Introduction to Lauren Vonderpool

If your body has all the nutrients that it needs and the immune system is strong, it'll fight off anything and get anything. The body is self-healing.

Today we have the incredible Lauren Vonderpool, a renowned vegan and raw chef who's catered for stars like Stevie Wonder and Serena Williams. Join us as she shares her passion for sustainable cooking and living deliciously.

The true biohack is what you do with the food, and food is medicine. It's not just the foods, it's the knowledge and the consciousness that we are impacting food just as much as the fruit is impacting us.

When did you first realize you had all of this creativity inside? Before I got into food really, I'm a Leo. I wanted to be on the stage. I was never like, tune yourself like you're an instrument.

Before I touch any food, I sit, breathe, and meditate. Breath work is a huge bio hack that you don't have to pay for. You at the Met Gala, being a chef, how did that even happen?

Welcome to another episode of a healthy point of view podcast. I'm your host today's a special one. You know, we always got the special ones here at a Healthy Point of View.

Um, We bring the experts, experts around the world, but not just experts. But we bring people that create experts today. We have a celebrity chef. This is not like your typical celebrity Chef.

This is someone who actually puts really strong, positive energy into the food. This someone whose worked with Michelle Obama, with Serena Williams, many many of the professional sport teams out there and get their health on point so they can perform at their peak levels.

But today we have a co-host, which is my business partner. You guys have seen him on the podcast before as a guest. We have the cohost Corey Jacobs, who's going to help me do this interview today.

Corey, take it. Cory's in the building. Listen, I feel blessed to be here. I've been following Lauren's journey for quite some time. and her incredible food that she makes art out of.

She has so many talents and she's just coming back from Columbia and blessed us with her presence. So we're going to just talk to her about her trip to Columbia, and all of the things that's she has been doing while she is gone and what the future looks like for Lauren.

And so we are just happy to be here. We are grateful to have your presence and we here to learn and just learn about your journey and your story. Lauren, welcome.

Welcome. Thank you for having me. I really do feel honored to be with you all because you are all are great in your own ways. And I mean, we got giants.

So I'm surrounded by giants right now. Right, right. Again, great honor to here. Thanks for you having. Yeah, absolutely. Listen, I was telling you backstage earlier, you know, like we talk about this world of biohacking, and everyone's so concerned about the different medications and the peptides and cold therapy.

but the true biohack is what you do, right, with the food. And food is medicine, and that's what, you know, one of

the great gods, Hippocrates said, food, is thy medicine.

So I wanna talk more about what do you, number one, let's talk about how did you even get into this, because the start of their journey is always very important.

Oh man, I really believe that I was inspired by my great grandmother, who's the first medicine woman that i've ever experienced. Mommy Sue, thank you, love you.

As a little girl, after kindergarten I would come home and we would cook. We'd watch murder. She wrote in wrestling first, but then we'd go in the kitchen and we cook and She's the first person I saw cut super fast and like have such precision Not only that but she made her own medicine She's the first person who introduced me to cascara, sagrada, and castor oil, just growing your own food, living sustainably.

What was that, here in the United States? Yeah, so she's from Guyana. Okay. And her husband is Chinese. So she is indigenous, Guyanese, like the indigenous native Indian people from Guiana.

Wow. Her husband in Chinese, they had a restaurant.

Early Inspiration and Food as Medicine

in Guyana so I feel like it was in my blood but then as a little girl growing up just seeing right the examples you see are sometimes More powerful than someone teaching you or saying hey take this just watching her make medicine Watching her cook food and and being a part of that process inspired me, but it didn't really hit me until I got Stabbed in my head.

That's one of them some sense got knocked into my headed like 15 years old and It was like a light bulb Went off right and I was able to look at my environment group in DC at the time when it was the murder capital.

And so not only was it the Murder Capital, it's a food desert. So there was no options between healthy food or fruits and vegetables and Cheetos because there were only like Cheeto's and processed foods and things like that.

we're consuming on a regular basis, there's no oxygen going to our brains, right? We're not feeding the cellular structure. We are actually depleting it and distorting it.

So somehow after that happened, I started looking around like, what is this place? It just like seems so foreign. And I believe it was a spiritual intervention because I didn't try to become spiritual or conscious.

It was unfolding for me. I just somehow walked down the street, went into a bookstore and found this book called, Heal Thyself by my now spiritual mother, Queen Ofua.

And I read the book in a day and everybody who knew me knows I wasn't gonna read no book a in day. But I was so intrigued by looking and reading like, wow, She explained how food was medicine.

Simply like, oh, dandelion is good. It's going to enrich your blood. it helps with the liver. Or red raspberry, good for the womb. And just by reading and saying, Oh, wow.

The next day, I was like I'm not eating these Snickers or this chicken wings and mumbo sauce. I might eating that. Like I am a vegan. Overnight. Not just a Vegan, but I want to be the top of anything.

Hold on, this is at the age of 15? At 15 years old and in the hood, right? And so my mom and my family, my friends, they're looking at me like, what the heck are you talking about, Lauren?

They literally thought I was crazy, but I just was ahead of my time. But that's kind of where it started. My grandmother, and like I said, it didn't really hit me until I read that book again.

And I'm like oh wait, then I remembered. My first I have a medicine woman in my family that taught me that showed me what it is gave me medicine from her hands and now I felt like the torch had been passed where I had a remembrance of who I am that I it just unfolded, so kind of long story short.

Right. And I know you've studied under some incredible teachers as well. Tell us a little bit about that. Man, God bless me, definitely. I really feel that when you're in alignment with your purpose, everything starts opening up.

So Dr. Sabie is one of the people who I was blessed, but before I even worked with him. It was a food scientist named Aris Lafam, and he has been a raw vegan, mostly fruitarian.

for 50 years. Right now he has a place in Panama. He's crushing it, doing amazing things. So salute to him because we have to honor our teachers, right?

And I am always putting flowers to their feet because without their example, I wouldn't be able to embody the way that I. Am so Reese Latham was one and then Dr.

Sabi. I was able. To live and travel with him and his family in Honduras. They between Honduras, Florida and California. So I got to learn how to make the herbs and That's gotta be an amazing experience.

First of all, he's a G. I wanna hear more about that. He's not just like, what I love about my teachers is they're not what you think they are, right?

They're they not as hocus pocus, crunchy granola-y that you thought. Right. These are full on G with it. Like he is so funny and just a great guy. And he took me in like his daughter.

I didn't grow up with my father. And so he, working with him was like having a cool uncle dad kind of thing. Because I was able to, I shared a room with his daughter, Zave.

I, you know, was with wife and all of his other children. It was just a very special experience. But in addition to that, the resonance of the healing.

the herbs that he's making and the compounds that are putting together and why. And also realizing that it's not just The food is not just the herbs, although those things are important.

It's the knowledge and the consciousness that we are impacting the food just as much as the fruit is impacting us. So the energy that were we're having while we were creating it is just is important as where we harvesting who has planted the seed.

All of that tells the story in the body temple. All that becomes a part of who you are, right? Because you're what you eat. So much wisdom, but yes, I've had beautiful teachers and I'm really, really grateful.

for that. That's amazing. And to touch up a little bit more on that, we're talking about the type of energy that you put into this food, and that's something that I learned early on.

