Why Biohackers Are Talking About This Wine Brand | Kavita Channe | Ep. 152 Transcript

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Intro to Kavita Shaday and Sip Shanays

There's more sugar in one blueberry than there is in a bottle of cipchenne. And you would need to drink over 50 bottles of Cipchene to equal a teaspoon of sugar.

One of the things I hear from a lot of people that have had your wine is the hangover. There is really no hang over. People, especially moms, saying like, I went to school, pick up the next day and I was fine.

We do lab analysis, we do all the thing to make sure there's quality control. It's just so great to hear the feedback. Today we have Kavita Shaday. All right.

Kavita Shanay, a former sports broadcaster and founder of Sip Shanays, wellness forward wine brand created for people who want to enjoy wine, stay social and make smarter choices without going extreme.

I just started like messaging people on Twitter. Had a big Twitter following and Instagram and I would just message different people and ask them if I could interview them.

They said yes. So I compiled this reel, submitted it to a few people, and then Fox Sports Florida, they hired me. And then I also hosted a show called VIP TV.

Then I left and started a wine brands. Yeah, well, we got to get into that. So random, right? It is very random. Why would I leave a sports career and start a wine brand?

What are you going to tell us? I think, you know, in entertainment. What do you do to educate your kids on health and wellness? If, like, parents don't really know how to take care of their own health, it kind of just keeps on going throughout the family tree.

I don' even know. 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 guests. This was going to be a little bit different, right? We always hear people talking about, ah, don't drink alcohol. Don't do this. There is a way, Right?

And, you know, I want to tell about that because That social component is critical, right? We talk about community. And if having a couple of drinks brings you into community, then why not do it?

But we're gonna teach you how to do in the right way. So today we have the founder of Sip Share. It's a very, well, I'll let her talk it. Today we Kavita Share, all right.

Thank you. That was quite the introduction. Oh, you know, that's how we do it here on a healthy point of view. You know? I think that next season, we're going to have like confetti and stuff come out of the ceiling.

Yeah, and bottles of cipchane. I'm a little sold out right now. There we go. Thank you for having me. This is a beautiful studio. Thank You. Great team behind it.

A hundred percent. Love it and, you know, I want to talk about how we met, before we get into anything. And I wanna give kudos to Rachel. You know she.

With brain code. Yeah. Of great neurofeedback, brain mapping. She, um, You guys put together this whole

biohacking dinner at your house and I was like the only dude there.

I know, you made it to the girls biohack dinner. Right. But it was cool, it's cool. people from all different parts of the biohacking industry talking about different topics.

And it was an amazing dinner. Thank you. You and I were able to connect. Yeah. That's when I first got exposed to your wife. We forced you to have a sip.

A sip tonight. I mean, you don't get those abs from, exactly. Take care of yourself. But you know, I met you and and i was like, man, This is pretty cool because no one's really even talking about a healthier option when drinking wine or drinking any kind of alcohol.

The most you hear people talk is like, well, which type of a alcohol should I drink? So I was like Ben, you really got to come on the podcast. You got talk about this.

But there's a big push for tequila, right? Big push because of the GAVE. Yeah. And then, you know, people do the whole stuff like don't put all the different mixtures in the drinks, bring one of those little squeeze crystal light things.

I don' know. All the stuff that people are talking about. But then during that biohacking dinner, I got to really know you and a lot of things that you're doing for your health and wellness, which I want to get into.

Thank you. Thanks for noticing. Well, and it's not just dinner. You know obviously I started following you on social media. And, like, every day you got the trainer at your house.

Like, you're nonstop. I'm doing all kinds of crazy things. Yeah, yeah, man. And I won't forget the story about you telling me about, this smoothie you started making and the amount of things that you were cooking.

The Biohack smoothie, yes. So… I call it my billion dollar BioHack Smoothie. Usually people know about the billion probiotics that go into something, but here's just a billion dollar probiotic.

You know, it just stemmed from me being lazy and not wanting to time things out throughout the day, which is definitely the better way to take things.

And I just kind of put like 20. I got everything in liquid or pill form, and if it was pills, I would like open them and put them in there. Just wanted to be one and done.

Yeah, yeah, Yeah. Any and you know I did throw a bunch of the supplements I was taking into chat and ask, like, for example, Dr.

From Broadcasting to Building a Wine Brand

Pompa and a few other people, you know, can I mix these things together? And you can, some of them, but some you cant. So I did. And it actually made my labs a lot better.

It did? Yeah, shockingly. I'm just curious, what does that taste like? It doesn't taste like anything great, but it doesn' taste gross. And I literally, it's only like, I would say six or seven ounces, because I purposely don't put a lot of water in it, cause I don' even like smoothies and drinks anyway, unless it' water with lemon, and I just throw a big fat steel straw in there and just chug it down.

It's also, you gotta treat it kind of like medicine. You know, not all medicine is good for you, Totally. And you've got to brush your teeth after because I don't know if you know this.

Do you take protein shakes? I do. It actually builds up like calcification on my teeth. I had a boyfriend that was like, you know, big like you, like worked out all the time and all of that.

And I used to wonder why sometimes he had bad breath and it wasn't that he has bad breathe, it was the protein. Wow. So anytime you have these drinks, You got to brush your teeth after.

Even like the Dose Daily, which is an amazing product. it's so concentrated. and its like bright yellow and can stain your teeth. When you're doing stuff like that, Yeah, you know, my cleanings when I go to the dentist, before I was like, I think it was once every six months.

And when i really started implementing a lot of like protein shakes, i go every single quarter. It's such an unspoken thing. I'm so glad that you even know about this.

So I assume you dumped that boyfriend because he had bad breath. We're friends, but yeah, we're not together anymore. Not because of his breath, But I have this weird thing about like breath with like Well, I don't care if you have bad breath, that's fine.

I just, like I'm a germaphobe and I can't kiss anyone with bad breathe. It's not even the breath that indicates to me that you might have like an infection in your mouth or like something is going on and then I do not want your infection and bacteria.

Yeah, I get it because like for me just in general like I'm uh, i'm very like strict when it comes to like my hygiene Oh my god, same like if if I have someone that's like hanging out with me who just has like really bad body order Yeah i've just like dude.

You gotta do something I know. And if I have bad body odor, like I sometimes after hot yoga, I'll go to get an adjustment at the Cairo and I will tell them, Hey, am a little stinky.

Cause I just came from hot Yoga. You know, or like if, if i'm drinking bone broth, instead of protein powder, now I do bone brought every morning. And I, and it doesn't have as much protein, but it has 20 grams.

And, But it gives this like weird smell and some people don't like the smell. So I always, when I talk to someone, well, I brush my teeth right after.

But if I don, you know, When you talk To someone close, i'm always like trying to like suck in my breath because I Don't want them to smell it. It's very, like I go get a haircut twice a week.

Yeah. Wow. Guys are so high maintenance with the hair. I love my hair I've been like this since high school. But my son, I have to cut his hair literally every three weeks.

When I get a haircut, literally, every quarter. Four times a year maybe. It's too much for me. You better high maintenance with that hair. But every single time I go to the barbershop, I actually, just because I know I'm going to be that in his space, I make sure that I shower before I go to the barber shop.

