

LA Unscripted | August 3rd, 2022

It's a city where anything can happen So what could go wrong or Right
As I hit up L A unscripted we live in the best city in the world So let's
discover and explore all it has to offer together Hi everyone I'm Devin And
this is your guide to all things L A Hey everybody Tony Horton here fitness
guru and Dana I dare you to participate in the Tony Horton Ninja challenge
When most people see you they think of you from P 90 X I was with
Beachbody for 20 years and it was a phenomenal run and I was a young
trainer in L A driving all over the city training celebrities like Bruce
Springsteen the top petty and Billy Idol I got really sick in 2017 So I ended
up with something called Ramsay Hunt syndrome I also had leaky gut
Ramsay Hunt syndrome is shingles in my brain Bell's palsy I was incredibly
dizzy very nauseous lost my appetite couldn't work out couldn't drive I mean
it was really really difficult I lost £25 from that illness And I talked to a lot
of the doctors who said hey you know this is something you're going to have
to deal with And a lot of people who end up with Ramsey Hunter are
disabled to some degree become recluse I'm gonna use nutrition and I'm
gonna use me and I'm going to do whatever I can to combat this thing I was
very fortunate The timing was just right that I could meet with the parent
company of Power Life to say here's what I'm suffering from What kind of
ingredients do I need in these various supplements to sort of help combat this
stuff and bring me back around So the supplements were one of four
different things food fitness mindfulness and supplementation That is the
essence of the power of four What is the key to work out success A purpose
plan and accountability Your purpose really needs to be about the quality of
your life I'm 63 years old and I feel like I'm stronger and fitter It's really
about quality of life That's purpose You know you don't need a phd you don't
need you know you don't need to be a nutritionist or a fitness trainer All you
have to do is move and when you move these chemicals get inside of your
now and and you know you're not gonna lose a bunch of weight in a day but
you're gonna feel better This is the accountability part I create this
playground and I invite people here I love lifting weights and doing cardio
But the next level for me to keep me young is to act like a kid and fly
through the air Oh my God I thought they were kidding when they said you
had a ninja course in your backyard Everybody I know you put this up
because you heard I was coming No I know you did You're not a whiner
You're an attacker No I'm a whiner So we're gonna start with Ninja 101

We're gonna do the monkey bars Now I'm gonna jump up I'm gonna go a little left I'm gonna come back come down 123 Go and yes and yes and go back and down Dismount Simone Simone dismount So you killed that I think I did that No Seriously that's really really hard to do right But we're gonna move on these little balls here Oh so many jokes You index finger middle finger smokes She's going back Who are you If someone doesn't have this in their backyard pull ups it's lat pull down the hand grippers Dead hangs are really good I did some of it Do I graduate to official Ninja Where's your trophy You did Really Really Well And if you kept going and you kept working on this in three or four months you'd be pretty the whole thing You could probably I could be like you Yeah From cafes to coffee houses parks and playgrounds Where do you like to go off Script Now add this one to your list We're swinging into the summer at the official summer fair of L A right here in Santa Anita If you haven't been out here you gotta come see this ground It's beautiful It doesn't feel like a state fair it feels like something bigger We call ourselves state fair entertainment because of all the entertainment and the attractions that we actually have on site we have 91 free concerts I've got 25 live shows daily So that includes your dog show Dog extreme show which is fun Extreme dogs is an action packed dog show that features a bunch of different dog sports that kind of shows people that you can do more with your dog at home So it has uh canine frisbee agility which is an obstacle course race do diving and some really cool tricks We happen to be the only fair in the summer in L A It's really about entertainment It's rides games food and attractions and something for everybody If you're looking for the thrill seeker we've got roller coasters we've got demon drops and those type of things If you're looking for something a little less maybe just the swings here at Helman Sons We are America's portable premier theme park As you can see behind me we have log rides we have giant wheels we have roller coasters this year You know we have very popular Michael Jackson's Giant wave swinger Ride That is one of the four rides that we have from Never never land So I'm about to get wet on the big splash but it's the fair So why not Oh no I'm so that was quite a splash Now I've worked up an appetite Let's go get some food Juicy is our premier food vendor He's a world renowned concessionaire you know in the States we've got a taste of L A area that features some of the unique flavors that L A has to offer So we're really trying to bring for your \$10 ticket the most value that you can possibly have Mr Juicy Why the name Juicy Look I mean the food you know that's the food itself I mean we've

