

Interviewing Eva the Raw Food Coach - TRANSCRIPT

VIDEO LINK: <https://youtu.be/dies1lyLSkc>



Excuse the typos on the transcription - AI doesn't know everything (yet). ;-)

SHARI LIKES FRUIT [00:00:10]:

Who's at your house right now? Ava? Everybody.

EVA LOVES RAW [00:00:12]:

My kids are back from their world travels. My husband.

SHARI LIKES FRUIT [00:00:17]:

Why?

EVA LOVES RAW [00:00:18]:

Can you hear something in the background?

SHARI LIKES FRUIT [00:00:20]:

No, I just have to delete half my.

EVA LOVES RAW [00:00:22]:

Oh, no. But, I mean, this is my own space, so they're fine.

SHARI LIKES FRUIT [00:00:27]:

Okay. Here's what else I thought of, and this is up. If this is a train wreck, we won't do it again. But my thought was that we could take turns having somebody in the hot seat, different people

in the hot seat, if they volunteer, no pressure. Because we could learn about what their struggles were and what they've been through. Because I was thinking about everybody I know, and if anyone knew their biggest challenge or the biggest thing they went through and how they overcame it, it would inspire others and make everybody understand they're not alone in their struggles. And it's just a way of bonding to learn more about each other.

EVA LOVES RAW [00:01:04]:

Yeah. When are you going to be in the hot seat, then?

SHARI LIKES FRUIT [00:01:10]:

After everybody goes, yeah. And as long as people are joining, then last forever.

EVA LOVES RAW [00:01:18]:

Oh, my gosh. Forget it. Okay.

SHARI LIKES FRUIT [00:01:21]:

You know everything about me, though, I think. Christiana, how are you doing? She's going to listen on mute, I think.

EVA LOVES RAW [00:01:29]:

I don't see Christiana.

SHARI LIKES FRUIT [00:01:30]:

Oh, here she is. Here. But I keep my video. Awesome. Bed. Oh, it's 09:00 p.m. I'm so glad she stays late for us. Love the idea, Sherry.

SHARI LIKES FRUIT [00:01:39]:

Okay, that's the last thing I was going to say, is if you guys want me to ask Ava a question, you can put it in the chat. Okay. So I promise not to be. I will actually have to delete half the questions. But I just wanted to ask how you ended up coming here in your childhood. That's actually a little bit of what I wanted to cover. Just because you never talk about that, I don't know if it's private or not. So you can just, again say past, and then I'll go through just the lightning round questions and that's it.

EVA LOVES RAW [00:02:19]:

I ended up in the United States?

SHARI LIKES FRUIT [00:02:22]:

Well, yes. And also, your childhood was endlessly fascinating when we talked about that, and I don't know how much you want to share about that, but I don't know if you've ever talked about on your channel. We know you're from Spain, but that's all we know. So how much do you want to share about your parents, your mom later, your mom's stepdad, and how you ended up coming here?

EVA LOVES RAW [00:02:47]:

Up to you, it's too long a story, I think. But basically I ended up coming here because I grew up in Spain, and I was always fascinated with America. I always wanted to come to America. I grew up in the. In the 80s. We had back to the future. That's my favorite movie to this day. And when I watched it, I was like, I'm going there.

EVA LOVES RAW [00:03:13]:

I'm going to America. So I begged my dad to send me as an exchange student. And at that point, my mom had died. So it was kind of like perfect timing because I did not want to live with my dad and my stepmother. So he sent me to stay with a family for the whole year. And that was in Albuquerque, New Mexico. And luckily, I had studied English in was already. I wasn't starting from scratch, so that was good.

EVA LOVES RAW [00:03:41]:

And I came and I just fell in love with it, and they could never get rid of me again. I just stayed forevermore. Never went back to Spain.

SHARI LIKES FRUIT [00:03:51]:

What did you love about it compared to your own country?

EVA LOVES RAW [00:03:55]:

I love freedom. Yeah, the freedom.

SHARI LIKES FRUIT [00:03:58]:

The freedom.

EVA LOVES RAW [00:04:00]:

No, the freedom to be who you were. Unapologetically. Spain in that time, in the 80s was. Well, we had had a dictator for many years in Spain, and he died in 75. I was born in 71, and people were still very much. We had crazy 80s in Spain. It was almost like a rebirth where Spain went crazy, but it still seemed like everybody had to dress a certain way and some things were not allowed, and you shouldn't speak about that, and you should behave this way. And when I came here, I saw that some parents showed up to pick up their kids from school and a Harley, and I was like, whoa, that's really cool.

