

Daniel: Hey everybody, this is Daniel G. Garza. Welcome to Healthy Humor, my show where I bring you a little bit of laughter and a little bit of education. I'd like to introduce my co-host Alicia Bridges.

Alisha: Co-host? 'Hi Danielle'. Petty Daniel

Daniel: You know that might just start sticking as a nickname and I'll be wearing a tee shirt to this first conference we go to together. 'Petty Danielle' Petty Daniel, give me a Taco. Um, how are you sweetheart?

Alisha: I am doing okay. I'm feeling good. Feeling great. I'm ready for spring to get here. I'm so sick of this cold. Oh you're in Cali! You don't even experience the four seasons

Daniel: Hey It's raining today and its in the 50's

Alisha: Oh My God, 50's Boo hoo!

Daniel: I had to layer clothes today.

Alisha: 'Oh my Gosh, first world problems'.

Daniel: I didn't have the sweater that I liked, so my layering was way off, that people were just pointing and laughing at me. '

Alisha: Oh my gosh whatever'

Daniel: I could hardly even sit on my seat and watch the movie because I knew that I looked gross.

Alisha: 'Shut up-you are just a mess'

Daniel: But yes, no. On the day that we were recording this, it was day two or three of rain and here in California we're not used to rain. So it rains for more than a day and everybody just breaks down. The thing that breaks my heart is that for anybody listening, we were recording during the Los Angeles teacher's strike. So as we were driving where my boyfriend, Christian lives where I am right now there is a lot of schools around us. So you see the teacher's protesting and striking outside in the rain and the cold. It's really, Kudos to them. Kudos to anybody who's listening, who is a teacher and you're here in California, especially southern California. My hat goes off to you guys.

Alisha: 'Well, aren't you just a sweetie pie?'

Daniel: I can be nice when I'm paid to.

Alisha: Well, I have a question.

Daniel: 'Go for it.'

Alisha: So they must not be paying you that much,

Daniel: (Laughing)

Alisha: but you know, it's still a new year, although it feels like it's kind of faded. I feel like people said happy new year in the first hour of midnight and then I didn't hear it anymore. Like I don't know what's up with that. Yeah. You know? What are your plans for the New Year? I'm not doing any resolutions. I called this new year. 'No new me refurbished me' which means save me i'm just a little bit better, you know, just slightly. Same exact me but I got a new weave.

Daniel: (Laughing) I may be the same person but this weave is new.

Alisha: Exactly, You know, I'm bringing in the new year just refurbished. So what are three things health wise that you plan on keeping the same in 2019?

Daniel: Okay. Well Tacos,

Alisha: 'Tacos?

Daniel: Tacos. I would not be me without Tacos to know me is to taco me uh, let me, let me, Let me think that one over. I don't think hashtagging that is going to be good. Hashtag to know me is to taco me. That sounds a little kinky. 'That does sound kinky" Yeah, in the 70's porno kind of way.'

Alisha: 'I have a friend speaking of tacos and kinky.

Daniel: (Laughing)

Alisha: I just have to say this because I have to get this off my chest Daniel. He refers to women, he calls women's vaginas the Devil's Taco.

Daniel: Is he gay?

Alisha: 'No'.

Daniel: Okay. So three things health wise that I'm continuing from last year. Right.

Alisha: "Or anytime

Daniel: Okay. Well I'll say, I'll say this first upfront, I was being really pro active during the summer. I said I'm going to get the membership now so that by December I'm used to being in the gym.

Alisha: Okay

Daniel: So summer 2019. I will have the body that I want. Ask me how many times since the summer have I been to the gym,

Alisha: 'Daniel? how many times since last summer have you been to the gym'

Daniel: Well Alicia let me think once when I signed up, second when I went for the trainer, but he didn't make it. yep that covers it.

Alisha: 'Wow. Are you still paying every month?'

Daniel: Well luckily it's under my boyfriend's plan. So No,

Alisha: 'Yeah i'm giving a \$22 donation to Planet Fitness every month as well. I'm going to see if I can write it off of my taxes as it's definitely a donation'

Daniel: Good for you Alicia cause there's, there's people in third world countries that don't have a gym to go to have you ever thought about that?

