

GDL March 8, 2023

A check A with the great of scarcity is in Welcome Welcome to Good Day Live Can you believe it It's Women's International Day It is And we have a very special woman with us Miss Andrea and I you know what Andrea Andrea What is wrong with me How are you We just start that over Welcome Welcome to Good Day Live I'm Michelle M If you're just tuning in for the very first time Welcome to Women's International Day which is very fitting because we have a very special guest and along you're not special guests with Kyle Trueblood my wonderful cohost and Andrea Dons our menopause expert Wow it's early I have not had my caffeine yet How are you I'm doing great Thank you How are you I'm great Apparently not so great because I have to have to talk What's wrong with me Um We're so excited to have you one because uh this is a we talked a little bit before the show went live that this is a conversation that is so taboo especially for I feel like younger women It's like we I asked my mom about this when I was growing up She never wanted to tell me she's like you'll know about it when you get there It's like no no no I want to know now and I feel like we're doing such a disservice for people and women that are younger that don't know about this that should know about the signs and all that And you're like a viral sensation right Like from your you have a video before and after menopause right On tiktok I love tiktok I have like our community is really on tiktok I have over 300,000 people on tiktok with over 5 million views on our video Wow Yeah Incredible I'm all talking about perry menopause and menopause which is really exciting It's really really really exciting and and again like it's so important for everyone to know what this is It shouldn't be taboo why women go through so much And men do too I know we talked about this a little before the show but I your face is everything Um You you have uh some facts about like you did a study Can you fill us in Well so I'm so again I'm so happy we're talking about this because it can be a taboo And growing up we don't learn about this in school Like I have a daughter who's in grade six and when I looked at her grade five curriculum I looked to see what they're teaching They teach about puberty but they don't even mention the word menopause So I was really taken aback when I went into this phase of life which is why I've really made the commitment to educate as many women as possible about it because it can start as early as 35 Wow Yeah So really now so it starts about a decade before menopause and I was in peri menopause for five years until I actually realized I was in per menopause So

that's why it's so important that we have this conversation We educate talk about some definitions we can talk about some this just so that we're prepared And that way when we start feeling things like oh yeah yeah you're right It could be per menopause Let me go speak to my doctor let me speak to my health care practitioner my mom my grandmother whoever else we want our friends that we want to confide in Let's open a conversation And you know Kyle actually yesterday when we were in preproduction for this was given the opportunity to not be in the segment because you know it's a woman's topic But you said what did you say And this is ladies can I can I say that um this guy is going to be the husband of the millennia So like what did you say to me yesterday I mean I don't think it's uh an exclusive topic Again It it shouldn't be taboo which means we should include everyone everyone should talk about it Everyone should be educated on it Um not just because it's just a woman's problem It's not you know it's it's everyone's uh situation I think And uh it would only do better and uh more it would be advantageous for everyone to know Can I can I say what you said to me specifically He said that he was going to get married one day and that his wife would most likely be going through that And it's something that you should know about It's amazing like look at this guy guys if you want to take notes take note with this guy OK All right back to you I love that And I love the fact Also like when I'm working we speak very openly in my family about it now obviously because now I actually know what I'm going through and you know when I first started going through it you know it was one of those things like what's happening to me mom like my kid nobody we didn't talk about it right now So we're so open about it in our house So I have a 19 year old son So he's prepared He understands I have two daughters of 17 who will be 18 next week plus a 12 year old So they understand it too So it's really we talk about exactly It's the whole house and my husband So I do a lot of videos with my husband on Tik Tok And because we want to normalize it we want to get rid of this stigma We want to have these conversations So my husband understands So when I'm kind of you know when I'm in a mood or whatever so it becomes it's really strange our relationship in a really good way But I know it's a it's a difficult time for so many women in this phase so many relationships in this phase of life So that's why again having this conversation is amazing Awesome All right let's let's let's get into it What are the facts that you have So I really so part of my commitment to this to the whole menopause space was really understanding the research So let's start with some definitions Let's do it OK So perry

menopause are the years before menopause So they are it's generally a decade before you go into menopause So it can start as early as 35 Like I mentioned menopause is once you go 365 days or 12 months without a cycle after that So it's technically just one day after that everything is called post menopause but really menopause post menopause it's the same thing OK So in terms of like understanding that phase of life So I'm I'm currently in menopause OK OK So I was impairing menopause for five years before I even knew Well the reason I kind of even made the association was because I was standing at my desk working one day I turned 47 2 months after my 47th birthday And I got a hot flash and I thought oh wait a minute maybe because I I had been feeling all these symptoms prior for example I had pain in my body I wasn't sleeping Well my moods were all over the place I had gained a ton of weight I was hungrier like I had all these symptoms I didn't really put together I had phantom smells which we can go into in a minute You think you were pregnant I did I took many pregnancy tests I know a lot of my my business partners took many pregnancy tests because of my period was irregular So what would happen So when I got my my first hot flash I was like oh maybe I'm in menopause and then I'm like right away your mind my mind started going like menopause Wait a minute Isn't that like for my mom my grandmother isn't that for older people Like it was it it really did not comprehend what it meant I didn't even know the word peri menopause existed So that's how educated I was And it was my job as a nutritionist being in the health and wellness space for so many years 17 years At that point I was like well if I don't know maybe other people don't know either which is really what led me down this path and this rabbit hole of research and understanding it better Yeah So you know we definitely happy to talk about the research But really that was kind of my journey which also led me to creating my company which is called Morphis So Morphis is a combination of the words metamorphosis which is change plus us as a community So it's more so we're all doing this together which is I love that Yeah Speaking of together you know and this isn't just like a male question It's it's an everyone question When you go it seems to sneak up on you this this time of life right It's not like a definite age everyone's different Um I think the elephant in the room for me was is did you ever wish that your friends were there for you in a certain way during this time Uh You know how could they have been I know it's an internal bodily function but I'm sure in some way women or men you wish that there was some support or some understanding in some way What was that I love that question I'm gonna tell

you why the reason I love it is because when I was going through it I went through it a little bit earlier So the average age of menopause is 51.5 I started those you know so I started a little bit earlier than my friends or at least that we any of us realized and I would ask my friends I'd be like are you hungrier Like do you find that you're hungry all the time No Are you smelling burnt toast Because I I could smell smoke burn toast I would smell these are called Phantom smells These are more uncommon symptom I would smell it This is even in my late thirties and I'd be like do you smell it They're like no So I felt like I had nobody I felt so alone I felt like I was like wait is somebody taking over my body Like what am I going crazy Like what was he a doctor at this point So I went to see my doctor I was you know it was not brought up I spoke to her like I didn't speak to my mom which I should have but I did it But again I didn't know what was happening So I didn't even know the questions to ask to be able to understand the phase of life So yes So I kind of wish so this is why I created Morphis and our Tik Tok community was because it was really important to me that I'm able to support and validate women who so they don't have to go through what I would love that I love that you're doing this Um And again like it just I mean like you said it starts at such a young age and this is a conversation that we're gonna make normal Thanks to you You how many symptoms are there for You were saying there's like a number like a serious significant number So when I like this was probably years ago I started learning about 34 different signs and symptoms of menopause I heard there were 34 recognized symptoms So the way my brain works because I'm so research focused I literally went home that night and I created a Google doc and I started tracking all these symptoms I'm like 34 It sounds like a lot But I I knew at this point I kind of had a better idea of what you know stage I was in and I started tracking them And over the last several years I've actually tracked more than 85 different signs and symptoms of menopause So there are way more than 34 that we all think and this is why So there's common ones and this will let us down this amazing reason We just did some observational anecdotal research that we did a survey with over 2200 women and what we found So this is why I wanted to because these are so exciting Let's get not exciting but it's exciting that we understand what knowledge is knowledge is power And if you know what's going on then you're able to help yourself and others around you We were speaking right before the show about our speaking to our mothers and them going through it when we were younger And I happened to mention that my mom actually did tell me hey Kay I'm going through it You know