EVA LOVES RAW [00:04:43]:

In my school, it was so proper. Everybody was so proper. And I was just blown away by everybody dressed however they wanted. Everybody just, of course, within the fashion of the time. But I just thought, what a free country this is. Everybody just does their thing. I just thought it was amazing, and I couldn't get enough of it.

SHARI LIKES FRUIT [00:05:07]:

Your personality is kind of unfiltered and direct. You don't do the small talk and whatever the stuff that some of the Americans do. Is that from being born in? Is that part of your culture back then, or is that part of who you are at your core, anyway?

EVA LOVES RAW [00:05:24]:

No, that is part of my culture. In Spain, we don't say we're so direct, but it doesn't come across as direct, but we will not say, would you please mind passing me the salt? We'd be like, pass the salt. And it's not considered rude. So when I talk to my kids, I'd be like, come here, sit down. It's a very commanding sort of way of speaking, which does not translate in English, because in English, you're more like, excuse me. It's always the difference between latin mothers, which is, this is across all latin cultures, I feel. And american moms are a lot more like, sweetie, what would you like to eat in Spain? It's like, this is what you're going to eat. Sit your butt down.

EVA LOVES RAW [00:06:11]:

That's in me were very forceful in a way. And so, yeah, that it's always been something that I've tried to work with because I felt like people would probably think that I was rude. And I've tried so hard to be less direct and more polite, if you will. But something in me, I'm like, blah. Which is not the way to do it here. And I realize that, but try.

SHARI LIKES FRUIT [00:06:44]:

No, I think it's great. I think I'm too nice. And so my friends are always like, compliment with an e. Compliment my style. Like, Jeannette is from New York. They're very direct. You are very direct. I saw you in a comment on YouTube, and at the end you're like, get a fight.

SHARI LIKES FRUIT [00:07:06]:

Because I'm like, you're a beautiful soul inside and out, but there's all these different levels of commenting, and I need to find that balance and be more direct sometimes. So I appreciate that quality in you, actually.

EVA LOVES RAW [00:07:20]:

Thank you. Yeah, I know exactly what comment you mean. Oh, my gosh. I have no patience sometimes, and I try to be nicer, but sometimes it just, like, it gets the best of me. I'm like, oh, I just blurt it out.

SHARI LIKES FRUIT [00:07:34]:

Yeah, no, there's a benefit to it, and the small talk is unnecessary. So again, it's good that you can do that. Okay. So is there any part about your childhood, like, your mom's, your stepdad, right. Or any of the Spain culture, any of that exciting stuff that you want to share or the most exciting part of your childhood before we move on? Anything?

EVA LOVES RAW [00:07:56]:

I just feel like this is boring, but. Okay.

SHARI LIKES FRUIT [00:08:00]:

I just literally asked for the most exciting thing I know.

EVA LOVES RAW [00:08:05]:

Who wants to know about this crap? Okay.

SHARI LIKES FRUIT [00:08:07]:

Yeah.

EVA LOVES RAW [00:08:08]:

My childhood was very exciting because my mom and dad were divorced when I was little. That was not exciting. That sucked. And I was the only kid whose parents were divorced because divorce was illegal in Spain until 1978 or 79. Something crazy. You were not allowed to get a divorce because we're a catholic country and we had been under a dictator. So when my parents got separated, it was like, whoa, that's radical. That's crazy.

EVA LOVES RAW [00:08:35]:

So that did not feel good. So my parents got divorced, and then my mom came from a special family, if you will. Her dad was a judge in the supreme court, and she grew up sort of very pampered and very. Just very privileged, really. That's the word for it. And she was completely irresponsible. And when she had me, she was only 17. She got married at 17.

EVA LOVES RAW [00:09:02]:

She had me exactly a year later at 18, and ten months later. And she was a child when she got married, and she had me very young. And she was completely responsible as far as just. She was a child herself, and she relied on housekeepers, because in her own house, they had had, like, four housekeepers. It was craziness. And so she was just completely unprepared to be a parent. And then she married my dad, who a little bit also of a privileged upbringing, if you will. Not as much, but he made a lot of money because he was a journalist at the time, and he traveled.

