Why Young People Are Getting Seriously Sick Earlier Than Ever | Corey Jacobs & Yello Pain | Ep. 156 Transcript

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Opening on Health Accountability

There's no more I don't care when the worst possible outcome is in your mind now. You're aware that if you keep continuing to eat this way, you're going to have diabetes.

When you find that stuff out, there's not way you can ignore it. What do you say it's a form of self accountability? 100%. Yellow, I know that he wants to be the best version of himself.

You cannot have true freedom if you don't have some type of control over your health. Top rated show, bringing talent from all over the world to talk about health, wellness, beauty, and mindset.

We have Yellow Pages. Yes, yes. YellowPane is a rapper, songwriter, speaker, and author of My Health Will Count, joined by co-host Corey Jacobs, founder of Winnergy, an author 16 principles of winnery.

Together, they're changing lives through health, purpose and action. Getting all of that data, those 100 pages of diagnostics, how was that when you first got all that information?

Once you get the information, you can't avoid it because you know it exists. It was just a wake-up call, it sent me to want to look more. What is it that the 16 principles in connection with my health will count?

Make it as powerful, that's what you're saying. How I frame the energy and how I want it to present it, is the book that keeps on giving. it's not like you read a book and then it is over.

No, It pushes you into an ecosystem so that you could continue to grow. My helpful account is something that I'm extremely passionate about because I look at this like I don't have forever.

If I dont do it, who will?

Introducing Yellow Pain and the Podcast

Welcome to another episode of a Healthy Point of View podcast, your top rated show, bringing talent from all over the world to talk about health, wellness, beauty, and mindset.

I'm your host, Sam Tahata, in today's podcast is going to be co-hosted by Liquovita partner and founder of Winnergy, Corey Jacobs. Alongside, we have our guests today.

This is an individual that has been a huge advocate to getting the youth to register to vote, to go vote. He is a writer, a songwriter, speaker, he is very talented artist.

who's going to be talking about making sure we're looking under the hood. Who do we have here today? We have Yellow Pink. Yes, yes. All right. Hello. Appreciate it.

Yellow. I already know what's goin' on. Welcome to Healthy Point of View podcast. For sure. We've been working with each other for quite a while on a lot of different things related to health for a few years already.

I think almost like three years since we've met. And this podcast is well overdue, right? Absolutely. We have some really fantastic things to talk about allowing people to really understand the importance of taking care of their health, why their heath counts, and looking under the hood.

This is some of the terminology that we use. So we're going to tap into that. We have Corey Jacobs. Yes. What's going on? How's everybody doing? Winnergy, winnergy.

Got the book out, right? Got The Book Out, 16 Principles of Winergy for Selected Few. You got a book, a nice bundle. Nah, I'm looking for the people. Yeah.

So, we are going be talking about the Winorgy book. Were going talk about My Health Will Count. That book as well too. And something important that we'll be taking about later on the show is how both of these books really feed into each other, the principles alongside with what we're doing.

You have an amazing story with your own health, Yellow, that we want to tap into, family members, friends, and everything else. But before we get into any of that, the first thing that I want to do is get the viewers and listeners to really understand who Yellow Paint is.

So I wanna go way back from when you were a kid, like five years old, so people kind of understand your upbringing and what brought you to where you're at today.

Yeah, so I was born and raised in Dayton, Ohio. It's a small city, not a whole lot of opportunity. So high overdose rate high gun violence rate, etc. But I will brought up with love.

I grew up in a house with, you know, sometimes upward of 16 people. Because I just had a family that just generally brought people in. So growing up that way, seeing so many different things, friends getting murdered, family members overdosing, but also growing with love and so different stories, that kind of played a part into who I am.

I saw so much different walks of life in just a short period of time. So it exposed me to so many different stories and, you know, emotional pathways that different people took.

And growing up pursuing music that incorporated into my music and gave me a passion and compassion for other people, other peoples direction, and being able to use my talents and gifts to help the people that I love.

Yellow Pain's Dayton Upbringing

I love that. So, you know, today we're going to be talking about My Health Will Count, the new book that's out. I've had the opportunity to read through it.

It's not out yet, but yeah, yeah. Right, right. Coming out, so it's coming out now. Yeah. Um, So so we want to talk about that in, uh, kind of talk. About your story of of where it sat in.

What happened that made you go into this health journey? Yeah, so what happened was, you know, it was a long process of kind of what made me go into a health journey.

Initially, I was overweight. I performing in my, pre my vote don't count, but even with my votes don' count. it increased my stock tremendously. It led me to performing way more than I had been, because most of the times when I would perform, I will do like five, seven, 10 minutes, you know, get in, show my talent and get out.

But, the demand grew. So it was like, we need you for an hour. We need to headline this event. And going in there without prioritizing fitness, I was extremely winded.

So I extremely tired, extremely windy, doing my videos, eating still however I wanted to, and then it came to a point where I had to make a change. I lost weight and had build my energy up.

That was the beginning of my health journey. It was like, okay, you have to do something so you can perform at your best. Once I lost the weight, Cory brought me to a Liquivita Health Center.

And when I came to Liquavita, it's when met you, and I got, what, 40, 80 pages of blood work? A hundred pages. Easily. That was probably just the beginning.

The 40 was just in the end. Exactly. I can't even remember the number, but it revealed so much that was going on as far as, you know, I'm just saying my vitamin D was low.

cholesterol levels was off, and then even more recently, I found out that I was pre-diabetic. So it's just all type of things that you find out in blood work that wouldn't know.

Because when I came in, it felt like I at the best shape of my life. I felt I'd lost all the weight, got in shape. You know, able to run around and do the shows now, but now there's still things missing.

So, you know, those two things, and then in the combination with having friends who are my age, who're dealing with serious health issues, realizing that they didn't probably feel like nothing was wrong either before life forced them to.

Before they were hospitalized, before they where extremely wounded and in pain and sick and it seemingly came out of nowhere but these things happen so far in advance and they happen literally as kids we grow up eating and living however we want to and life eventually forces us to look under the hood.

Now my journey is to make sure that we're looking at that stuff way before it actually becomes a problem. Right, right. Yellow, you know, there's one thing that I always say very publicly.

I'll always tell people you can't improve what you don't measure. Yeah. What does that mean to you? Just that, you know, it's just the same concept. You can't improve what you don't measure.

If you look under the hood, then you won't know what to work on. And when you think about looking under a hood right, is just like a vehicle, literally.

That's what it is, the concept, looking the under hood. if you get an oil change, if your car is in desperate need for oil changes, You won' know because you might have got a newer car, might've took it here or there and never had a problem.

And if you don't measure the oil, if don t measure, uh, the transmission fluid or whatever is going on inside the car, eventually the card will cry out for it and it may even stop working completely.

And then life does death, there's hospitalization. So, um, we have to measure these things. It's not even, it's, not, even optional, you know? Absolutely.

Corey, you know, I remember when you brought Yellow into Liquid Vita and this was years back. Yeah. And I remembered you telling me about him and what he was doing and one of the things that he's doing throughout the voting process and getting a lot of youth out there to be active.

not just register to vote, but also actually get out there and vote. And you showed me, I remember you showing me a video clip of Oprah interviewing, and that was a powerful video.