It's not just about cooking healthy food with organic ingredients, but it's also the energy you're putting into the food as you are preparing it. Like if you were in this bad mood and cranky and just pissed off at the world, I don't wanna eat that food.

I think I'm gonna get sick instantaneously if I eat it. So what is it that you do to the food as you're preparing it? Or the foods that's you eat? What do you recommend to listeners when they're prepare food?

Well I would say first of all, tune yourself like you are an instrument. Before I touch any food, before I do anything, I sit, breathe and meditate. Breathwork is a huge biohack that you don't have to pay for you can sit and you oxygenate the cells.

And as you're doing it, you could choose to feel this joy, this happiness, gratitude, and it's so simple. It seems like joy is nothing. Happiness is the magical power of it all.

Teachers, Energy, and Intuitive Cooking

Right. So that's one of the easiest things to do is just to sit and breathe, right? And then if you sit and breath, think about what you're grateful for.

You just choose anything, something that's going to give you this like, let's go energy, the energy. And once you have that in your body temple, Really, if they did studies, If they looked at your cellular structure under a microscope, they will see the difference in your cells after you've done that charge to yourself.

Well, now you're ready. Now you can go even further. Pull out the singing bowls, pull out tuning fords, Pull the shakers, the sound. Use your words. We are…

the most beautiful instrument that we have. You don't even have to go and buy an instrument. We could, ah, right? We can hit the notes consciously with our own voice.

So then I go to the next level, like I said, and add the sound healing to it, after I've gotten happy and joyful and in love with God, with the God energy in me, I pull out my singing bowls and I tune myself even further.

And wherever I am, whatever space I'm in, I'm tuning. Actually, a lot of my clients, when I first come in, I start working with them, they'll see my singing bowl and they're like wondering, what the hell is going on over there?

Don't worry about that, sweetheart. I got this. But that's what I am doing. in order for me to create, I have to be in the right environment. A food, a seed, or a person is only as good as the environment that they're in, right?

So I want to Now the whole place is popping, right? The environment, me, we're jumping off the walls. And that is where we create from because I don't even like to work with recipes.

I'm an intuitive chef. So once I do that, I am getting downloads from another space. That is the magic. And not just me, but what the human being could be.

What the body can do when it's tuned to the right frequency. Anything can happen. The possibilities are infinite. So that's what I like to be and I just like play.

Let me, the other day, you let me listen to some music. I mean, speaking of that, and then Sam, listen, she's incredibly talented, right? And I kind of wanted to ask you, She has paintings.

She makes food art, incredible dishes. It's not just about making the food and taking them. When you see the dish, You almost don't want to eat it. You got the visual.

And then she sent me a couple of… songs that she did and her voice is incredible and in guided meditation. And I know she hasn't came out with it yet because she's probably a little shy in that regard, like giving it to the world, but I believe she is incredibly talented.

I was just trying to get a sense of like, when did you first realize you had all of this creativity inside of you? Honestly, I always sang. Before I got into food, really,… I'm a Leo.

I wanted to be on the stage. Okay? I was never like… Okay. Like, God… Like I want it to… Be a singer. A performer. Right? Yes. If you've noticed, and anybody who's watched my journey, I'm a chef, but you know, you're fabulous.

I like, Imma show up. Hello, like I've gone on the Fox News, NBC, whatever, we're full on, because I am the queen of green, so I make my outfits. So I got onion bracelets, a radish necklace, skirt.

And listen, she had this like headdress on that's like this. And then they take her hair and actually make out designs out of her. And things of that nature, I thought was amazing.

She just came back from the Colombian jungles, right? And don't be surprised if tomorrow she's on some body stage or at some type of event, really showing out and just giving that amazing energy.

Then, not to mention, how was the experience? Thinking about Fabric Fashion and all these different things, and we'll talk about that. First of all, I just want to thank Anna Wintour and Marcus Samuelsson because Anna Wintour emailed me herself.

I'm like, Anna? And I've actually sat in the box next to Anna, right next her while I was working with Serena and Venus, because she loves Serina. So I met her before, but she didn't really know me, and I also am not pressed like that.

Like, I am me too, Anne. You know what I mean? I love you, Ana, so it's an honor for both. That's how I looked at it. But anyway, when I got the email, it was geeked.

It was cartwheeling. Oh my God. And really Marcus Samuelson, who has been a cheerleader of mine and somebody who's been so supportive, they put the play together.

So they asked me if I would curate the menu for the Met Gala and do all of the things. And actually the feedback was that, I'm not going to do that because there was some other stuff.

This is where you shoot at them. You know what I am saying? You know what I'm saying? No, it's okay. Let me say it for you. There was other chefs, but they probably didn't have that sauce, no pun intended, that you had, you know, and all of that flair and flavor, right?

But no, listen, I am sure they were incredible. They were incredibly, of course I was a multi-faceted artist, so I designed my own outfit, the whole theme was Basically, they wanted you to pull from the history of fashion in America.

And I thought, well, there's no way we're gonna talk about the History of Fashion in American without talking about native people of the land, which are the Native Americans.

So I called up my Native American brothers from The Navajo Tribe, the war dancers, and I said, yo, I need you pull up in the full regalia. We walking on the red carpet.

We're doing the whole play. So I sorted all that out. I was first going to have a sister out of Ghana do the design. And I already was in Ghana, she measured me and everything, but then it was a whole lot for the shipping and all of that.

do my design. I designed the dress and I had my brothers from the Navajo tribe send me fabric from their regalia and we made the train from And, you know, that to me was an honor.

Now, I had no idea that the Met Gala, because I'd never been to the met gala and also I never did no research on the MET GALA. I love fashion and all that, but that wasn't like my thing.

So I have no that this was the time where all the big designers get to show their work. So I didn't know that by me designing my own outfit, I was also in competition with them.

Because when I got on the red carpet, they asked, who am I wearing? I'm like, well, i'm wearing me because this is my design. Literally, as soon as I walked in, Anna Wintour, Tom Ford, and Ryan Whatever the brother's name is.

You know what I mean? That brother right there. They were standing. No disrespect. I'm just not good with names. And Tom Ford looked at me. He said, back in my day, I would have just…

Because the way my… He loved it so much, he wished he was like, actually just cut this off of you. Because I am like thank you, Tom. This is such a compliment from you but I also had these big feathers on.

It was so funny. I seen those feathers though. Those feathers went viral. The feathers were going viral because I was hitting everybody in the face with it.

Kim Kardashian got the hit. But some people, they were laughing, but Kim got biggest hit, I didn't mean it, right? Her boyfriend at the time was laughing.

I'm like, what are you laughing? He's like you keep hitting Kim with the feathers. Anyway, it was a movie. Was able to curate the entire cocktail party and you know when people go to award shows and things like that.

Nobody eats But they will eat the hors d'oeuvres. So I did all the orders all vegan, right? So we're in the history of the mad gala that they pulling that off all Vegan hors deurs now the other like the main course and that all that They had meat and everything.

Yeah, I I don't know who ate that, but I know I saw people putting a little something in their bag. I'm not going to say who it was, somebody wrapped it in a napkin, slid it into a purse, okay?

