuff and then it's like raves and then it's like random like raves and then it's like random Lexington things and I'm like what is Lexington things and I'm like what is happening right now?

happening right now? >> It's because you don't know the name of >> It's because you don't know the name of the sushi place. the sushi place. >> Probably >> Probably >> Probably >> they messed your algorithm up.

>> they messed your algorithm up. >> Yeah, it's all over the place. >> Yeah, it's all over the place. >> Here's what I don't know. So, we know >> Here's what I don't know. So, we know this like you're all the stuff we talked this like you're all the stuff we talked about right now, you're going to go off about right now, you're going to go off and there's going to be advertisements and there's going to be advertisements on your phone on Instagram about the on your phone on Instagram about the stuff we just talked about.

stuff we just talked about. >> Oh, I bet. Yeah. >> Oh, I bet. Yeah. >> What I can't figure out is how do I get >> What I can't figure out is how do I get my stuff to be the stuff when someone my stuff to be the stuff when someone says says says >> meniscus >> meniscus >> meniscus >> out loud.

>> out loud. >> Why can't I get my stuff in there as >> Why can't I get my stuff in there as that thing that scrolled across? that thing that scrolled across?

>> You got to be big enough. >> You got to be big enough. >> I don't think it is. I think it's paid. >> I don't think it is. I think it's paid. So, I think you pay for those because So, I think you pay for those because those are all sponsored

ads that show those are all sponsored ads that show up. And who are you who are you paying up. And who are you who are you paying like Instagram?

like Instagram? >> Meta. Yeah, Facebook. >> Meta. Yeah, Facebook. >> So, you're going to go to Meta and be >> So, you're going to go to Meta and be like, "Okay, like, "Okay, >> I don't know." That's why I'm asking.

>> I don't know." That's why I'm asking. Like, how do you geoence it? Like, how do you geoence it? >> Yeah. I don't know. >> Yeah. I don't know. >> So, that because you've had that >> So, that because you've had that experience. You're talking about experience. You're talking about something that shows up on your phone something that shows up on your phone >> literally every day >> literally every day >> and you're like, "Oh, now everything >> and you're like, "Oh, now everything here is rape." here is rape." >> That's so creepy, >> That's so creepy, >> right? But how do you how do I do that >> right? But how do you how do I do that >> for Joint Preservation Center and be >> for Joint Preservation Center and be like, like, like, >> "That's a good >> "That's a good >> Every time somebody says meniscus, >> Every time somebody says meniscus, >> yeah, >> yeah, >> yeah, >> I'm popping up on their Instagram res. I >> I'm popping up on their Instagram res. I don't know the answer. No.

don't know the answer. No. >> So, anybody who knows has to send me No, >> So, anybody who knows has to send me No, I've already asked many times. I've already asked many times.

>> Oh, okay. Never mind. >> Oh, okay. Never mind. >> So, there is a paid algorithm for those >> So, there is a paid algorithm for those sponsored ads, but sponsored ads, but >> it's still not predictable. Like, if >> it's still not predictable. Like, if someone would tell me in this zip code, someone would tell me in this zip code, you pay X amount and every time somebody you pay X amount and every time somebody says the word meniscus, you show up.

says the word meniscus, you show up. >> I'm okay with that. >> I'm okay with that. >> Yeah, >> Yeah, >> Yeah, >> I'll pay for it. >> I'll pay for it. >> Yeah, why not?

>> Yeah, why not? >> But I don't like some random ad, right, >> But I don't like some random ad, right, >> that shows up. >> that shows up. >> Yeah. >> Yeah.

>> Yeah. >> So, I look at my We did a paid ad for an >> So, I look at my We did a paid ad for an ACL screening event. ACL screening event. >> Okay. >> Okay.

>> Okay. >> It reached like 20,000 people. Mhm. >> It reached like 20,000 people. Mhm. >> No one signed up. >> No one signed up. >> Oh my gosh. >> Oh my gosh. >> Zero.

>> Zero. >> Zero. >> No, not true. One person signed up. >> No, not true. One person signed up. >> Oh, okay. >> Oh, okay. >> One person clicked the registration >> One person clicked the registration button and signed up. Out of 20,000 button and signed up. Out of 20,000 views. I was like, are you telling me views. I was like, are you telling me out of 20,000 people, not one person out of 20,000 people, not one person needed a free ACL screening?

needed a free ACL screening? >> Yeah. Interesting. >> Yeah. Interesting. >> So, I still haven't figured the >> So, I still haven't figured the advertising out. So, I'm sure someone advertising out. So, I'm sure someone knows. Whoever's listening that knows knows. Whoever's listening that knows needs to call me, let us know.

needs to call me, let us know. >> Yeah. Because then what would your >> Yeah. Because then what would your advertisement be? What would your advertisement be? What would your keyword be when you want your face to keyword be when you want your face to show up?

show up? brave. brave. brave. >> No, I'm gonna have to think about that. >> No, I'm gonna have to think about that. >> No, it's podcast. You don't have time to >> No, it's podcast. You don't have time to think.

think. think. >> I clearly I don't have time. I can't >> I clearly I don't have time. I can't think that fast. That's why

that's why think that fast. That's why that's why I'm, you know, not in emergency I'm, you know, not in emergency medicine.

medicine. medicine. >> Four more seconds then. So, what if >> Four more seconds then. So, what if you're if you want your Tik Tok page to you're if you want your Tik Tok page to pop up, pop up, >> It's not that long.

>> It's not that long. >> Can it be like two words? >> Can it be like two words? >> Two words. >> Two words. >> So, like like >> So, like like >> sports medicine. Yeah, >> sports medicine. Yeah, >> that's what you're gonna say.

>> that's what you're gonna say. >> Yeah, but that's so broad, >> Yeah, but that's so broad, >> right? >> right? >> right? >> Because no one says, "Hey, let's talk >> Because no one says, "Hey, let's talk about sports medicine inside their about sports medicine inside their house." house." house." >> Right?

>> Right? >> Right? >> So, you got to give a key word that >> So, you got to give a key word that somebody's going to say, somebody's going to say, >> but like what could that word possibly >> but like what could that word possibly be?

be? be? >> Salt. >> Salt. >> Salt. >> Salt. >> Salt. >> Salt. >> Sushi. >> I don't know. >> I don't know. >> I don't know. It doesn't work because >> I don't know. It doesn't work because people say that a lot.

people say that a lot. >> I say that a lot. >> I say that a lot. >> Yeah. Think about that. We'll follow. >> Yeah. Think about that. We'll follow. >> Yeah. Interesting.

>> Yeah. Interesting. >> All right. >> All right. Now the um you didn't tell me what's Now the um you didn't tell me what's next except for the half marathon. So next except for the half marathon. So you you you >> I thought that was an answer.

>> I thought that was an answer. >> No, it is. But then after the half >> No, it is. But then after the half marathon, are you going to train for a marathon, are you going to train for a marathon?

marathon? marathon? >> I don't think so. I don't think a full >> I don't think so. I don't think a full marathon is something I ever want to do. marathon is something I ever want to do.

>> What's the difference? >> What's the difference? >> Um >> Um >> Um >> I know the difference in the miles. >> I know the difference in the miles. >> Yeah, that's a lot of miles.

>> Yeah, that's a lot of miles. >> 13.2 versus is that 13.2? >> 13.2 versus is that 13.2? >> 13.1 versus 26.2. >> 13.1 versus 26.2. >> You just want one of those stickers that >> You just want one of those stickers that say 13.1 to put on your car. No, I don't say 13.1 to put on your car. No, I don't like car stickers. Uhuh. Um like car stickers. Uhuh. Um >> I'll get you one you can just put on >> I'll get you one you can just put on there like you did it.

there like you did it. >> Um I >> Um I >> What happens in your brain when you get >> What happens in your brain when you get a half marathon down? a half marathon down?

>> I just get satisfaction out of it. I >> I just get satisfaction out of it. I used to run like in college and I had used to run like in college and I had like this I don't know this idea of a like this I don't know this idea of a triangle. So I ran like like four 5ks or triangle. So I ran like like four 5ks or whatever. Then I'd run three 10ks. Then whatever. Then I'd run three 10ks. Then I'd run like two half marathons. And I'd run like two half marathons. And then I'd finish it off with like then I'd finish it off with like >> So you've already ran a half marathon?

>> So you've already ran a half marathon? >> No, I trained for one, but then I got >> No, I trained for one, but then I got the flu, so I never ended up running it.

the flu, so I never ended up running it. >> So this is going to make up for that >> So this is going to make up for that except it's like except it's like >> lost time >> lost time >> 10 years later. Yeah.

>> 10 years later. Yeah. >> So you just have to prove that your old >> So you just have to prove that your old self can still do it. self can still do it. >> Exactly.

>> Exactly. >> Exactly. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> All right. >> All right. >> All right. >> To feel accomplished. >> To feel accomplished.

>> You have to have a half mar Listen, >> You have to have a half mar Listen, everybody knows that uh the shape that everybody knows that uh the shape that I'm in like rounds the shape. So I'm in I'm in like rounds the shape. So I'm in shape. Uh, I'm not running a half shape. Uh, I'm not running a half marathon because I end up with stress marathon because I end up with stress fractures in my tibia.

fractures in my tibia. >> That's fair. >> That's fair. >> Um, but I used to, that was my deal, >> Um, but I used to, that was my deal, too. Like too. Like >> back in the day, I used to run a lot.

>> back in the day, I used to run a lot. >> And I wasn't fast at running, but I >> And I wasn't fast at running, but I could run forever. could run forever.