Health Wake-Up Call and Blood Work

And, you know, I've seen you how you've taken Yellow and introduced him to Liquevita. But then there's been a greater process of mission behind that. What made you feel that Yellow was the right person to really get this message out to the world?

Yeah, because for one, you know, he had already done it, right? And to go back to our original mission when we met, and obviously, now you wrote the book, my, um, how to win him.

Yeah. It's been a minute. You're in it by the way. It takes me back to really get to what that is, take it back a little bit to when we started and we start talking to each other about the impact that we wanted to have.

Obviously, you being from the Dominican Republic and what your vision was to spread this preventative health mission to the world and to work with people who may have been your competition at the time, which obviously I thought was an incredible idea.

Obviously I got Winnergy, the slogan was, let's win together. We came together and then I did the last chapter of your book. And now here we are. So when I'm looking at coming in as Director of Strategic Initiatives and looking how we can continue the mission that we were talking about, having met Yellow and seeing his work ethic and what we did, basically I think Yellow is an incredible storyteller for one.

And one of the best things that I thing he does is that he takes complicated subjects and he's able to translate that so that people can understand. So when we took the civic space and different things of that nature, he was one the kids who didn't think participating in the political process was something that was for him.

Right? Because he didn't have the education. He didn' know that there was local elections and there were these things and why the potholes wasn't being fixed.

And he don't know anything about schools, superintendents and judges and all these different things. But once he became aware and he got the information, then he was able to say, okay, the light bulb went off.

What I respected about Yellow is that he's just so authentic. I remember his mother, he told me a story about his mom telling him to dare to be different, son.

You know how hard it is to different in a world when you have so many littles, Lil Wayne, Little Lottie, you know, little John, right? And he is a rapper.

He wants to fly too. So what I respected about him is the fact that was willing to use his voice to educate and teach people the importance of just being a part of the process.

Right. So I remember when we first came out and he had the yellow hair and a couple, you know, I'm a cool guy. I mean, the industry, moving around the culture is I don't know.

Yellow hair education. Listen, when we put that song in the air, to this day, at the very minimum, it had over 100 million views, hundreds of millions of impressions.

That showed me that if you're able to take something, and this was not just young people, this is people from young all the way to 70-year-olds, teachers, the masses amount of people that was interested in what he was saying.

And the cold crack there was that how he relaying the information. So when I start looking at, you know, what we was talking about doing and like furthering that mission, we had my health will count and then the most, The most obvious transition for what we're doing is to lead into on brand, my health will count, right?

So if we do what were supposed to be doing, this is our mission. I'm looking at Yellow Pain, I was saying, listen, Yellow Paint is an incredible storyteller, shoots his own content, he's living it.

He was 60 pounds overweight. And I am the one seeing him up there huffing and puffing while he is doing the show, like he said. We partnered to give access to individuals so that they can start looking under the hood, which I would hear you and Dr.

David say. And I thought that I see him drinking a lot of energy drinks, a lotta food, fast food. Same thing that we see all y'all are young people doing.

The same thing I did because we feel like, yo, we're alone. We're gonna live forever, right? But at the end of the

day, What ends up happening is that all of these different things that we're doing day after day, it starts to catch up with us.

And this is some of the things I started to learn. So I said, you know what? So I said, basically, what I learned in Liquivita was when people get a chance, I learn from myself, when I get the chance to look and see my blood work and what see what was deficient as, the light bulb went off and that was a life change.

I say I need to get yellow pain into the location. He had never had any bloodwork, never really took his health really seriously, right? And so once we brought him in and he was able to see all of the things that were deficent, that lightbulb went of in his head.

So he had already started his journey of working out and doing it, but he started going even harder than ever before. So how was that, you know, with what Corey's talking about, when you went into liquid Vita, these liquid, Vida, as we already know is different than your allopathic traditional medicine doctor.

It's not like your regular family doctor getting all of that data, those 100 pages of diagnostics, the decks of skin and all that stuff. How was there when he first got all the information?

When I first got all of the information, I wouldn't even say I knew what I was looking at at first. You know what i mean? So I had to, you know, I think I got, i was on a zoom call with a couple of people from Liquid Vita and it was running it down to me.

And I, think somewhere in that, in, that process of receiving the information, it think it, was like a, It was just a wake up call. It's like, so you mean to tell me that everything that I've been doing up to this point, losing weight, exercising vigorously, it is not the only answer.

You know what I mean? I think it sent me to want to look more. It sent to me want figure out. Cause I remember it was a point I wrote this in my book where I was losing weight, I was running every single day.

I don't even know if I had lost a full 60 pounds yet. And I in my house and I going up the stairs, just like regularly going upstairs. Literally I couldn't finish the flight of stairs.

It's not like a crazy spiral staircase, it's like 12 steps. Like number five, and not sleepy, but I can't finished the stair. What is going on? And then somebody told me that wasn't a health expert or nothing.

It was like, you need to eat. And it's like eat a piece, I ordered a pizza. First piece I probably ate in months or anything unhealthy or I would consider unhealthy anyway for the diet I was on.

I ate the whole pizza and I felt back okay. So after I got the blood work, it just let me know that you can't just wing this stuff. You know what I mean?

You can just be like, all right, I'm a dude. Like, no, you need data. whatever that data looks like. And I realized just how important the data was in combination of that moment, previous moments, and then actually realizing that I don't even fully know what low vitamin D is, but if it's critically low and my cholesterol is way off.

What does that even mean? And it lets me let me know that like you need to dive deeper into this and figure out everything that's going on with you. Because, you know, I would hate for the worst case scenario when it was something that I could have prevented.

Why Data and Prevention Matter

Right. And that the prevention side of it, too. You know on the back of our cups, we have prevention, early detection and treatment intervention for a reason.

One of the things that you mentioned is initially when you get all of that blood work that all those diagnostics it's a

little bit overwhelming, right?

Now, if I were to give you a bunch of diagnostics and data, the results of another person and put it on your plate, most people will kind of just turn their head on it.

But this is your data. This is this your body. this Is how your bodies functioning. Do you feel that the fact that all of that data is you makes you more attracted to want to know more about that?

Data? Yeah, it's very intriguing, you know, especially, and the crazy thing is, right, bad news, I think, for the sake of somebody wanting to go deeper into understanding their health is actually, a good outcome, you know, maybe not, never really bad news is a bad outcome.

But for somebody who feels like, I don't really care about this. I know that when I get older, things are probably going to happen and I'm going take care of it, but when you realize like I am not older yet, and i'm seeing this right now, it's it's really good for somebody like me, you know, because that's, even with the health, I mean, the civic engagement space, right?

It's like, I was one of those young people who felt like I don't care. You know, I'm gonna do whatever I gotta do to get my money, to survive, and to win.

And that space, whatever y'all talking about, i'm not interested, right? But once you get the information, you can't avoid it because you know it exists.

There's no more I Don't Care when The worst possible outcome is in your mind now. You're aware that there's deficiencies in our body, that if you keep continuing to eat this way, you're gonna have diabetes.

If you continue to live this, way you gonna be extremely deficient. When you find that stuff out, there is no way that you can ignore it. man, the blood work and getting all that information, it's probably the best thing that could have happened for me as far as my health goes.