I brush my teeth. Because I don't want to that guy where it's just like, they have to deal with it. They've got plenty of those guys there. There's always some guy with a musty smell.

So, Kavita. So I want the viewers and listeners to get to know who you are before we start talking about the wine and everything, what you do with your health and wellness.

I wanna go way back from when you were like five years old. Oh, wow. But I wanted to hear your story of how you became who are today and what got you into this whole healthy wine.

You've had a journey, right? And your journey At our age, we've all had a journey. Right. You were in like broadcasting and you know, you have two young kids, right?

Yeah. Yeah, two kids. Now seven and eight. Wow. They're growing on you. I know I need another baby. Another baby? I don't know. But I needed a man for that.

We'll find you one. Maybe he'll be watching this podcast. There's a lot of them out there watching, but I can't recommend all of those. This can turn into you setting me up.

Guys, let's find somebody, please. Let's fight this. So all right, so let's go back from when you were like five years old. So five. Years old, I was born in London, England.

OK. And at five, years, old ironically, you said five I moved to the United States and my family when I. Was five and I had a British accent for a good chunk of my childhood.

That was kind of jarring for people. I lived in Coral Springs and people kind thought, who is this brown girl with a British accent? Very weird. Not very common.

Went to University of Florida. You know that's a big sports school. Go Gators. And fell in love with sports. Well, I did a lot of interesting jobs before broadcasting, by the way.

So I didn't really go into broadcasting until my late 20s. I had like a luxury concierge company. I was like, a promo model for Fanta. Remember the drink?

Oh yeah, yeah. The sugary drink. Probably toxic. Um, I. Was one of the Fanda girls. And I, was a, uh, you know, spokesmodel for a bunch of different companies.

Did that forever. It was on a reality show in my early twenties moved to LA. worked for Floyd Mayweather's management company, came back to Florida. I met a guy and we like got serious.

So I came to back Florida, never recommend doing that. Don't ever move for anyone unless you're getting married. But so when I started broadcasting, I was doing red carpets and I doing like shows on TLC.

And they were like home improvement shows and just whatever jobs I could get. And then one night I was working at Caroon Y in Miami. I remember it was LeBron James birthday.

Um, and I had been interviewing all these celebrities. Like at the time it like Sophia Vergara, Paris Hilton, uh, the guy, Joe Francis from Girls Gone Wild.

It was Tila Tequila, you know, all like the people that were famous then. who many are still famous now. And then when I interviewed LeBron James, I look at the YouTube count, because I'd post them on YouTube, and I'm thinking, wow, got three times the views of Lebron James than I did of any of these celebrities.

Wow. Here I am competing against all of the women who are stunning and they all look like at that time that show, remember the girl next door, the girls next to the Playboy Girlfriend Show with Hugh Hefner?

Yeah. That was what all the casting directors wanted. They wanted these blonde next door bombshell looking girls and I wasn't that. So I thought, let me just stop swimming upstream and let my try and go into sports.

And I remember I consulted with a friend that worked for ESPN and he said, look, you don't have any sports background. You're sending me a reel, a highlight reel of you that's all entertainment.

I need sports So I'm like, how am I gonna get sports? How am gonna to get my first job in sports that I need a sports reel for if I don't have that first shop?

So then I started a YouTube channel called First Down and Dirty. I know it sounds crazy, but that was meant to make people go, what is this? But it wasn't, it was just getting down and dirty with people in sport to like the background, like what you're doing today.

And I just started messaging people on Twitter. I had a big Twitter following and Instagram, and I would just message different people and ask them if I could interview them.

And they said yes. So I compiled this reel and submitted it to a few people. Then Fox Sports got wind of it. Fox sports Florida. They hired me to cover high school football.

Oh, nice. Yeah. And then that went into the Jacksonville Jaguars hiring me for NFL. And and then I also hosted a show called VIP TV where I then turned my entertainment episodes into sports episodes.

I did that for a big chunk of my broadcasting career. Yeah. And then through the Jacksonville Jaguars job, I met a producer that hosted the chat, which is like the view, but it's in Jackson.

It's everyday live on ABC and NBC and Casey DeSantis was like, the main host. She was, like moderator and I was on that show. So I did that for a while and it was all really fun.

Wow. Then I left and started a wine brand. Yeah, well, we got to get into so random. Right. Why would I leave a sports career and start a Wine Brand? Like, why would i do that?

Well, you're going to tell us, tell I think, in entertainment, it's like so great. And I loved it. I had a great time and it was great for that time. But at that I was also like, where am I going?

Where do I want to be? And when I looked at the top people who you would say are the people in my field, I looked at their life and it looked amazing for them.

But I thought like I for me, I want more freedom. Like I knew I wanted to travel. I know I. Wanted to meet so many different people. And I didn't always want to be in hair and makeup or, you know, working the games in the evenings.

That was just my preference. Some people love it. I just wanted to kind of like do what I want, when I, want how I. Want all the things. Yeah. You know?

And so I left and I started a wine business and the wine is from Saint Tropez or from right outside of Saint-Tropez. And because I have, which I didn't tell you about this whole like kind.

Of longevity. My dad's an OG biohacker. So I had that background. He had like a vitamin supplement. Yes. Oh, you remember? That's amazing. With your sister.

Yeah, I remember. So growing up, my parents, like my dad was very successful. He came here as a robotics engineer. And then my little sister got diagnosed with vitiligo and they kept trying to figure out how to cure it and what to do and, what it was.

Nobody could figure it out, no doctors.

Family Roots in Wellness and Biohacking

My dad just kind of started listening to AM stations and listening all these like health stations on the AM channels on radio. and he got super into it.

He has lots of brothers and sisters in London and they're all like doctors and was the only one that wasn't. And so he just got really into and then he left robotics engineering and started this company called GK Products and would find all the best supplements around the world and distribute them to customers for whatever reasons.

I just remember him being on the phone like hours on end with customers just always telling him their problems and I've got this ailment and that element and my dad would have to sit there and i'm like dad come to dinner you know but it was really cool because I never like every anytime we ever got sick or even if when I had cramps when i was like a teenager you, know and beyond you.

He was giving me like natural things Yeah, it's something for it. So it was like ingrained in me. My dad was, you

know, popping flax seeds like candy, in the 90s and taking absorbate, which was a digestive enzyme.

And he was drinking Greens Plus and all these cool things that I learned. That's pretty cool. And like even with my older sister, she was she had some symptoms.

We took her to the doctor. They said she has early signs of this crazy disease. And then my dad was like, there was no way that my daughter has that. So we took.

Her to get bio meridian testing through this lady named Debbie. and she we found out that she just had mercury poisoning. She just was eating. she. Was eating tuna fish sandwiches every single day.

Right. At the minute she stopped, it all went away. Yeah. Like they thought she head MS. That's crazy. So I've always been into this and it's always kind of like politics where now at that time you couldn't really talk about it because people thought it was very woo woo.

So, I kind just had to live with it and my immediate family obviously knew about and they'd always call my dad or ask me what to do, what take. But it wasn't something that I got to speak like we are today.

And to be here in 2026 and everybody be so excited about that and caring about more than anything else is really cool. You've been seeing it for years.

