The Youngest Biohackers in the World EXPOSE Why Kids Are Sick | Love & Legend Lolli | Ep. 117 Transcript

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Intro and the kids' health mission

When I was a baby, I hit with mold infections because there's a leak through our old house. My mom took me to like doctors and doctors, and I'm like, how can I fix this?

That sounds like a traditional healthcare system. What is wrong with our traditional health care system? Well, what's wrong with? Most kids get their dopamine off of screens.

They're constantly on the screen, so their dopamines pleased and happy. But you want to train your body to have your dopamine pleased in happy by life, talking, playing, reading, biohacking, all these fun stuff.

Sounds like you're living life like how I was when I a kid. We try to live life just like my parents lived life. Today on The Podcast, we have love and legend, Lolly.

Joining us now are Love Lollie and Legend Lolly, young media stars, wellness advocates, and on-camera hosts from Biohack Yourself. This episode is about to go next level.

Some of the bad people that want to make whole America sick. Maybe since the grown-ups are smart, they can feed the food to the kids, then they'll grow up sick!

Oh boy, that's not good. Our generation is the sickest generation. I've probably What's the top thing that you learned from all these biohackers as you're interviewing them?

Welcome to another episode of a healthy point of view podcast. I'm your host, Sam Tahata. And as usual, we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

Today's podcast, yeah, this is going to be a little bit different today. This is going to be my first time interviewing kids, but these are not your ordinary kids.

These are the biohack yourself kids you've probably seen them all over the different conferences, the biohacking events, interviewing people on TV, acting, doing all that fun stuff.

And today, they're at a Healthy Point of View podcast. We're gonna talk about true longevity. True longevity starts not when you're 50, not where you 60, it starts when your kid.

It starts where your young. That's how we're really gonna be able to live until we are like about 150, right? Starting early. So today on the podcast, we have love and legend, Lollies!

Hey! Yeah! Welcome. Thank you, thank you so much for having us on your podcast. I love the intro, by the way. Absolutely. The intro is amazing. You know, it's a healthy point of view.

We gotta make it full of energy, we gotta be vibrating at that high frequency, is what we say, right? Yeah, because you need a health point view so you can be healthy when you have that point-of-view and that mindset to be health.

And I loved that. So, Love and Legend, so, you know you guys have been acting for quite a while. and you guys love doing storytelling. So I wanna talk about how you got into acting and storytelling, why don't you go ahead and start and tell the listeners and viewers about your career in acting.

Well, you know, my mom booked like pregnant jobs when I was in her, when was I in my moms tummy. Like literally, I acting since I've been in moms' tummy and then when came out at 14 days old, started my acting and modeling career where I doing acting, modeling, booking jobs, print commercials and around like five when started talking I started doing more scripted jobs and I was enjoying it and you know my camera life was home to me like I would wake up to do an audition happy I'd run straight to the background and i would be ready camera ready you, know I love the camera myself you like being in front of the, camera behind the.

Camera in. Front of. The camera awesome yes what about you legend. Well, my acting started when I was two months old, honestly. I loved it when i was 2 months.

Early acting careers and first health issues

Old I had so many fun auditions. They weren't like now audicians. When the kids get older, they like they're giving them horror movies and all that. Like I might as well switch to biohacking.

It might be better. Well, I'm happy you brought that up because I want to talk about, you know, at what point did you guys realize that health is the true mission versus everything else that you were doing?

Well you, know while I was acting at about two years old I got this lymph node from like this fever and then we kept on acting and I started doing my scripted jobs and at six years The lymph node was still there because we thought it was gonna go away, but then it Was there and it?

Was a little bit like why so you got sick? Yes, so like we the lymph Node was literally we would do pictures we but my mom went to doctor to Doctor cranial sacral would Do everything but it just won't go way so we jumped into the biohacking space Along with legend and legend you want to say?

Yes, and along with her she had a golf ball sized lymph node and before that happened, before she was two and she got it, I was, when I had the baby I, was hit with mold infections because there was a leak through our old house and then I got like that misdiagnosed twice or three times I forgot but.

My mom took me to doctors and doctors, and I was like, how can I fix this? And my parents were dragging me around places because they wanted to fix me.

And now I'm fixed, so I am really thankful. So you said you were going doctor to doctor, to figure out what was going on. That sounds like a traditional healthcare system, right?