But you said it was a form of self-accountability? 100%. Yeah. And for you to fulfill your potential, obviously, you want to be yellow. I know that he wants to the be the version of himself.

So now that has this information he's acting on it. That's what it is really all about. This book obviously is about taking action. looking at the data, right?

Looking at statistics, looking inside your body, and then actually taking action. Because without the action, you got the information, but without action you're not going to see the results.

And how you said, Corey, performing. It's not just about knowing it, it's also you moving around nonstop. You're on big platforms, big stages, producing content, getting the message out there.

you want to be able to perform at your peak. And performing at your peak is not just meaning that you're not getting sick often or nothing, but also cognition, right?

How your mind works, that your not forgetting things, you can speak well, your sharp as a tech throughout the day. Because we all know as we age, sometimes we start losing our mind.

We start becoming very forgetful. And those things are important, especially for someone that's very active in the community like yourself. Yellow, one of the things when you did your first project for voting, My Vote Will Count, when we look at some of these topics, and you mentioned this earlier, you talk about civics, right?

You talk kids in school or even in college having to learn history, a lot of people ignore it, because it's not trendy, it not sexy, they don't find it attractive, so they just kind of do their own thing.

Same thing with health. There's a lot of people that will end up saying, I just don't care to know. I don''t wanna know, you know? I dont want the bad news.

Or it's not something that's sexy and attractive to take care of your health? Now you did a hell of a job with the voting to make it into something is attractive.

That is something with a lotta the videos that you created and the messaging that ya did. What is your goal on the health side to do the exact same thing where people can actually understand that this is not something that should be ignored.

This is something there can be fun that is attractive that you need to And that's my goal is to simplify it. Because one thing that I feel like I would consider, I wouldn't even fully say a superpower, but I will more so say, a privilege.

And as to speak both languages. I speak the language of the person who feels like, Man, I'll deal with that later. If that's even ever going to be a problem, i'll do with it later, it was the same in the civic space and the in a voting space.

But I'm also the person who felt strongly about that is also is getting all this new information, being exposed to these people who, the people like you and Dr.

Heywood that I talked to the other day and actually hearing the data, hearing information and understanding like this is not nothing to be played with.

You know, like, I got friends right now, you know I've got a friend that was diabetic, he was in a diabetic coma. At the time when it happened he had 30 on the nose.

I have another homie who's What is it called congestive heart failure? That happened when he was 26. That's young, that's very young. You wrote about that in the book.

Yeah, and I listed these things in a book, right? And I'm looking at these people. hospitalized, these people gasping for air, struggling to live. One of my homies, he colded twice.

You know, gratefully they're still alive and they fighting. But I think one of the things that as younger people, and I've been in the civic space and in a health space, is that we look at Certain problems that will occur when we get older and we know that you can die from diabetes You can buy from congestive heart failure.

You could die for my heart attack or stroke, etc All of these things can happen, but we only look at the fact that we're going to die when We don't look it how?

long, we have to live until we die, dealing with these things. And, you know, I was talking to a group of young men back in my hometown about just about my book or whatever.

I told you, it's like high murder rates, et cetera. So these young dudes who watching their friends get killed, who, you know, I had some young dude that was supposed to be there that ended up, they had like a stolen car and got pulled over by the police.

It was like, this is active in my city, in the streets, etc. And I say like imagine. you beat the streets, you survive all the gun violence. You know what I mean?

You survive, finally you get babies, a beautiful lady that you could, like you want all of these things, You finally get some money. you finally out of the circumstances that came from and now you can't even enjoy it because you battling your health.

Corey's Mission and the Winergy Connection

That's the worst outcome. Cause like I finally did it. and then now you got to deal with health. You know what I mean? So understanding that just because we're not feeling it right now does not mean that we might not have a difficult life later on if we don't start looking under the hood right.

Yeah, I'm happy you shared that, especially the age of your friends and family members that have had issues with their health, right? Because some people, they'll be in their 20s, 30s.

In my early 30's, had friends that died of heart attacks. You know, most people say, oh, well, that's young. Well, if you're not taking care of yourselves and you've doing so much damage throughout the years before that.

That's the outcome. Corey, you know. You have a lot of experience coming from the world of hip hop and yellow being a rapper songwriter Someone who has a powerful voice, you know in the World of Hip Hop Hip hop has had the opportunity to shape fashion language culture You see a a of talent in a hip-hop community representing spirits Where do you see hiphop influencing the healthier generation?

Yeah, I think we're already just starting to see it. Even if you look at the spirits industry, they lost like 800 million last year, or you looked at stocks, the tanking.

I would say obviously people like to have fun, but I do feel like younger people are being very much more health conscious and obviously we are seeing that.

So I think the timing is right. I thing everything is aligning. And just the way that I look at this entire process, if we want to see a change and even surrounding an artist like Yellowpane who has so many talents, right?

If we wanna see it change, we have to support those individuals who are actually out there willing to use their voice to do it. I'm not the type of person that likes to complain.

A very solution-based, right? I see an issue, I'll see a problem, and I want to try to solve it, if it's in my power. So when I look at Winnergy as a loan, as the connector, how can we put these pieces together?

Because Yellow Pan can't do about itself, but I can do by myself and you can by yourself. For me, Winergy is about us coming together collectively and our different superpowers.

Because if you look Let's just say we look at Liquivita, right? Locations all over the country. We're impacting lives in these various different states.

I look in Liquavita as the infrastructure that's backing, let's say, my health will count. Renegie is the system that you plug into. It's the fuel. a healthy point of view.

This is the media company, right? It's the medium company where we take voices, and we amplify the voices. We educate people, we dispel misinformation, We allow people to speak, And we allow to talk.

And then we got Yellow Pain. Yellow pain is a cultural translator. Right? This isn't something that we're like, Oh, maybe he did it. No, he done did. He done been on every show, MSBC, Fox News, every single, the real, Steve Harvey showed interview with Oprah twice.

And how many people would love the interview at Oprah? And Oprah called him. Her team called to not only once, but twice and did multiple interviews with him because of his ability to reach a demographic of people that are kind of hard to speak to about certain complicated topics.

So if I'm sitting here, right, knowing that we have the cultural translator, an individual that can simplify information on so many different levels. Because look, for one, not only did he do it in the civic space, when I met Yellow, he had songs that had 20 million views talking about domestic violence.

He had 17 million views on the song talking about drug addiction. Then he's talking a song, Monsters, where

they're talking taking abuse and taking advantage of our kids and our women.

And when I'm looking across relationships, all these different spaces that he is telling stories, I feel like it's only a natural transition. It just fell on our lap that now is time.

We have the ecosystem. So together with the platform, with the system, with the voice, and with infrastructure, there's nothing we can't do. Cory, the book, The Winner's Book, 16 Principles, right?

And then we're talking about, my health will count. What is it that the 16 principles in connection with my health will count, make it as powerful? That's what you're saying.

Yeah. Cause the sixteen principles, listen, I wrote a principle for every life sentence. I'm in an environment, right? Which I talk about in the book, where If you don't pay attention to your surroundings, that could be a detriment to you life.

And I look at your energy. Winnergy is about mastering your own energy, right? So if we look the signals that I'm getting to survive of an environment that is really designed to actually not have you come out of there, It's the same thing with your health, right?