this is what it is I love that your mom spoke to you about it because I didn't I never had the conversation I looked out she wrote a book on family care So she was very aware of like a lot of family communication element Um But it helped it did it did just to know how to communicate I love that So I love that And I wish more of like more of us more moms more grandmas would talk to us But hopefully now it's going to change And now we're also always say gen X women like we're going into this you know into this new phase of life because that's the majority of us right now that we're talking more openly about it And yeah thank you to our you know speaking to the you know our moms our grandmas and then the younger generation which is so important for us as well right to the younger generation let's get out of the 2200 and 39 people have filled out So we had like an overwhelming response to the survey So we had a sign and symptom survey The number one symptom experienced by 71% of women in this time of life is exhaustion fatigue Number one number two is brain fog Number three is sleep issues because that is a huge issue in this phase of life Number four is memory loss Number five is anxiety Then we have joint pain Oh This list is is unbelievable It's kind of like um lack of concentration and focus which is a very big one for women As we're going through this phase of life you feel like you just can't get out of bed Sometimes you're like I just don't I had so much I was able to focus and concentrate before which is why it creates a lot of issues for work at work for women gonna bring that up the workforce And you know what we we're at now in the world and in this time in human history it's not time to be having menopause like you got to focus right It's very tough It's very tough So that's why and that's why I'm I'm creating awareness for this is because I want I always tell women that to be gentle with themselves because it's you think of your body as recalibrating and per menopause right So you think of your phone when you update your phone you can't use it for a good amount of time right That's kind of that's our bodies at the same time It's it's upgrading So we need to be gentle we need to be patient we need to be we need to treat ourselves and speak to ourselves with respect because we tend to speak to ourselves with a lot more disrespect than we would speak to anybody else And you know and these are things that I've learned over the course of this year because I believe me myself too like it's always like it's it's about progress right Like it's about being patient So progression So I'll just read this the other few which is hot flashes So hot flashes is number nine on our list So again when we make that connection between hot flashes and menopause it's number nine on the list And then we have our lack of patients

with libido night sweats and then slower metabolism which is weight gain So that would be like our our top 13 most common symptoms It's not out of the 85 plus Yeah Yeah It's just not fair I I feel well one it's good to know that these things could be signs of something that nothing that you're on Well so OK so OK walk me through this say like I'm experiencing all those symptoms I go to the doctor now Yes So you I always say you want to speak to your doctor because your do and again you want to find a doctor that understands menopause And I think that's an important thing So to understand what's going on because I do hear unfortunately from a lot of the women on my tiktok page that they're being dismissed OK Or you know so they're like you know a lot of different things like you're being dismissed or you're too young to be in menopause menopause in your forties and even in your fifties which is not true as we talked about it can be any time over the age of 35 So definitely speak to your doctor go get things checked out So when I had those phantom smells I went to get several tests I was like why am I why am I smelling smoke when other people aren't they test you for So I had an MRI Wow Yeah that's a stroke strokes seizures a few different like dangerous occurrences can happen from that So you don't want to get your symptoms checked out I always say go to your doctor So you want to go get a couple of tests done You want to get your Froin levels checked Because if you have low Froin they cant to iron iron in the bed You want to get your thyroid levels checked You want to get your B 12 your vitamin D even vitamin D alone So let's say you're deficient Vitamin D Vitamin D is tied into immunity but it's also tied into mood and it's tied into fatigue Again That number one symptom So you want to make sure B 12 is also tied into fatigue right Thyroid is tied into fatigue So you could see how everything kind of like works together right So that's why I always see it as a first line of defense go speak to your doctor ask for blood tests to get done get your blood test done Let's rule out everything that's physiologically going on once you come back and you're like ok I got my clean bill of health from my doctor Now we can look at ok so how do we manage this nutrition lifestyle supplements to help with that Again my Lane is nutrition lifestyle supplements There is always the the if you want the choice of hormones I would say nutrition lifestyle supplements and or hormones If that's what you choose to do it's just not my lane I'm there's so many occurrences of situations or possibilities that could happen from the menopause from the menopause menopause Talk about Baltimore at this point I mean so does it have you gotten any feedback from your Tik Tok community on how

comfortable they became Knowing that other people were becoming educated on it And there was a community about it Yes absolutely So I hear all the time how they feel more supported and validated how they feel that they're not alone Like I always say I have the best community on Tik Tok because everyone is so supportive and we're learning from each other Like so here I am I'm called the menopause educator and researcher on tiktok But truthfully I learned just as much from my community So it's like we kind of we learn from each other Right And I would say that definitely the support the validation and also that they're learning so much so they can go back and they can speak to their partners and they can speak to their friends and their kids about it So I've heard a lot of that like because I do the videos with my husband too they're able to share it they're able to show their doctors right So it's like ok so here's some I'm validating what we're going through your husband sharing it No So these are the community they say like the nuclear family kind of revolves around the mother So you know you gotta know you gotta take care of her happy life happy wife happy wife happy mom happy How many kids do you have I have three Wow Wow that's amazing I have three So yeah And then when I had my third I was 41 my third So right after then my symptoms started and which I'm now I'm digging into some more research as to what happens when we get give birth when we're older You know does it how does it affect menopause Which is now the next phase of my research is going to go into and doing some interviews with some really cool researchers Yeah So I'm really interested in kind of uncovering that you're in the right town because I think like the forties is like the new thirties for L A women like a lot of people are having babies in their forties Sex in the city just came out with an article saying well not sex in the city didn't come out with an article an article came out about sex in the city is 50 our fifties the new twenties And they're saying yes Well I mean you know we would love to believe I love being in my fifties I have to tell you I really did So when I first found out that I was in menopause I was saying we're I'm like oh my God I'm so old Am I washed out I did a great post on my 50th birthday I just I only posted it this year Um took me three years to post it But I was talking about like you know I felt old and oh my gosh as I'm approaching this week but I have to say I'm really loving my fifties because there is so many there's so much positive as we go into this phase of life too You know we're not getting our monthly cycle anymore That's awesome You know like so and we're more empowered We we understand what we like what we don't like We're putting down boundaries So there are a lot of really

great things that are happening A lot of us are reinventing ourselves I started a company at 50 50 The uneducated males have no idea There's all these symptoms and possibilities with menopause We're just like oh menopause That's great Congratulations You done you done bleeding No there's a lot there's a lot to go with it So that's good I think there's a benefit to every age and every stage I'm all about and all about that So can you speak on that briefly before Like we have to say goodbye You all the way from Toronto I wish you could be here longer Oh thank you Um So yeah I'm in for an awesome expo this week for all the natural products So in terms of yeah so we want to look at you know really looking we want to look at a whole foods diet So what worked for us And part of my mantra is what worked for us before menopause may not work for us right now So we need to look at what we're eating that nightly you know alcohol you know glass of wine before bed may not work for us anymore For a couple of reasons one is can trigger hot flashes and night sweats Number two will cause you know us to wake up in the middle of the night So looking at what we're eating So focusing on nutrition you know fruits and vegetables You want to make sure you're getting 25 to 35 g of fiber a day if you need to supplement we just launched actually a really cool product called fiber which gives you a little bit of more you know fiber if you need you want to focus on good quality fats So that would be like olive and coconut and avocado oil Your grass butter we want to eat real foods and then we want to look at whole grains and more in moderation whole grains lagoons nuts and seeds more in that moderation And then you want to look at drinking you know enough water half our weight in ounces every day Hydration dryness is a big one right So making sure that our digestive system is working properly So this would be like in terms of nutrition and then when it comes to lifestyle it's managing stress levels It is the number one most important thing that we need to be doing in this phase of life because it it's it's kind of like one of the things that you think if you stress well it's gonna affect your blood sugar It can affect your weight It's gonna affect your brain It's gonna affect like your hot flashes Like literally it's affecting your sleep So the number one part of our other we did the number one reason women are not sleeping in this phase of life Stress Wow Yeah it always goes back to stress You're great Thank you I want people to find out where they can connect with you This is your camera over here Camera number three when it lights up Thank you Plug away Thank you So you can visit my website which is we are morphis dot com and you can fill up my research surveys Please Do You can follow me on Tik Tok at