been providing fair food at the biggest fairs not just in California but in the United States for 35 years And Juicy serves around 1.5 million customers annually Did you curate anything special just for this fare Is there anything you have something new on the menu We went crazy with curly fries this year because everybody loves fries This is a mac and cheese Carne Asada Hot Cheeto curly fry All these curly fries are fresh cut right here on site and made to order Well you can't have a faire without the turkey legs Turkey legs Look at turkey legs have become a staple at the fair and nobody does them better than Juicy's And then last but not least you got to have some fun desserts So these are fried Oreos which are great And we also have deep fried Snickers and deep fried twinkies and deep fried cheesecake and deep fried deep fried deep fried Well since you're the fair connoisseur what makes this fare so special It is L A It's the state fair of L A need I say more right What makes the fair special is the vendors in the community and the weather Of course So we're in Los Angeles It doesn't get any better than this script It is just getting started So don't go anywhere back to scripted where are amazing and vibrant city and its people are the stars I'm Devin Thank you for coming along for the ride where anything can happen and oh it does Vision is an eye care company We have 80 locations in seven states Uh Most of them are in California from San Diego all the way up to the Bay Area and we offer surgical eye care mostly laser vision correction LASIK cataract surgery IC L surgery as well as retina and glaucoma care Wanna know the latest way to get 2020 vision Our sponsor Star Surgical has the answer We're so excited to offer EVO to our patients It's the newest FDA approved vision correction procedure in the United States It is a life changing experience Evo absolutely changed my life and I would highly recommend it to anyone else I'm Dr Tuma I'm the chief medical officer and founder of Envision Eye Centers The best way I can describe it is that it's a permanent implantable contact lens that goes inside the eye rather than on the eye The procedure is quick It takes me less than 10 minutes to perform the procedure I wanted to do LASIK a long time ago I was told that I don't I wouldn't qualify because my vision is too far out My eye doctor recommended Evo the fact that I just got the surgery a week ago and coming out of the surgery room I could already see that was kind of wild to me that the 20 minute procedure can literally make me see in an hour Just had my follow up exam and they said that I was sitting at 2025 which is already much better than what I had before When people are asked what they're scared most about in life The number one is death Number two is losing their sight and so sight is so precious It is

really what connects us to the world and it's what conveys emotion and all that I mean we can see everything through our eyes The miracle of sight never ceases to amaze me before Evo If I was standing here and talking to you I would pretty much just see a blob extremely life changing It's been so great and it's only been a week I've operated on more than 300 eye surgeons and eye doctors So it's a procedure that I firmly believe in and its safety and long term effect More than a million eye lenses have been implanted outside the United States before the FDA approval So we have a lot of safety data and long term effectiveness and safety on the procedure So patients don't feel it don't touch it don't do anything to maintain it It's always there and the vision is always there day and night I guess going to concerts and being able to see the artists all the way up there and seeing them crystal clear rather than using contacts or my glasses And I just love taking care of people and seeing their smiles on the first day after surgery it just fills your heart It just really makes my day So you say go for it go for it and you know who is always up to something fabulous and want to take you along for the ride liberty Hey I'm Jay Um with ASHA Pops I'm the co-founder along with my mom I'm ASHA from ASHA Pops I'm the co-founder and my mom and I started this company about three years ago What started was my mom started eating these water lily seeds again because she was having trouble sleeping at night And the doctor basically asked her to take magnesium pills because she was deficient in magnesium Not a lot of people know what water lily seeds are They're basically seeds from an Indian variety of the water lily flower The scientific name is Ural fox and it grows in a specific part of India It sort of the northern northeastern parts and the primary state that it grows from is the state of Bihar And my mom basically grew up eating it in India And so in terms of its nutritional benefits you know like you said it's sort of low in calories 100 calories in the entire bag It's got 5 to 5 g of plant protein per bag Um What makes it a superfood is the fact that it's got magnesium So it helps you sort of relax sleep better also helps with calcium absorption So it makes for a great you know post workout snack Uh and it's also about antioxidants so it's great for the skin So when we started we were making it out of our home kitchen So we got our our cottage permit mom was making it out of her home kitchen and I was packaging it And then we would basically make like you know like 40 50 bags and then we take them to the farmer's market What our customers and our family really like is the fact that it's sort of allergen free right So there's no corn no gluten I'm assuming you guys already had a close relationship but did this sort of even foster that