>> U, so I would go 10 or 12 miles, no >> U, so I would go 10 or 12 miles, no problem. problem. problem. >> That's awesome. >> That's awesome. >> Um, >> Um, >> Um, but I didn't know why. It didn't help but I didn't know why. It didn't help me.

me. me. >> Oh, >> Oh, >> Oh, >> like I was this distance runner and then >> like I was this distance runner and then I played a sport that you needed short I played a sport that you needed short sprint 60 feet. Yeah.

sprint 60 feet. Yeah. >> So, I don't know what I was thinking >> So, I don't know what I was thinking when I ran. But it was good. Like I felt when I ran. But it was good. Like I felt good.

good. good. >> I think that's what it is, though. >> I think that's what it is, though. >> It's like a head space that's pretty >> It's like a head space that's pretty decent.

decent. decent. >> Yeah. >> Yeah. >> Yeah. >> But then the marathon stuff is not like >> But then the marathon stuff is not like that. It's mentally difficult.

that. It's mentally difficult. >> It's so hard >> It's so hard >> because you have to tell your body to >> because you have to tell your body to shut up. Like you're not going to fall shut up. Like you're not going to fall over and die. And you have to get over and die. And you have to get through that through that >> ceiling. Yeah.

>> ceiling. Yeah. >> I don't know if a half marathon's like >> I don't know if a half marathon's like that or not. Like do you get to the that or not. Like do you get to the point where your body's about to shut point where your body's about to shut down? You have to keep going.

down? You have to keep going. >> Probably. I feel like that anytime I run >> Probably. I feel like that anytime I run to be honest. to be honest. >> Like one mile.

>> Like one mile. >> Like all right, how much longer? >> Like all right, how much longer? >> I gotta go one mile. >> I gotta go one mile. >> Yeah. >> Yeah.

>> Yeah. >> And I have like And I didn't used to >> And I have like And I didn't used to have it, but I have like it's not a have it, but I have like it's not a diagnosis. It's not ADD, like the diagnosis. It's not ADD, like the psychological thing.

psychological thing. >> That's the reason I can't run anymore is >> That's the reason I can't run anymore is because I can't finish it fast enough. because I can't finish it fast enough.

>> Like to make it worthwhile, I want to >> Like to make it worthwhile, I want to like go fast and be done. like go fast

and be done. >> Yeah. >> Yeah.

>> Yeah. >> Um so then that's how I get in trouble >> Um so then that's how I get in trouble because then I decide, oh, I'm going to because then I decide, oh, I'm going to go work out now. And I'm like, "Okay, go work out now. And I'm like, "Okay, well, I'm gonna do five reps with the well, I'm gonna do five reps with the highest weight." highest weight." >> Yeah.

>> Yeah. >> Yeah. >> Rip your muscles and be done. >> Rip your muscles and be done. >> Yeah. >> Yeah. >> Yeah. >> Uh it doesn't work that way. >> Uh it doesn't work that way.

>> No, it doesn't. >> No, it doesn't. >> Has to be consistent. >> Has to be consistent. >> You've been preaching that on your >> You've been preaching that on your Instagram, I think.

Instagram, I think. >> Been trying. >> Been trying. >> And hopefully someone's I'm not >> And hopefully someone's I'm not listening. I don't take your advice. I listening. I don't take your advice. I just just just >> go do like four biceps curls and be >> go do like four biceps curls and be like, "Okay, I can't breathe anymore.

like, "Okay, I can't breathe anymore. Should be good enough. I can't move my Should be good enough. I can't move my arms. arms. arms. >> Work is done.

>> Work is done. >> Work is done." Yeah. So, I need the fast >> Work is done." Yeah. So, I need the fast the fast fix stuff. the fast fix stuff. >> Yeah. Um, that's why I like >> Yeah. Um, that's why I like in college I play this game called Magic in college I play this game called Magic the Gathering. It's card game. like a the Gathering. It's card game. like a not to put people in a box who play not to put people in a box who play Magic the Gathering, but it's like Magic the Gathering, but it's like people who would be on the side of like people who would be on the side of like um the trench coat people like grunge.

um the trench coat people like grunge. >> Okay. >> Okay. >> Okay. >> People like that was before your time, >> People like that was before your time, but like if they wear all black and but like if they wear all black and these long trench coats and these long trench coats and try to be different in their high school try to be different in their high school type stuff, that's people who played. So type stuff, that's people who played. So I became friends with all those people I became friends with all those people in college, in college, >> okay, >> okay, >> okay, >> with this game called Magic the >> with this game called Magic the Gathering. It's literally a a Gathering. It's literally a a collector's game where you buy cards collector's game where you buy cards >> and then there's an unlimited amount of >> and then there's an unlimited amount of interactions between the cards.

interactions between the cards. >> Okay. >> Okay. >> Okay. >> So, I like that part of it is how to >> So, I like that part of it is how to design a deck that could beat someone design a deck that could beat someone else's deck. So, I really got into it else's deck. So, I really got into it like hardcore into it.

like hardcore into it. >> Okay. >> Okay. >> Okay. >> Another reason I never did drugs and and >> Another reason I never did drugs and and alcohol alcohol alcohol >> and Magic the Gathering.

>> and Magic the Gathering. >> No. Is because I knew that that's my >> No. Is because I knew that that's my personality. Like I'm going to go hard. personality. Like I'm going to go hard.

If I'm going to do drugs, I'll be a drug If I'm going to do drugs, I'll be a drug addict. addict. addict. >> If I'm going to do alcohol, I'll be an >> If I'm going to do alcohol, I'll be an alcoholic.

alcoholic. alcoholic. >> Fair enough. I'm going super hard, >> Fair enough. I'm going super hard, >> right? >> right? >> right? >> So then I started like competing in >> So then I started like competing in this, but but I'm poor. Like I'm a this, but but I'm poor. Like I'm a college student, so I don't have any college student, so I don't have any money.

money. money. >> Yeah. >> Yeah. >> Yeah. >> And it's expensive game. Like those >> And it's expensive game. Like those packs are expensive. Sure. packs are expensive. Sure.

>> Like even now >> Like even now >> the original card like 1993 card called >> the original card like 1993 card called Black Lotus. Post Malone just bought one Black Lotus. Post Malone just bought one for like a million dollars.

for like a million dollars. >> That is crazy. >> That is crazy. >> Yeah. So Post Malone's a Magic the >> Yeah. So Post Malone's a Magic the Gathering person.

Gathering person. >> Um but that Black Lotus card, I had a >> Um but that Black Lotus card, I had a chance like I owned one at one point. chance like I owned one at one point.

Yeah. But it was only No, it was only Yeah. But it was only No, it was only worth $300 then, which is a lot for a worth $300 then, which is a lot for a college student.

college student. >> Okay. >> Okay. >> Okay. >> But this one card is like worth 300 >> But this one card is like worth 300 bucks. bucks. bucks. >> All the individual cards that are really >> All the individual cards that are really powerful are all cost like somewhere powerful are all cost like somewhere between 20 and 50 bucks. Okay.

between 20 and 50 bucks. Okay. >> So I couldn't build the decks that >> So I couldn't build the decks that compete with everyone else. compete with everyone else.

>> So because of that, Magic Wizards of the >> So because of that, Magic Wizards of the Coast, shout out them, they should be Coast, shout out them, they should be our sponsor, too.

our sponsor, too. >> Was smart. So they would have this thing >> Was smart. So they would have this thing called standard, which means new sets called standard, which means new sets that came out is all you could play that came out is all you could play with.

with. with. >> Oh, okay. So the last six sets or >> Oh, okay. So the last six sets or whatever it is, it's called standard. So whatever it is, it's called standard. So even the people who were new to the game even the people who were new to the game >> could still be competitive.

>> could still be competitive. >> Oh, that's nice. >> Oh, that's nice. >> And you can kind of afford because the >> And you can kind of afford because the cards don't blow up so fast and get cards don't blow up so fast and get expensive.

expensive. expensive. >> But now you can imagine from 1993 to >> But now you can imagine from 1993 to 2026, 2026, 2026, these cards have been steady coming out.

these cards have been steady coming out. >> And now the interaction from a card that >> And now the interaction from a card that came out last week, you can still play came out last week, you can still play with a card that came out in 1993. So with a card that came out in 1993. So every time a new set comes out, these every time a new set comes out, these cards interact in a different way.

cards interact in a different way. >> Interesting. >> Interesting. >> Interesting. >> That's what got me obsessed about it. >> That's what got me obsessed about it.

>> Got it. >> Got it. >> So I could build this deck and try to >> So I could build this deck and try to compete. And I just competitive. I just compete. And I just competitive. I just want to beat people at stuff.

want to beat people at stuff. >> Sure. >> Sure. >> Sure. >> And so I started like I went to the >> And so I started like I went to the state championships in college.

state championships in college. >> That's awesome. >> That's awesome. >> Trying to play this game. >> Trying to play this game. >> But >> But >> But >> did you win?