Andreski and on Instagram at We Amorphus Andrea You're so wonderful  
Such a breath of fresh air And I'm so happy that you came on our show to  
talk about this It's so important to know check her out follow her on tiktok  
Um It's so important to be informed and know what's going on with your  
body and whether it's your you know your own or your girlfriend or your  
wife or whatever you know look out for each other because it's all of us right  
It's all of us it's all of us to work together Um Yeah well said and you're  
going to an expo this weekend So can people find you at the expo Well you  
might see her I'll be right back after this Don't go anywhere That's awesome I  
love that so much It's so important and I saw the video of the before and after  
like a couple of shoveling after you Like they're funny what made you want  
to do So here is our Jari Unbox It you wanna get it charged up you use this  
fantastic charger over here This is the output over there and it has an extra  
cable like this with the ability to charge it in your car So that is really cool So  
we have it all charged up It has here you can press on the display You can  
see now that it is not drawing any power it is not bringing in any power and  
it is 99% charged which is cool So as you want to use all your separate  
things you can turn on the little lights and it will show you as you can see  
there that now you can draw power out of them or you can turn them off just  
like you would at home If you do if you wanna leave something plugged in  
but not having a draw power there you can turn it off So let's have some fun  
and see what our Jay can fire up So in the past we have used the Jay to light  
up our lives with go We have charged our cell phones and we have done a  
few other things But oh we've even lit up the Arrow Garden How amazing is  
that that we were able to light up the Arrow Garden But today we're gonna  
push the Jari to the limit and uh we are gonna take a look at the this works  
What's this This works That car vacuum Awesome Very cool And we could  
even take a look at it Tabi used it and uh how amazing is this Oh my  
goodness You can just keep on going and going and going You can get into  
every little look and cranny in your car with all of this How awesome So this  
is what we're gonna do We're gonna stick it into our Jari Let's do it this way  
So you guys can see what I'm doing Turn it on it's a little light and the  
display have gone on because we are about to fire this up Thank you Mr  
Jackie There we go That is cool So let's see what else we can fire up today I  
mean that you can I mean that is just so cool You see powerful vacuum Jay  
fired it up Let's have a look at some of the other things that we can um fire  
up today Let's see Here we go So let's try the LaVoy Air purifier I mean this  
is a high power drawing eye item I think I would imagine So it's not

something that you would generally plug into this little power port here  
Amazing if this works you know how incredible this must be So not only is  
the Jari used when you are camping or exploring the world in your RV or  
your car The Jay can also be your backup power source for a disaster Um  
You know disaster preparedness The Jay is definitely something that you'd  
want to have in your home and like God forbid there is something and the air  
is not pure and now you're stuck in your home you've got no power You can't  
put your air purifiers on if there's a huge amount of dust in the air or if there's  
a big um you know like we are in California there could be a huge  
earthquake will bring up a lot of dust but you obviously want to still keep  
your lungs protected Let's see if the Jay not only will give us power but will  
also save lives Sorry Well hello Very nice Thank you a lot Yes Thank you so  
much Well it a good day live live in Los Angeles California I'm Michelle  
Mira along with my Kyle dancing sexy music man sexy music I like your  
what's your dance Dance What what is what is what is this I felt very like I  
don't know what is this I felt very like you know the words like promiscuous  
is coming to my um if you're just tuning into the show we've got binge the  
Bay Week This is the Bay Week I'm so excited We have some amazing stars  
to talk about the Bay and good day with them I like that You should have  
worked on our promo for that No I'm just gonna I could have asked what's  
the name Kyle Blood We Day day hump day hump day Let us know where  
you're tuning in from We got the chat We want to connect with you and see  
how you're doing how you doing I feel like we got to do like how you do it  
how you do it I like that I like that Do it again How you doing How you  
doing from Jersey Yeah I like the Jersey You pump your fist Not your Yes  
Yes Yes We've got Alicia Lee Willis and then we have here today to talk  
about the bay Um but before we get into it we wanna like do our daily check  
in and see how things are going and also talk about what's going on in the  
world in a daily check in a daily check How are you doing You know I'm  
doing really great Um I'm really really excited to be here Um And just really  
excited to have uh you know binge the Bay week So uh I did a little research  
I am going to the mountains this weekend I may get snowed in up there No I  
just I just found out that there's a huge storm coming in So are you telling me  
that you're not gonna you're not gonna be here Gotta hit the mountain get a  
new board today Really excited That's what's going on in my life How's your  
life You really want me to tell Excited after that Can you tell I'm excited I  
mean I'm not excited now You're not there's a chance you may not be here on  
Monday I'll be here on Monday You just said you might get snowed in It was

a joke Is it a joke It's a joke Who is it a joke For me it's not a joke for me I just I don't want to send you into like menopause menopause perry menopause Apparently that happens It can start at like five I think you could start younger than that True truth Truth truthfully be told truthfully be told they can start younger than that And then I said you know women can go through a lot You can give me a look What was the look Kyle You gave me a look You are here for this Wait you just gave me a look like we go through a lot You kidding me Yeah I know if you're out of any Ok we don't have to get too graphic But yes that is the thing that women go through We should normalize that But yeah let's see how my body already He was like let's not get graphic I mean that's what we go through on a day like daily I have no idea what was going on Maybe I do need to see the doctor We go on a daily basis monthly basis before the menopausal conversation before How are you doing Oh I'm great You're great Every time you're in the studio I'm great Especially sitting next to you Oh here we go Let's check in as we do on this show That Nick Cage Yes this is Nick Cage Let me pull this up Andy can we pull this up He says I don't need to be in the MC U I'm Nick Cage I love that He said that why Because he could be Nick Cage in the MCU That's who he is And for those that don't know what the MC U is The Marvel cinematic universe I love how like you should know what they should know I mean I knew what it was because I looked it up but like I I wouldn't have known I mean who says that Like I should I don't have to be in the Marvel Universe because I'm Nick Cage It's a little it's a little like were we talking about like he was doing so well too he was making this comeback Great Nick What are you doing What are you doing Nick I don't get it Congratulations Nick on having the best Hollywood name ever That name is real It just maybe I don't know I mean everyone wonders whether my name is real which it is Kyle True Blood Yeah I would I would have to be a psycho to actually make that my fake name I look when people are like oh is that your real name I'm like why would I bother you so much Because why would I make my last name Trueblood Like I'd have to be like maybe you really are you No it's a real you do say you do have so did the look apparently and if you're not getting any of those inside jokes make sure you follow us at good underscore Day live on Instagram Good underscore Day live on tiktok or on youtube Facebook Twitch You name it Amazon We're everywhere we're everywhere everywhere everywhere Yeah It's kind of like the Bay Um They're streaming right now on two B and then on video on demand on March 15th on all other major platforms comes out March 15 7 is already out No seven comes out