So what is wrong with our traditional health care system? Well, what's wrong with, I'm not saying everyone's bad, right? There could be holistic ones.

They're trying to do the best, they're doctors, but they don't know that they are doing the wrong thing. Because some doctors they feed the kids medicine and then it makes them get more sicker.

So that's why my mom took me to those ones and without her knowing that they were bad And then she and then they asked her oh, yes cancer And she said maybe um let's go to another doctor and ask him if it's the same thing She went and asked another Doctor.

He said oh he has one disease. She says maybe I can go another one she went to Another one oh He has autism and then she went to another one. And this one was a holistic one, she actually knew what was wrong and she knew was right.

So that's after the first opinion, second opinion third opinion. Yeah. Finally we found someone who does holistic functional medicine that was able to get to the root cause and figure out what's going on.

All right, but what about you love like you know going to doctor to Doctor with the golf size lymph node, how did that feel? Well, you know, I felt what is happening to me because it was a little bit different.

Instead of doctors that my brother went to, we went Cranial Sacral. Well they would do actual jobs. They would give me everything and it just won't go away.

So we chose to take Madison to our own hands and make our documentaries and kind of ask all the experts that really know. And now like it's gone. So I watched the documentary, right, and I went to the Red Carpet premiere as well.

Yes. Last year in Las Vegas. Yeah. So that documentary you got to meet a tremendous amount of biohackers, not just any bio-hacker. These were like the top of the, top bio hackers around the world.

I wouldn't say all of them were top-of-the-top, but a lot of then were. Yeah, I would agree with that too. But for the most part, those were the best of the out there.

So dealing with these people, how did you feel being under their care? Well, you know, I loved interviewing them myself with my brother because we were learning a lot and we we're doing this not only for us but for our generation too because our generations is the sickest generation.

I've probably said this a million times in all my interviews and podcasts that I have been to because I really want them to know that. Why is this happening?

Why, why is our generation the sickest generation? Because that's what I want to change. That's why I wanna fix it. And that why, I was interviewing all these experts.

I chose, that was like, mom, dad, i'm joining in the Biohack Yourself documentary. So I went in there and I like okay, let's go. Chop, chop, top, interview, and we healed me, my brother, Hopefully some of the alpha generation nice, you know where the Alpha generation is the sickest many people don't know this some Of the bad people that want to make the whole America sick, right?

They say hmm, maybe since the grown-ups are smart We could feed the bag kids the bat foods to the kids and then they'll grow up sick they come up and they succumb to Bad people, and I'm like, no, that's not happening.

They have their own rights and they can eat healthy foods. So they try to poison the kids so then you get sick and then fall into this whole reactive medicine where all they do is put you on all these pharmaceuticals for the rest of your life.

Doctor visits, misdiagnosis, and finding holistic care

And then they get more sick, they're more money. So they're profiting off of you being sick. Oh boy, that's not good. What's the top thing that you learned from all these biohackers as you're interviewing them?

What was like the number one thing you learn? The top number one thing is take care of your body. Don't just rush everywhere. Like go everywhere, make your mind stressed itself.

Go everywhere like go to doctors, not find the answers. Just step back, take a break and kind of think about it. What am I going through? What does it need?

And what can I do to help it? That's what they told me and that's how my lymph node went away and how his misdiagnosis went way. That amazing. Legend, when you were interviewing all these biohackers, were they like these doctors and scientists?

Were they using like big words that you can't understand? Well, only like one or two of them did stuff like that because I'm not like the ultimate guy that knows everything, so I only knew a few stuff.

So they did a good job really explaining it to you as kids so you could understand it. Yes. What did you learn, Legend? I learned to like use these type of supplements.

These ones help this and these ones helped these from the interviews in Biohack yourself. Well, the ones we use is Fish Oil Perfect Amino BPC 157 supplement.

And let me see if I can name a few more. I think that's it, yeah. What kind of benefits you get from Bpc 15 7? Well, I wake up in the morning energetic and the benefits is amazing to your body.

You wake and you're goal-oriented, you ready to start your day biohacking all the way. That's amazing, that's the what it should be. Legend, You guys have a brother-sister bond here through the bio-hack yourself.

Yes. What you guys are doing, interviewing. How is it working with your sister? It's really fun. We get to bond or so and it's, yeah. How is it working with your brother?