relationship more we get along so well We feel like friends you know like we don't feel the difference of age You know that's the very beautiful thing you know his happiness in my happiness with regards to who's the boss The mother definitely is the boss I mean I learned so much from her Oh and we are not done yet L A unscripted We will be right back The summer heat has taken a toll on my hair So what better reason for refresh than National Hair Gloss Day Yes it's a thing So our sponsors at Red Hook Me Up with the VIP appointment with the celebrity colors to the stars Let's go I've seen your work all over social media remind our lau viewers of some of your amazing clients Just a few off the top Miley Cyrus Haley Beaver Sophie Turner Ariana Grande So it's National Hair Gloss Day That sounds fabulous Tell me more about it It's amazing So it's Red Skins first ever National Hair Gloss Day And what it is is to raise awareness for healthy shiny hair with a great product of no So you guys are also using a specific technique you So first it's an in salon service and shades He is able to help tone and to get rid of any brassiness to darken the hair color and to give it some amazing shine and it's not permanent So it lasts about those 4 to 6 weeks So she is tell me more about it Is it good for any hair type Like I have curly textured hair It's great for any hair texture and type and it's also great for any hair color It's also great for people that don't actually color their hair So if you don't want to change your natural hair color it has no ammonia All it's going to do is add shine and make it feel really healthy Pass How long does this take again Because I've got another L A you shoot after this don't you worry it's going to take me about 2 to 3 minutes to apply You'll centered here for 20 we're done we'll get you styled and out of here as soon as possible So CASS what exactly is in a gloss This actual gloss that I'm putting you right now is a processing solution and clear So we're actually not adding a tone or taking a tone away We're just gonna make your hair super shiny and healthy You are a red ambassador But why do you like the shades EQ gloss I love shades EQ because we have over 100 different shades for all different clients and here we are I love it It's so shiny Oh my gosh I can tell it's so soft and I love the shade You doesn't have to be color It could just be like a really nice clear gloss to give your hair some shine So if I'm going to a red carpet or an event or an L A You it's it's perfect because you can pop in for that 20 minutes Get it done and run out National Hair Gloss Day is my new favorite holiday How do people get a shade you gloss treatment So you want to head over to red dot com and find us on you Ok Well thank you so much I'm going to take my new do to my next L A from Glitz and Glamour to low key Hidden Gems L

A has something for everyone So you just have to check this out backstage creations Actually created the very first gift suite in 1994 When I was a talent coordinator on award shows I could never get celebrities to show up on time And so I started bringing friends with designer sunglasses and lo and behold talent showed up and suddenly the light bulb went off The sp is a lot of fun for us because we're dealing with athletes And so it's it's kind of a new genre for us We're typically dealing with musicians and actors And so it's really fun to have athletes who you know they work so hard at their careers and they train so long and hard to get to the top and to be able to just give them a little experience of the star treatment is is just really fun Every gift bag at the Espys will have two fabulous resort certificates We have the Tom James custom suit hemp Pera is a fabulous brand They have this pain relief cream neurovascular life Uh Missy Beaver is the owner of that and founder of that Doctor Tyler Hall Um he is a celebrity he celebrity Dennis And we also have spirit Hoods which is a really fun brand It's actually faux fur coats and robes muse and it's a headband that you wear and it gives you in time real time biofeedback When you're meditating to let you know when you're going off focus I could get used to this and for your chance to hit a home run Text the word score to 515151 for your chance to win the official SB gift bag worth over \$2000 Good luck L A is like no other city and we are here to be your guide Really lau rule number one we try it first Crudo was something that I was already known for working with local fish and working with these sort of Italian flavors but with an L A palate So doing something that was really seafood forward that was choosing things the right way was super important to me And you got the halibut today Can you we just scaled right now Thank you So Wednesday markets are the biggest market right down the street in Santa Monica We get fish and uh produce from there as well So it's our big receiving day Uh We take in everything and then just got some uni and oysters Uh all came in from Santa Barbara this morning So Koido is a small shop Uh We're a fish market and raw bar in Santa Monica So we sell low intervention wine fish by the pound But we also do small plates of crudo and vegetables all day long and you can come by and have either a Oikari tasting menu or a quick light lunch We have the uni tacos Beautiful started cooking in Italy Uh That's where I like really got to build a passion and like really real respect for local ingredients sourced in the right way handled the right way with like love The menu is really inspired by classic Southern Italian plate ups where you're traveling through Sicily or Positano or the Malfi or kind of these like Mediterranean Islands even in Southern Spain you

get something that is pristine quality pulled out of the water by someone you know sliced and topped with olive oil and that's about it So we take that just a step further We're gonna slice a little fish and garnish crudo together This is a halibut that we just had come in this morning Captain Crudo We wanted to really lean into the fact that we're just specializing in raw fish and not sushi not ceviche not mariscos Like we wanted to highlight this as its own type of food group Noo is in reference to a lot of things you know the fish is mostly comes and then is plated naked But it's also like because it's our first passion project It's also like us putting ourselves out there to the world kind of naked you know and vulnerable and look how pretty and like snow white It is like it's just beautiful So this is our favorite part We lay these out OK on the plate and then you're gonna dress them So the dashi right there is made from the halibut bones from the halibut from last week Oh really And that is our jale looks it looks gorgeous down a one piece Mm It is so rich It is delicious I grew up just kind of up the street I Bay in Lincoln here I have memories of coming down here as a kid Um My partner Lena also has lived in Santa Monica for 15 years now And so this is like our home We love the uh intersection of Ocean Park Santa Monica and Venice Brian and I and everybody on our team um are all dreamers We tend to cultivate like a really creative group of people And I think that when people come here they really feel well taken care of and they feel like they're getting to support a small business that really cares about what they're doing and cares about the environment and is trying to create the vision that they want to see in the world Thankfully from day one Credo has been the top seller So now we're serving people like you know they're clamoring for abalone They're like eating pers out of our hand Like it's like just a dream come true I hope you're all having as much fun as I am a great 7 p.m. date Right Ok So keep on swiping right on a scripted We'll see you next time