Alisha: 'Listen I'm so full of shit because every time I'm like you know what i might as well cancel it i might as well pay the \$50 cancellation fee and then my ultra ego is like this might start working out you know don't cancel it, it's ridiculous.'

Daniel: I'm so glad we live next to each other on might street.

Alisha: Right.

Daniel: I might do this. I might do that. 'Right'. Okay. So to answer your questions, just to say, membership aside, I did start eating healthier at the end of 18, like instead of of Tacos all the time I was doing spring rolls, which is a little healthier.

Alisha: Okay.

Daniel: Um, another health thing that I'm doing is although today was not a good day because we went to a movie and I got this huge soda, but I am watching my soda intake, especially with my ostomy I always feel a little bloated, so I'm trying to do that. And then third, I'm laying off so much bread.

Daniel: Like we went to subway to eat instead of getting a sandwich, I got a salad bowl. Okay. So no bread, but it's still everything else that was in it and I was pretty good. So I'm working on it because I hate working out. I don't believe in perspiring or sweating or exercising. Okay. Yeah. But I want to look good.

Alisha: 'Well, you have a dilemma there. I know, because you don't want to work out, you don't like to sweat, but you want to look good.

Daniel: Right.

Alisha: So I mean, not that you look great now, but you know, if you want to keep that momentum, then you got to do something.

Daniel: Well, I'm, I'm going with Hashtag 2019 same as 2018.

Alisha: 'Okay I like that'

Daniel: Yeah. Yeah. Same package, same flavor , same.

Alisha: Okay. (laughing)

Daniel: So for anybody out there, if you bump into me in 2019 and you asked me, so what's new in this year nothing really, there's nothing new. It's the same oversight. Well, what was the word you were using?

Alisha: Refurbished.'

Daniel: Refurbished. Yes. So I will say I'm reusing. I'm, I'm reusing. It's like when your mom would wash out the plastic bags. Yeah, that's me. I'm just same bag, Same thing. Okay. It still works.

Alisha: 'If it works, it's not broken. Don't fix it'.

Daniel: I figured I'm going to invest my time in my work. My work has changed in 2019. Okay. But me as a person, as a whole, I'm still annoying. I still take lots of selfies. Yeah. Um, I'm still posting what I think are very inspirational. Change the world. I am the new Oprah on my Facebook but yeah 2019 same as 2018. There you go.

Alisha: 'One thing I'm definitely going to do is continue to advocate. Like I am just so in love with advocating for any damn thing to be honest. But what's near and dear to my heart is psoriasis and chronic health conditions. So New Year refurbished me. I'm doing the same stuff. I'm just going to do a little bit better. I'm working on a new website for 2019

Daniel: Awesome

Alisha: And I want to book more speaking engagements. So again, same stuff I've been doing just a little bit better.

Daniel: So I guess in that aspect if I can plug a little bit?

Alisha: Come on plug

Daniel: For those of you that have been following me for awhile and all that, our producers, something posted on our Healthy Humor page on Facebook, our campaign Positively Fearless through Janssen Pharmaceuticals for HIV advocacy is going into a second year.

Alisha: Yes!

Daniel: We're all coming back.

Daniel: Guy Anthony, Jahlove Serrano, Kamaria Laffrey, Robert Breining I love Robert. We're all coming back for a second year of advocacy work through Janssen for HIV and the really cool thing is that my video, which was in English, I think I mentioned this in another show, my videos, which was in English, I was given the budget to translate it and dub it in Spanish. So when you see the Spanish video, that is actually me speaking dubbing my own video which usually is not done. Usually they hire other people to do it.

Alisha: Wow!

Daniel: Yeah. So I'm really proud of that so 2019 will bring out that video which will launch my advocacy into an international level. So I'm pretty excited about that.

Alisha: 'I have a question and this is so random, but this is what this show is about. Sometimes we go off course and this might be a Craig question. You have HIV advocates, right?'

Daniel: Right.