EVA LOVES RAW [00:09:45]:

He met the Kennedys. He was, like, a fascinating guy to. He. He traveled in the presidential plane. He was the one who actually told me all about America. And he's like, oh, it's amazing over there. And so my parents were really cool, really. And then they broke up.

EVA LOVES RAW [00:10:00]:

And then my mom at that time, she couldn't marry, but she started living with my stepfather, who was an amazing human. He also came from a very privileged background, and he was an architect, and he was also completely responsible in his own household. They used to pretty much spoon feed him. I mean, the housekeepers would hold an ashtray for him to go like this with this ashes. So these two characters get together, and my house was always filled with parties and artists and a lot of comings and goings and shenanigans and dinner parties. And it was very exciting, but not so great if you're a child growing up like, you want stability, you want

your mom to give you a bath and make you dinner. There was nothing like that. The fridge only had, like, champagne and olives kind of thing.

EVA LOVES RAW [00:10:56]:

It was just crazy. So that was interesting. So when I became a mom, I wanted to be like the mom that I didn't have. And so I think I might have gone the complete opposite. I was, like, uber controlling, and I want to make sure that you guys, I homeschool my kids. I was like a stay at home mom. You know how those things shape you. So I did the opposite, but yeah.

EVA LOVES RAW [00:11:20]:

So I had a very interesting childhood.

SHARI LIKES FRUIT [00:11:24]:

Besides the way you parent your kids, how did that affect you? Was your mom affectionate? Did you get that part of it or not even that.

EVA LOVES RAW [00:11:32]:

My mom wasn't necessarily affectionate. She was just. She treated me like a know, not like a mom. She was kind of like, oh, Ava's so self reliable. Yeah. Because I had to know, because I had to just take care of myself. We had a housekeeper, but it's not the same thing. And so, yeah, it definitely made me who I am.

EVA LOVES RAW [00:11:53]:

So no regrets there, for sure. Everything works out the way God plans, I think.

SHARI LIKES FRUIT [00:11:59]:

Is there anything you want to share about. Yeah, Wanda said she did the opposite, too, because that's sort of what happens with our parents. Either affect us in the worst way or we go the other way. Yeah. Would you say there was any traumas that affected you today from that that you want to share, or is that too.

EVA LOVES RAW [00:12:17]:

There's definitely think as long as you're human, there's going to be trauma even if you don't. It's funny how we think what affects some people is not what affects others. Like, the way I'm raising my girls, one could be traumatized, and the other one might not be like when we sold everything in Florida and we decided to travel for a year in the rv. Some kids might be like, that's the best thing that could ever, ever happen. My oldest kid is like, that was traumatizing. I did not want to leave our home. So no matter what you do along the way or your parents do, it could potentially traumatize you. Because we're so fragile as children, people think kids are resilient.

EVA LOVES RAW [00:12:55]:

It's not that kids are resilient. It's that kids don't know how to express what's going on. It's not that they're so resilient. They're not resilient. They really aren't, in my opinion. It's just that

they're not able to express to you what they can. They internalize everything and they can't share. So, yeah, definitely shake me.

SHARI LIKES FRUIT [00:13:14]:

And once we believe something is happening, the world around us will support that.

EVA LOVES RAW [00:13:21]:

Yeah.

SHARI LIKES FRUIT [00:13:22]:

Perspective matters. About your mom passing away when you were young. Is that anything you want to share about that? Because you said your dad encouraged and helped you come to America. At what age and what age did your mom die?

EVA LOVES RAW [00:13:36]:

So my dad and I did not get along so well because he married the epitome of the wicked.

SHARI LIKES FRUIT [00:13:44]:

How?

EVA LOVES RAW [00:13:44]:

Like in the movies. Okay, that's who my stepmother was, but it wasn't. It's just the way my perspective.

SHARI LIKES FRUIT [00:13:50]:

Oh, I hate her.

EVA LOVES RAW [00:13:52]:

So he married her, and I did not want to live with her. And him. And so my dad had a sort of like a strained relationship. I adored my stepfather because he was just, like, so much fun and so amazing. But then, sadly, my mom and my stepfather ended up getting separating, and then it just kind of all unraveled from there. And my mom, unfortunately, during all the years of parties and just the crazy lifestyle that it was, became addicted to drugs, and she just spiraled. She just spiraled. And so, yeah, she ended up having an accident, and it ended really tragically for her.