Yeah. So, and you said your Indian descent, right? Uh-huh. Is that kind of that's normal, like a lot of natural remedies and medicine in this? Yeah, you know, there's a of different things.

I mean, even like when I had both my kids, my mom made me these like it's an Indian recipe of these, likes like snacks. OK. Oh, My God. And I produce so much milk that when i stopped breastfeeding, I still had milk frozen for another four months for my child.

Wow. Like, and then every time my friends would get pregnant and they start breastfeeding, they would ask my mom to make it. And I'm like, my moms like older.

I was like she takes a long time. Like she can't, she did it for a few people, but I asked her, do you want to turn this into a business? She's like no.

You can sell that breast milk too. Oh, I know. They're tasty. It was this delicious, like I don't even know what it tastes like. Tastes like candy. The thing with the breast.

No, no, not the breast milk. Weird story. One of my friends, boyfriends was like, can I have, he wanted like some of our breast milks to put in his coffee.

There's some people that buy it on the black market. Really? Yeah. I hear bodybuilders do that. Yeah, body builders. It has like all kinds of nutrients in it.

Maybe they're onto something. And I did when I got, um, during my breastfeeding time, I didn't get Botox at some point during that, and I did not breastfeed while I got Botox, even though they said, don't worry, it's not gonna go to the baby, but I was just being overly cautious, so I took like a week where I just pumped and like saved it.

So then I take all that milk, this is gonna sound so weird. I talk all the milk and then bathed in it, because I think it was probably good for my skin.

And I didn't want to get rid of it! I tried to donate it to research and they were gonna take it and never got back to me. But I wanted them to reasearch it just to see if they…

I put it all in the bathtub. For some reason, I thought you were going to tell me about that bodybuilder guy or something. I wasn't going give him Botox milk.

You know what I mean? And then one time I had an MRI and I, and had like my milk labeled MRI. Like I just use it and put it on my skin or whatever. Did you see a difference?

You don't waste your breast milk! So, take a bath in it. Wow. I know, wow. From breast milk to wine. Yeah, I'm thinking about breast-milk bubbles. Oh, man.

Okay, so we were talking about your father's business and how that's been part of your whole… It is. You growing up. It's so… So the broadcasting, you decided to kind of just Oh my gosh, do you know what another funny story that happened when I was with the Jacksonville Jaguars?

I don't think I've ever told this story publicly. Does it include breast milk? No. Okay, cool. I. Was so excited to be hired to work with a team I sent I were and I Was eating these these greens bars called Greens Plus.

Do you remember that company Greens plus? They're still around. Really? Yeah, like my dad helped launch them when they first started like a zillion years ago.

Now they have different owners. They probably don' remember who my Dad is. It's fine. But I grew up drinking their green juice. OK. And they had these amazing bars that I was obsessed with.

So I sent like I had them, they were excited about it. They sent, like a whole like supply of these bars to the team and the players. I. Had it as a surprise, I didn't even tell them I And then coach and the staff and executives were like, Kavita, there's something in it that they would have gotten in trouble when they do their testing.

Not drugs or anything, but there was something that's not allowed in the NFL. And I was like oh shit, no one ate it right. So I have to find out what it was in and I'll get back to you.

But I started off that way and was so embarrassed. I tried to do something kind and then I'm like shit. Did their performance go up though? No, they didn't eat that.

They wouldn't allow them. So they like basically Greens Plus gave the bars and I don't know what they did with them, They probably gave them away, but the players were not allowed to eat them There was some ingredient in there that's on like the you cannot take list in the NFL.

You're not allow. So what led you to leave broadcasting? Yeah. Again, like I just looked at the person that was at The Top and I'm just like, you know what?

I don't want to do this anymore. It served its purpose for then. But I wanted something. You know, I was in my mid thirties. I didn't have a kid. what can I do that's kind of what do I love?

And I loved traveling. I Love health and wellness. Love wine. Was never a liquor drinker. Never really, you know, I had my share of like beers here and there growing up when I tried alcohol or like vodka sodas.

But I never I didn't like it. To me, it was very classy to drink wine and I loves like the glass and love like a ritual like tasting different wines and seeing what they how they try, pair with different foods.

And so I just liked it felt It just felt like traditional. It was an experience. You're just getting hammered and trying to numb yourself. There's a whole experience and my parents were into wine so obviously I would watch them and I was like, wow, this is so interesting.

And it was learning that there's sommeliers and they actually have this profession that's really hard. to get and then you go to the top and there's master songs and that's almost virtually impossible to become one.

It's so hard. So I wanted to start this wine because I went to France on a trip, like right after I did worked like three years back to back in every sport.

And I spent almost like a month and a half in Europe and every hotel I want in, every resort, they would offer me a glass of Rose and I wasn't a Rose drinker.

So I'm like, OK, they're offering it to me. I didn't order it. They just like here on me, whatever. And then I would see all these men, everyone drinking the rosé.

Oh, because in the United States, I thought they were just trying to market us this like pink wine for women. It's just not falling for the gimmick. Then I come back to United States, I go to my favorite restaurants, and I order a rosé and there was only maybe three options.

I didn't taste good. Oh, no. And I did feel good the next day. Why is that? I don't know. Maybe sometimes, but I won't blame them, they probably give Americans their crappy grapes.

They're like, oh, take these. Take these leftovers. But I was like this is not cool. How do I find that amazing taste? So there was this conference called Pink and it was only open to people in the rosé producing industry.

It's not like for people that want to drink rosés. So I had to go on a media pass because, you know, I have a medium background. I said, well, cover this on my social media.

This was in 2018. And so they approved me and I went and tasted over three days, like hundreds and hundreds of wines. taste and spit, obviously. And then I found my top three that I wanted to partner with, and I've been with the first one ever since.

Yeah, we've won awards and we want awards like in France. The ones in America are pay to play, I don't do that. I'm not doing that, our wine is so great, a fake point system that I have to pay for to prove it.

Our customers drink it and they love it, and I am one of my customers. I love, it I wouldn't put my name on or consume anything in my body that i didn't think was okay for me.

So our wine is fantastic. We have a rosé and a white, cipcheny rosée, Cipchene Blanc. we're working on a red. Oh, red ones. Yes. Seventy four calories of glass, low carb.

And it's literally virtually non-detectable with sugar. So there's more sugar in one blueberry than there is in a bottle of ception. Say that again. There's.

Creating a Low-Sugar, Low-Hangover Wine

More sugar, in. One blueberry. Than in, a. Bottle of. Ceptia. Yeah. Okay. OK. You would need to drink over 50 bottles of Cepsha to equal a teaspoon of sugar which is four grams.

Which I don't think anyone's going to. No. Now, not every winemaker likes, you know, the dry profile. I love the Dry French profile because I don't like sugar taste in my wine.

And I like it. Some people like. But if you like a dry, profile, crisp, clean, almost like water, delicious. You can have with anything. That's our wine. So when you went to that conference, that pink conference was that like the actual start of you actually going into business?

Oh my God, yes. And I had no idea what I was doing. Wow. Sometimes I still don't have an idea of what i'm doing, but it's like, it''s like hard knocks you learn every day.