Alisha: Why aren't there any herpes advocate?

Daniel: Herpes advocate? Huh?

Alisha: Yeah You never meet anyone. And do you think like that will be a thing? Like is there a need for it?

Daniel: That's a good question for our Facebook page there.

Alisha: Yeah.

Daniel: Like I mean, I don't know that I've ever had

Alisha: You think it's more taboo or more, I don't know. Like

Daniel: I know this is going to sound funnier than it's meant to be. So disclaimer that I am not dogging on any other STDs, but I don't think I've ever had anybody come up to me at a conference and go Hi, (laughing) I'm gonorrhoea, I'm syphilis and we're twins.

Alisha: Oh my Gosh. I don't know. It was just a random day.

Daniel: I mean, as long as I can remember, there are hepatitis advocates,

Alisha: right? It's 100% hepatitis C advocate,

Daniel: right I remember that. And so there's HIV um I don't know, maybe gonorrhoea, syphilis, and we're not allowed in.

Alisha: No those don't count because you can get rid of them, I mean herpes you can't get rid of, So why don't people advocate for herpes? So that sounds like you're like, hey, everyone get herpes.

Daniel: You get herpes and you get herpes. Look under your seat there's Herpes.

Alisha: Just bringing awareness to it. It's way more common In my mind, I believe it's way more common than HIV and hepatitis,

Daniel: but maybe we're just louder.

Alisha: People don't want to talk about it.

Daniel: So I guess this is an invitation. If you're out there and you are a herpes advocate I can't even say that without wanting to laugh.

Daniel: I'm so sorry I really, I don't normally apologize for anything, but I apologize it by laughing. Not laughing at your herpes,

Alisha: right

Daniel: It's herpes in general

Alisha: Right, it's a funny word.

Daniel: So if somebody is listening and you are herpes advocate and have not had your voice heard, get your ass up and come join us on the show. '

Alisha: No, no. Legit legit first of all i know people with herpes and they actually opened my eyes where i don't stigmatize it anymore. Right. Because I was so ignorant before meeting them and what it was all about. But I think anybody with a health condition, just to get really serious people who don't experience it or they haven't encountered it, you don't really know the ins and out. And there is a lot of ignorance that comes with that.

Daniel: True

Alisha: But they would never come to the show and openly talk about it. But I just think it's so crazy how people are so open to talk about their HIV status, but not the herpes status. So I'm just really, it almost sounds weird saying that, but I just, I don't know. It's just a random thought.'

Daniel: So I guess this is a job for a producer to find us some herpes to bring to the show.

Daniel: I'm sorry. Okay. I'm gonna stop. I'm gonna stop cause I could keep going. Oh my Gosh it's the gift that keeps on giving.

Alisha: 'Shut up Again, we're not making fun of anyone dealing with the condition. It's just a funny word.

Daniel: It's to know us is to know, that we mock everybody. '

Alisha: Right'.

Daniel: There is no limits for us.

Alisha: 'Right. I talk about my own stuff and how I'm flaky and I'm not talking about not showing up somewhere like I'm literally flaky. Like my skin is flaky. I could never kill anyone cause my DNA would be all over the place. So there is a strip club out here called cheetah and I thought it was for girls with psoriasis, so i went to find out and they told me to get the hell out. So we make fun of everyone. I just want you all to know that. So we're definitely not trying to be herpes'.

Daniel: I just get the urge next time I see you in person to just go That's great!

Alisha: 'First of all that's Tony The Tiger .

Daniel: I know but we are talking about flakes

Alisha: Ohhhhhh I didn't even catch that! But they are great

Alisha: My ex husband didn't even get real flaky depending on how bad condition is and you'll have like flakes of dry skin in the bed and when I was married like the flakes would get on him and he would hold his arm up and be like, look, I have psoriasis now. Yeah, he was so lame'.

Daniel: Talking about making fun of stuff. I guess this is where kind of we're going now Uh, Chris Pettit

Alisha: Yes

Daniel: Who's been, he's been a guest on my podcast and we've remained friends who is hilarious is also a stand up comic on a regular basis he would post jokes about psoriasis on one of his last post like this weather is really getting to me and, and I just responded, don't worry, you're just going through a dry patch.