EVA LOVES RAW [00:14:39]:

And then my stepfather also had, like, a tragic ending many years later. He was an alcoholic, and it all caught up with them. But it was fun. Well, it lasted, but unfortunately, things always catch up with you. And some people can do partake in drugs or alcohol, and it might not hook them, but you just never know what kind of personality you're going to have. That's why I've always been very cautious about those things because you just never know if you happen to have that kind of addictive personality where you're just going to go down the wrong way. So that was not good.

SHARI LIKES FRUIT [00:15:19]:

It's interesting, too, like, people might think you're spoiled or you grew up spoiled because they had money or whatever, and then you find out all this other stuff, and there's also the wealthy celebrities that we always hear about that weren't happy or had all these issues. So what would you say how you overcame so you weren't spoiled from the money, and also how you overcame not being an addict yourself? How did you learn how to do that on your own without parents?

EVA LOVES RAW [00:15:48]:

Basically, I've always been very self-reliant, very strong. I have always just taken care of myself, and I just always have been. I've always been very homely. I'm a Taurus. I don't know if that has anything to do with it. And I don't know that I believe in any of that, really. I think it's more entertainment than anything, but it could be. But I am very, like, I like to make a nest.

EVA LOVES RAW [00:16:11]:

I like to make a home. And so I think that maybe, I don't know, it's my personality. But what was the other question?

SHARI LIKES FRUIT [00:16:20]:

Sorry, just, you came from money, but you weren't spoiled, and then you had drug addiction and alcoholism in your family, but you didn't succumb to that. So it's hard to do that when you don't have solid parenting or a foundation or two-parent household, et cetera, but you did on your own.

EVA LOVES RAW [00:16:36]:

I never really. No, it just never attracted me because I don't know. Maybe I just thought, I don't want to end up like that. And I don't think I was spoiled either. I mean, I was spoiled to a degree because the way I was dealt with was just whatever she wants to do. Whatever she wants to do. I went to boarding school. My parents just didn't know quite.

EVA LOVES RAW [00:17:07]:

I couldn't live with my dad because of my situation with my stepmother, and I couldn't really live with my mom, my stepfather, after a while. So they kind of put me in a boarding school. So, yeah, people might think, oh, isn't she spoiled? But it's not really because you don't have parents, so I don't know what's worse.

SHARI LIKES FRUIT [00:17:25]:

Yeah. And you're also in a very long-term marriage, which you didn't learn from your parents either, so, yeah, you've defied a lot of.

EVA LOVES RAW [00:17:33]:

Yeah.

SHARI LIKES FRUIT [00:17:35]:

What do you want to say about your boyfriend or your transition to America or any of that? Didn't you have a boyfriend when you came here or something?

EVA LOVES RAW [00:17:44]:

So, yeah, the first year that I was here, I met a guy, and he was, like, crazy in love with me, and I ended up coming back. I went home for the summer, and I was there for three months. And then I begged my dad, please send me back, and he did. And then this guy and I started living together, and I ended up actually repeating the pattern of my parents. I ended up getting married at 19 to this guy. It obviously didn't last very long. Well, it lasted five years, but it wasn't ideal. And he and I broke up, and then I met my current husband.

EVA LOVES RAW [00:18:19]:

But you live and learn. It was a mistake.

SHARI LIKES FRUIT [00:18:23]:

Yeah. I don't think everybody knew any of that about you. So it's interesting because it is who we are and who we become and from all these challenges is why we're amazing. So thank you for sharing. Yeah. I haven't even looked at my notes, so I just want to do the lightning round so that I don't totally make you uncomfortable.

EVA LOVES RAW [00:18:45]:

Okay.

SHARI LIKES FRUIT [00:18:47]:

Let me make sure I covered the stuff that I just wanted people to learn that they didn't know about you. Are there any core memories from that period? Is there any core memories growing up or any core memories that affected you or influenced who you are today?

EVA LOVES RAW [00:19:00]:

Well, I do have a lot of good core memories, actually. My memories are all good. I don't really have a lot of bitterness or, oh, my gosh, I do feel privileged, and I do feel like I did grow up very privileged and with a lot of opportunities not a lot of kids get the opportunity to go abroad, and I became quite the traveler, so young. And not a lot of kids have the opportunity to go to a bilingual school like I did, and not a lot of kids. So I always looked at all the positives because I was very lucky in many ways. And my dad had the means to give me a lot, really, at least monetarily speaking, as far as education and opportunities, opportunities that are not available to everyone. So I was lucky in that way. So I do have a lot of good memories and I do have a lot of gratitude for that.