Well, you know, it's amazing working my brother and it is also really funny because he makes jokes, he says funny stuff during our interviews, so I love working him because we are like a brother or sister and if a sister or brother is working together in one thing, they are unbreakable and that's what we learned because brothers or two sisters or brother and sister company and they're very strong and their company is all over the place and that's why we're doing this too since we are brother or sister.

That's amazing. So who's the serious one and who is the funny one? You're the boss lady. Yeah, I'm the Boss Lady. That's right, that's what you call it.

But when I was a kid, when i was like a little baby, i'm boss baby. I'll just say when you was the kid. So you're a boss, baby? What is a Boss Baby? Like the movie Boss Baby is like a boss.

Yeah, it's basically about this baby bossing around the whole house. But you know that movie? Then my brother always laughs about it and acts like it because he's the younger child and it was about a younger kid boss the household, getting his things.

So my brothers kind of reflects that a little bit, I don't know. It's his way of saying, yeah. Nice. So you guys have these new glasses that you just came out with.

Yes. The Biohack yourself kids glasses. So what are these glasses for? Well, you know, kids who have phones and iPads, and sometimes if they don't have a limit, they're just gonna put the screen to their eyes really close because sometimes they just are so into it that they didn't even realize that so much blue light is going into their eye and it ends up hurting them and they end up becoming nearsighted, having to wear optical glasses.

And that's not what I want for my generation, so we created the Biohack Yourself Kids Glasses to Put protector eyes from the blue light and also kids out there Put your phones farther from your eyes and wear your biohack yourself kids glasses Yeah, minimizing that blue-light exposure.

Yes. So legend that bluelight exposure We all know that it's really bad, especially at night What do you do with your screens at night? Do you minimize screen time at nights?

We don't really do it at nigh, only if it's a Sunday and we're going to the movies, we go at nighttime because I also like playing and doing biohacking stuff.

So when you do it at night it just is up your like eyesight so you go to bed like you can't go bed that early because then you keep on waking up and So you could only do that sometimes.

And it's best if you wear goggles like those, our blue-gray glasses, protecting glasses. Any one is fine. But the ones with ours, we thought, oh, they were good.

When I got my iPad, my mom told me to put them on.

Biohack Yourself documentary and lessons from experts

I was putting them up. Then when I went to this event, the one that you hosted, um the blue eyed glasses one um guys yeah well we said oh these ones don't actually protect your eyes it's actually just regular fake glasses so then they were gonna fix it soon yeah we're thinking of stuff but during our screen we are very careful we have a 45 limit a 45-minute limit, and we have a rule.

One month off of screen and one week on. And that one-week, it's not even just like one weak on, you can have screens all day. No, we actually have to clean our rooms.

We have do all our biohacking modalities. You have read healthy books, then we do our 45 limit. Then we go play with our friends. That's how the week goes until the rest of the month we take off.

And that's how our dopamine pays attention to life dopamine, not screen dopamine. Because most kids get their dopamine off of screens, because they're constantly on the screen, so their dopamines pleased and happy.

But you want to train your body to have your dopamine pleased in happy by life, talking, playing, reading, biohacking, all these fun stuff. Sounds like you're living life like how I was when I as a kid.

Really? Yeah. Because we never had these screens. Yeah, we try to live life just like my parents live like. Just like, you live, like we tried to do that.

And we also don't want to just do like off screens, but we want know what's out there and test out. But we do very limited. So that's how we I like that protocol that you said like you what you have to do so you can get the 45 minutes I think you guys should actually put that protocols together so other parents implement what we can put it in an article in one of our magazines you know like That's my idea like we could do that So that magazine, you guys have been able to interview some top-notch people around the world.

And you, guys, recently were just in Dubai and meeting Andrew Tate. Yes. So I want to talk about that experience. How was it meeting Andy Tait? Oh, it was great.

He was a very nice guy. nice polite and he taught me a lot you know like he answered every question the way it needed to be answered and, he also helped my generation know and I kind of asked questions like more dad and daughter oriented about how their relationship and i also asked biohacking questions and He answered them literally perfect so I love the experience Like, everything was great, perfect, good going.

You know, that was one of my favorites. Yeah, he's a smart guy, legend. But do you remember what he had in his refrigerator? Only water. He only eats once a day.

I'm like, why? I mean, I'm like, maybe that's good for him. I like eating a lot, but we both have different bodies. We all have. Different bodies, so he craves like only once a day, which a.