Alisha: (Laughing)

Daniel: Yeah. His wife thought it was hilarious.

Alisha: Oh god that's so funny. If you all want to connect with Chris. i think his name is, Psoriatic Pstandup with a p or stand up. No, it's Psoriatic Pstandup. Yeah. So he's hilarious. He also takes this condition and tries to put some laughter to it. Now a lot of you all listening, probably have some type of chronic condition or you may not, but living with

these conditions can really have a dark side. You feel isolated, you feel embarrassed. So any opportunity where you can take a moment just to laugh at yourself. It's really liberating because something that once had us depressed and down, now we can laugh about it and make jokes and you know, people aren't able to use stuff against us like they used to. Um, because we're making it, we're getting to the punchline quicker than you. Right. You know, it's, it's liberating to be able to do this.

Daniel: Which coming back to your topic of choice today about the new year, what's one thing that you would want people to know about psoriasis in 2019 that was not commonly known before?

Alisha: The one thing that I want people to know is that psoriasis is a very visible disease with internal effects, it not only affects our immune system. It causes internal inflammation that just so surfaces on the outer parts of our body. But there's a lot of mental health challenges that we face when it comes to insecurities and not feeling good enough. And even when it comes to intimacy, not to tell all my business, but I had a situation the other week where, you know, I wanted to be intimate with someone, but I'm like, oh my gosh, like my legs are covered. Like psoriasis is my condom, like it's my birth control because it protects me from having sex. Psoriasis is not contagious. You can't catch it and no one can get it, It's just in your mind, you just fear being intimate with someone and them judging you or being grossed out or throwing your condition up in your face. So that's what I want people to know. Like this disease affects the whole body from physical to mental to emotional.

Daniel: And sometimes I think there's a certain point in your illness cycle here in life that it's just second nature. Like you just take your meds, you just put on Lotion, whatever it is that you have to do is just normal.

Alisha: Right

Daniel: It's the side effects that get you. Does that make sense? Yeah. Because for instance, today with the weather here, the reason I don't like when it rains, I love listening to the rain, but my joints start hurting the weather. The cold weather. Yeah my joints hurt and my whole body's aching. So I'm not even concerned about HIV because that's under control, right? There's no cancer. The ostomy bag is doing fine, but it's the pain in my body. I woke up at a 50% today and I was like, oh my God. We went to the movies and we like to sit in the very last row. I was dreading. I'm like freaking stairs like, but you're right. It's coming up to people being in the room full of people who are going through the same thing that you can actually laugh about it while the rest of the world is up in arms protesting. You're being culturally offensive or whatever the words, you're like, I'm going through it. Shut up like I can. I can say that Mexican jokes. I can tell the people I'm Mexican. I may sound really good English right now, but I am Mexican. I can tell a Mexican joke if I want to damn it. Right. That was a little soapbox comment. I'm off of it now. I love it when you get on your soapbox. Well the only reason I get on my soapbox is I can see you eye to eye because otherwise I'm basically (interrupted)

Alisha: Tall jokes. For everyone who don't know me, they can't tell from our logo. Our graphic. I'm really tall. I'm six foot two, so yeah, I'm a really tall woman.

Daniel: And i'm 5'6" Yeah, so there you go. Yeah. It's like Sonny and Cher, extreme.

Alisha: Like that we would never work in a relationship first of all, like you would need a step stool.

Daniel: I think technically that would be the least of our problems. But put it out there. There was some other facts that we might discuss in this relationship thing.

Alisha: Oh God. I went out on a date, well I wouldn't call it a date. I'm sure he called it a date, but I don't call an outing with any man under 5'7" a date. So we go out and he's like 5'7" and I went to college with him. Everybody was staring at us and I just felt so conflicted because I'm taller. So I'm like, do, I open his doors, do I walk on the outside of the street,

Daniel: Do you ask for a high chair,

Alisha: Do i give him my jacket? Like it was just too much it was too much, so awkward.