You know what? I mean? So how long has it been since? Eight years. It's been eight years, 2018 to 2026. What is that? 8 years? Yeah. Eight Years. Um, It"'s so strange.

Just like when I first started out going on tastings and trying to taste restaurants on wine and me not having a background in the business and then me also being pregnant at the same time, As you said, your kids are how

old?

Seven and eight. So throughout the whole… I didn't know I was going to have them, but the wine was so good that it produced children. Oh, man. You're having too much of your own product.

I mean, you know, it was literally right after I came home from Pank I got pregnant. Wow. Yeah. And then we had another one. So my kids, you know, they were like three and four overhearing me like on like the phone or on podcasts or doing like TV segments.

They'd be like, Sip Shanae, not knowing what it is. Or my daughter, she would take a cup and she'd put grapes in it. She'd go, I'm drinking wine. I was like you're so smart.

Wine is grapes. You're That's awesome. So the wine, there's a lot of health, healthy components to it that make it a healthier option for people. What are some of those?

We never label like wine or like you just can't label wine alcohol healthy, right? Right. Just like, you wouldn't labor sugar healthy or you would label carbs healthy.

Or you know, I mean, like or it's more of like a better option. It's about our option because it is no sugar pretty much and low sulfites. And the way that we ferment our yeast basically eats all the sugar in a two-week process.

And again, some winemakers will stop that process early, and that's why it's sugary. In ours, we let it continue until all that sugar is pretty much gone.

Then it turns into alcohol. I think that when you make smart choices with what you're drinking, whether it is tequila, wine, your food at grocery stores, whatever, you just have to make some smart choice.

I eat chocolate sometimes I have a brand that I like, you know, I ate organic vegetables and not even all organic. Vegetables are good for you nowadays, right?

You don't know if they have whatever they. Have on them. So you just have to like live your life and. Be so crazy about it. Yeah, yeah. I agree with that.

Well, when people talk about drinking wine or any kind of alcohol, you know, one of the big things is all the different mixtures and all of different sugar and stuff.

So, going this route where you don't have all that. One of the big things with people that- And you tried it. I've tried. So you can tell her what you thought of it taste.

It was good, it was really good. Can you describe maybe the taste, do you remember? I'd have to try it again to really get into that profile. Okay. Of it, but I remember it were smooth.

Yeah. To me, the one that I had was- Do you have the blanc? It's like kind of goldish in color. Or the rosé. Almost like a yellowish- Oh, you had the blanque.

Oh the blank is my fave. Refreshing. Very refreshing. And I typically don't drink, you know, I tell people if anything I have like five days out of the year I'll have something.

I wouldn't drink if I didn't have my wine. No, no. So one of the things I hear from a lot of people that have had your wine is the hangover. There's there's really no hang over.

I can't state that, but so fun that their social media and how many DMS I get of. People, especially moms, saying like I went to school, pick up the next day and I was fine or I'm at the gym or Pilates or went a hot yoga the It just makes me so happy.

We do lab analysis, we do all the things to make sure there's quality control, and we're not getting forgazied, which we are not. And it's just so great to hear the feedback.

I love that. Because nobody wants to feel like crap. You know what I mean? I like carbs. But when summer comes around, I tend to eat less. And I feel lighter on my feet.

And even though like I don't get that pizza or that like delicious piece of bread at dinner, I fell lighter in my feed and I felt better. Then when I go back to like popping in the carbs, start feeling kind of like more sluggish and whatever.

So it's kind like, have to say to myself, well, how can I eat so that I feel the best I can? You know what I mean? We know it's good for us and all that.

It might be fun. If you're going out at night, your main goal, because you wanna get sloshed or something, sure, take a shot of tequila. But if you just want a nice, fun buzz and you want, you know, a healthy choice or a healthier choice, maybe you are going for something else.

Like Sip Shanae. Yeah. And why makes people like in a happier mood? You know, there's nothing worse than saying a man like sloshed, by the way. Yeah, it's because they're big.

It's not cute. No. I can only imagine. Like I hate when I see like a guy drunk. That's like, I think it so nice that when people drink wine, not all wines, red wine drinkers can get a little rowdy.

But And then they've got like that red film in the mouth. No. Oh, God. I don't know. Like if you're a red wine drinker, I drink it to you. I stick to one glass.

You have to like go to the bathroom, get a tissue, wipe the inside of your mouth, I'm sorry. It's just no. Because then you are just giving it away, which you've been doing all day.

But I think that it's good to, like, you know, You should come up with like the little the chaine wipes. Mouth wipes, yeah. That's a good idea, Sam. Look at you, a little red off of that marketing brain doesn't stop.

Have you ever been a drinker? You know, in my 20s, I would drink. What would you drink? What did I not drink, you know? Early 20's, we would start off with four locos.

Is that a beer? That was like the gas station drink you'd drink pregame with that. And then you would dream like, the college drinks, either like rum and coke, Red Bull and vodka.

Yeah. Can you believe we had Redbull vodka? Like, how did we not have heart attacks? Oh, right. And then when I felt like I was actually becoming an adult.

Yeah. Then I started drinking things like old fashioned. Yes. That was another one. You want to be a man and get that big ice cube. Retired firefighter.

So I worked in the fire department for 12 years. I sort of having like the manly drinks. Scotch on the rocks and. So yeah, I've I, you know, i'm Dominican, so Dominicans love to drink except for you.

Except for me. Really, the drinking thing was more of like when I really started getting more into the health and wellness and understanding what alcohol really does to your body.

That's why I started kind of moving away from it. Right. Yeah, yeah. I can understand that. So. I'm not like against it. You know, I think people having a few drinks puts them in a nice social environment, which I feel being social and creating community is extremely important.

And if a couple of drinks is what allows you to have that social requirement, do it because we need that just for internal, you know mental health or emotional health.

It's it's powerful. A lot of the kids now are doing other things. Oh, yeah, they're doing all kinds of they do all kind of things mushrooms, mushrooms and gummies.

I was actually talking to a pediatric ER nurse the other day, and he said so many kids come in with either trampoline injuries or eating gummys on accident.

Really? And I said, oh, my gosh, like, do they die from the gut? No, he says they never die. But he's just he annoyed. He said they're just like freaking out because they don't know why they feel like that.

And there's like like slumped over. So, you know, I tell my kids I always tell. My kids and I'm just real with them. Please don't ever, ever eat a gummy or a candy ever unless mommy gives it to you.

Even if you get it from school, take it home, let me look at it. Because sometimes adults have gummies that have things in them that can kill children.

So don' ever. No, I scare them. I use scare tactics. Yeah. It works. You have to brush your teeth or you're gonna have a drill in your tooth and it's gonna bleed.

Cavities. In all reality, that's true also. We started looking at a lot of brands in the world of spirits, right? The liquor brands. One of my mentors, Ed Brown, former CEO of Petron Tequila, his story was pretty unique.

He was actually the marketing director of Patron tequila before he became the CEO, he worked his way up to CEO. And I remember the story of Patron Tequila.

It became so famous. So famous because of how he marketed it, which was through the race cars. You know, that was his big thing. Like Red Bull with like the sports and the wings.

But Red bull got sued for it gives you wings because somebody sued and said, I thought it would give me wings and it didn't. I'm like, come on, you're just, what is it called, ambulance chasing?