>> did you win? >> No. >> No. >> No. >> Oh, >> Oh, >> Oh, >> I wasn't rich enough to win because the >> I

wasn't rich enough to win because the the people that I made fun of were like the people that I made fun of were like the old men.

the old men. >> Okay. >> Okay. >> Okay. >> They were old then. They're my age now. >> They were old then. They're my age now. who would come in with briefcases who would come in with briefcases >> of cards >> of cards >> and bring out the most elaborate cards >> and bring out the most elaborate cards because they own all of them because because they own all of them because they're rich. They have a real job.

they're rich. They have a real job. >> Yeah. >> Yeah. >> Yeah. >> Compared to a college person, they're >> Compared to a college person, they're rich, right?

rich, right? >> I didn't have money. >> I didn't have money. >> Yeah. >> Yeah. >> Yeah. >> So, the way I made money >> So, the way I made money >> was I would buy people's stuff in the >> was I would buy people's stuff in the dorm before people move out dorm before people move out >> and then sell it on eBay in the >> and then sell it on eBay in the summertime.

summertime. summertime. >> Oh. >> Oh. >> Oh. >> And so I would flip stuff. Yeah. in >> And so I would flip stuff. Yeah. in order to not have to have a real job and order to not have to have a real job and work. But I made way more money work. But I made way more money >> buying people's stuff. So I would buy >> buying people's stuff. So I would buy people's entire magic collection for a people's entire magic collection for a fee and then sell the individual cards fee and then sell the individual cards on eBay.

on eBay. >> Oh, >> Oh, >> Oh, >> all summer and then keep the cards that >> all summer and then keep the cards that I needed to play with as long as I made I needed to play with as long as I made a profit. And that's how I started a profit. And that's how I started building my collection.

building my collection. >> Oh wow. >> Oh wow. >> We got better and better at it. >> We got better and better at it. >> Yeah. >> Yeah. >> Yeah. >> And then life happened. I went to med >> And then life happened. I went to med school and had to be adult so I couldn't school and had to be adult so I couldn't play magic anymore. But play magic anymore. But >> Apple Vision Pro came out a few years >> Apple Vision Pro came out a few years ago.

ago. ago. >> You know what that is? >> You know what that is? >> Is that what you're doing? >> Is that what you're doing? >> Yes. So, Magic the Gathering now has a >> Yes. So, Magic the Gathering now has a virtual version of it and you have to virtual version of it and you have to buy the cards virtually or earn them by buy the cards virtually or earn them by winning.

winning. winning. >> What if you have the physical one? Does >> What if you have the physical one? Does that not carry over? that not carry over? >> Nope.

>> Nope. >> Nope. >> Can't scan the physical because I don't >> Can't scan the physical because I don't have any physical cards left. have any physical cards left. >> Okay.

>> Okay. >> Okay. >> I sold all of them. >> I sold all of them. >> Okay. >> Okay. >> Okay. >> And so eBay took all my cards. >> And so eBay took all my cards.

>> Got it. I probably had to do something >> Got it. I probably had to do something like be an adult and sold my cards. like be an adult and sold my cards.

Uh so I never got back into the physical Uh so I never got back into the physical cards. cards. cards. >> Okay. >> Okay. >> Okay. >> But then like for like nostalgia's sake, >> But then like for like nostalgia's sake, my wife bought me a pack of Magic the my wife bought me a pack of Magic the Gathering cards. Like, "Oh, that'd be Gathering cards. Like, "Oh, that'd be cool." He used to do that all the time.

cool." He used to do that all the time. >> Yeah. >> Yeah. >> Yeah.

Pop Culture, Movies, and Generational Differences

>> And then I found out that Apple Vision >> And then I found out that Apple Vision Pro had a virtual version of it. Pro had a virtual version of it. >> Wow.

>> Wow. >> Wow. >> So now I'm obsessed again. >> So now I'm obsessed again. >> Okay. with fighting wizards all over the >> Okay. with fighting wizards all over the world because you're connecting on this world because you're connecting on this Apple Vision Pro. It's like it's a Apple Vision Pro. It's like it's a regular game regular game >> and uh I'm not good.

>> and uh I'm not good. >> Okay. >> Okay. >> Okay. >> So, that makes me more competitive, >> So, that makes me more competitive, >> of course, >> of course, >> because I'm like now I can afford the >> because I'm like now I can afford the cards.

cards. cards. >> Yeah. >> Yeah. >> Yeah. >> Now, now these young college kids, >> Now, now these young college kids, forget it. Like, I'm the old guy with a forget it. Like, I'm the old guy with a briefcase now.

briefcase now. >> But I have not made the transition over >> But I have not made the transition over to like going to the game shop and being to like going to the game shop and being the old person who shows up with a the old person who shows up with a briefcase.

briefcase. briefcase. >> Got it. >> Got it. >> Yet. >> Yet. >> Yet. >> Yet. >> Yet. >> Yet. >> I might. At least you can add it to your >> I might. At least you can add it to your hobbies. Your list is getting a lot hobbies. Your list is getting a lot longer than when we started.

longer than when we started. >> Yeah. I don't know if that's a hobby. >> Yeah. I don't know if that's a hobby. That's an obsession. It's a different That's an obsession. It's a different >> fair.

>> fair. >> fair. >> Hobby is like something enjoyable. >> Hobby is like something enjoyable. >> This is not >> This is not >> losing. And this is not This is >> losing. And this is not This is business.

business. business. >> Okay. >> Okay. >> Okay. >> This is like This is not fun for me. I'm >> This is like This is not fun for me. I'm not here to have fun. I'm here to win.

not here to have fun. I'm here to win. >> Okay. Yeah. >> Okay. Yeah. >> Fair enough. >> Fair enough. >> It's a sickness. >> It's a sickness. >> I don't know what we're talking about >> I don't know what we're talking about there. Oh, you're going to run a full there. Oh, you're going to run a full marathon. You're not running a full marathon. You're not running a full marathon.

marathon. marathon. >> Never running a full marathon. Okay. >> Never running a full marathon. Okay. All right. Well, what do your parents All right. Well, what do your parents think about like uh it's pretty it's think about like uh it's pretty it's close to time that we have close to time that we have grandchildren?

grandchildren? grandchildren? >> Yeah. >> Yeah. >> Yeah. >> Who has to do that first? You or your >> Who has to do that first? You or your brother? brother?

brother? >> Me. Obviously, my brother has excuse >> Me. Obviously, my brother has excuse that he's in school now. He's in med that he's in school now. He's in med school. Can't bother him with anything.

school. Can't bother him with anything. He has to study. He has to study. >> But you have to find like a husband now. >> But you have to find like a husband now. >> Yeah.

>> Yeah. >> Yeah. >> You're going to do that in like at a >> You're going to do that in like at a rave in California. rave in California. >> You never know.

>> You never know. >> You never know. That's not really dating >> You never know. That's not really dating opportunities, right? opportunities, right?

>> No. Would you date someone you met at a >> No. Would you date someone you met at a rave? rave? rave? >> I don't know if I would trust that. >> I don't know if I would trust that.

>> That's just I mean I obviously trust me. >> That's just I mean I obviously trust me. There's other people like me, I'm sure, There's other people like me, I'm sure, who are like perfectly fine, responsible who are like perfectly fine, responsible adults, but like adults, but like >> the general crowd are kind of reckless >> the general crowd are kind of reckless though.

though. though. >> I don't know. We'll see. I haven't been >> I don't know. We'll see. I haven't been to California yet. to California yet. >> Well, I wouldn't mean California. I'm >> Well, I wouldn't mean California. I'm talking about like Cincinnati.

talking about like Cincinnati. >> Oh, but Cincinnati's small >> Oh, but Cincinnati's small >> compared to what? >> compared to what? >> Like >> Like >> Like >> Detroit?

>> Detroit? >> Detroit? >> Yeah. >> Yeah. >> Yeah. Okay. So, you're saying that the pool to Okay. So, you're saying that the pool to pick from is higher in Detroit.

pick from is higher in Detroit. >> You may have more responsible people at >> You may have more responsible people at the rave. the rave. >> Maybe. You don't know.

>> Maybe. You don't know. >> You don't know. >> You don't know. >> I don't know. >> I don't know. >> So, yes or no? You'd date someone you >> So, yes or no? You'd date someone you met at a rave for the first time?

met at a rave for the first time? >> Maybe. >> Maybe. >> Maybe. >> Maybe. >> Maybe. >> Maybe. >> Okay. What about like at a bingo game? A >> Okay. What about like at a bingo game? A bingo parlor?

bingo parlor? >> That's weird. >> That's weird. >> Have you ever been there? >> Have you ever been there? >> No. >> No. >> No. >> You seen the sign though?

>> You seen the sign though? >> No. >> No. >> No. >> Like people play bingo around here? It's >> Like people play bingo around here? It's like gambling.

like gambling. >> Oh. >> Oh. >> Oh. >> Like you go literally and play bingo. >> Like you go literally and play bingo. Okay. Okay. Okay. >> It's mainly for old people.

>> It's mainly for old people. >> I don't think I would even >> I don't think I would even >> like really old people >> like really old people >> be in that situation.

>> be in that situation. >> You don't know till you try it. >> You don't know till you try it. >> That's fair. >> That's fair. >> You might win. >> You might win.

>> Maybe. What would I win? >> Maybe. What would I win? >> Money. >> Money. >> Money. >> Money. Okay. >> Money. Okay. >> Yeah. Do you gamble like on DraftKings?

>> Yeah. Do you gamble like on DraftKings? >> No, I'm not gambling. >> No, I'm not gambling. >> I'm I'm not a gambler. >> I'm I'm not a gambler. >> Are you like kind of like you feel like >> Are you like kind of like you feel like you're responsible with your money?

you're responsible with your money? >> I think so. >> I think so. >> You think that came from like uh is that >> You think that came from like uh is that your parents think too? Like beating in your parents think too? Like beating in your head? Like don't be dumb.

your head? Like don't be dumb. >> Yeah. Don't be dumb >> Yeah. Don't be dumb >> and build like a nest egg so you're >> and build like a nest egg so you're safe. Yeah.

safe. Yeah. >> Yeah, it makes sense. >> Yeah, it makes sense. >> My dad was a coal miner. >> My dad was a coal miner. >> Okay. >> Okay. >> Okay. >> Which is physical work. Like you're >> Which is physical work. Like you're literally in the mountain digging coal.

literally in the mountain digging coal. >> Yeah. >> Yeah. >> Yeah. >> So he never got paid a lot, but he >> So he never got paid a lot, but he worked a lot.

worked a lot. >> And so he me and my brother, we both >> And so he me and my brother, we both feel like the weight of that. feel like the weight of that. >> Yeah.