Lot of you could do if you guys are like on a fast like with the soup, like the. Soup that only that like people buy that. Only works at fasting. And yeah, you talk about like.

The bone broth soup. Yeah, basically kind of like that. Yeah. So what other cool people have you guys been able to like interview and meet? Well, you know, I interviewed Lindsay Lohan and actually that was one of my favorites because and she was in a hurry, but I still ask her some good questions about how she biohacks herself and her kids and how She's going with her acting career and like I liked interviewing her because she was also a child actor and she Was doing stuff as a Child so she kind of related to me when I came to her and She related To me because I'm also doing Stuff as A kid and I was acting so I kind Of Felt related in A way with acting and Childhood Career that's Pretty cool yeah that'S what I like the most Legend What about Brian Johnson Brian Johnson, he's actually a really cool guy.

He does a lot of biohacks and he fasts maybe a How was that experience? Did you guys have fun going to his house? I had fun decorating the cake with all his blueprint supplements and it was really fun to see him do it because the idea was to hold the cakes with his supplements all over.

the name of his company, Blueprint, and he held the cake and had 150, as if he turned 150 years old, then he was anti-aging, it's the new world, now the New World is all technology of biohacking.

Wow, 150-years-old. Yes, that. That would be amazing. Yeah, thats the idea. I think one day someone will live to 150. Well, if back then, when Jesus was alive, they were living to one-fifty, now we're only living to like 80 but like if we can change the world we Can start go getting back to those times and but still with new technology We can still live to 200, you know, like that's my goal 150 is me or even 200 or my grandma my Grandma like well I For the first time, like, I bought Instagram to like test it out and now it's like I don't want it anymore.

But when I got it, and I saw this video, a picture with like a grandma holding a sign and then 200th birthday, it said. And I'm like… 200th birthday.

Well, we also made a little bit of an article in one of our magazines. I think it was the Lara one about this guy. His name was Harold. We met him at a restaurant, literally so random.

He had balloons and he was turning 102 years old. Yeah, and his wife was there, his daughter. Did he look 102 year old? Well no, he actually looked 70. 70? Yeah, he looked like he was 70 years old.

Wow. Yeah.

Blue-light glasses, screen limits, and dopamine habits

So literally, we stopped by. We were talking to him. And we were complimenting him about it. Then we went to go eat. and we actually ended up going to his house and putting an article about him and me and my brother ended interviewing him at his home.

we did a whole podcast together, like a mini one with a little recorder. Now he's in the magazine and now we can let everyone Everyone know it is possible.

From Harold, that guy, it's possible, if Harold can live to 102, you can too. I love that, I loved that. Legend, what are your top three health habits that kids should follow?

Top three or 10? No, no, only three, okay. Even though they should probably follow at least 10, but we could do three for the sake of the show. Three, PMF, red light therapy, and supplements.

And one more for The Fourth Juvent. It's just like, thing where it like gives like… a force where it shakes your legs. I forgot what it's called, but it vibrates you.

It gives me strong bones, taller. Well, my favorite biohack is the hydrogen. And basically, hydrogen, you plug it into the machine. The machine puts hydrogen water, and it the smallest molecule in the whole entire Earth that can actually go into your cells and and regenerate them but like sure you can drink water from the cup but it just goes out through your cells and around them.

But hydrogen is the best you put it in your nose and then it goes and connects to the machine. Oh you do the one that you breathe? Yeah. Because there's one you drink also.

No, it's not the one that you drink you put it in your nose and it just puts hydrogen and like a whole connective wire and literally it can actually go into your cells and regenerate them and that's the best biohack for kids like you can start like four years old and up maybe for that appropriate age and That's why I love it because I'm gonna doing it.

I'll do it my whole life so my cells stay young and healthy, because if your cells are young healthy you're gonna be young, but if you are smushed and clumped, frail, you might not live that long.

But hydrogen can actually make you live really long, and that's why it's my favorite biohack. That occurred, that is also a really good bio hack. What's the first bio-hac you do first thing in the morning?

I do the red light, like I'd do three in a row. Because, so I put the PMF, what I told you, under my back and then the Red Light over me and I set it up for my grandma too.