People that sue McDonald's because their coffee didn't say it was hot. No. Do you ever see yourself actually participating in sponsoring some kind of sport?

Sure. If I have your investment, let's go. Yeah. Listen, you got the sport connections. I, at this stage, it's just been me. Uh, I don't have any outside investors, but yeah, we're working on like so many different things like the wine club and so forth.

A lot of these brands that did that, they, came, probably came in the game with such a huge investment. I did it like the opposite way. I kind of just did in my way and- You bootstrapped it the whole- I didn't.

It wouldn't have been fun for me. Of course, I love earning money and I loved creating things and what money can do for you in terms of freedom and all that, travel, all of that.

I don't do things for money. I do thing for quality of my life that I enjoy. And it felt like in the beginning stages that then I would not have that freedom to kind of drive the brand and then i would have to just have somebody like thumb over me essentially.

But there's so many different ways that you can get funded these days. We're working on different strategies for 2026 because it is a thing. Like right now I'm sold out of my block.

You know what I mean? So we are gaining a lot more popularity. And like I told you, I'll be there for two months this summer because we sell a lots of wine there.

They have Aspen Food and Wine, which we're activating at. It's our third year. We are in the Hamptons and we started a wine club. So there's a lot of different moving parts.

Where do people buy it? They can buy during like joining the wine club. OK. And then local retailers. Obviously, they can go on our website. Prima Liquors.

It's in so many amazing restaurants, like especially here in Fort Lauderdale. You've got Daniel's. Yeah. Daniel Steakhouse Lobster Bar. Yolo. I love Daniels.

They have it in Miami as well. There's so. Many places. That's awesome. We've gone to Palm Beach. Yeah. So and I just brought on an amazing girl. Her name is Jessica.

She's she's basically heading up her operations, which is definitely helping me be a better mom and be better founder. Yeah, every founder needs to work on the business, not in the correct.

Thank you. That's thank you much needed. Much. And I'm at the stage where I can and met the maturity level and stage, where can say you take the reins.

I trust you, wow. and come to me with things that are really big decisions, you know? So we've been working together. But, I do everything. I mean, just yesterday I was at the warehouse counting inventory.

And I didn't have a guy helping me. It was just Jessica and I, and Jessica's like five foot and she's tinier than me, And she is also a mom. We were moving around these huge cases of wine with like the forklift thing.

we were doing all crazy things. So it's not always glamorous if it looks that way on Instagram. Now, are you drinking wine? No, but we should have. It would have made it more fun.

You don't break the bottles. Oh, we didn't bring a bottle sober. We did break a bottom. Yeah, We're getting all of our supplies ready for Aspen and she stepped back and there was a Magnum behind her and that thing just went all over the floor.

And I'm like, not on my kids scooters. No. So, yeah. You know, when I look at a lot of these other spirit brands out there, a lotta them have like celebrities that will partake and become part of the brand.

Do you ever see like a big celebrity? Let me ask you this, how about this? What big celebrities, let's say like hip hop star or country music star, I'm not sure what kind of music you're into, but what would be like the musician that you'd be, like, man, if this person could just come on board and be my partner to help me drive the band, who would it be?

I don't know if I'd want this person to come on board or be my partner, but I think Oprah, with all of her like focus on her being healthy and slim and trim, I thinks she needs some of my wine.

I wouldn't want her to become my partners. She has too many things going on. But you know, in terms of partner. You know I was just at the Cannes Film Festival and I met Brooks Nader.

Do you who Brooks nader is? The Nater sisters. lovely girl and she's got three sisters there's four of them they have a reality show they're called the Nader sisters and they are all so unique and different and I met Brooks in the Hamptons a few years ago I was with my friend Steph Sabag who owns a tequila brand Casa del Sol and I bumped into her at the Cannes Film Festival.

We both just came from events from the red carpet and she she's just like the cutest thing. And she so into, you know, health and wellness and, being kind of like, she is very healthy about what she eats and what you puts in her body, whatever.

Somebody that's like that, that is also fun. and light and it doesn't take themselves so seriously and enjoys life but still works out, still makes sure that they put, you know, the things in their body to look the way that, they want to, look and all the, things like, I like that.

I, like people that care and I liked people, that can do all the things, you know? I mean, it's not that I don't, I like you, okay? You're a little extreme, and I love it.

And I'm looking at this photo of you and get it, like I will never have an eight pack. I get, because I am not disciplined. But you I liked balance. Yeah, that balance is important.

It truly is. Don't get me wrong. Like I go to mom's house, she cooks Dominican food.

Daily Health Routine, Fitness, and Data Tracking

What's your last meal? the last meal I had today? Nope. What's like the Last Meal? If you were ever to have a Last meal, what would it be? Oh, Last meal.

McDonald's, what would you get from there? I have, people don't know this about me. I'll have McDonalds two to three times a year. Stop it. That's not gonna kill you.

No, listen, I'm pretty healthy overall and I tell people. What's your order? You gotta have the chicken nuggets, 10 piece chicken, sweet and sour sauce, extra large fry if they still do the super size thing.

And then sometimes I like going the double quarter pounder. Do you hear this McDonald? You got a new biohacker ambassador. I'm telling you, I tell everybody, some of these people, they'll just like, for example, you know, Gary Brekker, your house, not too long ago.

Correct. And he did April Fool's joke where he took them. He had McDonald's and then he dumped it in the garbage. Yeah, this is that your one time a year like you can eat it.

It's fine. You're going to live. Some people are a little bit too extreme for me. I'll have my McDonald's once a year. Now, throughout the rest of the year, I make healthy choices.

I take my supplements, detox, work out. See, that I love that. Like yesterday I just tried my sister brought these like white packaged Doritos. They don't have the red dye in them.

Right. It took a bite. There were delicious. And then I looked on the back and I was like, oh, vegetable oil. No, thanks. Yeah. But I mean, i love a good meal of Chick-fil-A.

i used to eat it like probably once week when I pregnant. I didn't realize there was all those chemicals in it. but I still like the taste and I will probably, I usually make it at home like just from scratch because I want that flavor.

But I would eat it like once a year. Taco Bell was my jam when I was a kid. I used to wait in that line. There'd be like 10 cars in front of me and needed that Mexican pizza.

Yeah, like two or three o'clock in the morning. That's all that was. Exactly. Oh my God, with all my friends. And I'd get that Mexican pizza and that Nacho Supreme and it was amazing.

But you know, you go out of your way, and I wanna talk about how you take care of you health, because you do certain things, like I saw you at a facility doing, did you the EBL too, or you were with somebody doing the- I'm going to, but I went there while somebody was doing it, yeah, my yoga teacher.

You're big into checking out your data, your blood work, Texas scan, all of that stuff. I love data. And what I do is I put all my blood tests, cause I have them, into chat, I've put them in for the last three years.

and I created a folder in chat to BT, actually I just switched to Claude, and it's my medical folder, I love getting analysis. What does it do for me?

Nothing, but I like it. I'm like a data nerd. And I loved putting in what I did with my last blood test. my supplements

too, and it can analyze why certain things are they are.