Because I had the vegan deviled eggs. Right. the cornbread with the vegan jackfruit barbecue with, I mean, it was bananas. They were like, this is, what is this?

Whoop. And what I did was, each course I wanted to honor America, right?

Creativity, Fashion, and the Met Gala

And America is a melting pot. So I had one called The Three Sisters, which highlights the three agricultural crops of America. from the indigenous, right?

And so I just really was playing with the concept. They love that. So it was a movie. It was amazing. All that to say. I mean, you have a very creative mindset.

To be able to do that, and that's the thing that I've learned with being a vegan, You have to get creative with food. You can make some really good food being creative as a Vegan.

Absolutely. For me, one of my favorite things to is for my clients to tell me their favorite ingredients. I like mangoes, Brussels sprouts and whatever, you name it.

And then I will go into my mind and I'll give you those ingredients in a way that you've never had them. Right, because I'm like a mad scientist, I'll take one ingredient and try to exalt the possibilities of what I could do with this one ingredients.

I will take a carrot and I figure out a hundred ways to utilize this carrot. And I like to play like that, you know what i mean? So that's like, it's a challenge.

So you're right, getting creative is important because a lot of my clients they are picky eaters, right? And this is all raw, literally? Not all, some of it's, it depends on the client.

So what I initially do with my clients is a kinesiology test, a muscle testing to find out what actually is going to strengthen their body, strengthen the frequency.

Because there's this whole craze where everyone thought kale was good, but the oxalates in kale and certain things don't digest in most people's bodies.

is I do the muscle testing with different ingredients, ingredient by ingredient, to see what your body needs.

Because, for example, working with Serena and Venus, Venus needs completely different diet than what Serina is eating, even though they're sisters, you know what I mean?

Or like I work with the Cleveland Browns, right? So in order for them to weigh in, I have to go into the, the mad science brain and see, okay, well, you can't have this, unique this boom, boom boom.

So yeah, it's different for everybody. It's no one size fits all. And I think that that's what makes people appreciate what I do and just makes it unique.

Not now. Did you formally study like nutrition or like a dietitian? I went to yeah, I I want to culinary school. Okay, and remember I started my journey at 15 so and I've studied under a lot of different a of people so Yes, I have been formally trained, but to be honest, the things that I learned in school, there were formalities, right?

But the real run of what I learn was sitting at the feet of master teachers and really being in the field and tinkering and learning. I'm not a person who just wants to read a book and take what the book is saying for law, because I like to tinker.

I want to see okay, you saying that. Well, I'm not just going to buy that from you. I wanna actually get in the lab and check it out and figure it in this new age of information that people are just, people that are soaking up information and they're not really testing it out.

They're really not understanding it from a true state of environment. You know, medicine is like that too, right? So it's always been very algorithmic, where people, doctors, they'll follow an algorithm and that's all they want.

And they wanna stick to that. Well, if this person has high blood pressure, we gotta give them this medication. Versus actually taking a deep dive under the hood which everybody else is different right every person is Different where now we got to do it based off of the individual where it's more personalized So and I agree with you, you know being in medicine for so many years What you learn in the book gives you a good basis, but where you really learn is out in The field right the experience dealing with people and you There's new discoveries all the time.

You don't know what you don' know that you dont know, right? And so they're even finding that some doctors are diagnosing people with cancer when really it's a sack of parasitic eggs.

Right? So you're telling person and scaring a person, you are not going to live here. First of all, baby, we got to clean that out and there's ways to do it.

The first thing you do not want to Is put fear in the mind right because we understand the power of the minus It's not just the physical the Power of The mind you could tell the body to do whatever you want it to Do oh yeah, right you can tell The body To move that and to release it and with the right herbs with wormwood and With with certain with The technologies that you all the the cryo the red light the If your body has all the nutrients that it needs and the immune system is strong, it'll fight off anything and get anything.

The body is self-healing. So I think that even with doctors and even natural paths, right now we're learning new things and I that we need to stay in that open-mindedness of what do we really know?

Do we know anything? Are we just, tinkering, right? Yeah, I love that what you just said is like some of the things that some Of these traditional doctors tell their patients when they find something It really basically kind of makes them more sick, but you start telling a patient Hey, you're gonna be dead in a year from now You put that in their head Yeah, they bring it to reality and truthfully that when you start watching some of these Netflix of people who've gone through that and they start telling themselves No, I'm gonna live for the next five ten twenty years and actually do right absolutely and so for me I like to approach things from a very simple layman's, you know, it's a very simple approach, which is again, joy, right?

Joy. You don't need to focus on the hate because when you're in joy it naturally cancels out that frequency. Right? The darkness can't exist in the same room as the light.

So if you are the lights within all that other stuff is null and void. From a vibrational standpoint, if I start with that, oh, bringing that joy, that energy.

My clients are feeling better already from a very simple, basic vantage point. That's the first medicine is that we are the medicine. I am the medical.

Like I said, we're infusing it. So then we give them the food and we teach them how to infuse their energy in the medicine by affirmations. But feeling the affirmation by the visualization while as they're eating, you can tell the foods what to do.

When I was getting my IV test yesterday, I sat, meditated and I told and instructed the medicine going into my body to heal me in ways that I can't even imagine.

To go into all of the areas that i need and to go and clean it out, do everything. absorbing your cells and all of that. I want every nutrient to be absorbed into my cells, and it go through my entire body.

And I was feeling it to the point where I didn't want to cry on y'all in there, because I don't know who's going to understand me, but I'm in the tears.

The tears of joy. I felt it. You're infusing that high frequency into it, yeah. Let me say this because me and Sam were talking about it right, and I think coming into the location, right?

We talked about that too. And you was like, even your mother-in-law and everything was saying just how much great energy it was. So Sam and I, we went all around the country and went to our various franchise owners and spoke to the owners, the employees, to build with them.

Because one of the things is that people are coming in through our facilities, right? Yes. They're coming to be healed. And the energy they get as soon as they walk in the door and meet the receptionist, The PA, manager, and all these different people that's going to help you, everybody in The Things are amazing.

Amazing that is what I paid attention to because the thing about it is it now that people are catching on to the health and wellness trend Everyone's popping up with that.

I've got it, I got this. They're trying to grease their pockets. Yeah, but their intention, right? The intention is not the same. And that is felt and reverberated into everything.

What I found is that everyone there was happy and proud of what they were doing.

Personalized Nutrition and Healing Philosophy

They took pride in every moment that they did. They carried a certain energy from the receptionist to the cameraman to doctors to every single person.

And you know what? You could see that the clients there it fed them. And so they, their energy was transforming. I saw a lady come in there and you can see she needed some energy.

Yeah. Right. Y'all gave it to her straight from the door and as she progressed into the seat where you get the IV, her whole frequency changed because the vibrational medicine that you all have in their is top tier.

And that's that. I don't want to go to a place I. Don't eat from a person who's given stank energy or even fake energy, or like it was not pretentious at all.

It was true love. Yeah. That is the biggest medicine and biggest takeaway for me. Of course, you all have excellent tools of healing, right? But there's a lot of people out there that have that, but they do not have the love and the vibration so that's a huge thing.

It's not the easiest thing to create and implement. You gotta be able to motivate the staff. That's one of the things, Corey, you're a big part of that, right?