>> Yeah. >> Yeah. >> Like he really donated his life for us >> Like he really donated his life for us to have a better life. Just like you to have a better life. Just like you said.

said. said. >> Absolutely. >> Absolutely. >> Absolutely. >> If you're going to be an immigrant, >> If you're going to be an immigrant, you're going to go struggle for your you're going to go struggle for your kids. He did that. He was not an kids. He did that. He was not an immigrant, but he struggled in the coal immigrant, but he struggled in the coal mines.

mines. mines. >> Sure. >> Sure. >> Sure. >> So that we didn't have to do that. >> So that we didn't have to do that. >> Yeah. >> Yeah. >> Yeah. >> And so he gave us the advantage of going >> And so he gave us the advantage of going to college and playing sports and doing to college and playing sports and doing the things that we that we do. So we the things that we that we do. So we still feel that too like the weight of still feel that too like the weight of >> for sure.

>> for sure. >> It's different because he was like a >> It's different because he was like a laborer. laborer. laborer. >> Yeah. >> Yeah. >> Yeah. >> He broke his back and >> He broke his back and >> like that's a lot.

>> like that's a lot. >> Allowed us to have a better life because >> Allowed us to have a better life because he was doing it. he was doing it. >> He also died very young because of it.

>> He also died very young because of it. Like Like Like >> 62 years old. >> 62 years old. >> It's hard. Yeah. Um, so me and my >> It's hard. Yeah. Um, so me and my brother feel the weight of that. I think brother feel the weight of that. I think like our dad sacrificed for us, so like our dad sacrificed for us, so Right.

Right. Right. >> They'll mess it up. >> They'll mess it up. >> Exactly. Exactly. >> Exactly. Exactly. >> So, and I think we both we both probably >> So, and I think we both we both probably don't say it, but we feel that.

don't say it, but we feel that. >> Yeah. >> Yeah. >> Yeah. >> For our family. So, it's the same thing >> For our family. So, it's the same thing like your parents trying to make you like your parents trying to make you responsible.

responsible. responsible. >> Yeah. >> Yeah. >> Yeah. >> So, you can have some security, >> So, you can have some security, >> right? >> right? >> right?

>> Like money is not everything, but it >> Like money is not everything, but it does make life easier. does make life easier. >> A lot easier. >> A lot easier.

>> Yeah. Yeah. >> Yeah. Yeah. >> Because you've been both ways. You've >> Because you've been both ways. You've been a poor medical student. You know been a poor medical student. You know how that feels.

how that feels. >> Oh, yeah. >> Oh, yeah. >> Um, yeah. It's a little bit better. Uh, >> Um, yeah. It's a little bit better. Uh, what is it? What is your uh You may have what is it? What is your uh You may have already done it. You don't have to tell already done it. You don't have to tell me if you don't want to. Like, what are me if you don't want to.

Like, what are you going to splurge on?

you going to splurge on? >> Like your first big like, hey, I make a >> Like your first big like, hey, I make a bigger paycheck now. I'm going to buy bigger paycheck now. I'm going to buy something for myself.

something for myself. >> I think it's just traveling. >> I think it's just traveling. >> Yeah, because you like to travel. >> Yeah, because you like to travel.

>> Yeah. Now I have money to travel, which >> Yeah. Now I have money to travel, which is always helpful, but I also have like is always helpful, but I also have like freedom of my schedule to be able to go freedom of my schedule to be able to go when I want to.

when I want to. >> Yeah. Yeah. Right. You don't have some >> Yeah. Yeah. Right. You don't have some attending telling you what football game attending telling you what football game you're covering on Saturday, you're covering on Saturday, >> right? Yeah, >> right? Yeah, >> fair enough. Um, but no big thing like >> fair enough. Um, but no big thing like you don't have like, hey, I'm gonna buy you don't have like, hey, I'm gonna buy this for myself.

this for myself. >> Nothing in particular. >> Nothing in particular. >> Yeah, >> Yeah, >> Yeah, >> like you should get some scaffolding and >> like you should get some scaffolding and some uh big speakers with a with a some uh big speakers with a with a turntable.

turntable. turntable. >> Make my own DJ booth. >> Make my own DJ booth. >> Yeah, think about >> Yeah, think about >> I'll just find a DJ. >> I'll just find a DJ.

>> How about you marry a DJ? You ever >> How about you marry a DJ? You ever thought of that? thought of that? >> Um, I've thought of everything. >> Um, I've thought of everything.

at this point. at this point. >> Yeah, cuz you're really old now. >> Yeah, cuz you're really old now. >> Yeah, I'm so old. >> Yeah, I'm so old. >> Yeah, >> Yeah, >> Yeah, >> time is ticking.

>> time is ticking. >> You're almost 65. >> You're almost 65. >> I know. >> I know. >> So, Medicare benefits are starting to >> So, Medicare benefits are starting to come into your mail and you're like kind come into your mail and you're like kind of behind.

of behind. >> Can't tell though. My skincare routine >> Can't tell though. My skincare routine is immaculate. is immaculate. >> I know you look great for 65. Um, >> I know you look great for 65. Um, so that should be a goal, too. Then we so that should be a goal, too. Then we should just find you a husband.

should just find you a husband. >> Yeah, >> Yeah, >> Yeah, >> maybe this podcast will >> maybe this podcast will >> hit us up. >> hit us up. >> But we want DJs.

>> But we want DJs. >> Yes. >> Yes. >> Yes. >> But also responsible people. >> But also responsible people. >> Yes. It's a lot of lot to ask. I'm so >> Yes. It's a lot of lot to ask. I'm so sorry.

sorry. sorry. >> They have to have a job, right? >> They have to have a job, right? >> Or could they just like leech off you? >> Or could they just like leech off you?

>> No, cuz I want to leech off something. >> No, cuz I want to leech off something. >> Crap. You're narrowing the pool. Like, >> Crap. You're narrowing the pool. Like, how are we going to get this thing how are we going to get this thing right? Um, right? Um, what if they're like not a pescatarian?

what if they're like not a pescatarian? >> That's fine. >> That's fine. >> Yeah, you don't mind. >> Yeah, you don't mind. >> I don't care. >> I don't care.

>> They're allowed to eat like a cow. >> They're allowed to eat like a cow. >> Yeah, they can eat whatever they

want. >> Yeah, they can eat whatever they want.

>> Yeah, it's not. So, so good. We're not >> Yeah, it's not. So, so good. We're not narrowing that down. narrowing that down. >> If they can find out that would be >> If they can find out that would be better, though.

better, though. >> If they can cook >> If they can cook >> because you don't like to cook. No. >> because you don't like to cook. No. It's fine. It's funny how like you're It's fine. It's funny how like you're trying to find like I didn't know except trying to find like I didn't know except me and my wife met when we were very me and my wife met when we were very young.

young. young. >> Yeah. >> Yeah. >> Yeah. >> 14 or 15 years old. >> 14 or 15 years old. >> Oh, that's so cute. >> Oh, that's so cute. >> Like in high school.

>> Like in high school. >> Yeah. >> Yeah. >> Yeah. >> So, I never really went through that >> So, I never really went through that like, hey, what skill do you have?

like, hey, what skill do you have? Because we didn't have any skills Because we didn't have any skills >> like high school kids. >> like high school kids.

>> So, we didn't like, hey, if you can >> So, we didn't like, hey, if you can cook, you know, I can clean type deal. cook, you know, I can clean type deal.

>> We didn't figure we had to figure that >> We didn't figure we had to figure that stuff out on our own. stuff out on our own. >> I'm not sure. Uh, I'm still terrible at >> I'm not sure. Uh, I'm still terrible at taking the garbage out.

taking the garbage out. >> Oh, >> Oh, >> Oh, >> so she still has to remind me. >> so she still has to remind me. >> Well, >> Well, >> Well, >> but she can't cook. I can't cook. So, >> but she can't cook. I can't cook. So, that's good.

that's good. >> Yeah. Needs some balance. >> Yeah. Needs some balance. >> Yeah. She mainly does all the important >> Yeah. She mainly does all the important stuff.

stuff. stuff. >> Okay. So, she's carrying the team. >> Okay. So, she's carrying the team. >> She's She She's the MVP of the team for >> She's She She's the MVP of the team for sure. Because if you're as obsessive as sure. Because if you're as obsessive as I am I am >> Yeah.

>> Yeah. >> Yeah. >> like you may be playing Magic somewhere. >> like you may be playing Magic somewhere. >> Brought your briefcase into some kid's >> Brought your briefcase into some kid's place and start playing Magic and she's place and start playing Magic and she's like, "Yeah, bro. I got a good thing I like, "Yeah, bro. I got a good thing I make a living, make a living, >> right?

>> right? >> right? >> So, all it's also important to note that >> So, all it's also important to note that all the transitions through like going all the transitions through like going into private practice and leaving and into private practice and leaving and going to Florida and then starting a p going to Florida and then starting a p like like like >> Yeah.

>> Yeah. >> Yeah. >> we had to live off her income. >> we had to live off her income. >> Yeah. >> Yeah. >> Yeah. >> She was the only consistent part of it >> She was the only consistent part of it which is like thank god I have a stable which is like thank god I have a stable job, job, job, >> right?