Maybe you stop taking the supplement, maybe this one, you know what I'm saying? So it's really fun. This is the importance part. Like when I talk about eating McDonald's two, three times a year or whatever, even if it is one.

If you're checking yourself out and you doing your blood work and, and your making sure you okay, you'll be fine. Correct. You know, there's people that lived past like a hundred years old that drank wine every day and that ate whatever and didn't worry about it.

Right. Yes. Are they probably using olive oil and unprocessed food? We do have that huge problem in this country, just like we have it with the wine in his country.

America just wants everything fast and sucks. Yeah. But we all also love to live here. So that's one of the drawbacks. Like, do I fantasize about living somewhere that, you know, had clean food and clean everything?

I do. Yeah. But then I wouldn't be able to be here today. I was just in the Bahamas and I I don't know. It just felt like the food was so fresh and it just fell lighter.

And I come back here and bloated again. Like there's something in here that I'm bloating all the time in there. The minute I put even healthy food in my mouth, I bloat it here.

If I go to Europe, You spent a month in Europe, I'm as skinny as can be. Wow, wow. I don't get it. So many people say that. They talk about usually the bread.

Everything. You know? So what is your health and wellness routine look like? Yeah, okay. Right when I wake up I do my D3K2 and glutathione, or oral liquid.

And then I take my probiotic and then. I have like a bone broth. And I put it in like, you know, I just heat it up a little, put in one of those like hot coffee cups.

What kind of bone broth do you do? I think it's called fire something. Fire. How I don't remember the name. It's what kind. Of animal. It's chicken bone broth organic.

I don't remember the name, but it has 20 grams of protein in it. So and I love it and my kids drink it sometimes. If we're on the go for breakfast, they will have it, so I'll give them half.

They'll have 10 and 10. so i have that it's so good like to just calm your gut and i'll be like sipping on that while i'm working out i work out of my house i go warm warm like yeah i will definitely heat it up it like steaming like tea that's actually i might start doing it No, you could just add it into what you're already doing.

And then you got 20 more grams. You know what I mean? And it's just so much. It's so. Much more like gentle on your gut than protein powder. Right. I'm less bloated, which you wouldn't think because it hides those other nutrients, the minerals.

So it is so good. and it.s good for your skin, all the things. so I do that. i sip on it while I.m working out and I'll do my workouts.. So I was working with a trainer, but I hated going to the gym and i hated like the whole thing of deciding what to wear.

Then I got to look cute because there's like 20 year old hotties. next to me and I'm just like, oh, this is getting annoying. You know, always doing that like comparison thing.

I hate that. So I like let me just work out of my home gym. And I do that and i'll do like two days a week. iIll do heavy glutes like that we were joking.

Yeah, I'll be doing a lot of hip thrusts, you know. 200 pound hip through us and all that I built my butt like with like

no injections, no fake stuff, like not knocking anyone that does that, but I build it from 35 inches to 38 and a half inches, literally in like eight weeks.

But in the work. Putting in the work I was doing three days a week and then what I did was I don't want to do this three Days a, week i want, to, do it two, days, a Week and so i just up those numbers so now instead of doing like you know Three or four sets of 12 i'm doing two sets a 20, okay, and it's been working it has been maintaining and Then i'll do Pilates i have a reformer i will do pilates or i go to pilate's class, yeah You have the trainer that comes to the house, no i Just do i do like the ab part of pilaties and i, just do what i know from going to The class right Again, I don't really want to park and wear the outfit and do all the things.

I just want. To like be in my like whatever gym outfit, barefoot or my yoga socks and get it done. Yeah. You know what I mean? So I'll do that. Pilates I think is so good for abs.

And then I. ll do one day of just like cardio. l do pick a ball, like something fun with my kids. Oh, nice. So the cardio I'd never run. It's always like on maybe an eight or ten incline on three miles per hour, which is nothing.

But you do burn because you wear like a vest. Right. And you do burn and you put up like a weighted down vest. Oh my sister got me and then every day I do that vibrating plate for 10 minutes after I work that too.

I like that every It's good for lymphatic drainage all this but you know what? I noticed that this happened to you when I first started doing it I could feel pins and needles in my whole body.

That's called the uh runners run. What is it called? Those runners where you get that itch I love it. I want that feeling again. It's a runner's jog or something like that, where you feel like it just stings.

Love it, and I don't get it anymore. My body's used to it now. What do I do? That's what happens. But if you stop doing it for a while and get back on there, you'll get that little…

No, but I didn't want to stop….it becomes very… It is the most unflattering thing. In a gym outfit, I'm wearing little shorts and a sports bra and there's all your fat jiggling everywhere.

Sometimes I post, if people follow me, they'll see my stories. I'll post it. This is unflattering and I don't care. It's funny. That's really good for you guys.

You and your wife need to come do hot yoga with me because there's amazing place here in Fort Lauderdale. And I remember a lot of athletes that I would meet, especially NBA players, like they would sit, tell me like, because they were doing yoga.

Your spine is basically like the age of you is like, the edge of your spine. You know what I mean? And especially if you play golf, if lift weights, all that, having that flexibility in doing yoga is injury prevention.

Also, it makes your cells happy. And we all know that as long as we can make ourselves happy and they can slow down the aging, that's how you live long.

We want our telomeres to stop, you know, It's like it's the bomb thing with the fizz and then when it gets to the end it explodes and you die. That's what telomeres are, you know?

So we want our telomeres to either grow, which I don't even know if that's possible. I think it is. Some peptides say you can do that. Or we just want them to stop the aging of them and the shortening of the.

Yoga, yoga. So, yeah, I got to make time to do. Oh, and when I'm working out, i have this amazing playlist. It's called Manifestation and I have all these happy songs on it and good frequencies that like talk to yourselves.

Really? Have you ever used brain tap? No, what is that a brain tap? So it's a guided meditation, but you pick on the app So there's headset that comes with it that has the different light therapy that goes into the ear as well And then

there is a light there be through like a visor thing.

Okay, it plays specific kind of what you were just talking about. It knows what we need? No, you have to kind of select what you want. So but it has the frequencies and the different beats to basically I love that.

And I believe in the frequency music. I know for a fact, because for me anyway, like I remember at one point I was like going through like heartbreak, my kid's father and I broke up and was sad.

Like, I'm never going to meet anyone. And I started playing these frequencies about love, and then I literally would have like all these guys asking me out.

I'm like, this is weird. But now that my kids are older, I always play like the protection, safety and protection frequency, because that's more important to me right now.

Like the health ones, like if you have a flu or something, you can get one that helps with flu, or viruses. but overall I play, when we sleep in my house, the whole house I played on super low volume and I'd play that frequency.

That's pretty good. That stuff really works. It does really work. People think it's wu wuu again. This is that we're all connected in a certain way through the universe.

The frequencies is everything. So people are not ready for that topic, though. They're not already. But that's the world of bio quantum. Well, that world's even bigger than the longevity world.

Oh, yeah. Yeah, it is unbelievable. And that is the true longevity. World. Yes. I also do lymphatic massages, which I love. Lymphatic. I don't. I've never done that before.

Oh, my God. So that is like snatch, snatch snatch. Snatch you up. Really? Oh my god. snatch you out. Let's try that. Is that normal for men to do that?