We get signals. We're paying attention to the environment of a prison, but we're payin' attention the the enviroment of your body. Right? So when you're payoffing attention of the body, we get the signs.

It all, it's about do we want to connect it and listen to signs? And if you don't listen the sign, life will do what life does to you in that space and in your bodies.

So for me, how energy actually connects in terms of the book, right? How I survived 16 life sentences and 17 years behind the walls of a prison, that system that I plugged into was the key to me making it out, how I protect my energy, how I restored my energy in an environment where there's not a lot of places to go where you can get some peace and mind and meditation and the things that we can out here.

You're not getting any hugs. So if I can be in that environment without ever knowing that I will ever be free again and make it out better than I've ever been, then I feel like that blueprint, that system, you have the iPhone operating system.

Winnergy is that operating systems that you plug into. So one of the things I like to say is Winergy, we're building a global community of winners. But how do we build a Global Community of Winners?

By giving them the tools that they need to be successful, to empower them. And My Health Will Count is just another tool, right? And it's the way, you know, and I wanted to put it under Winnergy Press because at the end of the day, there's opportunities to do a lot of things.

Simon & Schuster, HarperCollins. I could have did Winninggy under a couple of, I had deals on the table, but Sometimes when we know the vision and things need to be done creatively a certain way, we gotta go on it better on ourself and actually do it ourselves for it to done the right way.

How I framed the energy and how I wanted to present it, it's the book that keeps on giving. It's not like you read a book and then it over. No, It pushes you into an ecosystem, right?

So that you can continue to grow and nurture your mindset. My health will count. There's all kind of technology that's incorporated in there. We're linking them to liquid Vita.

Where not just reading the book and then it's stopping and moving on to the next book. No, we're giving you a place to go to continue on your journey and yellow pain by telling his story.

Right. How many young people out there right now, and I know a lot of young and people, I've been around a lotta

young, people that are focused on something like this in the world that we're living in today.

There's not a line. So how are we going to do our original mission to go out here and spread this around the word, or at least the United States? Most people are coming to this podcast from all over the World, right?

People are seeing content, this world is smaller than it's ever been with access to the internet and things of that nature. I felt like I wanted somebody, because Winnergy is about authenticity, that's real.

That win for me, like for win. you know, when all seems lost, because Winnergy is for people that had every reason to give up, but kept fighting. Somebody that came out of a household with 16 people living in them at any given time, right?

That had barely any money to go buy food and made it up out there because of their hard work and ended up in other states and flying around and being on this podcast.

That's the type of person we got to support. You see what I'm saying? So I just feel like the connection is, yeah, Winergy that operating system that powers a book like My Health Will Count.

And Liquivita is that infrastructure. Dr. Dave is doing the forward, right? That adds the credibility. Him interviewing with Dr… Let's talk about that.

Let' s talk abut that because, you know, You have a list of people that could do the foreword. Right. A lot of other celebrities, artists, rappers. Why did we decide to do Dr.

Davis? Because Dr Davis, it's all about, like I said, once again, authenticity. Dr Dave has left. a life inside of an institution and a structure in the medical space that he felt like wasn't really healing people.

For that, I just tremendously almost went bankrupt himself in order to do what he feels God put him here to. Right? So at the end of the day, if somebody is going to be a part of this book, they got to a be apart of his book.

They got be about that life. You know, you see what I'm saying? And Dr. Davis, John Hopkins University, top cardiologist, a brother, person of color, right?

Turning Health Into a Cultural Movement

That can actually relate to yellow. That actually poured into yellow that yellow can talk to, that's on the team. We need that credibility is necessary, because at end the of day if we looking at social media, we're looking So many different voices that just get up there talking heads that are just talking, not from experience, but just telling people what they want to hear, right?

We need to give people as credible information that we could possibly give them, with the world we're living in. That's why we obviously have the healthy point of view.

Healthy point-of-view is to bring individuals on here, the top individuals in whatever spaces that they are, which you're doing a wonderful job on my say.

Big up to Sam. Give him the play. No, no, 100%. Listen, Sam is one of the hardest working individuals that I know. He might do three podcasts. I don't know how many podcasts he got to do today.

You know what I'm saying? I got a few. You can't do nothing but win. But even with Renegie, I tried to touch on every aspect. I start the book off with the goal of Renege is fulfillment, right?

Because everybody wants to be fulfilled, but at the end of the day, how can we be filled if we're not taking care of ourselves, if were not optimizing our health?

How can be the best that we can at our careers, at out purpose? What is our purpose being fueled by if it's not being fuelled by our health? So at the end of the day, then you can start going into being optimistic and all these different things and be talking about wealth and freedom.

Wealth and Freedom is one of chapters where I kind of speak about, wealth isn't just about physical wealth, it is spiritual wealth. You know, because obviously what we've come to learn and we know a lot of different people and then we got one of our close friends who was a billionaire, right?

and he still wanted to, you know, commit suicide and wasn't happy and, and it wasn' t feeling fulfilled. And he done felt like he reached the pinnacle of success and wealth, but he's still wasn t happy.

So what I learned inside behind those walls, was that freedom, You could be physically in prison, But you can be mentally free and that you could you know, physically free and mentally imprisoned, right?

So energy, it comes from the inside out, from inside-out. So if I could be free, sitting in a cell, mastering my mind, transforming my life, anybody could do anything, and that's what it's really, for me, is all about freedom and we can't have true freedom.

And what we're so passionate about, Yellow and really doing this book, is that you cannot have true freedom, right? True freedom if you don't have some type of control over your health.

And let's just say we can't control it because obviously we talked to Dr. Davidson and we obviously have conversations about the toxins in the air, the water we drink, to pesticides on the foods and all of these various things, you know, that's food deserts that don t have the access at the end of the day.

But if your doing the best that you can do, right? You're doing that best you could do. At least when something happens, that life happens right, and you have to deal with something, you're in the shape of your life to do with it.

That's the truth. Now Corey, let me ask you this, ask your first, Yellow, how old are you? I'm 31. 31, right? So 31? Yeah. You and I move around in the longevity space quite a bit.

Yes, 100%. And we see the long chevy space, the people that the doctors are taking care of, that people are actually coming into these longevity clinics, trying to take control of their health.

They're not 31 No. The majority of them are like in a third quarter of the life. Typically 50 and above. So why tap in to a voice this young? Because listen, at the end of the day, these voices and these individuals are very impressionable.

Like we talk about hip hop, right? We have a choice, you know, what we want to choose. If there's only one narrative being taught and being shared with our youth who are our future, that would love to do better.

They just don't have the information. And we have that can translate that information and we have the ecosystem to help power him, why wouldn't we do that?

Right? You know what I'm saying? So it's like, we haven't opportunity here when we spend our time on this earth and what we want to use our energy for.

I lost 17 years of my life. Right? You know, going through a journey because I may have had a hard head at one time, or maybe God seen it fit and saved my life so that I could do what I'm doing now.

Right. So I can see the things so I mature to get to the point so can be at this very moment right now, right? At this moment, moment. I feel like if our goal is to really impact the most amount of people, then we have to talk about one of the largest groups that's coming up that want the information.