March 15th on all the video Yeah Yeah Yeah Yeah Yeah Yeah but seventh is already out I'm pretty sure seventh comes out on March 15th Ok All right You might get a text I might get a text correcting to see if you're right or wrong Um What else is going on I know you don't want to talk about it but I kind of feel like we got to I'm gonna bring it up I mean I don't know This is this is uh this saga continues with San These are the girls Ok So on the right is the girlfriend on the left is they look alike to me right Don't they look the same Yes they do They look racist You see racist I think they're the same I think I could be wrong Ok So let me let's go back to the picture So we get one has a downward smile The other one has an upward smile look Exactly One has cat eyes The other one has puppy dog eyes one has blonde hair The other one has brunette Ok Ok Look at the overall the overall they look identical to me They don't have not at all to me Really Wow this is like literally their smiles are going in different directions All right Well um um Raquel uh Raquel came out and she apologized um guys or something The other one has cats Yeah go figure Listen they look exactly the same to me Is that a good thing Yeah they're just not similar looking and if you can't hear that voice or I'm sure you do It's the powers that be the wizard of Oz Mr Andy Waldman who does not want to be on camera but wants to be heard Why don't you talk on the microphone Andy you a mic Do we have the footage from yesterday of uh me being a hologram No we we're not playing that today That was pretty cool Yeah On our daily check in you didn't want to show that I don't see it I don't see it there um yesterday So I wanted to tell you I was a hologram I saw did you see on Instagram Yeah it was super super cool We went to Howie Mandel studio and it's proto hologram I don't know why they're coming out with this now But a year ago Colin Farrell stole the show at the Batman movie Are we we're we're going back into angle Pull this up please Where did you go Where where did you go Where did that Ok thank you It's coming out now but this guy really did steal the show Look at him He looks so different I was walking out of the theater last year and I told my friend uh Aldo I was like that was Colin Farrell He was like where I was like as the Penguin He was like no that's crazy Look at that I wonder how long hair and makeup took to get that look That's a good question I mean Colin Farrell Jeez you look looks great looks great Um Yeah he's aging well too Yeah Yeah Yeah Yeah Not me in technology You you in technology you oh and then I love this quote I just saw this recently Um This is this is literally me I said this to my No no no no not physically Well kind of feels like overheard in L A Oh What This is me This is me This is well no

So I was here for Halloween and with the with the black wig I I kind of did look like her but this is what I said to my grandparents Um she said my grandparents told me um when I was little they were like you're gonna have to find a rich man and I said I am the rich man Is this the thirties So what No I mean my grandparents like they grew up in a time where it was like you got to get and got married to somebody who's rich da da da da the 19 th apparently And then um and then so she was told that too And she said my mom said to me you know sweetheart one day you should settle down and marry a rich man And I said mom I am a rich man I said that to my grandparents that I am a rich man So Sharon and I have a lot in common Apparently you were for Halloween It was only fitting that I was here for Halloween yet nobody knew what I was for sure Everyone thought I was a Kardashian is a good example of how um you know the patriarchy is kind of perpetuated by not just the patriarchy I mean yeah I think it's um I think I think that's a thing and also stand up for women Yeah the women have to stand up for women And then this is me I had to show this is definitely me This is me after two Prosecco You Michelle half an espresso Martini half anything even a wine cooler You can do a third of a wine cooler Michelle's doing this at the party That was me the other day That was the other people on the bay can drink or if they're like you they're lightweight I wonder I mean we can ask but like we can we can definitely get into it um but we're so excited that we have Um I'm gonna play the last video I'm gonna play the last video with sounds Here we go I think some of you thought that you already saw me today You didn't It was a I was a hologram There's a company called Proto It creates holograms and I got a hold of one of their machines and I am so happy that you're here for our final season I'm getting ready for the show and that's why I made this hologram to welcome you You it is me Is it really you David Nussbaum the founder of PROTO And I'd like to welcome you to the family and we're excited to see what you're going to do with this new technology where your only limitation is your imagination So thank you for taking the first step into the future Our patents with the only hologram technology in this space that has hey everyone it's Paris Hilton I am here inside this proto anywhere around the world in seconds and could be d jing through personal appearances speaking engagements I don't even know you can basically do anything with this thing T V's Howie Mandel here Well not so much TV S Howie Mandel Proto Howie Mandel Yeah I wanna tell you all Thank y'all As y'all get the shots De Leon wouldn't be a success without you Way better than me Uh This wizard box is courtesy of

the Proto hologram Team and render talent They're helping me out because I'm so busy right now But I really wanted to be here tonight This technology won't make us comedians real lazy Hey what's up Pastor My name is Logan Paul and I know it looks like I'm in this box but I am actually a hologram Thanks to Proto I am beaming into an event I could not physically be at Ok So this is really cool This is um at the Howie Mandel studios where we were um yesterday and uh there's Howie Mandel himself Um not as Howie but as a hologram Um and it's pretty next level stuff Um Other than looking like you're in a box but it's really cool People are using it for fashion and storefronts This is actually what's going on in storefront right now in um in New York Me but that's me yesterday Um Beaming it Look look that's my hologram It looks just like me right Like it's crazy I mean it is me but I'm a ho look look I'm a hologram I'm not really there I'm not really there Look look at me in the box It's it's incredible I was obsessed and hooked Um And and the uh the thing that I put on Instagram was like am I in a box or uh is that my hologram What do you think that's a hologram Is that technology is the technology is incredible and it was really cool Yeah they had a lion um Ellen like yeah super cool Right No I believe that was digitally made Yeah Which is really cool Right How cool was that That was super cool in the studio Um Not me not me Right Shout out the prototype Yeah Proto uh hologram right Is that right Proto hologram Proto Yeah it's really cool And then um you know some of the big investors are um Paris Hilton Pete Diddy Um really big people and um they brought you can bring dead people back to life They have a patent on it too They have a what are you gonna say about that What was wrong with that Oh because Andy stopped the presentation and was like Michelle I just want to show you they have a patent and you did the same thing That's what does that mean to you That means big big big bucks means big bucks for for proto Yeah No one It's probably a 20 year patent Seven year patent What's the I don't know Do we know 7 to 20 somewhere around there But yeah they can be We are talking to Andy not some random person Sorry sorry go ahead Keep talking This is our relationship I'm sorry I'm working on it screaming in the middle of sentences We've been married for how long we don't have that when you have the pal I know everyone thinks we are I told you we should just put like a thing that says we're not married Just put it on my forehead It looks like we're not like what did I how did I get into this now Getting back to this uh situation here we have the bay coming on Yes I'm pretty excited Yes Let's get Miss Alicia Lee Willis on right after this Don't go anywhere as we binge the bay the bay