>> right? >> right? >> So, that's she is just the opposite of >> So, that's she is just the opposite of me for that. She wants predictable kind me for that. She wants predictable kind of like you're saying about you and your of like you're saying about you and your parents.

parents. parents. >> Yeah. She wants predictable outcomes >> Yeah. She wants predictable outcomes like

security and I'm like let's just like security and I'm like let's just jump with no parachute and see where we jump with no parachute and see where we land. So yeah, you need to find somebody land. So yeah, you need to find somebody like that.

like that. >> Yeah. >> Yeah. >> Yeah. >> Then you can >> Then you can >> someone who skydives and bungee jumps. >> someone who skydives and bungee jumps.

>> That's you need to hang out at those >> That's you need to hang out at those places. places. places. >> Okay. >> Okay. >> Okay. >> Find out some thrill some like >> Find out some thrill some like thrillseeking person and then we'll go thrillseeking person and then we'll go from there. All right. What else? What from there. All right. What else? What else you want to talk about?

else you want to talk about? >> Feel like we talked about >> Feel like we talked about >> We're like two hours and 21 minutes into >> We're like two hours and 21 minutes into this thing.

this thing. >> That's crazy. I don't know if we've >> That's crazy. I don't know if we've talked about anything yet, but we're talked about anything yet, but we're going to cut it out on Opus and get going to cut it out on Opus and get these clips.

these clips. >> Awesome. >> Awesome. >> Awesome. >> And you'll be able to do whatever you >> And you'll be able to do whatever you want. want. want. >> I'm so excited.

>> I'm so excited. >> Yeah. You You're definitely famous after >> Yeah. You You're definitely famous after this. this. this. >> Okay. >> Okay. >> Okay.

>> So, the last person was on here like we >> So, the last person was on here like we had to um they got shadowbanned from had to um they got shadowbanned from having too many followers at one time.

having too many followers at one time. >> Really? >> Really? >> Really? >> No. >> No. >> No. >> Oh, >> Oh, >> Oh, >> but it'd be cool if it was. >> but it'd be cool if it was.

>> Is that a thing? I didn't know that was >> Is that a thing? I didn't know that was a thing. a thing. >> You can get shadowbanned if you have >> You can get shadowbanned if you have like this weird looking like this weird looking >> following because they think they're >> following because they think they're bots. And so you can actually buy bot bots. And so you can actually buy bot farms to like your stuff.

farms to like your stuff. >> Yeah, I've heard of that. But >> Yeah, I've heard of that. But >> but I think in the end it doesn't help >> but I think in the end it doesn't help because you get found out.

because you get found out. >> Yeah. Also, it's just weird. I don't >> Yeah. Also, it's just weird. I don't want to buy my friends or followers. want to buy my friends or followers.

>> Why? Who would know? >> Why? Who would know? >> I would know. >> I would know. >> Fair. It's a good answer. It's the best >> Fair. It's a good answer. It's the best answer I've heard because if you're just answer I've heard because if you're just trying to get clout, like you'd be like, trying to get clout, like you'd be like, "Oh, they got 100,000 followers." "Oh, they got 100,000 followers." >> Yeah. No, it's not that it's not that >> Yeah. No, it's not that it's not that deep. But also like I'm doing it for a deep. But also like I'm doing it for a reason. I want to reason. I want to >> run a half marathon.

>> run a half marathon. >> I want to find a husband and run a half >> I want to find a husband and run a half marathon. marathon. marathon. >> Exactly.

>> Exactly. >> Exactly. >> Like it's the reason. Well, well, that >> Like it's the reason. Well, well, that would be successful. Like if Tik Tok led would be successful. Like if Tik Tok led to your like Prince Charming, to your like Prince Charming, >> you know, that was kind of on the list >> you know, that was kind of on the list of things that,

you know, if I make a of things that, you know, if I make a Tik Tok, maybe this will also happen.

Tik Tok, maybe this will also happen. >> Yes. I'm glad that truth came out. So if >> Yes. I'm glad that truth came out. So if you start talking for two and a half you start talking for two and a half hours, that's why the long perform hours, that's why the long perform podcast matters because eventually you podcast matters because eventually you just get tired and you say the truth just get tired and you say the truth instead of trying to put the mask up.

instead of trying to put the mask up. Now we know why you're trying to be Tik Now we know why you're trying to be Tik Tok famous because it's your job to have Tok famous because it's your job to have the first grandchildren.

the first grandchildren. >> Yeah. >> Yeah. >> Yeah. >> So fair enough. If you get >> So fair enough. If you get you turn 65 next year. you turn 65 next year.

>> Yes. Yes. Next. >> Yes. Yes. Next. >> You'll be fine. We're 64 then. You don't >> You'll be fine. We're 64 then. You don't even qualify for Medicare.

even qualify for Medicare. we're we're in good shape. we're we're in good shape. >> But that's like um that's one of the >> But that's like um that's one of the sacrifice people don't know about when sacrifice people don't know about when you go into medicine, you go into medicine, >> right? Yeah.

>> right? Yeah. >> You're going to donate the first part of >> You're going to donate the first part of your life your life >> to learning how to do this thing and it >> to learning how to do this thing and it slows everything down. Like you got you slows everything down. Like you got you got friends who are married and having got friends who are married and having kids and all this stuff and you're like kids and all this stuff and you're like >> cool.

>> cool. >> cool. >> When when is our turn, right? Like >> When when is our turn, right? Like >> Yeah. >> Yeah. >> Yeah. >> Yeah. We were um >> Yeah. We were um >> our first kid in their 30s.

>> our first kid in their 30s. >> Yeah. And then now we're looking at >> Yeah. And then now we're looking at people we went to high school with who people we went to high school with who are like getting ready to become are like getting ready to become grandparents.

grandparents. grandparents. >> They were like, "Oh, >> They were like, "Oh, >> crazy. >> crazy. >> crazy. >> It's kind of wild." Like that's a it's a >> It's kind of wild." Like that's a it's a natural thing, I guess. But we had to natural thing, I guess. But we had to wait because wait because >> residency and right >> residency and right >> life the whole thing together adds up >> life the whole thing together adds up and goes and things start flying away.

and goes and things start flying away. Time starts flying away. Time starts flying away. >> And then for us, we're like super old. >> And then for us, we're like super old.

Then when we have our second kiddo 10 Then when we have our second kiddo 10 years later, we're like, "So somebody's years later, we're like, "So somebody's going to be like, "Oh, you brought your going to be like, "Oh, you brought your grandkid graduation." Like, "No, it's my grandkid graduation." Like, "No, it's my kid." I'll be using my walker, taking kid." I'll be using my walker, taking him across the his high school him across the his high school graduation 10 years from now. Um, so graduation 10 years from now. Um, so yeah, yeah, yeah, >> all my hair will be gray and Well, we >> all my hair will be gray and Well, we won't know.

won't know. >> We'll never know. >> We'll never know. >> It's gray. Yeah, >> It's gray. Yeah, >> it's been gone a long time. >> it's been gone a long time.

>> We can tell if you grow out your beard. >> We can tell if you grow out your beard. Maybe Maybe Maybe >> I tried, but it's ridiculously gray. >> I tried, but it's ridiculously gray. >> Really?

>> Really? >> Really? >> It's bad. Like, it needs so much just >> It's bad. Like, it needs so much just for men that you need for men that you need >> it would not be okay.

>> it would not be okay. >> Yeah. >> Yeah. >> Yeah. >> Okay. >> Okay. >> Okay. >> And it used to like I would have a >> And it used to like I would have a little bit of gray in it.

little bit of gray in it. >> Mhm. No, >> Mhm. No, >> it's bad now. It's like Santa Claus. >> it's bad now. It's like Santa Claus. >> Oh, yeah. No, >> Oh, yeah. No, >> it would make me look significantly >> it would make me look significantly older than I am, older than I am, >> which I don't know if that's a bad thing >> which I don't know if that's a bad thing or not because I am getting Medicare or not because I am getting Medicare stuff in the mail now. So, stuff in the mail now. So, >> it's too soon.

>> it's too soon. >> A AARP. >> A AARP. >> Yeah. >> Yeah. >> Yeah. >> Yeah. I'm not that old yet, but they >> Yeah. I'm not that old yet, but they don't know that, apparently.

don't know that, apparently. Um Yeah. Okay. And shout out future Um Yeah. Okay. And shout out future husband. So, we got find them, too. husband. So, we got find them, too. >> Yeah.

>> Yeah. >> Yeah. >> It's it's a weird thing, too. like it's >> It's it's a weird thing, too. like it's it's a sacrifice that women who go into it's a sacrifice that women who go into medicine make as well.

medicine make as well. >> Mh. >> Mh. >> Mh. >> Um because obviously it's a natural >> Um because obviously it's a natural thing on this planet that you like have thing on this planet that you like have babies and families and all this stuff.

babies and families and all this stuff. That's how we have a population. Elon That's how we have a population. Elon said we're way behind. said we're way behind.

>> So you have like 10 or 12 kids and he >> So you have like 10 or 12 kids and he does does does >> single-handedly doing jobs for >> single-handedly doing jobs for >> It's easier when you're a billionaire.

>> It's easier when you're a billionaire.

Family, Sibling Dynamics, and Upbringing

You're the richest person on the face of You're the richest person on the face of the earth probably to have that many the earth probably to have that many kids. It's expensive. I saw a number kids. It's expensive. I saw a number that's like $200,000 to raise a kid.

that's like $200,000 to raise a kid. >> Yeah. I saw that too and I was like, >> Yeah. I saw that too and I was like, "Oh, okay. Maybe "Oh, okay. Maybe >> it doesn't feel that way.