Is bringing the winter G and us coaching them and motivating them. letting them know that that's a huge impact for these patients because some of the patients that come in, they have serious issues that they're dealing with.

And when we came in the receptionist was getting an IV. She's feeling the love. She did the whole IV, she was doing the thing on the computer, getting an IV.

She had the extra aminos in there, this and that and the other. And then she put it up and went back to work. So why wouldn't you want the people that are working there to be utilizing the same modalities and all of these different things that we have?

Because that's going to optimize them. I think more companies need to do the You know, create a company culture that has that kind of joy that they love what they're doing.

But it's all about leading by example. Sam, you know is an incredible person. All the relationships, everybody that I meet, they loved Sam. We're going there, we're bringing the great energy and we bring in great partnerships.

And we don't even do a partnership unless you kind like ascribe to a certain philosophy, right? Because when I'm not with Sam he knows that I'm representing.

He knows that, I am spreading energy, bringing joy, empowering people. And I know when we're not together, he's doing the same thing. So when you talk about partnerships, setting an example, we want to set an examples.

We have locations all over the country doing this. When you go to Coral Springs, when go Phoenix, they're incredible. You go Jersey or whatever, you know we have a location in Texas now and it's spreading.

Right? We want people to go, whether you went to Liquid Vita in Fort Lauderdale or you Phoenix. We want you to come back and we want to have that same assembly experience.

Absolutely. And again, in most companies, the employees don't even get to take advantage of all of the modalities and all the medicine or whatever the services that they're like No, you stay in the back or you're like, yeah, like they're not they treating them like you know, yes like there below the Don't be yeah like like You're gonna be you no introducing people to things It's like you haven't ate something and you're representing it.

Right. No, if you talking about the nutrients, they're going to be looking at you like, yo, you need to try it, it's amazing. Absolutely. I do it myself.

Exactly. And I only work here. Matter of fact, I'm doing it now. And that's the best marketing too. You got the IV right there at the front desk, right?

That's one of the things that we implemented. And we thought about it closely. We said, you know what? We're gonna go ahead and give our staffs, we have the trademark, it's up here, Live to 100, live until you're 100 years old.

So we started the Live To 100 membership program and we let the staff have that membership for free. I love that. That includes free services every single month.

And some of the stuff, they don't use it. And we get on top of them about it, you know? I love that. It's like, people come here and spend hundreds and thousands of dollars, and you have access to this for free.

Right. Use it! You must. Listen, yesterday you seen I went and got the hair removal, I did the pulse machine, the IV. I'm going world. You know what I am saying?

And you want to get into a business, right? When you're getting into a business, you want to get into business that

can help raise your, whatever you are doing.

That can improve, help empower you and empower others. You can share it with your family. We can also share with others who think that these modalities are unaffordable, they're out of their reach, right?

So not only do we want to obviously do what we're doing, we have a lot of neighborhoods that's affluent and different things, but now we wanna get way more into the educational aspect, you know, dealing with the youth, and you're a big part of that.

You see what I'm saying? You're hearing another thing. This is just the beginning. You drop the gems. I've learned it. And I am a lifelong learner. A student before anything else.

Me too. Master students over here. That's the only way you're going to learn. To listen to those who've been there. Who've got the knowledge. Now we take this knowledge and we unify and give that to the world.

In such a loving way where people would want to do it. They feel embraced, not just tolerated when they come in that door. I don't feel nowhere else coming into Liquid Vita.

It feels like you feel at home. You feel like, do I have to leave? Do I have to go? This is fabulous. Oh my God, everyone's so nice. Literally. And it's not a fake nice, because you know those, right?

They're like, aw man. It's real authenticity. The soul of energy. No, that's actually one of the principles in the book. When you feel fulfilled, then that comes out of you.

You feel appreciated. The staff feels appreciated, they feel proud because they have two powerful team leaders that are examples. Truly, when I say that I feel honored to be here, I mean that because what you're doing, together and Individually is what we need on the planet coming out in a real way Not for gimmick not because it's popular to be in health and wellness now not Because there's motivation motivational speakers are on their rise not of that but because It's really coming from an anointed place because you know that you're truly chosen and you are excited and proud to do it too.

You know, and that translates. So, eat yourself sexy. Because you make me think about it. I thought it was great about Sam. Sam was like, yo, let's order a book and have it here.

We ordered the book yesterday and got here today. The book's right here, yep. And you look fabulous with the outfit on. How did the Eat Yourself Sexy come apart?

I see like Serena, did she do the forward? Yeah. Well, Venus did forward. Serina gave the quote. We have Dick Gregory in there. I don't know if you know who he is, but he's the king, the first, okay?

Y'all know y'alls seen House Party. Yeah, yeah, of course. Okay, yall about that. Oh no, Dick is going work. Check this out. Dick, Gregory, just the other day, I was seeing some footage when he was a young man and he going in, and I did not know he would such a beat.

a beast. I was like, oh, this is a sleeper. Mm-hmm. How do I not know someone who read thousands of books, who did this in a lot of different spaces and read about different history of this and the history of the vegan movement before it became popular.

And the fasting and the whole thing. All of that. I fasted for two days after that, like literally two day twice. The one time I was like… You're talking about going on days and days, and I can't fast for two days.

Are you serious? How you feel after you do it? Oh yeah. No, I feel because your body is now, it makes sense. You know, when your bodies starts not having the food, that's good.

And I talked about this too, to be hungry a little bit, right? And then your bodys starts eating up the extra impurities,

the toxins in your Yeah, we do all of this stuff.

We take various things to do that. But I really felt in those two days after the first day of like, you know, I'm starving right now. I am not starving.

Right. No. That's your mind. It's disrespectful. Even to say I was starving, right? And then after that second day got there, it was cool. Then I had the next day, had a soup, ate some fruit.

After I didn't eat for the two day and then I have some berries in there. Normally if I had some berries, I'm going to eat a few berries. How many berries can I eat?

I ate the whole carton of berries! I was eating them like they was like candy. And I bet your body was just like… Listen, when I'd eat the berries it was the best berries I've ever tasted.

And I'm just not the berry guy. Like, you know, I make some raspberries. I like the strawberries, different stuff like that. Not the berries. Yes, so I just don't eat berries I put them in a smoothie and mix it up.

But I ate the Berries. They just was like, they were so delicious. Now Cory, this is a big thing now. Seven day water fast. Would you do it? I would do it.

Seven days. I do these. You do the seven day waterfalls? I started fasting when I first became conscious. When I came into knowledge at 15, I think I did my first 30 day fast at 16 years old.

Because I remember I got into the herbs, and I was a fanatic. But you don't do any kind of Vegetable broth or anything or so when I do my seven-day cleanse with with my community online community I start them off with three days 80-20, 80% raw, 20% cooked, right?

So that depending on where you are, if you're coming off the standard American diet, you not going to shock your body as much, and so I also give them a list of herbs and things that they need to consume because remember, it's not enough to just change what you eating or just fast because your has been consuming certain things for years.

So you gonna need get digestive herbs Right? Senna, cascara, sagrada, wormwood. You know, certain herbs that are going to go into the body. Bladderac, sea moss, sarsaparilla, party arco.