What good day be right back after this Don't go anywhere Yeah I like your sexy dance So here is our Jari Unbox It you wanna get it charged up You use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have it all charged up It has here you can press on the display you can see now that it is not drawing any power it is not bringing in any power and it is 99% charged which is cool So as you wanna use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home If you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our Jay can fire up So in the past we have used the Jari to light up our lives with go we have charged our cell phones and we have done a few other things But oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today we're gonna push the Jari to the limit and uh we are gonna take a look at the this works what's this This works That car vacuum Awesome Very cool And we could even take a look at it Tabi used it and uh how amazing is this Oh my goodness You can just keep on going and going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our query Let's do it this way So you guys can see what I'm doing Turn it on It's a little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jackie fired it up Let's have a look at some of the other things that we can um fire up today Let's see Here we go So let's try the LaVoy Air purifier I mean this is a high power drawing eye item I think I would imagine So it's not something that you would generally plug into this little power port here Amazing if this works you know how incredible this must be So not only is the Jari used when you are camping or exploring the world in your RV or your car the Jakey can also be your backup power source for a disaster Um You know disaster preparedness The Jay is definitely something that you'd want to have in your home And like God forbid there is something and the air is not pure and now you're stuck in your home you've got no power You can't put your air purifiers on If there's a huge amount of dust in the air or if there's a big um you know like we are in California there could be a huge earthquake will bring up a lot of dust but you obviously want to still

keep your lungs protected Let's see if the Jay not only will give us power but will also save lives So plug it in over here we'll turn it on and you can see let's actually put this up a little bit because you'll be able to see the lights So let's put that try and see if you can see that there this all in the name of OK there we go So the little light is on I do we do this all day long It should be the whole interview Just have done this for the whole interview Is that weird Good Day live If you're just tuning in we're binging the bay all this week and we're really excited I'm Michelle Mira along with I'm Kyle and we have the lovely Alicia Lee Willis Thanks for coming Thanks for coming You play uh Miss Avery Garrett And you've been with the show since how long I think since the beginning actually Yeah So eight seasons Wow Yeah It's like it feels like a lifetime ago It's hard to believe Yeah And I've known Gregory Martin the producer Um I hate to say it but over 20 maybe 30 years we actually met So I used to be on a soap opera in New York called Another World And this uh this was uh I mean I was like 19 when I started it and he worked on it as well as as well as uh Taylor's family She's on the show too And um yeah we all you know got to know each other and kept in touch throughout the years and now we're all working on the Bay and it's amazing Ok Yeah Oh that's so great We love that We love that It's such a family atmosphere It is it is We call it the Bay family I mean that's just we really do feel like you know a family unit Good and bad you know You know how it goes not to get too personal but like what kept you guys together before the bay Like what was that friendship Like I think it was it was um well Taylor and I were roommates in New York and so we moved out here together and you know hit pilots and hard and just kept going and then um and we're both moms now So it's kind of cool That's amazing Boy or girl I have a little girl She's incredible She's my little my little sassy pants 11 11 going on 18 I'm sure it's a lot but she's amazing Um Yeah so uh Gregory is really kind of the glue that kept everybody together you know I mean he he was always putting product stick together and and calling up and say hey you wanna you wanna play Vampire or Oh that's awesome Yeah So it's been a it's been a really good working friendship and yeah I love it That is awesome So when you heard so did he pitch you the idea for for the show or how did that happen He did I mean they had kind of started doing it a little bit before I joined and then he called me up and he's like I have those characters She's perfect for you Um And yeah and I was like oh let's do it and I signed on and and yeah the rest is history still there Still there Which is awesome Uh this role seven years now eight years going on about eight years I think So Yikes And it's not tiring to



play the same role over and over Um it's you know tiring I I enjoy it It's tiring Yeah because it's emotional especially the last couple of seasons I mean the the tear jerker scenes I mean you go home and you're pretty spent Yeah but that's what I love too I mean that's why I got into this business I just yeah What did you do the character Like what did you enjoy Like I get to do this again and again and again What is that Well something about avery I mean she's she's the type of person that I think we should all strive to be you know she's a giver She takes care of her family she's a nurse I mean even when she's going through some like pretty intense personal battles she shows up and she she gets to work and she helps people and yeah I really admire her Yeah Oh yeah that sounds like you Thank you But it sounds like you Sounds like you That is very sweet Thank you You're welcome You're welcome And and you're no stranger to daytime television You're also in general hospital and you were nominated for that for an Emmy Yeah I got three Emmy nominations Is that correct It was three it was for younger leading actress and then the other two are for the Bay What does that feel for you Like What is that It's surreal I mean you know II I just feel so fortunate to be uh be working still you know II I uh it's just it's surreal I don't even know how to explain it I'm I'm so fortunate and I get to do what I love and and then to have something like that on top of it it's like come on That's awesome That's amazing Did you work with He is one of my favorite people in the whole business He I mean yeah he gave me my start on GH and um he's just it's one of the most helpful kind I just adore him I can't say enough kind of things about him We hear that a lot incredible He was a general hospital Were you years ago It was incredible Mark came to a play of mine and then was you know how Mark is He's just like so everything he does is just so amazing and just feels so right Anyway he sent me an offer one of the few offers I've ever gotten and uh gave me like three or four episodes on General Hospital like three years ago I mean when he sees talent he he wants to to put it out there You know there's no ego with him It's all just like he he wants you to succeed If he thinks you know if he really believes in you So yeah that what that energy that Mark Tech has innately does that translate into the Bay Do people have that kind of energy in the in that production as well I think so Yeah I mean it's so funny because there is the the cast It's a very big cast Um everybody most of them come from soaps and I've worked with um 90% of them over the years It is a community It's it's we're we're all in it together You know we've been through the soap world We've we've been on the bay and you do get that feeling like everyone's really rooting for each

other and they they want you know we all want our fellow actors to do well and producers and directors and to see Gregory push this show as far as it's gone It's like it's incredible I I mean it's like it just keeps going He's great Yeah it's awesome to see such a family affair be so successful I'm sorry Oh no I was just gonna ask just about your character why do you think your family is always in the news win Like the Garretts have a lot of drama in their family I mean but but you know it it makes the show a lot more interesting Um yeah there's just well there's a lot of us That's a good question Gregory's watching Gregory Um I apologize there are like 1000 Garretts are there there is a lot But um but it's really it's really fun to watch because he they they give us these um him and Wendy give us these uh insane storylines and they're so much fun to play and my character is a little more you know she's actually the more normal one of the best Yeah But everyone around her seems to be just uh yeah just kind of chaos But it's great because you've got these wonderful actors playing these these amazing stories and it's it's super fun super fun Um We have a clip that like to play on the bay Let's take a look It's really beautiful isn't It sure is Welcome to the crazy family little guy April What do you think happened to Vivian and Daniel Where do you think they are I wish I knew of the sort But can I get you a glass of water No I'm uh I'm ok Dr Kimball Really Because that's not what Dr Kate assessed earlier today I'm so sorry I I knew that Evan had just come out of surgery and I know that I should have waited but I mean he's Damien's brother and I just felt like he he should know And thank goodness Evan is ok but I promise you I won't make that mistake again I can separate my emotions from my work I'm a nurse That's what we do We help people and and and the best way that I can help people is by being here for my family and and for my other patients I messed up Ok I promise you I won't do it again I got this Mhm So many tears so many tears a lot of emotion Can you keep your emotion out of work I see what you mean Yeah Well you can tell actually in the clips I had actually just come off another movie where I was crying for three weeks straight Gosh And then I got to do that and I was like you could just tell I was just like I had bags and like you could tell I had been through it I've been crying nonstop for like a month but you know what It's therapeutic right I go home and I'm like oh got that off my chest Wow that's a lot I mean I feel like you should have I mean just with that right Um and can you tell us what was happening in that in that particular scene where you're like I'll do better Yeah So I had um we had just gone through this really traumatic experience We had uh lost some people Um some people have been