>> it doesn't feel that way. >> Make some money first." >> Make some money first." >> But then you start looking at that. >> But then you start looking at that.

Yeah. You don't wait for that. You just Yeah. You don't wait for that. You just Yeah. God knows what he's doing. So Yeah. God knows what he's doing. So that's the other part.

that's the other part. >> That's for sure. >> That's for sure. >> Um can't stress any of that stuff too >> Um can't stress any of that stuff too fast.

fast. fast. >> Yeah. >> Yeah. >> Yeah. >> Um so you start like that's a big >> Um so you start like that's a big number. number. number. >> $200,000. You're like who has that >> $200,000. You're like who has that laying around?

laying around? >> Um Yeah. So no one does. But that's the >> Um Yeah. So no one does. But that's the other part like it gets so expensive and other part like it gets so expensive and start looking at it. But it's a start looking at it. But it's a sacrifice that uh that's what I was sacrifice that uh that's what I was saying like women who go to to med

saying like women who go to to med school u lots of times that gets school u lots of times that gets delayed.

delayed. delayed. >> Like that's good, bad or indifferent. >> Like that's good, bad or indifferent. Doesn't matter. We have to have good Doesn't matter. We have to have good doctors. And we also like fought for doctors. And we also like fought for like like like >> this month is like women in medicine >> this month is like women in medicine day.

day. day. >> Yeah. >> Yeah. >> Yeah. >> Now women in sports day. Yeah. Same >> Now women in sports day. Yeah. Same >> back toback. Yeah. >> back toback. Yeah.

>> Back week. That's like perfect because >> Back week. That's like perfect because everything I didn't see any of your everything I didn't see any of your posts say anything about that.

posts say anything about that. >> I had stories. >> I had stories. >> Women's and sports. >> Women's and sports. >> Yeah. Well, it seems like you're not >> Yeah. Well, it seems like you're not paying attention to the page.

paying attention to the page. >> Was it just a >> Was it just a >> Yeah. So, I don't click on the stories. >> Yeah. So, I don't click on the stories. >> Oh, >> Oh, >> Oh, >> I go straight to the reals.

>> I go straight to the reals. >> Because the stories disappear. >> Because the stories disappear. >> They do. But >> They do. But >> where do they go though?

>> where do they go though? >> My archive. >> My archive. >> Do you save them? >> Do you save them? >> Like, it saves them automatically for >> Like, it saves them automatically for me.

me. me. >> Do you post to your archive though, so I >> Do you post to your archive though, so I can click on it and see all your can click on it and see all your stories?

stories? stories? >> Um, no. >> Um, no. >> I can check. I think you're lying if you >> I can check. I think you're lying if you say yes. say yes. >> You should do that.

>> You should do that. >> I could, but usually it's like it'll >> I could, but usually it's like it'll have like memories. So like next year on have like memories. So like next year on that day it'll be like one year ago this that day it'll be like one year ago this is what you posted.

is what you posted. >> I know. But if like you're trying to put >> I know. But if like you're trying to put your stuff out that was a story that no your stuff out that was a story that no one can see today.

one can see today. >> If you put your little archive thing >> If you put your little archive thing there they can click on and see all of there they can click on and see all of your stories.

your stories. >> I should do that. >> I should do that. >> Yeah you should. You're welcome. >> Yeah you should. You're welcome. >> Thanks. >> Thanks. >> Thanks.

>> I'm not a great social media consultant >> I'm not a great social media consultant but I'm beating you right now on Tik but I'm beating you right now on Tik Tok.

Tok. Tok. >> Well you had a head start. >> Well you had a head start. >> I started from zero like three months >> I started from zero like three months ago.

ago. ago. >> I started from zero too but more than >> I started from zero too but more than three months ago. Exactly. three months ago. Exactly. >> But I have 400 followers.

>> But I have 400 followers. >> Okay. >> Okay. >> Okay. >> You have 100 in what? >> You have 100 in what? >> I think mid 100 something. I'm getting >> I think mid 100 something. I'm getting close to 200 close to 200 >> for Tik Tok or Instagram.

>> for Tik Tok or Instagram. >> Tik Tok. >> Tik Tok. >> Which one's winning? >> Which one's winning? >> Tik Tok. >> Tik Tok. >> You have 200 followers?

>> You have 200 followers? >> Almost. >> Almost. >> Almost. >> And you haven't told your family and >> And you haven't told your family and friends to follow you?

friends to follow you? >> I just started with my Instagram. >> I just started with my Instagram. >> Okay. >> Okay. >> Okay. >> Cuz I was like, "All right, you >> Cuz I was like, "All right, you >> have like at least 10 friends." >> have like at least 10 friends." >> Yeah.

>> Yeah. >> Yeah. At least. Are you going to post out like At least. Are you going to post out like the desperation post like please follow the desperation post like please follow me?

me? me? >> No. Maybe. >> No. Maybe. >> You know how the YouTubers do it? >> You know how the YouTubers do it? >> How do they do it? >> How do they do it?

>> They say, "Oh, do you know that like >> They say, "Oh, do you know that like only 1% of the people who watch this only 1% of the people who watch this video subscribe?" And then they beg video subscribe?" And then they beg like, "Please smash the like button and like, "Please smash the like button and subscribe." subscribe." subscribe." >> No, you're going to say that.

>> No, you're going to say that. >> Probably not. >> Probably not. >> Why don't you do YouTube? >> Why don't you do YouTube? >> It's too much work. >> It's too much work.

>> It's It's too much work and it's like >> It's It's too much work and it's like like long. Like I could do short. Yeah, like long. Like I could do short. Yeah, shorts.

shorts. shorts. >> Oh, I could do that. >> Oh, I could do that. >> Take all of your Instagram posts, put it >> Take all of your Instagram posts, put it in YouTube shorts.

in YouTube shorts. >> Okay. I didn't think about that. A lot >> Okay. I didn't think about that. A lot of other people were like mentioning of other people were like mentioning YouTube. Like YouTube. Like >> YouTube's easier.

>> YouTube's easier. >> Okay. >> Okay. >> Okay. >> Because, you know, people are going to >> Because, you know, people are going to scroll through that, too. But also, I scroll through that, too. But also, I think the algorithm's not screwed up too think the algorithm's not screwed up too bad either.

bad either. >> Okay. Good to know. Wow. >> Okay. Good to know. Wow. >> You're welcome. >> You're welcome. >> Learning so much. Thank you. >> Learning so much. Thank you.

>> All right. >> All right. >> Should have done this sooner. >> Should have done this sooner. >> We tried, but then you skipped >> We tried, but then you skipped >> cuz I didn't know where to show up.

>> cuz I didn't know where to show up. >> Somebody forgot to text you. >> Somebody forgot to text you. >> Yep. But we said we're going to do it >> Yep. But we said we're going to do it right away. But you said you weren't right away. But you said you weren't quite ready yet because you had to go on quite ready yet because you had to go on WCYN and talk to Doug Miller first.

WCYN and talk to Doug Miller first. >> Yeah. >> Yeah. >> Yeah. >> Kind of see how it's like to talk to >> Kind of see how it's like to talk to these microphones.

these microphones. >> Yeah. >> Yeah. >> Yeah. >> That's not a video podcast though. >> That's not a video podcast though. >> No, >> No, >> No, >> just radio.

>> just radio. >> Yeah. >> Yeah. >> Yeah. >> You did a good job though. >> You did a good job though. >> Thank

you. >> Thank you. >> And I was supposed to go with you, but I >> And I was supposed to go with you, but I skipped instead.

skipped instead. >> Yeah. You just abandoned me. >> Yeah. You just abandoned me. >> Hollywood >> Hollywood >> Hollywood >> doing cooler things. >> doing cooler things.

>> Well, doing meniscus things. Wow. I >> Well, doing meniscus things. Wow. I don't know if it's cool or not. don't know if it's cool or not. >> Um, but I showed you the >> Um, but I showed you the >> fancy restaurants.

>> fancy restaurants. Shout out Soho House, Shout out Soho House, >> which I didn't know what it was. >> which I didn't know what it was. >> Out. >> Out.

>> Out. >> I didn't know what it was. That's the >> I didn't know what it was. That's the bad thing. Like bad thing. Like >> so funny. >> so funny. >> You know, there's an old show called >> You know, there's an old show called like Beverly Hillbillies.

like Beverly Hillbillies. >> I've heard of it. >> I've heard of it. >> Yeah. Like some guy from somewhere shot >> Yeah. Like some guy from somewhere shot and got rich and moved to Beverly Hills.

and got rich and moved to Beverly Hills. >> That's what it was like me going to >> That's what it was like me going to Beverly Hills. Beverly Hills. >> Gosh.

>> Gosh. >> Gosh. >> There's never a piece that didn't fit as >> There's never a piece that didn't fit as well as me being in Beverly Hills. well as me being in Beverly Hills.

>> I doubt it. >> I doubt it. >> Yeah. I don't know. Uh that's what it >> Yeah. I don't know. Uh that's what it felt like at least. Funny. felt like at least. Funny.

>> Yeah. There's also like no fat people in >> Yeah. There's also like no fat people in Beverly Hills. Beverly Hills. >> I believe that. >> I believe that.

>> And I'm kind of on the bigger side of >> And I'm kind of on the bigger side of things. things. things. >> Oh, yeah. Like the scrubs. >> Oh, yeah. Like the scrubs.