EVA LOVES RAW [00:19:57]:

And I have a lot of good memories about my step family. They're my family and my stepdad and all the interesting people and anybody from singers to actors to artists were always at my house. And I mean, people at the museum of El Prado in Spain are artists that came to my

house on a regular basis. My stepfather himself is in many museums in Spain. And so that was very interesting. But for me it was normal. It was very normal. So I have great memories.

SHARI LIKES FRUIT [00:20:37]:

I remember when you were telling me about your stepdad and I was like, googling his name, trying to find him in museums and stuff. Also, you reminded me of the perspective thing because you can take your childhood and be like, woe was me. Drugs, alcohol, broken home, whatever. Or you can be like, I was privileged because I had these opportunities. So it definitely depends on the personality. I did not have as much guidance or people watching me when I was younger either. So I made completely wrong decisions the entire time. So kudos to you.

SHARI LIKES FRUIT [00:21:10]:

I'm still in one piece, though. Christiana wants to know if you had any siblings, which is what I was going to actually ask if you want to say anything.

EVA LOVES RAW [00:21:20]:

So I'm an only child of my mom and dad. They got married. Like I said, my mom was very young. They had me. My mom was like, what am I doing? Two years later? She's like, I'm out of here. It's so funny because one anecdote I remember, my auntie told me that my mom used to have a cash drawer in the house. There was a drawer with cash for my mom that my dad would stuff with money. When my mom decided to leave, my dad, my aunt, and everybody's like, are you crazy? Like, you have it so good.

EVA LOVES RAW [00:21:54]:

But she was just like a bond vivant. Oh, I'm out of here. I fell in love with an artist, or I met an artist. She wasn't in love yet. That was interesting. So they just had me. And then my mom got together. With my stepfather and they had a child, so it was my half sister.

EVA LOVES RAW [00:22:16]:

And then my dad met my stepmother and they had three kids. So I have over here on one side I have one. On the other side I have three, but I'm the only child, so I only have half siblings, so I'm not really that close with them because when I came here, I was only 17, and so they were little kids because I was the only one for a long time.

SHARI LIKES FRUIT [00:22:40]:

That's interesting. But you're tighter with them now, but.

EVA LOVES RAW [00:22:46]:

Not crazy because just think about it. When I came here, my sister was nine, and then on one side and then over on the other side, they were like six, four, one. So they never really grew up. In fact, one time I was talking to my sister and she goes, yeah, my dad. And she kept talking about my dad, my dad. I'm like, lola, your dad is my dad. And she's like, oh, yeah. I forget.

EVA LOVES RAW [00:23:10]:

She forgets that we have the same dad because she never. So we're not really close. I'm not really close with them. I'm closer with my other sister because we have the same mom and we shared more, but the other three were not the. We are now trying to get closer for sure, especially with my older brother. He lives in Washington, DC, and he's a smart guy, so I like him a lot.

SHARI LIKES FRUIT [00:23:40]:

What did you want to be when you grew up?

EVA LOVES RAW [00:23:42]:

When I was little, I wanted to be a singer, but I can't.

SHARI LIKES FRUIT [00:23:49]:

Close. Okay. That was Christiana's question also. Okay, so is there anything. I'm going to get to the lightning round now. Is there anything that you want to bring up that I haven't asked you about all that?

EVA LOVES RAW [00:24:04]:

No, we're good.

SHARI LIKES FRUIT [00:24:06]:

Do you want to say why you love Dave so much? Your current.

EVA LOVES RAW [00:24:10]:

Actually, you know, when I met Dave, my current husband, my one husband, aside from that other one, what I loved about him, right away, I felt very secure with him. He was like a solid guy. Very solid. Like, this guy has a head on his shoulders. He's so responsible. He's just one of those guys that he's a business person. So I was like right away very attracted to that because I'm like, oh, my gosh, this guy, he's got it all together. So even though he was young and carefree, but still, he was responsible, he paid his bills on time, that kind of thing.

EVA LOVES RAW [00:24:50]:

I was like, whoa, this is great.

SHARI LIKES FRUIT [00:24:52]:

He can fix things.

EVA LOVES RAW [00:24:54]:

Yeah, he can fix things.

SHARI LIKES FRUIT [00:24:57]:

Yeah. He's a good daddy. He can fix things. He can take down walls and build.

EVA LOVES RAW [00:25:01]:

Yeah.