kidnapped uh family members and um I went back to work right after and and I ended up getting in a situation where I kind of got in trouble and and I'm not going to give you too much with us I was just like hey listen like I yes I emotionally I was a wreck but like I I wanted to show up and do my job and be there for the people that really needed me and I think that just shows you know Avery's character right there Yeah You need more people like you more people like your character And I'm not gonna lie I don't know if I could do what she did that a lot It is a lot every day that are doing that and it's like my hat goes off to them They just they show up even when they're struggling and it's it's amazing Did you have any nurses like real life nurses reach out to you and say so and so because I know that like the demographic of nurses that was a hot topic for the last couple of years Yeah Yeah Big time I you know I have had people reach out and and say very some very sweet messages Um we we uh yeah I think we represented them well this season I hope I hope he definitely did And um I think the the the storylines were were very powerful and yeah I hope we we hit a nerve at least Yeah Oh well you hit a nerve with me and I'm excited There's a season eight which I didn't know about until yesterday I'm so excited for season eight Don't tell me anything Even though I know if I ask you won't But um yeah I'm so excited and then we got um we're gonna break and come back with Naji shortly Um and then you're both gonna come back on and we're gonna play a game if that's cool with you Amazing Stay tuned for more with the bay binge in the bay with some of our favorite stars from the Bay Alicia It was so lovely having you on and we'll have you back on shortly We're gonna dance it out let's dance it out Dance break You can dance in a in a little bit Oh yeah the car show I like this My dad dance That's good Don't you have an over bite Where's the overbite Yeah Do an over bit What's an over bite Oh yeah So here is our Jari Unbox it You wanna get it charged up You use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have it all charged up It has here You can press on the display you can see now that it is not drawing any power It is not bringing in any power and it is 99% charged which is cool So as you want to use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home If you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our Jay can fire up So in the past we have used the

Jay to light up our lives with go We have charged our cell phones and we have done a few other things but oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today we're gonna push the Jari to the limit and uh we are gonna take a look at the this works What's this This works vaca vacuum Awesome Very cool And we could even take a look at Tabi used it And uh how amazing is this Oh my goodness You can just keep on going and going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our query Let's do it this way So you guys can see what I'm doing Turn it on with a little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jackie fired it up Let's have a look at some of the other things that we can um fire up today Let's see Here we go So let's try the LaVoy Air purifier I mean this is a high power drawing eye item I think I would imagine So it's not something that you would generally plug into this little power port here Amazing if this works you know how incredible this must be So not only is the Jari used when you are camping or exploring the world in your RV or your car the Jakey can also be your backup power source for a disaster Um You know disaster preparedness The Jay is definitely something that you'd want to have in your home And like God forbid there is something and the air is not pure and now you're stuck in your home you've got no power You can't put your air purifiers on If there's a huge amount of dust in the air or if there's a big um you know like we are in California there could be a huge earthquake will bring up a lot of dust but you obviously want to still keep your lungs protected Let's see if the Jay not only will give us power but will also save lives So plug it in over here we'll turn it on and you can see let's actually put this up a little bit because you'll be able to see the lights Thank you Yeah Yeah absolutely A little what was this with A little over Mm Mm Who wrote this music I know we do it every day right before we're going to work Do you like it Does this put you in the mood a little bit Um I'm so used to it now So yeah it's it's catchy first when I first heard it I was like ah but then now it kind of grew on me So um good job Gregory Well if you're just tuning in welcome Welcome back to our show I'm Michelle Mira along with Kyle Trueblood and we have the lovely Naji De did they show this week is all about binging the bay and um we're excited to have you on the show to help us binge the bay Um But other than your role on the bay you're also the

Blue Power Ranger right Yes I yes that's awesome I think Uh Yeah Yeah Yeah Um It it was an amazing role Uh It was Power Rangers super samurai Um We did two seasons a couple of seasonal specials uh tour of the world and um yeah it it was definitely a mouth full of just all types of acting action Uh uh We had our emotional scenes you know for our characters and Um Halloween Christmas special Like we're the Power Ranger So you got to show up for the kids constantly right And you you're involved in charities as well Oh yeah Yeah we're uh yes we so throughout the years we've been a part of a couple different charities Um currently I'm on a uh a uh a tour for Power 106 They're a radio station in Los Angeles and they have these uh charity games uh that tour through Los Angeles or through California you know all the way to Orange County Um And we show up for these uh basketball games and um we give our time we give giveaways um just bring awareness and people come and uh buy tickets and it goes straight to the school Um Shout out DJ I um he's our coach and works at uh Power 106 as well And uh yeah we promote the Bay promote Power Rangers promote our careers and uh for the for the kids So they still do that We're dating ourselves I watched the Power Rangers 78 years ago Go go go go He was like oh my God I didn't know my brother He was like no I wasn't born yet But uh did you find yourself bringing any of the lessons you learned about being the Blue Power Ranger into the Bays projects Oh man Um Yeah it's it's funny because both of them So both of the characters are teen slash growing men And yeah and um they're young and so in the bay Uh RJ my my character's name is RJ He uh he's he's just the young one of the of the group and he's always um he he very very nice very giving Um He's also intern with uh Alicia and uh works at the hospital as well Um And so to answer your question there is some similarities there is like a little naive to it A little Um I just young every every reaction or answer he has for when things happen he's always he always has some sort of this young like a night oblivious of kind of like go go No no no no no no no no no no no no You know go go That's like yeah that's it You got it you have approval to use it in like even I guess the characters might be a little similar and that's cool that you can find similarities between the two characters But like as Naji the actor do you did you learn anything because you were saying before you had to do emotional scenes But then like the next thing might be choreographed for fighting Do you take any of that skill set into the bay as the actor It's funny because uh this past season we for the first time we had a uh a fight choreography scene and the stunt coordinator comes up to me he's like so you know um you can

go go over there I got this and um but it was just funny uh just to have the the stunt guy come up to me and ask me if I'd done any stunts before He was like he was like we rehearsed a little bit and he was like do you need to go over it again I was like I got this one I got it So your background and and uh fighting is Tae kwon do What is it Oh man it's uh just just Hollywood acting So combat Um No I uh I I went to this acrobatics gym uh martial arts acrobatics gym called X Ma Um and they uh taught me a lot of the things that I know Um but I don't have any super extensive background in like karate black belt or anything like that It's not it's like on the street and like trying to like I hope that like it's a bit Yeah Yeah they like doing at your face You like I'm trying to have a bagel right now I'm like that's hilarious Nobody wants to show me that Well those one Yeah we we do these uh have you heard of Comic Con And we have all types of fans Yeah we have like we see people show up in like your costume Yes they'll show up in my castmates costumes They'll show up just in my costume They just like they have the they I don't even know how they build some of these things I'm like I'm me and I don't even have me a better cost So it's it I I definitely appreciate it when they come and show us these things you know Uh and um uh I oh man um yeah it sounds like a long it's just they have so many things that they have and they show us and um uh to answer your question Yes So yeah their outfits are one thing they want to show you They have moves Look at me look at me I can do it too hilarious But um so young That's such a that's such an amazing experience to be such a focal point on like kids' dreams and and to be the be you know just taking it all in what made you transition into the bay like you saw that next project and you were like oh that looks good next What was that Um Well the way I even got on the bay which is funny uh because different than Alicia's uh experience mines was a very lucky experience I came on as like a day player Uh like with a couple of lines I I think I was like a paramedic of some sort Um and I come on set and I never met Gregory um before and I come on set I do my line and he sees me and he I just remember he like looked at me very like strongly So it was either he was like staring at me I was like I'm gonna get fired Is that OK He's very like internal with Yeah So I remember we like talked for a little bit and and he just like looked at me for a while and then he just walks away and he talks to a group of people in the little uh V I gotta go I'm just like OK I like dang Did I anybody bring Like what exactly And he just like he's like I would like to offer you a part in the same day within the same 10 minutes So like the rehearsal time turned into like a like would you like to be on the show for the