Certain herbs are gonna go in, and they're like your warriors, right? They like coming in. Right. Going to your gut. Where y'all at? You go over there, I'm gonna over here.

All of that. And then by the fourth day, we go to liquids. So on the forth day we can still do blended soups, smoothies, juices, water, herbs. But now on the fifth day, we're going just juices.

And I'm not talking about sweet juices you can do a sweet moment, but I highly recommend more non-sweet, more cucumber based, green based juices and herbs and coconut water.

Cause that's gonna go in. and it's going to re-oxygenate the cells. It's gonna start cleansing. Remember, the food is alive, right? And they have consciousness, so that's why we tell it what to do.

We receive this. This is like a spiritual thing that is happening. They're going in and they are your warriors. So the things that are in there, they're clearing them out.

Then, by the sixth day, we're just doing coconut water. Okay, right. And so we're not just doing regular coconut water, we are doing coconut with chlorella.

This acts as a blood transfusion. Right, so, were going in and we were cleaning the blood. We're adding burdock and dandelion and certain other herbs that are going to clean the whole water system out.

Then I usually for the last day, I give the option for people to just do coconut water or to do a dry fast. Now if you've never done a Dry Fast, which I've done four days of Dry fast, no water.

No water, No nothing, just breath. And it is the most powerful fast because you really have to spar with yourself, right? You accidentally might fall on a little mashed potato on accident.

You're like, oh man. Oh man, I'm just gonna have a teaspoon of peanut butter. I was gonna get a you know, you just start thinking of all the things that you get.

But what is happening as you realize how addicted we are to food, and to all of these different things. And there's a spiritual aspect that happens that is only unique to you.

God starts speaking to in another way. The dry fast is highly recommended. In the seven days, this is an intermediate seven day, because I've done 21 days of just fresh juices.

Rice and coconut water and herbs and things like that.

Fasting, Self-Healing, and Gratitude

So there's fasting is something that I have always relied on to recalibrate me and my clients when they are having degenerative diseases like cancer lupus a certain other, you know, my first client at 18 years old.

who became my bonus dad, they were going to cut out the majority of his intestines. He had a disease that most people think is incurable. Within months, he had no more of it in his body.

Wow. And so, the body is self-healing. It's not just the food. Again, it's the affirmation. Yeah. Is the belief, is the joy. And you know what I thought was interesting?

I seen, and she was, she's incredible with the design. She would put little affirmations on the foods. On the fruit. Now is that great? That's even doubling down on it.

Boom, right? Because then you look at it- You get their mind right before they even eat it And what love is like the most, some of the toughest, you know uh clients that i've had they just love the affirmations they Just love them.

They just like if they they child in them They look for that more than the food, right? Look at yeah, it's like opening up a fortune cookie. I have client uh, my client common I do affirmation so he has a wall Of all of the afirmation.

That's pretty cool. He went on jimmy kimball and with the affirmations, you know? He loves the afirmation so much. I've seen him say your name in an interview about when he did his book, like you walked him through the process and taught him tremendously for him to even write the book in the first place and he was pulling jewels from you, asking you questions in a process.

So you're impacting lives on, we probably can't even quantify how many people you done poured into From and then from all the lessons you took those lessons that you're learning from your elders and now you passing on to other people Mentor and other and how does that feel?

Great, you know to me It feels great, but I also I'm grateful for it and yeah, I don't know always how big it is and I try to keep it low to the ground because because you could get lost and if I didn't do it all, you start feeling yourself.

Really, I'm just a vessel. God saved my life to do this work. When you went to Columbia, let's say you… Because you was on a roll, and then you popped off in Columbia and you started doing your thing.

What kind of reset… because your back in the town now. You know what I am saying? You back into town. I still have my places in Colombia right here.

No, no, a place in a Columbia is a movie. We talk about no doors, no nothing, it's out there. I would probably get these mosquito bites of life. We do have mosquito nets on the beds.

Listen, I will be shook just looking at the jungle serene, but it is very serenely, obviously after you do retreats there and things of that nature. What did you get from, like obviously you go different places and you've learned a lot already.

Where did go to Columbia and what was that experience like? And what did discover in Columbia? Well, I would say because remember I've been doing this for a long time, flying here, there and everywhere.

And, you know, had to sit with who heals the healer, right? I was exhausted, from pouring and I had learn a new way to pour. I had to sit down and pour into myself, allow God to pour in to me because the way, you know, I'm so eager.

I was always so excited. And I want to do it. How I love what I do so much. Do it for free. That's how much I loved it and on many occasions I have, and so I.

Had to take a moment. to pour that same love that I was pouring into others into myself, recalibrate myself because I knew that in this season that this would be the, you know, the highest I'd go.

I'm going higher than I've ever gone rather and that the expansion was more than i have ever expanded so I needed to to be prepared. It's a lot. Exactly, I needed to be prepared and I need it to learn I Needed nature to talk to me I?

Need it nature too to go inside and heal me and this is beyond words the sound of the birds We have 200 species of birds this cosmic sound if the bird was healing me in ways that I can't even articulate Lauren, I'm gonna take a step back there because one thing that you just said is who heals the healer?

And Cory, as you know, we have over 4,000 doctors that tune into this podcast. And this is one of the things that I talk about all the time is that when we're actively healing these patients or guiding them through the healing process, What ends up happening is the healers will absorb a lot of that negative energy that's in them, and it sits within them.

So that something that I wanna even touch a little bit, go even deeper on that. Who heals the Healer? Because people just keep on going, going going and they don't stop.

You actually took the time to stop to be able to reset. And I think it's important for these doctors that are listening right now to the podcast to understand the importance of what you're talking about.

It's so important. Because if you don't you deplete yourself and then then what happens is the longer you do it at first You start off right out in bushy tail then towards the end some healers that don"t do the pause become bitter healer Right, then you start, uh, you know, he's talking, huh?

You're angry. Oh, I did this and nobody's giving me credit in this in that but you didn't do It for the credit. That's why I said it's a very slippery slope God saved my life to do and and God said if You don' t go this way.

I don t need you on the planet Remember, I got into this because I was stabbed in my head. I wasn't living a real hood rat life. Not like a promiscuous one.

Like, no I will beat you. DC. Right. From DC, right. But I'm a fighter, like I know you can't tell, but you know. You're getting glamorous, you got the hat backwards, and the whole thing.

And you're with the smoke. God gave me a gift and it's not to be willy-nilly with it and frivolous with this fire that I have. You have to have a great steward of your gifts, especially if you have fire.

A fire can warm a home or it can burn down the house. Yeah, I didn't always know how to utilize myself. So sitting and being still and quiet is what helped me.

Because again, you don't want to end up bitter and angry and overworked and depleted with no money. How many healers do you know are broke and broken down?

So many. And I did not want that to be me, so I went into the mountain And I did what Eagles do, right? Every 40 years, Eagles go into the high peaks of the mountain and they break their beak off.

They tear off their claws and their wings. And a new beat grows, and new feathers grow, new claws grow. Because you need the renewal to go back and to be able to carry a lion and pick a line up.

You gotta have strong claws. I like that. Those claws get dull and that beat gets dull over years and years. Nears up doing that! Doing that, right? So I had to renew because like I said, in this new season, I'm surrounded by giants.