And then I've put a redlight, the tiny ones on my forehead. I don't know, one just for your head. Then I went on the Juvent and yeah. What about you? My routine is you know I wake up I do the regular stuff like brush teeth everything but then when I go downstairs my biohacking morning starts so I take my supplements just like I told you earlier those supplements then I goes straight to the PEMF mat and what the PMF does is when it when it does the little beep beep it actually when your cells are clumped together it comes and it separates them so they can go flow and live in your body and that's why I love it that too and then I did the hydrogen and I do the red light and redlight is basically a technology and a type of sunlight that also goes into your and kind of gives your the sunlight and water just like a plant.

A plant needs sunlight And we need sunlight and hydrogen in the biohacking space. And also in real world, you drink the water and you have the sunlight, and we choose to do that for the biohacking.

Then I read my healthy happy kids. It's from Alyssa Song, Dr. Song. and it's from Dr. Song and its called Healthy Kids, Happy Kids. And I just lay down there with my biohacking modalities and I read the book and when I get up I do my Juvent and basically it strengthens your bones and shakes and strengths your bone and that's how you can grow taller, stronger, and more muscle and ground.

Alright. Yeah, I'm talking about hydration, right? The first type of water that was the first molecule, I think my sister said this, but it's the tiniest molecule and the The toilet you flush, right?

Found the water, many greases of poop and pee go in there. And I'm like, why are they trying to feed us parasites and everything? And they say, oh, it's hydrating you.

Oh, this water hydrate you? Yes, It gives you water for that second, yes. But hydrogen water is a real hydration. Yeah, do you know what my first biohack is in the morning?

Yeah what what? brushing my teeth with natural toothpaste. Really? Yeah. We also bought this really healthy kit called Super Mouth, and they also made a quick, fun movie.

It was a short film about the teeth and everything. They do the healthy toothbrushes that clean out all the bad bacteria. Right. And they make the health toothpaste that is not fluoride and chemical.

And they have the healthy flosses, the mouthwashes, sprays in your mouth.

Meeting Andrew Tate, Lindsay Lohan, and Brian Johnson

They have everything, literally. And that's I wake up in the morning and the first thing I do is brush my teeth with everything. Are you guys homeschooled or you go to school?

Well, we're homeskooled, but we've gone to schools, so if you want to talk about the topic, I'm ready. Yeah, so at schools, do you feel like the kids are different that are not taking care of their health?

Oh, yeah. Yeah. When I was in my private school and I went to Montessori Public School, orthodox, private. So during then, my mom would always pack me filtered water, big gallons so I can stay hydrated.

And my Mom would pack my pickles, peppers, cucumbers, quinoa, greens. Then I would look at my my classmates and my friends. That's salami, that's cheese sticks, they had all those stuff.

Sometimes they wouldn't even like get packed their own unhealthy lunches. All the processed food. They would actually just take it from the lunch plates and I'll name a few which is the chicken nuggets at first.

It's not real chicken. Its chickens that have been. What is it? What's in there? Well, really, it's chickens that have

been harmed, hurt, have be sad, and all those hormones, especially girl chickens, their hormones go into your body and they can also depress your tummy or your bodies, those chickens have also been shot with chemicals, so they put that in and then they also put breadcrumbs from like breads on the floor.

Yeah, like bread crumbs and cover it up, What about the cookies at the lunch? The cookies, oh yeah, don't get me started. The wheat plants, they spray the wheat plant actually with glyphosates to keep the bugs away, but those glypsates go into your body when they make it into the whole.

Processed garbage so you say that the school system can do better with their school Yes, and also I've been to a really holistic private schools I'll name one of them center wellness and it's a cool school that they serve healthy lunches day They do everything healthy, healthy filtered water because if some of my classmates didn't get water, like their moms forgot to pack them water.

They went to the fountain and they go drink the water and that makes them dumb. And that's what John D. Rockefeller wanted. He said, I don't want a nation of thinkers.

I want nation workers, and that why he wants them to be dumb. Also, the making of sugar, fluoride water, all the rotten burgers. So that kills your brain cells?

Yeah, talking of the chicken. Oh yes it does. The chicken nuggets, right? It's probably made out of that chicken that we have. It was not just any chicken, it's people's leftovers of chicken they processed it, they spray it to look better.

And going back also, back more to what the kids eat at school. Like they ate cheese sticks and salami like we just said. But yes, you could eat the cheese stick like once a month or something like that just to get the taste of it.

But honestly, maybe if you're like in the strict family, you just have no teeth stick at all. But me and my parents, they don't like being that strict.