>> Yeah. So, we're going to get scrubs to >> Yeah. So, we're going to get scrubs to like go into surgery. And medium is the like go into surgery. And medium is the biggest. Like medium is regular.

biggest. Like medium is regular. >> Speedium. >> Speedium. >> Speedium. >> But medium is like, oh, that's >> But medium is like, oh, that's >> that's it. That's all we have.

>> that's it. That's all we have. >> There's defin Why would you need more >> There's defin Why would you need more than medium, than medium, >> right?

>> right? >> right? >> Yeah. I'm like, where's >> Yeah. I'm like, where's >> But like tall people >> But like tall people >> Yeah. They I guess they just get like >> Yeah. They I guess they just get like the high water version. I'm not sure how the high water version. I'm not sure how that works, but yeah, like tall, skinny that works, but yeah, like tall, skinny people probably can still wear.

people probably can still wear. >> Interesting. >> Interesting. >> Interesting. >> I don't know. Maybe they make the legs >> I don't know. Maybe they make the legs longer there.

longer there. >> Maybe. >> Maybe. >> Maybe. >> Yeah. I was like, where's like the >> Yeah. I was like, where's like the triple X? They're like, triple X? They're like, >> yeah, we don't make that. We don't make >> yeah, we don't make that. We don't make that size. So, I was like, I'm going to that size. So, I was like, I'm going to have to sew these two pieces top have to sew these two pieces top together or else you get a belly shirt.

together or else you get a belly shirt. >> Yeah, that's definitely not O approved. >> Yeah, that's definitely not O approved. >> No, definitely not. So, I think they >> No, definitely not. So, I think they went down the hall and stole it from went down the hall and stole it from somebody.

somebody. somebody. >> Okay. Okay. So, >> Okay. Okay. So, >> so I definitely got scrubs that fit >> so I definitely got scrubs that fit >> good. >> good.

>> good. >> If we didn't, you'd never know because >> If we didn't, you'd never know because there's not going to be any pictures of there's not going to be any pictures of a belly shirt and scrubs a belly shirt and scrubs >> under the gown.

>> under the gown. >> It did ruin our whole disposition like >> It did ruin our whole disposition like cuz I showed you the picture of what we cuz I showed you the picture of what we look outside the looking at the look outside the looking at the Hollywood sign outside the O.

Hollywood sign outside the O. >> That's awesome. >> That's awesome. >> Yeah, it was awesome. That's now my >> Yeah, it was awesome. That's now my views in the O are not very good views in the O are not very good compared to that.

compared to that. >> But California, I don't like it much. >> But California, I don't like it much. It's too It's very fast. It's too It's very fast. >> I agree.

>> I agree. >> Yeah. And I don't know if it's fast and >> Yeah. And I don't know if it's fast and fake. That's what they say, right? You fake. That's what they say, right? You think you're in Beverly Hills, it's kind think you're in Beverly Hills, it's kind of like everything's fake.

of like everything's fake. >> But I didn't get that vibe like things >> But I didn't get that vibe like things are fake. I just knew that nobody's fat.

are fake. I just knew that nobody's fat. >> So they were like, >> So they were like, >> and that's all organic. >> and that's all organic. >> Not from Not from Beverly Hills. Like I >> Not from Not from Beverly Hills. Like I could walk down the street, they know.

could walk down the street, they know. Yeah. He's not from here. Yeah. He's not from here. >> Yeah. >> Yeah. >> Yeah. >> Yeah. And I don't know how that works.

>> Yeah. And I don't know how that works. Like I'm sure it's drugs and stuff like Like I'm sure it's drugs and stuff like >> 100%. >> 100%. >> 100%. >> Wiggoi.

>> Wiggoi. >> Wiggoi. It's cheap now. Trump rx.gov. gov It's cheap now. Trump rx.gov. gov >> for people who are looking for cheap >> for people who are looking for cheap like WGOi now it's $199.

like WGOi now it's $199. >> So cheap. >> So cheap. >> Went from $1,200 an injection to $199. >> Went from $1,200 an injection to $199. >> That's crazy.

>> That's crazy. >> And that tells you that the margin from >> And that tells you that the margin from the drug companies were sick. the drug companies were sick.

>> So they were just playing the trend and >> So they were just playing the trend and and ruining it. So it was so expensive and ruining it. So it was so expensive that like um that like um these compoundies were making it these compoundies were making it themselves and selling it.

themselves and selling it. >> That's wild. >> That's wild. >> So now it's $1.99 on Trumpx. >> So now it's $1.99 on Trumpx. trumprx.gov. trumprx.gov. trumprx.gov.

Saw it last night. Saw it last night. >> That is too funny. >> That is too funny. >> And so if you if you have this discount >> And so if you if you have this discount card, anyone who has Medicare, Medicaid, card, anyone who has Medicare, Medicaid, Triricare can't qualify.

Triricare can't qualify. >> Oh, >> Oh, >> Oh, >> so these are strictly self-pay or >> so these are strictly self-pay or commercial insuranceances. Okay.

commercial insuranceances. Okay. >> So there is a little >> So there is a little >> catch to it. >> catch to it. >> Catch to it because the donut hole for >> Catch to it because the donut hole for Medicare for people's so you can't take Medicare for people's so you can't take the your Trump card to the pharmacy and the your Trump card to the pharmacy and get get get >> if you have Medicare or Medicaid or >> if you have Medicare or Medicaid or tryare. But it is a good it's a good tryare. But it is a good it's a good step. Like Mark Cuban was the first one step. Like Mark Cuban was the first one who did that, made that step. Do you who did that, made that step. Do you know about that? Like Mark Cuban's know about that? Like Mark Cuban's pharmacy?

pharmacy? pharmacy? >> No. >> No. >> No. >> Yeah. Like so we we get like Preos for >> Yeah. Like so we we get like Preos for Celre, which is a generic drug now. It's Celre, which is a generic drug now. It's just stupid.

just stupid. >> Yeah. >> Yeah. >> Yeah. >> You can get like a 90-day supply for $5 >> You can get like a 90-day supply for $5 online for Mark Cuban. online for Mark Cuban. >> Okay.

>> Okay. >> Okay. >> You go to Mark Cuban pharmacy and it's >> You go to Mark Cuban pharmacy and it's called cost plus. called cost plus. >> Okay. >> Okay.

>> Okay. >> Or something like that. And uh there's >> Or something like that. And uh there's tons of generic drugs that are dirt tons of generic drugs that are dirt cheap.

cheap. cheap. >> Good to know. >> Good to know. >> Yeah. So good from Mark Cuban. >> Yeah. So good from Mark Cuban. >> Yeah, for sure. involved in that. And >> Yeah, for sure. involved in that. And then whether you like Trump or don't then whether you like Trump or don't like Trump, he's the most polarizing like Trump, he's the most polarizing person I've ever seen in the world.

person I've ever seen in the world. >> Um getting a place where you can get >> Um getting a place where you can get drugs at a reasonable cost that you get drugs at a reasonable cost that you get him in another country is a good thing.

him in another country is a good thing. >> No matter who did it, right? >> No matter who did it, right? >> Of course he wanted to put his name on >> Of course he wanted to put his name on it.

it. it. >> Of course. >> Of course. >> Why would you not? Like he wants he's a >> Why would you not? Like he wants he's a he's a he's a movie star. He's a he's a he's a movie star. He's a he's a >> real estate movie star.

>> real estate movie star. >> So of course he wants to put his name on >> So of course he wants to put his name on it. And I don't care whose name's on it, it. And I don't care whose name's on it, but if we can lower the cost, but if we can lower the cost, >> get the stuff. Yeah. That's what's >> get the stuff. Yeah. That's what's important. Yeah. So now you can get one important. Yeah. So now you can get one go pretty cheap.

go pretty cheap. >> Yeah. >> Yeah. >> Yeah. >> I never tried it. Wasn't that motivated. >> I never tried it. Wasn't that motivated. >> I'd rather be um I'd rather be fat and >> I'd rather be um I'd rather be fat and not have like stomach pain.

not have like stomach pain. >> Yeah, that's a good good idea. Yeah. >> Yeah, that's a good good idea. Yeah. >> I don't know. I probably should just >> I don't know. I probably should just work out. That probably be helpful work out. That probably be helpful coming from the movement expert across coming from the movement expert across from me right now.

from me right now. >> I mean you know my opinions. >> I mean you know my opinions. >> What what is your opinion on that? Yeah. >> What what is your opinion on that? Yeah.

Um, but there is a time like it's Um, but there is a time like it's important the reason I started lifting important the reason I started lifting weights at all like the very little I weights at all like the very little I did is because like eventually surgery did is because like eventually surgery hurts.

hurts. hurts. >> Yeah. >> Yeah. >> Yeah. >> Like ortho surgery if you go through the >> Like ortho surgery if you go through the whole day you're like sore and you're whole day you're like sore and you're like I can't do it as well as I used to.

like I can't do it as well as I used to. >> Right. >> Right. >> Right. >> So you're like all right I got to go >> So you're like all right I got to go lift weights. Yeah.

lift weights. Yeah. >> So I have some stamina. So that's when I >> So I have some stamina. So that's when I started doing it was I could tell a started doing it was I could tell a difference at the end of the day and I'm difference at the end of the day and I'm like like like >> all right not as good as I once was.

>> all right not as good as I once was. >> Yeah. >> Yeah. >> Yeah. >> So I'll go lift these three reps at the >> So I'll go lift these three reps at the highest weight I can find.

highest weight I can find. And I have all these cheat codes. I have And I have all these cheat codes. I have the new fit machine, all the other the new fit machine, all the other stuff. So, I'm like, maybe I should use stuff. So, I'm like, maybe I should use it.

it. it. >> Yeah. I mean, basically, you're just a >> Yeah. I mean, basically, you're just a powerlifter. powerlifter. powerlifter. >> I don't know about that.