I have a new, there's newness happening and I'm listening. I know that I am not in charge here. God is in Charge. Right? I literally just listening, I don't know nothing.

That I not confused, that i'm not an intelligent fool, i know i am just doing and listening and that's how i do my food. i just listen and it just boom boom and the magic happens.

I always tell people, like, it's not me. If I was trying to follow my… You see what me doing and thinking did. Yeah, me too. That's how I felt. You know what I'm saying?

That got me 16 life sentences and a death sentence. Once I sat down and I got quiet and started seeing myself clear… Right? I started seeing the entire world clear.

And then when I start seeing that entire word clear, that's when those gates opened up and where you start living out true freedom. You see what I'm saying?

So now the true-freedom livers are going to attract each other because we done went through those… Trenches….through the trenches and been through the fire and back.

Because if you haven't really been to the fight, oh, this is a bar, we've been a fire. We haven' been though a fight. See, everybody's fight is different, right?

Sam, speaking of fire, I done been through the fire when I been, but he done walked through fires literally and pulled out people and saved people's lives.

Right? So, it only right that we came together, right? You only write it because that's the big piece, because you're built like that. Because if you are not built, like, that I can't mess with somebody that is not build through to fire.

And neither can you because, you done went in there and absorbed smoke. in your lungs, it gave up a piece of your life for others. You know what I'm saying?

So it's only right that you be able to interact with people and build with, people build businesses with. People have conversations with who's also took that journey.

When I was in prison, I used to say, listen, I used to say, listen, if you haven't been to this level of penitentiary-ness, you understand what I'm saying?

I really can't even hang. I can walk around what you walk the yard because you don't know that this is it. You haven' seen enough people die and get stabbed physically, right?

To know, don' play. And definitely don"t play if your walking around with me. You see what I'm saying? Don't play, like I don't want to be on the other end of something because of the something that you did.

But obviously things happen, but if you know the people that your engaging with, that are interacting with have a certain level of integrity, they're living life from abundance, their grateful, there God fearing.

We're starting from a place. So whenever my brother Sam is, wherever he's at, I know he is being honorable. I know he's being a technical. I'm not worrying about anything.

If there's an opportunity and we had a conversation, he is going to say, Cory, oh, I got an alley. So at the end of the day and when you have that type of energy, when pushing that line, right now you're attracting other people.

who are also like that. You see, oh, it's going to be nice. We don't even have to think about it. Some kind of way you're going meet, and you going be like, yo, how do we even meet?

Like, how did we meet? I don't know. We can't even remember. It's because our like-mindedness got attracted and where you're at and our trajectories are going to the moon and beyond.

So now, why wouldn't we put together? Why wouldn' God put us together so that we're all going the the Moon and we going that way? That's more force and that's…

More fire. More Fire. And we need that fire because you gotta break through the atmosphere. I freestyle that. That was a freestyle. You see what I'm saying?

The thing about it, now that I am putting it together, because I didn't even realize, he's still taking people through the fire, but in a different way.

People who are going through fire in their lives, like you said, people are coming to you and they have all kinds of issues. And you have created, God has created through you, a space where you can take them through.

Come on. You are a healer, you're a medicine man, and you were smart enough to create teams. It's not just you, right? And that is the new season. I can't do the personal chef every time.

But I gotta appoint people. You have to delegate. This is not the season of overworking in that way. There's a new way of doing it. And you both are just great examples of that.

Like I said, I'm like hats off. Thank you, thank you. And then you just keep adding great people. Everybody has their particular lane to add value, right?

I've been through it. I been to Sam, you yourself, and we all have something to learn from each other. We all collectively and very powerfully can take that collective knowledge and give it to them.

Then not only just to get the knowledge, but apply the knowledge, right? And they're applying the knowledges because we're replying, we are not just talking with doom, but building.

We're embodiments of that. So the example, you know, they say children don't just learn from what you're telling them. Actually, the majority of how they learn is what they are seeing.

The example that you are showing them, and so the examples are there. Right. the Examples are clear and that is the potent medicine. Who knows who will watch this?

That's right. Who's life will be touched? Who will motivated to say, you know what, I'm going to get up, eat healthier, or I'll go get that exam, look under the hood, see what's going on with myself.

I will go a little harder. Come on, with the exam. 99% accuracy with bone density. It's important that you care and

love yourself enough to take the time.

to understand what's going on in the body, because the physical body outside is the very least of what happening. It's the inner world where all the magic is happening, the heart is pumping right now and all of us without us trying.

We're having the conversation, talking this and this, there's a whole system happening that we forget. When you're sleeping. Everything, you know, so honoring that, And understanding how to just just understanding what we the machine that is us, right?

Everyone's trying to understand AI. But how about understanding your own brain, the other cells in your body and utilizing tools that can help you understand that further is top tier.

And it's so fun when you actually have the ability to understand it, the world just changes. Everything you see, whatever you're gonna eat, you like, oh, well, this is gonna make me feel a little funny today.

Let me take this instead. You know? Making better decisions. And here's another thing, because I've been in extreme, remember I started off as a raw foodist, and I been for 25 years, I'm in a season of understanding, it is beyond the extremities of it.

Colombia Reset and Healing the Healer

Remember the first thing is the energy, You could be eating all the vegan food that you want, but if you have a toxic energy, everything you eat is poison.

Everything you touch is poisoned. You don't have the Midas touch, you've got the opposite of that. But if have you the vibration, the energy it doesn't matter what you ate.

Maybe you don' got a drop of food. If you got this gratitude and this love, The first meal we have is our breath. When you're a baby, first meals you had It's your first breath.

We have to remember that, right? And that gratitude, that is the first thing. So it's not enough to just eat healthy foods and blah, blah blah and get into all of that.

Yes, it is important. There's so many other levels, right? And it's the consciousness and understanding we are magical beings. We are beyond the physical material realm.

And if we can tap into that, wow, we're onto something. Lauren, the book, I want to go back to the books here. Why did he pick that name? There has got to be a story behind the name.

Well, okay. Again, I started off very young and very extreme, so nobody understood me, OK? I am from the hood, people used to run from me when I saw, oh, here she come, because I'd be like, put them chicken wings down.

I was a self-righteous. The raw food is and in like I became more conscious had the dashiki the head wrap the whole thing. I was I I Was the what I thought was conscious, right?

But my energy remember I'm I am I talking about What I've been a conscious person who's self-righteous and judgmental. So I had to like come off all of that.

And I was really wanting to be relatable. I wanted people to get it. Remember, this was 15, 2000, when I came into knowledge and all my peers in my community, no one had caught up to it.

So I had to figure out a way once I got off my high horse of being self-righteous, because some people were impacted, but the people who I really wanted to, who, I felt, really needed it, they weren't trying to hear it!

So, okay, let me go ahead and source it up a little bit and pull the sexy moment on it." Because that's key. Because

if it's not reaching, if you're not on a frequency, you could tap into them.

That's like being on 105.9, but they're on 97.5. So that means you are not effective. There's no point of attraction. I had to find the point I'm not saying I've done it all right, but that was my intention was to try to make this knowledge that I had, which is so heavy, so powerful, So potent to Make it palatable enough for people right like what I do with food.

How do I get somebody to eat? Onions and when they hate it. I have to figure out a way to do it where they like how How the heck am I eating these and these are delicious?