We have to address that. And it has to come from individuals that's been where they come. For me, I've made bad

decisions that altered my life, that ended me up behind the walls of a prison.

Who better than me to talk to individuals who are on the wrong path? maybe making decisions that can change their life. Who better than talking to young people than a 31-year-old individual who have created a massive following, who's had hundreds of millions of impressions at the very least, right?

And we can circle back to those same individuals, those teachers, them same educators, the same people that we tapped into with My Health Will Count, My Vote Will count that, we could tap into it with this movement right here.

Do you agree, Yalla? No, I love that. And I got a lot of respect for that yellow doing it at such a young age. You know, Joel, on the production side back here, he actually mentioned this when we were we've been participating in a of the different movements like Make America Healthy Again, et cetera.

But one of things he brought up is like, there's no young people. that are out here speaking that we talk about longevity, we talked about health span, but the way to have the best outcome is starting young.

Right. So one of the things that Corey was mentioning earlier is he talked You know, so a lot of the young people, especially in the community and the culture, you know they'll be in a mindset of, oh, well, I live in food desert, right?

I don't have access to this healthy organic food. I do have to access this. So I have not access that. And I want you to kind of talk a bit about that because in that book, there's a section where you're inside of a grocery store, in healthy section, the produce is empty.

Right? So, I want you to talk about that environment that people are in and also the mindset shift that they need to do to start taking care of the health at a younger age so they do have that true longevity and health span as the outcome later on in life.

Yeah, even when I think about growing up, right, before I was even conscious of things that were around me, Good foods typically, when I say good foods, I'm not referring to foods that are good for you.

I mean, foods as a young person, you would consider the most delicious, which are typically the more unhealthy ones. Coming from an environment where there are different things going on, friends getting murdered, et cetera, Food becomes, and maybe even in every community, but especially in a tougher one where food becomes an escape, right?

Food become celebratory and every moment of my life where I finally got some extra money to do something I wanted to, or I, I Finally did something that I felt like I've achieved some type of freedom.

The first thing that I was always known to do is to go enjoy this with food. I talk about it in the book. When I doing little studio sessions, I would go to McDonald's, you know what I'm saying?

Then as I got more money and I finally able to eat at different restaurants, I would get big platters and get all my friends a lot of food and stuff. So it's like, it was one of those things where we attach food to celebration.

To make that shift is… I kind of forgot the question. The question is the shift in mindset, you know, like when people are in that food desert, they don't have access to the healthy food.

Yeah, exactly. So maybe you can even share how it was a liquor store because he brought it up and that brings up the picture. And, yeah, so, with that being said, You don't, because, okay, you in that environment where the place, the things that you want to celebrate with are everything around you is not, like I went into the, this is like right in the center of my community.

And I when into this store and literally the entire produce section was empty. It was like, Absolutely. No, not one vegetable. But it was like adjacent to a liquor section in the store that was a fully functional liquor store.

It was fully stocked. And seeing that, you know, and not only seeing, but coming from that it just lets you that. that people are identifying with uh identifying winning and success with you know negativity they don't have anything you no anything healthy to identify with so uh So with those experiences, now that I'm on the other side of it, it's imperative.

It's not even optional to teach the people that there's other things that they need to be associated with. Because if not, they're gonna go their entire lives until it was too late.

Thinking that celebratory or thinking that winning is the things they grew up experiencing. No, and I hear you on that and that's something that definitely people need to kind of focus a little bit more into.

Food Deserts, Access, and Mindset Shifts

And Cory, you mentioned a bit ago about the food deserts, right? And the fruit desert is just a real thing. But at the same time, this was the other day, it was actually a pharmacist that I was talking about.

He was taking about, okay, there's food desserts and a lot of this ultra processed food when you talk about people that are living in the hood, But at the same time, you got a lot of the people in the culture that want to buy a brand new pair of $200 Jordans, right?

$ 200 Jordanas are not, number one, they're not manufactured in a city that they live in. They're coming from overseas. And number two, where they're selling them is not within the hood.

They're sellin' it at the malls, you know, Foot Locker. So you have to go outside of that area to get those Jordans. Right. The same way that a lot of people within a culture make the commitment to actually go to Footlocker, to got get the shoes that are coming and being made from China, etc.

Where do you think the gap is where people are not willing to actually go to the grocery store, right? That might be just a couple extra blocks away. We just got to make it cool.

Yeah. Right. You got it. To take care of yourself and to love yourself enough to want to… We have to give more information because if you knew there's certain stuff that I would have picked up fryer because I want it to taste good and I'm going to ignore what I know that this was wrapped up made into a hot dog, you know what i'm saying.

In a factory somewhere that they allow to put various things in and then once I knew it's harder for me to pick that up, right. It's harder for me to pick that up.

I think we have an opportunity. That's why it's so important to come together with individuals in terms of marketing, in turns of branding, and in turn of authenticity of the story.

In terms storytelling, right? There's not enough individuals that are willing to use their talent. to tell the story. And what I love about Yellow, let me tell you a little something about yellow.

Yellow was sitting in that house with 16 people, right? He wants to be a rapper, and this is one of the things that really, I got a couple of things, but this was one that touched me about how Yellow even got to sit on his couch.

He wanted to a be rapper but he didn't have the money to shoot videos. So what he ends up doing is teaching himself how to show content so that he didn't have to pay people to shoot his videos.

I remember when you first told me that. Right, right. Because initially, when I got to know who he is and he's showing me videos and stuff, and then afterwards, you know, he showing up with his own camera.

And I. Remember, initially we had one of our editors create something and I wasn't happy with it. You weren't. Happy with. It. and all of a sudden he's mixing and editing, doing everything, and it comes out spectacular.

I mean, you know why? Because the transitions, the storytelling, understanding. People can whip up the content, but you clearly know you missed the point there.

You clearly didn't. When you showed me that and you broke it, I was like, no, he did all of his own stuff. That's how he got off it. My level of respect for Yellow, that's someone who's dedicated, passionate, and really is tuned in to whatever he's doing.

So part of it, look, we've mastered a few things, right? We got the top content creators in the car that have come over here to lend their expertise to doing what we're doing.

We've got six cameras over, here we got this. You know, the whole push, going state to state, hitting conferences all over the country. But that storytelling aspect?

But what we're talking about, like we yellow back in that back and that also with the marketing, the same market and ability that we use to bring people into our locations, to amplify what were doing here on a national level.

We can put that same marketing level of expertise. behind someone like Yellow that wouldn't normally get that. You see what I'm saying? He already, how much more does he have to come with?

Please tell me. How much does more he has to do? Cut up the content, do X, Y, Z, write a book, this, that, and the other. So for me, I like, yeah, we're going to put something behind this project because it only doesn't, it benefits That next generation, he's able to inspire that next-generation.

Without a yellow paint on individuals like him, how are they going to look to him? Just like Michael Jordan with the jump man when he had, when's he doing the Jump Man.

That symbol of greatness, right? We have to put, and I just feel like out of all of the people that I met, all the young people I came and counted to, I think just yellow is just one of best individuals to be that voice for the younger people.

I just want to piggyback off to like what he was saying as far as like, we have to make it cool. You know what I mean? Because sometimes things like this, like I get people approach me every day about like and I could show you so many inboxes of like can you make a song about this?