They like giving us like taste of something for like, just like one. One try but you always got to know that they have to put something there to make it taste good because Sometimes I watch videos and they spray banana sometimes so you got be careful with your fruits They spray them when they're ripe and green they sprayed them yellow and then put them in the supermarket Yeah, you got to make sure that it says organic non sprayed and then I also watch these videos where they actually Make take food from the garbage like garbage food and they dump them like some of the food From the Garbage a dumpster truck goes into like this processing factory and They they they mixed garbage they clump it up they spray them with like these red dyes that are made from a squashed bugs, but then they put artificial sugar, sugar bad for you, and then, they just make it, here you go, your healthy cookie bar or something.

Yeah, wow. And when my dad was 365 pounds, My mom used to say, that's unhealthy. You have to eat salads. Because my mom would not know when she grew up eating biohacking stuff like salads, crab, and everything that was really bio-hackin'.

Little did she know she was eating glyphosates because in America, They actually spray the food. They spray food, so she was like saying, oh daddy, that's a bad food right?

And then, and then daddy was, my dad was actually not getting that worse, but my mom was getting even worse. So little did she know the mac and cheese that my Dad was eating was better than the salads my Mom was Eating because they actually sprayed them worse than Mac and Cheese.

Glyphosate, full of GLYPHOSATE. Spray this. It's basically It's basically like like boys. Yeah, like it's like how they spread graffiti like with those um Spraying things they spray it but it take for food Wow, how was a senior dad lose all that weight?

Well, you know, it was amazing. I was about three to four. My brother was like just born and was seeing my dad. And, I didn't like waking up every day and seeing like my Dad laying on the couch and not being active.

Daily biohacking routines and kid-friendly supplements

So my One day he woke up and he was like and my mom also told him my Mom would like take take away the mac and cheese He would always take way the ice cream me and My mom and brother especially put a lot of influence on my dad because my Dad didn't want to grow up fat to influence my brother should then think like, oh, okay, as a boy, you can grow up fat.

And also me as daughter, like seeing my dad be unhealthy. So he took that influence and he went right away to the gym every single day and that's how he became fit.

Watching it was a big change in my mind and now seeing dad fit and healthy, we get to play, pillow fight, run around, play at parks. That's a very happy experience for me.

When my dad was obese, my mom, well my Dad showed her my sister when she was like only two when they got the lymph node. He showed here a picture of obese people.

She looked at the photo and she looked him. Daddy, is that one of you? And then my Daddy was, like, yeah. Or I forgot what he said, but then, My daddy was You know, wow, okay that now I gotta get going He went from being a big obese to look like an actually in art in our home We have posters of one of the one our first documentaries called fat lolly to six-pack lollies It was his documentary that he made and even the posters it can show him like he was all white and pale when he Was like this big and then when?

He was very And he had a six pack and he was healthy and running. He was way, way more, his skin was glowing. And that shows the difference between. You did body building too.

Yeah, bodybuilding. My sister was like, Daddy, daddy, I don't want you to die. Because then after she learned that people can like die, they are like morbidly obese.

So then he's like, okay, wow, maybe I should do that. So, then, he started doing a whole documentary, which my sister just told you about, like about his fitness journey.

And my mom was a part of that, she became a two-time world-winning bikini pro. So if there's any kids listening to the podcast right now, and their parents, mom or dad, are heavily obese, right?

What is something that you wanna tell those kids? Well, I want to let them know that whatever they're going through, whatever their parent's are going though, there is always, There's always a solution to everything.

Don't doubt that you are going to have that health problem forever and it's going be over. Always know that there's hope in something and by that, you can go to Barnes and Nobles or shop on Amazon for healthy books to read and study all over the place and you will find your solution somewhere and one of my books that found Both of our solutions was Healthy Kids, Happy Kids that I told you about earlier by Dr.

Song. And that was one of ours, and now we're making our own. You know you gotta let them know like guys out there. There is a solution relax Yeah, there is the solution the people that like the like you kids If your parents are like obese or anything tell them don't do this.

They could like. You could help them and Because they're not the only ones guiding you. What if they don't know they are doing something bad and you're doing not doing anything bad?

So always tell them if you are going to do something wrong and they will always be telling you if something is wrong. So kids, if your parents are eating unhealthy, go tell your parent to stop it right now.

Yeah. So, Legend, there's a big movement that's been going on for quite a few months. It's called the Maha Movement. Make America Healthy Again. What does that mean to you?