next 10 years Yeah Iii I just like I need to read the contract but sure Yeah Yeah So I thought it was um I was definitely happy and yes and um that's how I got on the bay I wanna know what the line was Do you remember That was like the first that you have to memorize But I feel like it wasn't go go season six season seven Which season did you join 03 or three or four That's why I was like I don't know since he's been on since season four No I yeah I don't remember the line but it turned up from there It was just like he he like it was you know a couple of lines here and there and then um it just got really intense Um I think it was like season five I and on and it's been great ever since I became a comedic went from like some serious uh I don't know emotional actor to like I had a couple of scenes with Alicia where I was just like bawling and um to like this comedic relief kind in the newer season I thought it was just so funny because that's all this like dramas is happening So like damn comment on all the drama on the soap That's got to be the best job ever I thought I was I didn't think it was gonna fit in because I was just like there's so much serious things people getting kidnapped beat I'm just over here like the comedic relief I'm like I don't see how I'm gonna play into this you know what I'm saying And and the way he cut it it was just like serious serious serious cry serious chips Yeah Yeah Yeah Yeah Now I see that It's like something that is needed to just like make it a normal you know reaction So I don't know It's that's he really got me this season I love it So we have ac of you we're gonna play a little bit of you on the bay Let's take a look Where do we live when I'm can I get you something talking to me Do you want something Yeah I'll get a uh good opinion I don't know what all that was about or what that little kid was saying but I'm the one and only the the sexy man gorgeous RJ All right Excuse me one second Hey Right Look at the uh I never got a chance to talk to you about everything that happened yesterday Nothing to say You don't have to say anything if you don't want to It's I'd like to say something Look if you're gonna blame me for what that asshole cop did to me and Vivian No God absolutely not No Colton is 100% responsible for what he did Look I'm not stupid Avery I know that But right now this is the best way to get our message across can get a message across if you were dead I'm not afraid Intense Yeah I was gonna say like the comedy came before the intensity but I think it's the reverse on the chronological order Yes there we go That's what I was talking about That was before this one was that's awesome Yeah everyone's talked about every actor we've had from the Bay on so far has talked about the family atmosphere and the collaboration Yes we I do not know everybody Um And

uh it is a huge cast uh who I met in the little interactions that I do have Everybody seems very nice Um and yeah it's it's a huge cast He's one of those people Hi My name is Yeah Yeah Yeah And you're just like there's like a bazillion of you Which is so cool Um what was it like being in Puerto Rico Oh Puerto Rico was fun Um actually it was yeah No it was fun I was that it I thought they were fun Night life Oh my God It is more like commercial Like you would think like Puerto Rico You think like Mexico Like I don't know I didn't think it was like so they have like a lot of money put out there for commercial for people to tourism So we're talking like TG I Friday is what we're talking about So Americanized down there they they have a mall that has a Jumbotron uh on the roof on the uh like the the ceiling of the roof Both they have it They have So it's so crazy Like I I took pictures and videos but basically there's like some like disco light big old disco light thing um on top Uh and then they have this big TV they have this uh big grass um uh like so people can come and like they have a DJ set This is this is like a like like take me there That sounds amazing little party They have they have everything the night life I haven't grown up for some reason It was it was really fun So when we got off work yeah it was fun We knew like a uh a club promoter out there We got that far We were like how was Puerto Rico It was it was actually Puerto Rico was amazing So the light bulb went off He was like no wait hold on Puerto Rico is amazing Definitely Go on vacation sometimes Yeah we gotta do a show from Puerto Rico How long were you guys there for Uh I told you I blacked Who was the hilarious I don't remember we were out there for I remember I just remember we kind of our day I didn't leave We were supposed to leave on like the she left like right when cast was supposed to you been there It really was a blur for you like the other But yeah we left that The comedic relief RJ brings all the he loves too It was my first time actually drinking one in Puerto Rico and in the show I'm a drinker but II I had fun We love to have fun and we love that We're having fun with you guys on the show Um We're gonna get Alicia back on with you if that's cool with you We have both of you on I like a little look over to the side If that's OK what's wrong with you have to send the contract Just give me your contract We'll be right back after this Don't go anywhere with our friends from the bay Do the bite You can do the bite Now I like the bite like you now over Alicia can call him the bit the bit Yeah it works So here is our Jari Unbox It you wanna get it charged up You use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have



it all charged up It has here you can press on the display You can see now that it is not drawing any power it is not bringing in any power and it is 99% charged which is cool So as you want to use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home if you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our jay can fire up So in the past we have used the Jari to light up our lives with go We have charged our cell phones and we have done a few other things but oh we've even lit up the Arrow Garden how amazing is that that we were able to light up the Arrow Garden but today we're gonna push the Jari to the limit and uh we are gonna take a look at the this works what's this This works That car vacuum Awesome Very cool And we could even take a look at it Tabi used it and er how amazing is this Oh my goodness You can just keep on going and going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our query Let's do it this way So you guys can see what I'm doing Turn it on with a little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jay fired it up Let's have a look at some of the other things that we can um fire up today Let's see Here we go So let's try the LaVoy Air purifier I mean this is a high power drawing eye item I think I would imagine So it's not something that you would generally plug into this little power port here Amazing if this works you know how incredible this must be So not only is the Jari used when you are camping or exploring the world in your RV or your car The Jakey can also be your backup power source for a disaster Um you know disaster preparedness The Jay is definitely something that you'd want to have in your home And like God forbid there is something and the air is not pure and now you're stuck in your home you've got no power You can't put your air purifiers on If there's a huge amount of dust in the air or if there's a big um you know like we are in California there could be a huge earthquake will bring up a lot of dust but you obviously want to still keep your lungs protected Let's see if the Jay not only will give us power but will also save lives So plug it in over here we'll turn it on do it You just blink at the camera I can't Yeah Why not The sexy music song Welcome back to Good Day Live If you're just tuning in I'm Michelle Mira along with we have Alicia and Naji from the Bay has some

streaming all seasons on two now and then on the 15th Um all the all the seasons are available on demand You got it right So we're going to play a game with them as we did yesterday and today we're playing what are we playing Kai Well it's called the best friend game I kind of made up the rules and control it to 30 So hopefully we get it right Um Basically uh Michelle and I will see how well we know each other and you two will see how well you know you two know each other I do understand There's a huge cast there was a huge cast They've done eight seasons Eight is coming out This is this is a so we're going to pull a card We're going to we're going to Alicia Alicia is going to guess what she thinks Nasi would say I'm going to guess what I think Michelle would say And then we'll flip you guys on write your correct answer We'll flip them and see who's right Who knows who All right let's do it I'm ready All right And who is this brought to us by This is brought to us by this has this is who are these I don't even know what this is the best the best friend brought to you by Michelle and Kyle Ds games games Kyle you did a great job uh wrapping our sponsor you know to get transactional right Let's go bring it right back to the bank Ok Back to the best friend again Ok So should we guess first Sure Let's write what we think they did Ok Ok All right Ok What did they have their first kiss What should we think Nashi and Michelle had their first kiss You guys write your correct answer Wait wait what kind of kiss first Like French kiss first French kiss What age Nice Are we doing this I I'm thinking it was Yeah Yeah Yeah He's trying to remember there was that one but there was also all right now She's probably like 7.5 All right Ready Kyle Kidding me I was guessing you Yeah What what about him I think we're playing this right I don't know Oh no he's so sweet and innocent I'm not getting I'm not getting the innocent sweet I'm getting the innocence I don't know He was like were you in Puerto Rico He was like I think so So let's see the other way What do you guys think Do you think How old do you think she was for myself Yeah Yeah I'm just gonna I'm just playing the game Yeah Yeah Yeah Yeah Yeah How many does it take to do it Yeah Yeah See like a f oh wait I think I know Ok Oh you know 00 do you Oh Oh that's nice We need to reverse that I thought she put her You were you were a your first Ok Let me explain Let me just explain Let me explain Ok I'm not a freak My aunt's neighbor was older than me My aunt's neighbor's kid was like 11 and I was eight and then it kind of seems wrong Wrong But anyway Yeah that's what happened She was like you don't know how to kiss I kind of I was eight years old It was a rainy day Not me I have some support I love it I love it Oh yes 00 ok Target Amazon or Walmart That's a good 10 well that's a good one