Right? So that's basically the way I came up with the name, Eat Yourself Sexy, because I knew people want it to look good. Beyond the feeling, right? We hadn't gotten to that stage yet.

We're starting off at the first level, which is you're gonna look sexy. Look at me. Hey, they're like, I need some of that. So, that what helped That's basically how I came up with it.

Now I realize now because I wrote this in 2012. That was when the first 2012 2010. There's two editions of this the original which I believe I published in 2010 and then the other one was 2012 and Again, nobody was up on it.

They're like, what the hell are you talking about? So yeah, and it worked. It's one of them things that you know how Moby Dick start hitting later on.

Pause. You know what I'm saying? But it's something that sometimes a person can be ahead of their time, right? And it is okay. You understand what i'm sayin'?

So no, that's somethin' that I can see even coming back, even with a refresh, or even not even, with that. The knowledge in there is timeless, and it'll always be on time.

Be proud. Be proud. You don't have to put on a mask. I had to burn all my little masks, right? The embodiments that I used to enter the rooms that felt that didn't belong in.

But I belong. Right? I belonged. And I got to get that into my mind that, I don' t need a mass. That I am enough. right. that i don t have a fluff on what I have because it's that good.

i dont have dress up and look spiritual. I don't need to put on a show or make you, convince you to, put a crunchy outfits. Because if you're gonna, if it resonates, it's gonna resonate.

And that's what I've gotten to now, that I do not need do that anymore. I surpassed that level and people are ready. People are read for me now. They weren't ready for either.

But they're ready, so that kind of like a part of what i was doing in Columbia was releasing all of the shit that I thought that needed to convince the people that love so much that, hey, eat your fruits and vegetables, please, come this way.

Don't come out of gutter. Come into the light. I was desperate. Right. And I wanted it so bad. You know, I still do. But I don't have to keep putting my hands in the fire.

I don't have to keep hurting myself for the people because they have come to my level. They have raised up to vibrational frequency. I'm no longer going down.

Yes, I understand the vibrato resonance and that there has to be a point of attraction, but you do the work. You do the work to come up to here. That's it.

I'm not begging bow no more. Even with the book, even with The Winnergy book. The principal book you have to sign up for this. You have the sign the dotted line that I want this because one of the things I learned in prison is

that, I used to try to get cast to stop smoking cigarettes.

You know what I'm saying? All of this. And then I remember one day, right? I had one guy, he was Marcelli. If you would become Marcelli, you can't smoke because I don't.

So they would agree because, I was like the best celli ever. Everybody wants to be Marceli, my cellmate, so he comes in, and he agrees. I said, stop smoking.

This guy was an incredible singer. So I was like, I wanted him to start making moves to better himself and use his gift to impact the world. He used it for other means and now… So that's the same thing.

So now I remember, one day I looked out the window, he was on the basketball court and they was running around and one of the guys passed him a cigarette, took a puff.

I'm just like oh man. He took a puff, he snuck a puff on the court. I was like, oh man. And you caught him. So anyway, you know, whatever, I hit him with the thing.

He was a little punk, get the cheat off me, right? And then one day, they was in another cell and they had the, it was the towel up, my buddy who lives next door, came to me.

Not them snitches, yo. Look, he said he's in that room the towels are. Oh my God. They're in there. He said, let him, He ain't ready. Let him live. So he don't got to run around and hide.

It was at that moment, then that thing came up. All the smokers came out the room. And then boom, I was sitting on the thing and I looked at him. Then when he came around, He was like, he's probably wondering that I see him.

I say, yo, it's okay. You know what I'm saying? It's OK. He said, yeah, I am not ready. And I was, like that's fair. But then, finally he ended up doing it.

On his own accord. When he was ready, you see what he said? So that was the one thing I learned. You can try to do XYZ, but sometimes it might be a person running into a brick wall, right?

They just have to experience something. Something has to happen traumatic from an experience or whatever it is. And some people might just get epiphany like, yo, you know what?

I'm ready. It doesn't take a brick wall, something, they had a dream or something's happening. They want better for themselves. Because if you love yourself, you're going to be, it's much easier for you not to smoke.

You love your self. What am I doing? I'm putting that in my body. When you love yourself, you're not going to just slice yourself because if you loved yourself… Those are the things I learned.

I was just saying, it resonated with me. What you are saying and where you at from your experiences, I learn the same thing. People got to want it. We just show incredible examples.

This is like my grandbaby or different stuff. You put stuff out there for them to have access to it, right? I can see she took a harmonica and I have a little thing and she pulled it.

She started getting busy. I ain't forced you to use the guitar. You got the harmonicas and started doing your little one too. And she loves astrology and remembers the most about astrology.

Not astrology, but the planets. We went to Target and it was this little things and that's your anus. That's this. Yeah. You see? You know what I mean?

And you nurture that, right? No force. It's important to get at our… Our kids younger, right? And younger. So we do a lot of stuff at the school. I want you to come by.

We have a school where we teach kids farming and all these different things. And come buy and start giving those kids something. It's kindergarten to eighth grade and these formidable years where they're so impressionable.

That's why we're teaching them farming. AI farming, technology, all these various things in a charter school because they need to learn these things. We don't want to get into a place or a space where our kids can't even feed themselves.

They're relying on somebody else to feed them. It's our responsibility to empower them to be able to take control of their lives and the best way to do that is to learning about the land, learning the various herbs and things that was put here naturally that can cure us.

Like the other day I was at Whole Foods, I got something which is all good and there was a young guy in there and I had got some stuff just for the stomach area to clean me out because I felt a little backed up at different things.

And the guy ran. I got the stuff I wanted, some enzymes and different things. And he ran to the door. He was like, I told you to get the ginger root. You didn't get to do the root?

He's like the Ginger root is like out of everything I've told. The ginger and eat it and take it. That is going to go in your body and do X, Y, Z. This God made it, you see what I'm saying?

It's coming from the earth. He was so- He chased you down. He seen I didn't go get it. I looked at it, but it was- People was one of those moves with the celly.

Yeah, yeah. Like, I saw you.

Community, Leadership, and Future Projects

That's what I had enough. You know, they put it in the thing. But he was like, go and get the ginger root. It's going to go in your body and it's gonna do its job and fight off these various things.

Did you end up getting it? I got it! I cut it though, and even I was sugarcane. And I feel like that's the universe. When that guy came back to you, it like now you have to.

Because he came, he didn't have to do that when he was out the door. So I do appreciate that guy, but at the end of the day, I mean, you made a lot of sense.

I think we all have something to offer for my unique journeys. And when you unify and you come together, we're more powerful. And it's the inspiration for me, I lead with fun, right?

Because everyone wants to have fun. I don't care where you are, what, if I leave with, especially because I have a nonprofit, we teach agricultural awareness, healthy living, living from vision.

And I'm, in some of the most, in some of the toughest neighborhoods that most people don't wanna go into, right? But I love it because these are some the most brilliant beings on the planet.

And how do I get them to open up where they might be looking at me like, we ain't listening to you, fun. We start with fun and colors and ooh, and do you want to help?

Why don't you do it? Empowering them. Well, who wants to do the blender? You'd be surprised how many people just want press that button, right? It's just one button.