SHARI LIKES FRUIT [00:25:02]:

Impressive. Okay, here we go, guys. Lightning round real quick. Do you believe in aliens?

EVA LOVES RAW [00:25:08]:

No.

SHARI LIKES FRUIT [00:25:11]:

You hesitated. That means you might, on a scale of one to ten, be a.

EVA LOVES RAW [00:25:15]:

Well, I'd rather say. I don't know, but I don't necessarily know.

SHARI LIKES FRUIT [00:25:21]:

If you're a billionaire, what's the first thing you would buy for yourself?

EVA LOVES RAW [00:25:25]:

Nothing. For myself, I would love to buy all my friends houses and cars and give them anything.

SHARI LIKES FRUIT [00:25:33]:

After you do all that altruistic stuff, what would you buy for yourself? Travel.

EVA LOVES RAW [00:25:38]:

More travel.

SHARI LIKES FRUIT [00:25:41]:

If you could go to the moon, they would pay for the training, all the money, all the safety. Would you go? Yeah.

EVA LOVES RAW [00:25:54]:

You're so funny. Okay.

SHARI LIKES FRUIT [00:25:58]:

What is your most prized possession?

EVA LOVES RAW [00:26:02]:

I don't have any. I give it all away. Oh, yeah. I have a painting, actually. A painting. There you go. A painting of my dad and my stepmother and myself that a very famous artist did. And it's here in my house.

SHARI LIKES FRUIT [00:26:16]:

We'd look forward to seeing that photo. Most daring thing you've ever done that you.

EVA LOVES RAW [00:26:24]:

All kinds of daring things. That's one thing I'm a daredevil.

SHARI LIKES FRUIT [00:26:29]:

Close on. Or do I want to know what these are?

EVA LOVES RAW [00:26:32]:

No. I mean everything from skydiving to selling all my belongings and buying an rv and traveling to traveling for five years on a cruise ship without thinking, what am I doing? Anything. I'm very daring.

SHARI LIKES FRUIT [00:26:52]:

Cruise ship and skydiving. Okay, this is going to be. To be continued. What is your least favorite part of the day?

EVA LOVES RAW [00:27:04]:

I don't have one. I love the day.

SHARI LIKES FRUIT [00:27:07]:

The whole day. I love all of it.

EVA LOVES RAW [00:27:09]:

I love waking up. I love it when it's beautiful outside in the morning if it's too cold. No, I'm not a fan, but I get over it. And I love evening time when everybody goes to bed and I have a little time to myself. I love it all. I don't mind, but I can get depressed, too. So when I'm down, I probably hate all of it.

SHARI LIKES FRUIT [00:27:33]:

No comment. What goal do you have that seems out of reach?

EVA LOVES RAW [00:27:39]:

I don't think any goals are out of reach. I'm a very positive person for the most part. Yeah, I'm optimistic, I should say. I'm not always positive. I get down, you know, that I have downtimes down, but I usually bounce back. I think downtimes are related to hormones. Honestly, my hormones are whack. Or they have been.

EVA LOVES RAW [00:28:08]:

No, I think everything is possible. The only thing that's not possible is for me to become a singer because I can't sing.

SHARI LIKES FRUIT [00:28:18]:

I know, I'm crushed. Okay. Yes. That's all good. Who knows you best? If you count your family, your best friend, Dave, your kids. Who knows you best?

EVA LOVES RAW [00:28:34]:

Probably Dave. I don't think anyone knows me 100%. I'm very reserved in many ways.

SHARI LIKES FRUIT [00:28:43]:

I know I'm making you uncomfortable on purpose. Okay. What quality do you love best about your best friend?

EVA LOVES RAW [00:28:52]:

What quality do I love best about you?

SHARI LIKES FRUIT [00:28:56]:

You're so sweet. Your other best friends.

EVA LOVES RAW [00:28:59]:

Well, what I love best about you is how kind you are.

SHARI LIKES FRUIT [00:29:05]:

Uh huh. Thank you. It wasn't about me. I wasn't trying to fish there. I was actually talking about your Joyce and your other beautiful best friends also.

EVA LOVES RAW [00:29:15]:

What I love about my friends is that they are accepting of me however I am. They know I can be a little bit short, and they know that's just me. They don't take it personally.

SHARI LIKES FRUIT [00:29:27]:

Yeah. Finding out what people love about their best friends is what they admire, like what they are working on themselves and or what they admire. So I appreciate you answering that.