for me Hold on hold on What do we do Ok So she's guessing what you would pick I'm guessing what you would pick Look at me this is Mario Cart Ok I have to settle my banana Um Oh yeah Yeah Yeah Yeah Yeah I kind of know Cool I love this Yeah I that's yeah we also we're also on Amazon so we're also on a bunch of other streaming platforms at the same time But yes we're on Amazon right now No that's not Ok Wait No Ok Boring ones All right No we're all helping the old lady Wait what the question was And an old lady fell She's gonna be fine Do I rush outside to help her Of course we all rush outside to help her Do we see her You like your character It's raining Hilarious I have Um and she's ok to do it right Am I dressed I mean I could be like ready for the day Oh I can't like sorry Are you ok sir Can you help her The de no she's fine She's fine as a nurse You play a nurse Held up on set Yeah Yeah She's like I was like she's like she needs some milk What's my favorite vacation No What's my favorite sports team What's my favorite food Come on What are you doing We gotta get a fun one If you could throw away one night of a what would it be Yeah You already know an item you have that I have that you don't want Ok Interesting Wow I don't even know what that is How are you even gonna write down What item would you throw away that Alicia has something that she owns You want to get rid of it That's why I'm skipping these cards Very personal They don't know each other at all at all Be her t-shirt I don't know About 13 13 you guys are hilarious You are for a power ranger I love the game show music Yes I feel like I need to get a mullet for you now I'm like a sweat band Oh definitely The headband Yeah Yeah Maybe over the always works This side of the table is lit Tell you that I don't know what you guys are doing I feel like I'm on like I did it You did it Ok Ready Ready Yeah Yeah Yeah Ok I I don't even know Flip your tie dye sweatshirt I love that thing Hairbrush Have you seen Sweatshirt Every time I see him every time I see you outside of the studio and it's like during the day you're wearing the same sweat And I always say like do you not have any other I have a look It's called homeless chic I know But you're so handsome I don't try unless Andy and Michelle are involved I wear the same sweatshirt every day shirt And you did get a new hair hair She seems like she takes care of her hair a lot So I want to throw it away so she can not Yeah I don't know Ok OK Very very very thoughtful My 11 year old loves her tie sweatshirt You guys could be like me and the 11 year old have a lot in common would sign off on that for sure for sure for sure OK So let's flip it let's flip it Let's talk about an item we want we would get rid of theirs 000 yeah I'm already you really What what you know my stuff that well

really If he's an egg he had his my shot of cost I mean not at 10 in the morning That'd be insane Tell me about it He's like Puerto Rico I know Awesome That's awesome Every every single person that's come on is raved about Puerto Rico Yeah Yeah Yeah I didn't I I taco Alicia go go with this shit We say go go Power Ranger He just like he just like suck it into his shit He was like where am I Oh God Oh God Oh God I I got one in Puerto Actually things are going over That's amazing That's amazing Ok here's the story by the cell phone Every we are episode 101,074 Ok Just every single episode Michelle drops her cell phone How this thing is still alive today How this thing is still alive I have no idea You didn't drop it today Oh it's the chair We switched up the chair Wow We've only been in these chairs for like 1000 episodes Ok Only a few Yeah Yeah Yeah Yeah Yeah Yeah It it up one more one more before we have to say goodbye That was a pretty aggressive question What would what would you throw away at the other person's Right Yeah I think so It's not all of the cards Well it was like what was the last thing you all laughed at We all laughed at Puerto Rico on a scale of how would I rate my style as a high schooler Five being the best That's what was my phone number See this is why I got to read through it real fast Uh what musical artist am I ashamed to admit I used to listen to That's a good one Ok So you're answering for me Ok What am I ashamed I used to listen to I know Oh that's interesting Try try it out What do you think she's ashamed to listen To just say it No no no Write it down I mean I feel like you're not ashamed of anything We're going in the right direction What would I be Not too far back Know I'm just joking hilarious I can't I'm just gonna choose a boy but you're embarrassed that you listen to who's embarrassing that you think I used to listen to So I think Yeah Yeah Yeah Yeah Yeah That you're embarrassed of now or work now Work same time Were they in high school for a year I don't know Can we choose two No I don't think they were in high school Oh yeah Ok I'm gonna do too I don't think you would I feel like you're not embarrassed by this person but Ok Ok All right Cool Base in the background All right We're done Wait Ok You first go Ok So the first one is I have a feeling about but definitely the second one looks like since you do a lot of crying and sync Never like no no no no not my GMI I was not into boy bands Ok So what I mean back then What did you what did you not Or what Are you embarrassed that you listen to Like I don't know if I was embarrassed I mean Debbie Gibson was like pretty awesome back in the day but that was long before high school Yeah it's her song Sorry Debbie You're great And you might know her No I'm just kidding He does Um you ready I

don't think I know exactly what you say Um the one from stranger things turn it over Who do you think I said I wanna know I'm curious Mhm Uh-huh Who is it Let's say high school stranger things She she recorded that song in the eighties You went to high school in the eighties I could have heard it in the eighties Spice Girls You know that's a good one actually That's a really good one I did listen to Spice Girls but but interestingly enough I spice Spice were fire No no no that's why it's up You know I did listen to them I had like three or four songs and I was like I feel like you did that Um There's a few songs I could actually probably like still sing I forgot their main one Oh forget it I'll do it later That's a good one Yeah I had a huge crush on Sporty Spice Spice No she was too she was too She was too Um uh No no no Uh I should expect it It was it was was expected That was like how she expected It was we're gonna get into a fight over Spice Girls but I don't want to Alicia Thank you so much for being on our show Um I want you to plug away How can people connect with you or find you uh plug in this camera in the middle This one go ahead Um I'm on all platforms Just my name N AJ Eedetieg And then um I have a Twitch and a Snapchat for Blue Rizzi Blue Rizzy Alicia is your turn Alicia Le Willis at Alicia Le Willis uh across the board even Oh it's so great having both of you on our show Make sure you check out the Bay Bay Now all seasons available on 222 and starting March 15th All video on demand All see you tomorrow See you tomorrow We got oh we got big people tomorrow Big people from the Bay Oh Gregory Martin you might know him you know him be the creator of the Bay We also have Christos Yeah Yeah I mean and then we also have um Wendy who's who's a writer She's also in general Do you know I knew after the fact So make sure you follow us Tune in tomorrow We'll see you then don't go enjoy the rest of your day Yeah The and good day A good day with the baby That was you know a chance And I what scare