Hey, you have a way of doing this. Can you a make song this but I don't do anything that I'm not extremely passionate about, right? My health will count as something that I am extremely passion about because a lot of things we treat as optional are not optional.

You know what I mean? Like in the health space, you have a lotta doctors or people who like, oh man, we wanna reach the youth. Or in a civic education space where it's like we want to reach to youth But like they do their little efforts and then it's like, ah, well, we tried, maybe they don't care.

But it is not that they dont care, one, they didn't have the education and two, They don' know what they care for. They're not even aware of what's actually going on.

So when I look at my space and I'm 30, early 30 right, 31. I'm not going to be 31 forever. I am not gonna be relatable forever, I not be cool looking forever people are gonna die you know what I mean information is gonna get lost in translation the more that I do know the less I even able to articulate it in a youthful way because the people that i'm talking to you they can hear what I'm saying and how I am articulating it.

And I have a this era lingo. This era, the way that I talk will not be the same that the kids talk in 15 years. So it's not even optional, right? We have to do this right now because when you look at any crazy change in a world that happened, rather it be in America or across the world, there was a time period that somebody, people made extreme efforts and they changed the word.

You talk about people like Martin Luther King who had millions of people, you know what I mean? That was pre-social media, but those things happened because somebody made it their life's mission.

to make something happen. So I look at this like I don't have forever. If I Don't do it, who will? And that's what makes it that much more important that I have to get this information, not only from myself, but from people like you.

And I'm even on this podcast, Not only to tell you about my book, But to also get information from you, from other doctors so that we can make sure that this is not just something that We just came out here and we just did a little, we're not trying to just get a book off.

We're actually trying To save lives. So what do you label yourself as an activist? Absolutely. Yeah. And that's something that we need more of. A lot of people.

So this is the interesting thing, Yellow, is a lot a people get scared to go in that direction. Right. And I'll bring up some statistics, some stats here.

When you look at America, over 90% of our health care budget is spent on chronic disease, meaning that people are sick. They're being very reactive. I got a problem with that, right?

I did 12 years out on the road, firefighter, paramedic. I saw it firsthand, people's health just circling down the drain. And I've decided to actually be in that position alongside with you here and try to bring that awareness to begin with and then bring opportunities into the community, into culture.

There's a big movement happening right now. Make America healthy again. And obviously it's under the Trump administration, which being Dominican and a lot of my personal friends and family, they are Democrats.

For me, this is a nonpartisan issue. It should not have anything to do with the left or the right when we're talking about your health. I've lost a lot of friends, family from following me on social media, on Facebook, just because I'm part of this movement, Make America Healthy Again.

I want you to kind of chime in about, you know, this moment, right, of what it's doing when we're talking about toxic chemicals in our foods. the ultra-processed foods, which in all reality, some of the people that are being most affected by it are people in the minority community.

So when they're talking about the food dyes that aren't going to cause cancer because they are carcinogens or the pesticides like glyphosate that is going on our foods on the regular food that we have to call non-organic, right, vegetables, fruits and stuff, those should be organic to begin with.

professional input as an activist in the health community, right, when it comes to these type of movements like the Make America Healthy.

Hip-Hop, Storytelling, and Reaching Youth

I wanna be clear, I'm not coming even in this space as an expert. I come in in the space, as a student and a member of the community who is watching people suffer because of their lack of information.

When I think about Make America Healthy Again, or any type of, my goal is to save my people under any circumstance, you know what I mean? It's crazy, when I went to the hospital, right, an extremely close friend of mine was in a diabetic coma, gasping for air, barely breathing, literally connected to machines.

It was so bad. I was emotional. And I saw the doctors coming in. A lot of the doctor's that were trying to give him advice were like very overweight, which I'm not weight shaming.

You can be healthy with more, you know, but it just, I felt the way. I went down to the cafeteria to get some food

because I stayed there for like a week, you know, because i didn't want to even leave without no information, right?

I'm in a cafeteria and I am trying to find something to eat. I'm looking around, everything is greasy piece. This is the cafeteria of an institution that's supposed to be built to make people healthy.

I see ice cream. They got some little Caesar salads in there, but for the most part, the options are destructive. And I like, okay, this can't be specifically designed to help people.

So it even gave me a little less hope of my friend's survival in the hospital. You know, luckily he didn't come out, but just seeing stuff like that, one, it makes something like Liquid Vita where we're trying to figure out what's going on way before it happens that much more important.

And also my messaging and also by any means necessary getting the information of health education to my people as soon as possible. That's powerful. And Corey, based off of what he's talking about here at the hospital, that's something that I've talked about quite frequently.

The place where you go to get better, what they're feeding you is the exact food that got you to the hospitals to begin with. We're talking the Make America Healthy Again movement.

One of the things that HHS and also CMS have focused on is exactly that. how they're continuing to poison the people, the vulnerable people that are going in there, especially a lot of our elderly that's on social security, that our Medicare, Medicaid.

And what they actually ended up doing is they ended telling the hospitals, well, if you want to get government funding and have Medicare pay you out for things.

you need to change your dietary guidelines of these hospitals and make sure you're feeding people real food, not this process and poisonous food. So I want you to kind of comment on some of the things that Yellow was talking about and things are currently happening in our system to changed the thing that were in place.

Yeah. Listen, I can even come from the perspective of just, you know, one thing obviously Yellow and I, we like tackled the political world and that world.

But the one we did remain nonpartisan because Yellow isn't claiming to know everything. And that's the beauty about him, right? You know what I'm saying?

He's a student of life as we all should be. And I think that coming from that perspective, it allows us to have to deal with different administrations.

Look, I have an organization called the Buried Alive Project, along with my two co-founders, Brittany, Kay Barnett, and Sharonda Jones, where presently through the buried alive project, rather like 74 life is out of prison.

You don't get to 74 Life is Out of Prison without having to work with people across the aisle. You think somebody who has a family member that's dying in prison, right, cares who's the president?

They say it all the time. I mean, we got at least almost probably, I don't know the exact number, but maybe 10 people out under this administration. Because if that was the case, for, you know, during certain periods of time.

For a whole four years. That makes no sense. We're going to stop fighting for our health, we're gonna stop fight fighting, for incarceration. There's certain things that we got to kind of put aside, as long as those movements are authentic.

You see what I'm saying? I am happy you're saying that Cory, because, and this is for any of my family members listening, right? It's like, what do you expect me to do during these four you know, pushing forward.

Your life's work. My life work of trying to make sure that our community… A firefighter that was coming out of buildings, burning buildings. You know what I'm saying?

So, it's like, when people always have to attach the political to it, we're talking about your health. Put that off to the side for a minute, right? And embrace the goodness of what's happening and bring it into your community.

And that's what's with anything. We can read something as truth here. The bottom line is there there's as long as you're being truthful here, right? There's forces.

There is companies. This benefits from. certain potential corporations or whoever that's benefiting from us getting sick. Why do you think Dr. Davis left that industry and came over here?

Why you Dr Heywood and so many others as a sea of doctors that are now migrating over to preventative care? Right, because they are… I can't act like I know everything.

But I mean, you know, but listen, You go to the doctor, they have protocols. It can be clearly against what this doctor knows to be true of the two decades of working with people.