It means Like Maha is, it's healthy. It's about health. They want people to stay healthy, they want all those stuff, be healthy and stuff like that. Yeah, what it means to me is starting small in your family.

Like, if you see your parents take supplements, right away go take your supplements. If you your friends eating unhealthy, go say, hey, you know, you could eat this instead and start small, mini steps and then you'll see your hard work will pay off.

Then you can start making shows and documentaries as the maha grows bigger and bigger, and finally the movement grows and the government changes its mind to become health advocates.

Nice nice. Yes, and I want to compliment RFK for a second because he's doing all of this and He doesn't want it. Just spend it like probably last 20 years Just playing golf.

He wants a bend it 50 more years. Yeah, like 50 More years he wants to spend in on helping the world because it doesn' want just to be selfish and Let the world die because the whole world, it's not just one person just knowing and then they don't pass it on to anyone and nobody else knows.

He wants to help other people so they know he's doing this for our country. And I just really love that about him. You know, he is taking a big risk, but you know I really support him and his movement.

Sometimes it is good to take a risk. and make sure you're safe in that risk. But you know, RFK, if you are watching this podcast, your hard work is paying off.

It's really paying. Yes. Make America healthy again. All right. So we're going to have a little fun here. We're gonna play a quick game. I love games like.

Yeah, I'm going.

School food, family health changes, and the Maha movement

To name my biohacker. And you have to answer with only one word that comes to mind when I named the bio hacker. One only one word right so we'll start with you and then legend you'll say the word all right Gary Brekha Well, I know who Gary brekhas we actually interviewed him like twice already maybe three times I don't know but like he's even on the cover our magazine right here and And, you know, he is not a doctor, but he's also doing a little bit of a tiny movement called the ultimate human, where he wants to make your human body ultimate and bring out the ultimately health.

So what's one word that comes to mind that describes Gary Brekker? Well, one world, let me see. Mini health advocate. All right. What about you, legend?

Ultimate. Oh, I like that one. All. Right. Well, what about Dave Asprey? Dave, Aspery. Yes, he was actually in our documentary and he made up the word bio hack.

So, you know, i want to thank him for that word because it's kind of like catchy, like you're going to bio, but you can hack your body. Is that your one word?

Well. I well, yes, and I'll describe him by one words. Let me see. Hacking your biology guy. All right. They raspberry cool. Alright, I can see that. Yeah, the funny guy, Brian Johnson.

Brian Johnson, well, you know, I could describe him in one word. The way is biohacking, fasting. You know actually he has like three words for himself.

He fasts, he's bioacking. he is healthy and he always makes sure to like walk around and make sure the environment is safe. He wants to, he's very calm and polite and he just spreads his healthy energetic pulse everywhere and that's how the world feels his energy and goes and gets his supplements and starts doing all the

biohacking stuff.

You kind of feel that energy, you made me feel it. Yeah, when I was there, I felt it, like he loves bio-hackin'. Young. Young, alright. Ben Greenfield.

Ben Greenfield, yes, actually. I had a lot of fun watching him do push-ups with my brothers and a few other guys and, you know, maybe my brother can take over the word because he's done…

Six-pack. Six pack, okay. Yeah, because, he has done the push up challenge and he is, He's actually almost beat Ben Greenfield in the push-ups, and they did 103 together.

Well, actually, I never wanted to ask, because honestly, they were telling me to go on his back. I would have done like 20 more, but they we're all telling you, go one his backs, so technically they're forcing him to win, basically, yeah.

And then last one, RFK Junior. RFJr. major health advocate, helping the world, selfless, president of health. President of Health. Yes. Kind. I like it.

Awesome, you guys did very good on that. Oh, and one more for our, okay, environment awareness. Yep. Environment awareness, yes. Which is very important, right?

Yes, leader of help. Leader of. Thinking about the future, what are some of your goals that you guys want to accomplish before turning 18? Well, you know, that's actually 10 years ahead of me and what do I want to accomplish before there?

I wanna get as many real estate properties as I can and I to become a success to help more people by investing into charities, biohacking charities and also, I also feel bad because When I was about five, we had this idea of me and my brother doing like shut like when the adoption centers, the shelters.

Now we're thinking now we are in the biohacking space. We could put saunas in there. You can put cold pledges in their. and we could find really biohacking health advocate and health driven parents to adopt those children and you know I would accomplish that and I want to accomplish so many things I wanna help the world just like RFK but I'm not gonna risk it that much because if you don't want be healthy you dont need to but the main thing is you You kinda need to, but like, it's your choice if you wanna stay healthy or if don't.