Yes. Brazilian lymphatic is so great for women and men. And actually, we were in when I was in Cannes, I with Dr. Pampa and Marilee Pamba. OK. and this lady that I use there, she would come to my hotel every morning and do Brazilian Lymphatic for 90 minutes every day.

Wow. She would right after me go to Dr Pomp and then do Marily. It was amazing. That's pretty cool. Yeah, they do your face. They do. Your body. It doesn't like feel good.

Kind of like hurts. But they got to get everything moving. Everything moving and when you see the muscles like in like the in those pictures where they can show like somebody that never gets massages versus someone that gets lymphatic massage, the pictures are priceless.

And look so different. Man, that's amazing, yeah. So Kavita, let me ask you something. Here in the United States right now, there's a big movement called the Maha Movement, Make America Healthy Again.

What are your thoughts about the movement? I mean, it's great. I love it. Dr. Pomp is on the board. He is. You know, I don't want to piss anyone off. But you know what?

At the end of the day, you have kids, right? And one of big things that they talk about is the toxic chemicals and stuff. I dont like glyphosate. That's what you're asking.

Well, yeah, that's one them. So I would only assume, especially based off of how health conscientious you are, these are things you definitely support.

Yeah, I mean, i i love it so much because i even i think it's so great i like that name maha make you know america healthy again and we do that and i Even work with other moms in my kid's school We worked last year to this year change all the food got in a new food supplier.

It should be a requirement You know these kids should eat healthy and kids when they're so little and they have to pick the options They don't know so those choices should, be made for them like they should just everything should Just be healthy What do you do to educate your kids on health and wellness?

Because I think that's one thing that if like parents don't really know how to take care of their own health, it kind of just keeps on going throughout the family tree.

Right. Correct. So obviously you take of your health. I don't even know who I would be if I didn't obviously go down that path of having a dad that did what he did.

But for my kids, now that we have AI at everyone's fingertip, I really suggest, like I went into AI when it first started and I asked it to create, Like I had this document that I created, it wasn't cute, but basically like showing children in a picture form what every color of food can do for them.

Like if it's like red heart, you know, so they can see visually, visually kids like pictures. That's when they're little, little. They get to see all the colors of the different vegetables and fruits and meats and what they do and why we eat them, not just eat your dinner.

Why are we eating this? Having the discussion around the dinner table. Where are you eating? This like spinach is iron in it or, like, carbohydrates are great.

The give you energy. But you always want to eat. Your protein and your vegetables first. Carbohydrates last you can take a bite but then go back to your protein vegetables eat the majority of that and then Go back your carbs.

So and we always like red ingredients together So my daughter and my son are actually my sun doesn't like to eat any desserts except for chocolate almonds dark chocolate Almonds and If it's like a holiday like it chocolate cake, but he like if you're like you want a cookie or something He's liked pass now and My daughter she has a sweet tooth, which is not good.

I But she won't eat any seed oils. So, like, if somebody gives her something, she'll look in the back and she will go, nope, it has seed oil. And, you know, not everyone in a family agrees with that.

Like, sometimes you get an eye roll and whatever from certain people. But my daughter is like no, no. She's like No, No. Seed oils are bad for you, especially because, Dr.

Pampa, co-signed with me when he came by and Merrily Pampas said to me, my kids love them. When he said it, My daughter was like Oh my God, mom was telling the truth.

That's really cool. Don't you love that guy? He knows so much about health and he's a very powerful speaker. Yeah. When he talks about it. And he is just very to the point.

He's like one of my favorite health follows because he just gets that message so easily and so quickly to people without dragging it on for like a five minute video.

Yeah, he was just I just saw a video the other day, him talking about like the toxic stuff in your pillows or your sheets or something like that.

MAHA, Kids, and Teaching Healthy Habits

Yeah. And he just breaks it down. You may. Do you know, I always think that I know so much about health and wellness industry and then all of a sudden I watch one of his videos.

Yeah, I know. The only one that kind of gets me is the one where he was interviewing somebody about drinking urine. Oh, my God. There's a lot of people that do that.

I don't drink the urine of some people. Actually, this sounds so gross. They even like but if they have some sort of health issue, they put their number two in pill form.

And yeah, yeah. That's there's like copper in it. Yeah. It's I. Don't know if I'm there yet. Are you on the peptide thing? Well, I do peptides, you know, obviously we take care of a lot of patients with peptide.

Yeah. But, we've been doing peptids for almost about 15 years. Do you have any sublinguals for me? Because I'm not injecting myself. We do have sub-linguals.

What do you got for you? What I need? The peptid business has gotten a little big. It feels like you're doing drugs when you like talk about peptides or just like try this.

That's what it's like. Try this copper. It's become, you know, this guy opens a jacket and he's got like 100 peptide. Which one? That what is that? And now you have like a bunch of only fan models promoting peptizes.

What the heck is going on here? I don't know. Everyone's trying to sell peptids. So but I'm like, and those those bad ones are probably like the people wanting to jab them with the vaccine.

I might be careful. Be careful, there might something inside of those peptid. Oh, I know so. But yeah, no, there's just great peptides. There's different other routes of administration.

Yeah, so sprays. They're capsules Do you like nasal versus sublingual? Um, it depends what I'm doing, right? I just don't want the burn from nasal. I don' like that Yeah for cognition for like cognitive health.

That I think a lot of the nasal spray's are pretty good Nice, you know or to try to keep your mind sharp as attack I was gonna let you try the peptide for the next five years and then I'll see if you look the same and I've been doing peptids for longer the five-year Well, because yours are great ones.

Mine come from actual pharmacies, not like this research lab and things that you can just order online. You need a real prescription to get our peptides.

But yeah, so, you know, I think now that the FDA took off the ban of the peptide and they're going to put in some more research behind it, it's going be great.

And you have to be very disciplined because what people don't understand is, say you did go out for drinks. Do you really want to be like, you know, after like two glasses of wine, like are you going to remember to clean needle and do all that?

You know what I'm saying? And then some of these peptides you have to do at nighttime instead of the morning. Blah, blah, blah. And. Then you don't want.

To do three injections. But then if you do one, it might not be as powerful or concentrated as if he did the three. So you. Have to. Be a disciplined person that really wants to to it if.

You're going. Do it properly. Or you had to, be in a regiment. Correct. And that I'm disciplined, but I I am also a single mom and two kids. I just I can't I.

Can't remember all the things I told you. But you just put it in a smoothie. Exactly. You just dump it into my smoothie? You imagine? So we're going to have a little fun here really quick.

All right, let's do it. So one of my favorite podcasters, Steven Barlet, who's the host of The Diary of a CEO, came out with these conversation cards.

OK, so I want to. Have you grab that you're gonna slide it open, open it up. Darius, it's lovely packaging and you'll put two cards out of there. You'll read them and mix them.

Oh, yeah. Right. OK, that was really bad. Try again. Haven't done this in a while. That was a really. Bad, too. Okay. I don't think anyone's done that with these cards.

It's why I just picked two. Yeah, just pick two random cards, right? And then you're going to read the card. Well, one at a time. You're gonna read a card and answer it.

I'm going. To read it, I answer you answer. How about you? Answer one and I answered. Answer. Why? Yeah, that's how it goes. What did you learn from your greatest failure?