They still saying yo, have to give this listener pro. regardless of the fact that they know that once you take that solicitor pole then that might lead to this and then you got to take two other medicines to adjust to XYZ.

So, there are things just like the criminal justice system, how did I get 16 life sentences with a non-violent drug case while I was in going to college?

I didn't eat nobody, you know what I'm saying? You got people like doing literally like unconscionable acts to kids and things in the world, right. They didn' even get 16 life sentences, much less life in prison, where I could never, ever, get my freedom again so that I can do the things that i'm doing right.

And so, we have to kind of get to the root of the situation right and to get the route you know sometimes you have get in there with maybe people and have conversations because if you don't go in we're not a part of a conversation.

So, I commend you for being brave enough to go in there and be able to be a voice to represent us and to capture this and educate and keep pushing the movement forward.

Because there's going to new administrations in, this one's gonna come out, but is your life gonna stop? Should your lifestyle? No. But as a man, as being authentic, the person that I know you are, you're gonna go and try to do the best that you can do.

It's incredibly hard when you have so many interests working against you. And I just know that from the criminal justice space. Life in prison for something that I don't think that's fair.

Thank God, God's seen it fit to let me out and get a second chance out here. But I want to tackle all of these things. The only way we can tackle it is by working together.

Right? But we do got to get to the root. of the systematic way. Look, we go overseas, I went over to London, different places, there's certain food, this stuff that's in the food that is not over here.

Certain stuff tastes different, certain stuff is a different color. I'm like, what is the color? Is this… No, that not how it looks. They dye this, they do this.

Why are they letting this in our food? 10,000 chemicals currently, the FDA allows. So where is the smoke? Europe only allows 400. Right. 400 versus 10 thousand.

Why isn't that making sense? Let's get to it. Why is it the 10,000 chemical is bombarding? And we got another

project that we're going to do too. Boom.

Discussing the bombardment, the overloading of the toxins that this stuff is fixable. We already got the stuff, okay, let's just say stuff is happening in the air and you got stuff that we need, you know, industrial revolution, all these things need to happen.

But what about the stuffs that's fixable? What about 10,000 chemicals? And the thing is, what's not fixible is when you don't know. And that, that the importance of the awareness that were bringing to everybody through what we're doing.

Yellow, do you feel like that… Is it cracking? This is a something that's been in place for a long time. Is a cracking. Oh, it's cracking and it fighting back because the awareness is out there and people are learning these.

You know, the thing is, one of the things that I've seen when it comes to the minority community is that. you can't necessarily blame them because if they don't know, they do know.

But now what's happening, it's not just the minority community. It's just that the nation in general is becoming aware of all of these toxic chemicals, things that they're spraying on our food, stuff that's in our environment, the dyes that we're putting in all the different foods and cereals, what is happening that now when people know is like, okay, well, that is why I built up this new autoimmune disease.

This is why my parents have dementia and Alzheimer's. It's because these toxins have created a change in how their genes express themselves in the body, right?

So, Corey, one of the things that you talk about with Wintergy is winning together. And we talked about you know, the left and the right and people, you now, holding other people accountable because you're with this administration and you've seen it with the Buried Alive project, et cetera.

Now, Yellow, I want to talk about the importance of winning together and importance for collaboration, regardless of what side of the aisle you are on.

Yeah, I mean, just like Cory was saying in the criminal justice space and any other space, if you have life work that needs to be done, nobody can do it alone.

You know what I'm mean? Anybody that ever did anything significant did not do what alone, it's collaboration. It's like Yellow Payne, for example. I am here and I talking to Sam Tejada, which is CEO of Liquivita.

I can try and go and get all the information, but you have an entire network of information. You have doctors. We have to collaborate to get things done, and that's just period.

Politics, Public Health, and Collaboration

Me and Cory Jacobs, I would have never discovered Liquivita if Cory Jacob was not managing me. These things are mandatory to work together to build, like he said, a global community of winners.

And if anybody is so stubborn to think that, you know, I can't work with somebody, it's not even about being stubborn, right? It's about how important is the mission that you're on?

If my mission is getting my people freedom, if my vision is to get my People healthy, and my Mission is To get My People knowledgeable about things that are going on.

What is the point that I'm willing to stop to not get that done? And there's no point I am willing stop, to help my people. And if your mission is bigger than your opinion, then you can do anything because you're going to work with somebody.

Absolutely. Guys, I wanna have a little fun here really quick. Cory, you've experienced this before. Yeah, yeah, for sure. We got our cards from Steven Barlet, from the Diary of a CEO.

So Yellow, i'm gonna have you go ahead and grab that. You'll take the sleeve off. And then just grab a couple random cards for the middle. Give Cory the deck.

This is just so people can kind of get to know you a bit better. Some random questions. So what you do is you'll read one of the cards yellow and answer it.

And then the quarter will do the same. Okay. Can I skip through them or I just got to… Just pick a couple and then, you know, You're not supposed to be picking them.

They gotta be random. It's shuffle them though. All right, boom. Kay, this says… What topic is no one talking about now? The historians will study in the future.

That's a good question. This one right now. Okay, no, one is talking right. Yeah, I would say no-one. Yeah. That's tough. And I think that's a little more fine another one.

No one is talking about right now. There's nobody. Maybe something that you've been thinking about. OK, it don't have to be related to what topic is no one talking right about now that historians will…

That stuff. Yeah, that is. People talking everything. I'm trying to think. I don't wanna spend too much time on it. Switch it up, switch it out. Okay.

That's a good one though. What is your proudest moment? Proudest Moment? That I'll be proud of myself? In my life, my proudiest moment. Proutest moments?

I'm proud a lot of moments. Proudest. This is a layup. The other joint was hard. Yeah, this is the lay up. Pick one. My proudest moment. Boom. I guess I will say, okay, one of my proud moments I would for sure say I was I was living in like this, I wouldn't even call it a studio apartment, right?

It was like me and my girl was livin' in this like, we kinda made a photography studio into a home kinda, cause she did photography at the time. And we was just struggling.

We was trying to figure out how we were going to save up the money to get out of there. And then I went into my little thing, because I had went viral a couple of times or whatever, just to check the revenue.

It was like $17,000. At the time, I'm struggling for like four or $500 to stay in there, and then it was It was like, oh, like I'm actually getting paid off of this.

You know, and it was, I can move out of here now. It's like oh I am getting payed for what I've been working my entire life fighting for. That's a proudest moment.

Yeah, that's the proudiest moment, 100%. I was oh. And that was from there I could do music full time. No, because you see the fruits of your hard work.

I mean, so that, with anybody, once you actually can experience that fruit of the hard work that you put in. I can imagine. And I remember, you know, when I started seeing that money come in, same thing.

It's just like, wow, finally. Yeah, I get it. Or, yeah, okay. Look, let me get this point going. That was a tear-jerker. You know what I mean? What advice do you get from someone?

Say that one out loud. Oh, okay. What's advice did you get from someone early in your career that you followed, but now in hindsight you wish you hadn't and why?

Oh wow. Man, it's so much. Coming from the world that your come from. Yeah, yeah, well I would say, listen, I was in college, right? And I an engineering school, and I on the dean's list, I went to visit different friends, colleges in the South that went all black universities.