I want do even the toughest, roughest, I'll do. Who wants do do The Singing Bowl? I'll do the… Then they'd be fighting over it. That's when I like to over force, like what you were saying.

You can force somebody or try to do all… But if you just lead with the fun and the joy, that's to me, the magic. Yes.

It's incredible. So Lauren, what's the next big thing?

Oh my gosh, so many things. Well, like Corey said, I live in Columbia. And so we have a couple of restaurants happening, more retreats. I'm writing my first culinary memoir.

So it kind of gives people a backstory of who I am because I feel like that's what's been missing. People see my fancy pictures in this fancy art and they don't fully understand because I don' always tell the story.

Because it's just like, I feel like it can be whack. I dont wanna feel whack and be like hey guys, you know. So now. I realized it is important for me to share where I've come from so that I can not only appreciate it, but others can appreciate where am.

And they can be inspired, because it doesn't matter where you start. You could start in the hood with a father who's been incarcerated. My father is serving two consecutive life sentences currently, since I was three years old.

I could have pity-partied that. that I grew up in impoverished, you know, in poverty, blah blah, but all of the things. But instead I use that as fuel.

And if I could use it as a fuel, then anyone could us it is fuel right? You don't have to sit down and be like, ah, oh you could. But what happens when you get up?

It's possible when You understand that it's Possible and I am I Am the possibility. I'm the living possibility You're the Living possibility you're The Living Possibility and so that's one of the reasons why i'm writing that book and just um Again, I'm a closet performer, right?

I was a teenage mom. I had my son at 18 years old, and so I couldn't choose to be a singer or a model or an actress or any of those things. But I chose food because I feel like I could help more people there, but also I didn't want to a starving artist.

And so food seemed most practical to me. And because I have all these talents, I didn't want to be a jack-of-all-trades, right? I can make clothes, sing, write books, do all of these things, but I had to choose one.

And I knew that I would do that and there would come a point where I'd be able to chose another. So now I'm actually going to Cuba to perform. I'm singing for the 40th anniversary of their jazz festival and tomorrow.

Nice. Which is like, what? I just, you know, once I said, hey, I am living in my full embodiment, God opened the doors. And so I will be sharing more of the medicine from my sound because that's also a medicine and I feel like God has cultivated it and helped me cultivate other people, the Stevie Wonder's of the world, right?

The Commons, The Patti LaBelle's, all of these people who were able to go out and impact others through my medicine. Now it's my turn, and I'm excited about that.

So yeah, that's basically- You ain't no excited for you. I already read you on the spot, but I know you got a little, you let me hear a lil' something.

What's one of your favorite tunes that you did? And I really liked what you sent me. I thought it was genius. Can we hear it right now? Can't we get a little bit of…

A little something. Is that it? I don't know. Okay, one of my favorites… I love jazz. Oh, I listen to smooth jazz all the time. It's just… I feel like in a past life I was a jazz singer.

So I'll sing a Little Jazz standard for you. Let's do it. Okay, here we go. It's okay. Summer time. And the living is easy. Fish are jumping. And cotton is high.

Your daddy rich. And your ma is good looking. So much little baby. Please don't you cry. One of the morning,

you're gonna rise up singing. Then you'll spread your wings and take to the sky.

But till that moment, there is nothing can harm you with mommy and daddy standing by. That was amazing. It's a movie. Pulled it out of us. I didn't even warm up y'all.

No, no, that was good. That, I mean, she had it in her. You know what I'm saying? And we got it here. Oh my God. For the new podcast. Nobody, I'm positive, nobody got this right here.

You can say we did it here at the Healthy Point of View podcast. I am so proud of that. On my first day, hold on, of co-hosting with my man, Sam Da Hata.

Oh my God, thank you. Thank you, for real. Lauren, as we wrap up here, where can people find you? Oh my God, find me in the ethers, no. Well, laurenvonderpool.com is my website, Queen of Green on Instagram.

Eat Yourself Sexy Journey also on Instragram. VonderPool Healthy Living Services is non-profit. And yeah, just Google me. Check me out. I love it. Find me on the stage, find me in the world.

Yo, listen, I gotta say this. I remember seeing her on a sideline, on me, in a crowd with, it might have been a sideline. It was like right in front with the fan and while Serena was getting them championships.

You know what I'm saying? And now you're here, you back and it's just incredible to hear your story, your journey. I learned way more. And I've been watching from a distance and you know, just learning more about your Germany, I more immersed in it than ever.

and I am looking forward to us doing some incredible things together in the future. Thank you. Absolutely. Appreciate you both, honestly. Lauren, one last thing here.

If there's someone out there that is dealing with something, right, based off of the conversations we had today, what's one thing you can leave them off with before we wrap up?

One thing, gratitude. Gratitude is the heal all, salve everything. I don't care what is happening in your life.

Closing Reflections and Gratitude

I don't care if you feel like it's over. It's done. You can find something grateful for and that energy of gratitude can take you out of that state. Is the beginning, right?

And so that's just be grateful, you know, be Grateful and in just really one word God, Right? God who's created all all that is all the was all there will ever be when you get grateful For God.

things will start happening. You'll start to see yourself in a different way and you'll see your situation in different ways. Thank you. I appreciate it.

So, Corey, you want to close it out? You know, this is my first day, just kind of hosting with Sam on the Healthy View podcast, Point of View Podcast, and it fed me today.

You understand? It fed today, I just like kind-of learn what it is, even Sam. I pour into a lot of people. You know what I'm saying? I've pulled into a lot of people and this is one of the reasons I came with, you know, obviously the Winnergy brand, right?

Because I love to see people win. I loved to celebrate others and I also love the help empower people. But like you said, sometimes, You pour so much out of your cup.

You have to take a moment to refill your cups. Right? Because what's in your cup is valuable. Right. And so at the end of the day, obviously, attitude is everything.

You know, and being grateful. I do agree. So I want to say on the strength of that, I'm grateful, blessed, honored to be here with these incredible human beings.

Grateful for the individuals that's helped with this production. Im grateful for all of people that come to our facilities and get these modalities who are getting healed.

Everything that's ahead, projects that I'm working on, project that we're working together, we gonna come for a part two because we all like creative marketing, genius minds.

So I already know God is working his master plan and already worked the plan. That's why we sitting here now. So, I just want to say I'm grateful. I will obviously see you again.

You know, this is my first time, obviously, but I am looking to just meet more incredible people, bring more people that we will be meeting in our travels and obviously we're going to be doing different conferences and we are at different conventions in the longevity space, biohacking, wherever, you know, they want us.

You know what I'm saying? We're going to show up and we're gonna impact lives. And you're to see more people on this couch and you gonna get more educated.

Most of all, your gonna have fun. Because without the fun, you know what I'm saying? You're done. That's how we connect, with the fund. Without the funds, your done, and I had fun today.

Me too. I appreciate you, Sam. You know, I am looking forward to all the great things we'll be doing together and individually. Much love. Thank you for watching another episode of a Healthy Point of View podcast.

Again, I'm your host, Sam Tahata, with co-host Corey Jacobs. Make sure you subscribe, follow, tap, do all that fun stuff, share it with your friends. Check out Lauren.

All the links are down below. Until the next one.