Daniel: Is this where you tell people it's my security guard?

Alisha: It was more like, oh this is my son. But he loved it. He could not care. He was like, oh, we're all the same height when we're laying down. I'm like, um, no sir. Uh, cause my feet will be hanging off of your full size bed. So that's not going to work.

Daniel: Kevin Hart definitely a "no"?

Alisha: You know there are some advantages to dating short men like Kevin Hart and I've actually met him in person like they can motor boat you standing up, so you know i'm standing he's standing and it's just face to chest. And you can't see me. But you can hear 'peculiar noise'

Daniel: So when this happens. Do people come and tell you I'm sorry ma'am, you need to feed your children somewhere else.

Alisha: (Laughing) Wheewwww God that's funny

Alisha: First of all we live in a society where breastfeeding your child is public should not be ostracized. I have gotten that a couple of times.

Daniel: So I just feel like next time somebody short asks you out, you should really tell them my story of the giraffe and the monkey. And again, one of these references where if you have not been listening to the show, you need to go back and look. And I believe that's what the episode is named right? The giraffe and the Monkey.

Alisha: I think so.

Daniel: Yeah. So if you do not know the story of the giraffe and the monkey and you're like, what about the giraffe and the monkey, fall in love dot, dot, dot. go and listen to the show and that that would answer your question. If and in an alternative world I would be the monkey just to put you there. Just to let you know, I would be the monkey, Alicia is the giraffe.

Daniel: For those of you listening, if you're, if you're my age, I'm 48 if you're my age. '

Alisha: You're 48 you are lying.

Daniel: I am not. I wish i was, my birthday.

Alisha: You are lying. No, it's just no way that someone who can be old enough to be my dad can be that handsome.

Daniel: Okay, Thank you for the handsome. But what.?

Alisha: You definitely could of had me when I was 19

Daniel: Girl I could have you now if I wanted!

Alisha: You look great though. I would have never guessed that you were 48 years old,

Daniel: Yes, Thank you, It's all the protein.

Alisha: Ohhh wait, pause. What kind of protein are we talking about?

Daniel: My birthday was December 26 I just turned 48 years old.

Alisha: Well, you look absolutely amazing. I mean God took away from the height because you don't have that, but he definitely added on to the attractiveness.

Daniel: You know she can't just give the compliment she's just got to dig in there and just blah.

Alisha: You look good though. For Real.

Daniel: Thank you. I really don't do anything but eat tacos and work on my computer all day. So there you go

Alisha: Wow. Well, everyone take note, if you want to look amazingly well at 48 eat tacos and work on your computer.

Daniel: I like to tell people that after all the drinking I did in my youth, I'm just pickled for now. I will never age. But Alicia, yes, it's time to go.

Alisha: Oh, I don't want to go i'm having so much fun talking about herpes and protein.

Daniel: (Laughing) Protein facials.

Daniel: Okay with that comment we're going to start saying goodbye.

Alisha: This has been Healthy Humor with Alicia Ann Bridges and Daniel G Garza. Our intention for this show is to bring laughter to topics and subjects that have really had a damper on our lives and have depressed us. But we have found the power to laugh at ourselves and laugh at other people sometimes. So we're not really laughing at you. We're laughing with you. Thanks for tuning in to Healthy Humor. You can check us out on Facebook. You can give us a holler. You can find me anywhere at Alicia Ann Bridges. Danielle, where can the people find you?

Daniel: You can find me at Daniel G. Garza and you can also look for us on the healthy humor page. We are there available to answer any question for you guys. We want to thank our producer for putting up with us. Uh, he's mouthing something to us and I speaking' to the heart. Yeah. We forget there's other people. We're we're kind of narcissistic. So

Alisha: We are,

Daniel: we accept that we're gorgeous and we know it.

Alisha: Okay. You can also find Daniel at the local Taco spot cause he loves Tacos.

Daniel: Yes. If, if, if I'm not flipping them, I'm eating them.

Alisha: You know what, I'm not with you not tonight. On that note we are signing off. Goodnight everyone.

Daniel: See you next time.