And I had a couple of friends that was like, man, you need to come down to Virginia to go to school here. You're missing all of this fun. It felt like I was missing out on some of the best years of my life at that particular time.

Man, I'm up here, head down into engineering classes, things like that. And I was on the right path and I made a decision as a young 19 year old to say, you know what, I'm going to transfer schools.

I can get it done down there. And that's where my whole life changed. You know, what I am saying? I took the advice. They made it sound good. Listen, we got a townhouse.

If you get on a lease, this is all going work out. It's going be amazing. And I made that change and then it led to me going, basically going through everything that I went through, right?

To have to overcome all of that. And you know, I really, obviously, yeah, that's something that, some advice that took, probably should have listened to grandma on that one.

You know what I'm saying? It stayed in school. What's the next one there? So, what's a common misconception people have about you? And how does it make you feel?

It's, a lot of common misconceptions. I think one of them is that I'm, I got a couple. One of em is like, is that I'm, I mean, you know, because my, a lot of my content is so serious.

And then another one is just that like, that, so that am always serious, and it's funny, like when I meet up with like females and stuff, They don't be knowing, they have no idea that I'm like a West Dayton, nigga.

I don' know what that is, but I am just like, a west Dayton young, you know, what I saying? So they expect like good morning, Queen, how you doing, beautiful?

And it's like nothing like that. It's funny, because I got like bright personalities, I make them laugh, et cetera. I think, how does it make me feel?

It actually makes me kind of, it gives me an opportunity to show people a side of me that they probably didn't know exists. So it's a good feeling. That's pretty cool.

Yeah. Okay. Let me see. All right. Do uncomfortable situations bring the best or worst out of you? I mean, I would say utilizing the data, you know what I'm saying?

I think I've been able to thrive in uncomfortable situations and it actually pushes me to be better. I gain the ability to turn pain into transform, let's just say transform energy into something that's useful.

I think that what really got me through my entire journey, right? Despite the food isn't the best food, but I might say, well, there's some people that not eating.

it's all about your perspective and how you choose to look at a situation, right? We can always take the negative aspect of something and say, well, it was me curl up in the corner and lay down and die, but evidently I had a life sentence and I was able to overcome that, and the way I able overcome was to take that pain, take those obstacles, those challenges and turn them into, like when they say turn a lemon into lemonade, I feel like the very highest level, I've learned how to do that.

Absolutely, absolutely. Guys, as we wrap up here, if there's someone listening that really resonates with today's message, and they're ready to take that leap into taking care of their health because they feel that their heath does count.

Yellow, what is that last thing that you can leave that person that's on edge, ready say, you know what, it's time.

Audience Questions and Personal Reflections

What's that thing you could leave them off with? A little bit off script, right? But I think to properly do that, I kind of want to ask you a question, if somebody is coming from a community where You know, it's not a whole lot of options and they want to take care of their health because they see yellow pain and Corey Jacobs up here talking about like, you know you need to do this.

What would you say the first thing that somebody without access to all of the expensive health modalities that liquid Vita provides and you no blood work if they can't necessarily afford all of the full spectrum of options, what would you tell somebody the first thing they need to do?

Tune into a healthy point of view. And I'm serious when I said that. Why is that? Is information is right at the fingertips. To tune into a healthy point of view, the conversation we had today, and many of other conversations of experts from all over the world, it's free.

We don't charge for it. It's on YouTube, Spotify, Apple Podcasts. Anyone can stream this information for you. And that's why I launched this podcast, is to bring the information that I've seen millionaires and billionaires pay tens of thousands, if not hundreds of thousand of dollars for, that were the only people that had access to this type of information, right, or even medical treatment, etc.

Where now I can bring those exact same experts from all over the world, and even some other experts that are even more elevated than the ones that I was connected to, where I sit them here and bring a lot of this information because knowledge is power.

But that's what we hear, knowledge is power. But when you take that knowledge from this podcast and you start applying it, that is where the real power comes through.

So tuning into the podcast, getting the knowledge, understanding what's good for you, what bad for your, because a lot of the things that we talk about here on the podcasts is free.

90% of a job when it comes to taking care of your health, 90%, is understanding and what to say no to. Then the other three things when it comes to movement, which is exercise, right?

Nutrition, what you're putting into your body. And then sleep, Which is one of the most important things. When it come to longevity and health span. All those are free as well, too.

all the things we have at Liquevita, when we talk about looking under the hood and, you know, all, the different technologies, that hyperbaric chamber, The red light bed and all that stuff.

Those are the fancy things. You know, yes, those things accelerate the process. But these are all things that we have access to naturally. Right. The red light bed, sunlight.

We just don't get sunlight vitamin D. How you said you were deficient. That's because we're never outside. All right. Were never grounding to the we don' take off our shoes and socks and go outside into the grass or the dirt and walk around and connect to that frequency of the earth.

So a lot of these things, if you just start understanding it, you can get it naturally Just wake up before the sun comes out and you can get that natural red light or blue light to stimulate the…

Oh, we got a song for that. Wake up, pray, get some money. You know what I'm saying? We coming. We going to cut that into the joke right there. So that's kind of my answer to it is the first step is just understand and get educated and be aware of the things that you have to do to take care of your health.

And that's what my health will count is all about awareness. It's all, it's about if you're not aware, then how you, you know, of what's going on. And so I definitely think obviously was being done with the podcast, the amount of work and effort that has been put into it is being noticed.

Its gaining more momentum. So now as we're doing that, we want to now veer off. Just like we have a vibe conference, we can go now. This has to be done on multiple levels.

It can't be down on one level. We go have the healthy point of the My Health Will Count conference to deal with different demographics, where we could now take some of our partners that could tap in, and now we help power that Now we're doing it though.

We might not be able to do everything, but we have the right team to tackle on these different things with our particular superpower. Corey, what was the last thing you could leave them off with?

Tap into the Winnergy. Tap in to the winergy, tap into to framework, and tap in the operating system that can help you master your mind and transform your life, right?

I was able to, you know, discover myself, tap into my purpose, which played a large role in me overcoming my circumstances.

Final Takeaways and Calls to Action

What that whole journey taught me that making the impossible possible is possible. So tap into the Winner G. There's a lot of great tools. Tap into The Community, tap in to Likwavita, tapping to Healthy Point of View.

Tapping to Yellow Pain. Go to at Yellow Paint on the IG. Got to add Corey S. Jacobs, go at Sam Dahata, Go at the team and let's win. And last thing I want to say is look under the hood before life forces.

Where can they find you, Yellow? At Yellowpane, everywhere. Y-E-L-O-P-A-I-N. Corey? Yeah. At Corey S. Jacobs. C-o-r-e-y S Jacobs, see you soon. Amazing.

My brothers, thank you for coming on the Healthy Phone Review Podcast. This was very informative. Guys, my health will count. Does your health count? Make sure you tap into the book, it's coming out.

You'll see it all over Yellow's platform. We'll be sharing it here. And how do you do it? It's the mindset, the winnergy mindset. So you wanna tap in to the 16 principles as well.

Guys make sure that you take this podcast. If you definitely have a friend, family member that is struggling in some of these things that we talked about today.

Make you share it with them. Like, subscribe, do all that other fun stuff.