My greatest. Failure? I mean, i fail every day and i learn things every. Day. But my greatest what? What would be the greatest? Hmm. Probably the greatest failure for me would probably be when I was pregnant with my son and my dad.

I mean, my Dad, when was my kid's father and I broke up and was so sad and depressed thinking I My son, I was pregnant with him. I had a snuggle buddy every night and my daughter.

It's just like looking back, like, why did you even care? You know, because it's like different when you like the love of children is like so much stronger than like being in love.

Wow. Yeah. So that's probably I wish. Bummed about it. It kind of like stopped me in my tracks for a minute. Yeah, I mean that that's something big. I me it's big Yeah.

Because it a lot of emotional distress, but oh, yeah I even wrote a book during then. Oh, you did write a solo pregnancy book. That was like the children's book that I wrote.

A children book, But I also the Children's Book came after But the way for me to cope with that loss, when that happened, of the loss of this life that I thought we would have together with our kids, I literally, and I was pregnant, obviously, solo pregnancy, wrote a book.

I dedicated all that time, that nine months, every day, write notes and all the things. And I wrote book on how to get through solo-pregnancy. So which I think is helpful because a lot of women, whether they're married or not, even if you're marriage, you might feel like you are in it by yourself because.

A lot. Of times, pregnancy is a very isolating thing. Right. Because you can't do a. Lot of things, and you know, the party pooper and all the things.

And so even. If you. Are married, your husband all of a sudden has a. Lot. of work trips.. And if. You're. Not. Married,. You are doing it. By yourself and your friends aren't calling you because they are out having fun drinking.

So you, are kind of by. Yourself. Yeah. I wrote it for married and and solo pregnancy people. Thanks. Okay. What have you done recently for someone else?

I love this question. I try to do things all the time for other people because that brings me so much joy. And you know, it used to be a thing where I was always like loaning people.

That was the thing. Now it's like you want to give a friend you just You just give right and you give something that you're OK with, like not giving back because people do have ups and downs in their lives.

Right. But yeah, I did recently do something great for a friend I. Did they needed something? That they need it for their trials and I helped them with it.

Yeah. without giving away too many details. But you know what? That's a gift. They didn't ask me either. It was just like you just kind of did. Yeah. When you see someone struggling, it's not they're struggling.

Right. Almost like we're collective. You know, I mean, so we don't want anyone to struggle. And if you love them

and care about them, and you can help, whether it is like a phone call, hanging out with them.

Driving them somewhere or doing something kind for them? You just got to do it. That's it's I feel like we're commanded to do that. Yeah. From that, from the higher power.

Especially if you have the resources and you see something that you can help out with, you should. So that's amazing. Totally. What's your God given purpose?

My kids. Your kids? Yeah. Being a mom is so fun. Who knew? Like I wake up and think about them. I go to sleep when I think of them, like something great happens to me and I thing about and them and love guiding them through life.

Yeah, got him in the right direction. Yeah. I'm not like, I mom, you got to listen to everything I say. It's more like I love watching them grow into their own souls and their old people.

And I am guiding them so that they can one day do whatever it is they want to do, like unrelated to me, but just like give them all of the knowledge that I've learned over time that, that is great.

Even like the bad things, they tell them the things too. Right. You know. So this summer, what do you think your kids are going to like go back to school and say, this was the best thing this This summer will be the second summer that they'll be doing horseback riding, which I don't love because it's kind of dangerous.

But I can't just like shelter them from everything. So they want to do it and they're going to learn how to canter. You're in Florida? No, in Aspen. So when they learn how to canter, I'm sure they're going to be so excited because it's like an accomplishment.

Because last year, the teacher told them she taught them how the trot and she's, like, you're gonna learn to cantor next summer. I also have them in camp, which I've never let them go to before in my life.

It's not sleep away. Um, it was really hard for me to trust a day camp like adventure outdoor camp. Okay. It's really hard for me to trust other people with my kids.

I don't usually leave them unattended. Even when they do play dates, it's either me or my nanny there. And this camp has like all the things like scary things, like archery and like BMX biking and, you know, swimming and a creek.

This is the first year you're doing that. So you let it go a bit. I am, but I already, there was a list of like 10 activities and I've already taken off like five and they can only do, yeah, you know?

And even like fishing, fishing's requiring like a 20 minute drive to the fishing place. And I'm like, I just need to make sure this person's a safe driver.

Can I drive my kid? They're like no, it's hard. You know, listen, I don't have kids and I can only imagine how I would be. And I think I'd be kind of like, yeah, to be honest.

I want to keep them in a like. You see all this crazy. Listen, at work, the fire department for 12 years, so I see you see everything. So for me, it's like I feel like it would.

Be very protective, protective. But. I do see how like my parents and my uncles and aunts were when we were kids. Yeah, and sometimes I start scratching my head like how do they do it?

I know my parent. My parents would let us be out on the street. Correct. The street why weren't they scared that we could be kidnapped?

Final Advice: Enjoy Life and Trust Your Gut

Oh, yeah, right. And we couldn't have been. We didn't I wish my parents… I was probably that kid that the kidnapper would probably get back. Me too, I'd be talking too much.

No, but you know, it's weird. I don't let my kids sleep over. Like, their friends are at the age where they're doing sleepovers. So, i don' let them. Do you sleep overs all the time?

No. i slept at my friend's house. And I remember one time I slept in my girlfriend's. House and I walked by in her parents bedroom and the dad was watching porn and i was like…

Oh my God, close the door. Traumatized. I don't need to see that. Like, like you have like a sleepover of like girls in the next room, weirdo. Yeah. Um, really.

So I. And whenever my kids like ask why I always say knocks on your mom or whatever, I would say, cause my job is to keep you alive and I take it seriously.

That's good. Yeah. So, Kavita, as we wrap up here, we talked about a lot of different things on this podcast. We talked, obviously, about Sip Shanae. we talk about all these health and wellness things that you're doing.

If there's someone listening to the podcast who really resonates with today's message and your energy, what's that last thing you can do? Enjoy life. Don't put so much pressure on yourself.

Enjoy your life, you know what's good for you. Trust your gut, trust your intuition, whether that's in work with friends, with family, because this is your book and you are the writer of it.

don't let other people write your. You are, the author of your and make it exciting. I love that. And if people want to find you, where can they find.

Sip shanae on instagram or cavita shenae and instagram and I do if I Do respond to all the comments. So awesome Can message me we'll have all of the links down below.

Yeah, sure. We have a good time over there We do a lot of goofy things over. They're amazing. Amazing It was a pleasure having you on the podcast pleasure being here amazing Thank you guys You heard cavida here Enjoy life Guys, you have to enjoy life We, life is so short to begin with, right?

So don't let somebody else write your story. You write it for yourself. Make sure you enjoy it. Take this podcast, share it with friends and family. Share it what people who you think might resonate with today's message.

Makes sure that if you like to drink, you sip Shanae. All right, make sure subscribe, like, do all that other fun stuff with this post, and we'll see you for the next one.

I need that last clip. That was amazing. That was so good. I don't think anyone's ever said it better than that. It was fantastic. That should be a broadcast.