And obviously it is probably gonna be stay-healthy. I like that. What I wanna do when I'm 18, honestly, my goal is to become rich and that I am gonna invest a lot of that money into like healthy biohacking.

like healthy biohacking, foster cares and all that. So they could bio-hack while they're in foster care. They could teach their parents if they don't know.

Yeah, we're gonna name it Love and Legend Foundation. That was our idea. All the way when I was five years old, that was the idea, but now it popped up in my head again.

I'm like, Okay, let's we're doing it now that means it's something important popping up in your head. Yeah I'm thinking of going donating everything making kids happy because you know I am very selfless I've I was born with a lot of empathy and you Know it actually crazy empathy like I have so much empathy that I would go I sacrifice something, give something.

I love my empathy. So I have empathy, I loved making kids happy that are not really in a good place by maybe giving them one healthy modality and one toy and giving then biohacking foods and everything.

Like I need to go to a charity shelter and make a whole buffet with chefs making healthy vegetables and fruits.

Future goals, charity ideas, and closing advice

Changing the world. I love it. So check this out. One of my favorite podcasts is called the diary of a CEO You guys probably have heard of it Oh, yes, I have my dad watches that podcast every day.

Yes, so Stephen brother. He came out with these Conversation cards. What I want you to do grab that you're gonna go ahead and open it up And then grab a random card from the middle of It and uh, you can have your brother grab one also Okay.

Your legend. Which way? Any card. And then you got to read the card out loud and then answer it. If you need help, just let your sister know. Yeah. What's this?

Like I can't really read it or read What is the abundance? The abundance here. Every record. Yeah. Like. Oh, I struggle. So what is. The. Unobvious thing that you struggle with.

I see an. Obvious. Thing that. You struggle Unobvious? Yeah. Well, I don't really struggle with stuff. So far, so good. All right. I like that. This is what mine says.

If you could be part of any brand or company, past or present, which would it be and why? Well you know, We have our own company. So so I live our company, I would be a part of it.

I will take over the business when my parents retire. And I can come takeover the. Business and be part. Of that business and become director in chief.

Oh, like that. There you go. Grow into the family business. Yes. Amazing. What are you back? So. Love and legend, as we start wrapping up here for the podcast, If there's any viewers or listeners out there that resonate with today's message as you guys being kids in the health and wellness space, understanding biohacking, what is one thing you can leave those viewers and listeners with?

Well, I can leave them with, just like I said earlier, there's always hope in everything. Hope. And hope, you gotta find hope. That's the word, hope H-O-P-E, Hope, and that's why I always find Hope in Everything, like we found hope In my lymph node, we have found Hope In My Brother's Diagnosis, And that why i'm gonna keep on repeating it because I just love the Word and I think the WordPress is the way to change the world.

I love it. Legend? What's the question again? Well, it's one thing you can leave the listeners and viewers with. What one things to always stay healthy and go biohack yourself.

All right. Go bio hack yourself, I like it, yes, all right, amazing. So if people want to find you guys, where can they find your guys at? You can find us on Biohack Yourself Media or at LoveLalaLolly.

And me and LegendLally. My parents, TerezaLali and AnthonyLaly, and that's our Instagram. You guys can us and study all about biohacking. Awesome. Love and legend, thank you for being on the Healthy Point of View podcast.

Yeah, it was a pleasure. It was real pleasure I loved it and I love like expressing everything your questions were deep and they were good and that's why you got everything out of us and i feel it you're on the health mission to that by your interviewing us as kids and grown-ups like everyone thank you so much thank Guys, you heard it from Love and Legend.

See, this proves my case here. A lot of the times, I'm not a doctor, but I am very active online talking about health and wellness. And sometimes I get a lot heat talking, oh you're not doctor you can't talk about Health and Wellness.

You don't have to be a Doctor. As a matter of fact, You dont even have an adult to take care of your health or understand how to care for your Health.

Kids should be able to do this. That's how simple taking care of your health should. Be guys, you heard what love said. You gotta have hope, right? It's not the end.

Don't give up. Make sure you have that hope. Go biohack yourself. Make sure that if this message resonates with you, share it with your friends, your family, make sure you subscribe, leave all the nice comments, do all that fun stuff and we'll see you for the next one.