>> I don't know about that. >> There's a heaviest things. >> There's a heaviest things. >> There's a gym here in the in this office >> There's a gym here in the in this office building.

building. building. >> Oh, really? >> Oh, really? >> Uh, yeah. It's pretty decent. Like, they >> Uh, yeah. It's pretty decent. Like, they have all these so I can just click. No have all these so I can just click. No one ever goes to it. This used to be the one ever goes to it. This used to be the Valvoline headquarters.

Valvoline headquarters. >> Yeah. >> Yeah. >> Yeah. >> And then that's the Valvaline now. >> And then that's the Valvaline now. >> Okay. >> Okay. >> Okay.

>> And so, Valvaline's headquarters, which >> And so, Valvaline's headquarters, which is super nice. This used to be their is super nice. This used to be their building.

building. building. >> Uh, so there's like a gym downstairs. It >> Uh, so there's like a gym downstairs. It used to have like three raet ball cords used to have like three raet ball cords and like Yeah, it was it's nice back in and like Yeah, it was it's nice back in the day.

the day. >> It's not not so much now, but there's >> It's not not so much now, but there's nice equipment there. No one ever uses nice equipment there. No one ever uses it.

it. it. >> So, I go in and put like the bench press >> So, I go in and put like the bench press on the highest weight I can put it on on the highest weight I can put it on and do three reps and I'm like, "All and do three reps and I'm like, "All right, good. I'm good.

right, good. I'm good. >> Done. >> Done. >> Done. >> My chest is sore. I'm going home." >> My chest is sore. I'm going home." >> Yeah. It's not the right way to work >> Yeah. It's not the right way to work out, but whatever. It's better than out, but whatever. It's better than nothing.

nothing. nothing. >> Yes. >> Yes. >> Yes. >> Keep moving. >> Keep moving. >> Yes. >> Yes. >> Yes. >> All right. Now, you're going to leave >> All right. Now, you're going to leave the world with something. You got to the world with something. You got to close this out.

close this out. >> How am I closing it out? >> How am I closing it out? >> I don't know. Whatever you want to say. >> I don't know. Whatever you want to say.

Whatever you want the world to know. Whatever you want the world to know. >> Um, I don't know. >> Um, I don't know. >> Don't fake the funk on a nasty dunk.

>> Don't fake the funk on a nasty dunk. >> I still don't know what that means. >> I still don't know what that means. >> It's Shaquille O'Neal. You know who >> It's Shaquille O'Neal. You know who Shaquille O'Neal is?

Shaquille O'Neal is? >> I do know, Shaq, but I don't know what >> I do know, Shaq, but I don't know what that's supposed to mean. that's supposed to mean.

>> Well, you just don't want to fake the >> Well, you just don't want to fake the funk on a nasty dunk. Like, it means funk on a nasty dunk. Like, it means what it says.

what it says. >> Fine. I I don't think I will. >> Fine. I I don't think I will. >> What's your catchphrase? >> What's your catchphrase? >> My catch um >> My catch um What is my catchphrase? I mean, you have What is my catchphrase? I mean, you have to catch a husband. So, you got to have to catch a husband. So, you got to have a phrase like a phrase like >> That's funny.

>> That's funny. >> I know it is. It is. You got to have a >> I know it is. It is. You got to have a pickup line, pickup line, a reverse pickup line. a reverse pickup line.

>> So, if Okay, here's the other thing. >> So, if Okay, here's the other thing. Okay. Okay. Okay. >> You're at a rave. Okay. >> You're at a rave. Okay.

>> In LA. >> In LA. >> Okay. >> Okay. >> Okay. >> At the Soho House. >> At the Soho House. >> Underground. >> Underground. >> Underground. >> Okay. >> Okay.

>> Okay. >> At the Speak Easy. >> At the Speak Easy. >> Sure. >> Sure. >> Sure. >> And someone says a phrase. >> And someone says a phrase. >> Mhm. >> Mhm.

>> Mhm. >> And then that hits your dopamine >> And then that hits your dopamine receptor in your head and you're like, receptor in your head and you're like, "Oh, that's my husband." But how do I "Oh, that's my husband." But how do I know? I have to hear it.

know? I have to hear it. >> So, you haven't heard it yet is what >> So, you haven't heard it yet is what you're saying? you're saying? >> No, I have not heard it.

>> No, I have not heard it. >> But what you think it would be? >> But what you think it would be? >> I have no idea. >> I have no idea. >> I'm unpredictable.

>> I'm unpredictable. >> Okay. Is it like It's not Don't fake the >> Okay. Is it like It's not Don't fake the funk on a nasty dunk. funk on a nasty dunk.

>> No, it has to be something I can >> No, it has to be something I can comprehend. comprehend. comprehend. >> I don't know. Do you know what a dunk >> I don't know. Do you know what a dunk is?

is? is? >> Yeah. Like a basketball dunk? >> Yeah. Like a basketball dunk? >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Do you know what nasty is?

>> Do you know what nasty is? >> Yeah. >> Yeah. >> Yeah. >> Do you know what funk is? >> Do you know what funk is? >> Yeah. But like Okay, fine. I I get that.

>> Yeah. But like Okay, fine. I I get that. I get it. But like I get it. But like >> I think it's like if you're going to go >> I think it's like if you're going to go up for a dunk and you're gonna try to up for a dunk and you're gonna try to rip the rim down, rip the rim down, >> then do it.

>> then do it. >> Just do it. >> Just do it. >> Yeah. Okay. >> Yeah. Okay. >> Like don't >> Like don't >> Yeah, I see. >> Yeah, I see. >> Take the funk on a nasty dunk.

>> Take the funk on a nasty dunk. >> Okay, makes sense. Now I get it. >> Okay, makes sense. Now I get it. >> Thanks, Shaq. >> Thanks, Shaq. >> Shaq just did like uh what's the guy's >> Shaq just did like uh what's the guy's name? Caleb from used to be on bar name? Caleb from used to be on bar stool.

stool. stool. You know who that is? You know who that is? >> No. >> No. >> No.

Closing Thoughts and Reflections

>> You don't get out much, do you? >> You don't get out much, do you? >> No. You need to get on the Caleb side of >> No. You need to get on the Caleb side of social media.

social media. >> Okay. >> Okay. >> Okay. >> What's his name? >> What's his name? >> Do you You literally don't know what I'm >> Do you You literally don't know what I'm talking about.

talking about. >> He has Lenny Balls is his guy like >> He has Lenny Balls is his guy like Caleb. Caleb. Caleb. I don't get out much either, I guess. So I don't get out much either, I guess. So Shaq was on there and then Shaq was Shaq was on there and then Shaq was saying like he was Irish.

saying like he was Irish. >> Oh. >> Oh. >> Oh. >> And they're like, "What do you say to >> And they're like, "What do you say to people that say that Shaq doesn't look people that say that Shaq doesn't look Irish?" He's like, "No, I am Irish." Irish?" He's like, "No, I am Irish." >> Yeah.

>> Yeah. >> Yeah. >> And then he says something with a >> And then he says something with a Jamaican accent. And then Lenny was Jamaican accent. And then Lenny was like, "That's Jamaican." He's like, "No, like, "That's Jamaican." He's like, "No, but I'm Irish." but I'm Irish." >> That is funny.

>> That is funny. >> That is funny. So, you don't know the >> That is funny. So, you don't know the catchphrase? catchphrase? catchphrase? >> I don't know the catchphrase.

>> I don't know the catchphrase. >> Okay. Cuz if you say it and then you >> Okay. Cuz if you say it and then you hear people like randomly shouting at hear people like randomly shouting at Publix, then you know they listened, Publix, then you know they listened, >> right? I don't know.

>> right? I don't know. >> I think you should say something. I >> I think you should say something. I mean, 2 hours and 38 minutes. mean, 2 hours and 38 minutes.

>> I know. I should. But like, >> I know. I should. But like, >> you're not going to do it. >> you're not going to do it. >> I'm not good at these things.

>> I'm not good at these things. How How How >> How do you think your brother came up >> How do you think your brother came up with this name? with this name?

>> I have no idea. >> I have no idea. really don't. really don't. >> So, that's what you need to be thinking >> So, that's what you need to be thinking about, what your catchphrase is.

about, what your catchphrase is. >> Okay? >> Okay? >> Okay? >> Like, if you're in LA at a rave at the >> Like, if you're in LA at a rave at the speak easy in the Soho House and someone speak easy in the Soho House and someone says this, you're like, says this, you're like, >> "You know me." >> "You know me." >> No, you hit your dopamine. You're like, >> No, you hit your dopamine. You're like, "Okay." "Okay." "Okay." >> Yeah.

>> Yeah. >> Yeah. >> I need to go talk to them. >> I need to go talk to them. >> Yeah. You know me on >> Yeah. You know me on >> right >> right >> right >> an internal level.

>> an internal level. >> Correct. >> Correct. >> Correct. >> You're not going to tell us. >> You're not going to tell us. >> I'm going to have to come up with it and >> I'm going to have to come up with it and come back another episode.

come back another episode. >> We're going to have an amendment to >> We're going to have an amendment to this. We're going to have an amendment this. We're going to have an amendment to this note, an addendum to this note, to this note, an addendum to this note, >> and uh we'll end it there then. Well, >> and uh we'll end it there then. Well, thanks for coming over, thanks for coming over, >> talking about a lot of nothing.

>> talking about a lot of nothing. >> Yeah, it was fun. >> Yeah, it was fun.