EVA LOVES RAW [00:29:37]:

I wish I was more like you, that's for sure.

SHARI LIKES FRUIT [00:29:40]:

Don't be starting compliments now. I'll cut you off. Cut off your mic. What is the most valuable life lesson you've learned so far?

EVA LOVES RAW [00:29:51]:

Who knows? They're all valuable. One of them. Life lesson that you can heal yourself.

SHARI LIKES FRUIT [00:30:00]:

That's what we're all doing. That's a good one. Emotionally and physically. What can make you angry?

EVA LOVES RAW [00:30:09]:

Bad drivers.

SHARI LIKES FRUIT [00:30:12]:

Welcome to California.

EVA LOVES RAW [00:30:17]:

Rude comments on YouTube. Yeah, I block them.

SHARI LIKES FRUIT [00:30:22]:

Blocked. You're blocked? Yeah, I won't get into the YouTube thing. I post, like, once to every 50 that you do, so you handle it much better than most.

EVA LOVES RAW [00:30:34]:

Wow.

SHARI LIKES FRUIT [00:30:36]:

Okay, here we go. This is literal lightning rounds. 542. Favorite free time activity.

EVA LOVES RAW [00:30:42]:

Oh, I love swimming. I love walking. I love going to the movies.

SHARI LIKES FRUIT [00:30:52]:

If you had five extra hours in a day, what would you do with your life differently?

EVA LOVES RAW [00:30:58]:

I would probably exercise a little longer because sometimes I cut it short at the gym. I'm like, I'm out of here. And I could really do another a little longer. And I would go for longer walks for sure. I would probably work longer, too, because I like it.

SHARI LIKES FRUIT [00:31:18]:

I think Wanda left us. Yeah, Wanda. Up here. She's back. She said you're very resilient, which I agree. I'm calling the term enlightenment, but it could be any definition that you have of enlightenment. But do you believe we can get enlightened in this lifetime?

EVA LOVES RAW [00:31:37]:

I don't know. I don't think so. There's always going to be ego. We're never going to be Jesus. Like, we're too much of an ego.

SHARI LIKES FRUIT [00:31:54]:

Yeah, we're supposed to be. I mean, depending on which religion or faith I know it's complex. So lightning round continues. We'll pass that. Your biggest fear or weakness? One of them.

EVA LOVES RAW [00:32:12]:

My biggest fear is obviously something happening to my family or my teenagers driving or something. Like, as a mother, it's constant worry, not worry. But you're always like, oh, my God,

what are they doing out there? So that worries me. But I tried to be chill about it. My biggest fear used to be snakes, and this is the craziest story. I was petrified of even seeing a picture of snakes. And I'm not going to bs you guys when I went raw, I'm not afraid of snakes. I'm not going to pet one or have one around my neck or be cuddling one.

EVA LOVES RAW [00:32:54]:

But I don't freak out like I used to. Isn't that weird?

SHARI LIKES FRUIT [00:32:59]:

So the raw vegan diet cures your fear of snakes? That's the headline?

EVA LOVES RAW [00:33:04]:

That's the headline. I'm not even joking. It's the weirdest thing. When I cleaned up my diet, that phobia went away. It was a phobia. It was like, you know how people that would go and run and be freaked out? That was me. I couldn't even see a picture. It was awful.

EVA LOVES RAW [00:33:26]:

That went away. Now I'm like, okay, it's a snake.

SHARI LIKES FRUIT [00:33:30]:

I feel like we have the title of your future autobiography. The raw diet cures snake phobia. Okay. What's your most treasured memory? Besides obviously, marriage, having kids, the obvious ones.

EVA LOVES RAW [00:33:48]:

My most treasured memory. I never thought about that.

SHARI LIKES FRUIT [00:33:54]:

Probably circle back.

EVA LOVES RAW [00:33:56]:

Probably. I've given birth. I had amazing births, especially my second one.

SHARI LIKES FRUIT [00:34:04]:

I did say you can't count that, but I'll allow it this one time. Okay. What is one thing people misunderstand about you?

EVA LOVES RAW [00:34:12]:

My accent.

SHARI LIKES FRUIT [00:34:15]:

I didn't mean literally. Christiana said maybe because you cleaned up your inner snake, like your intestine colon.

EVA LOVES RAW [00:34:25]:

Maybe.

SHARI LIKES FRUIT [00:34:26]:

Maybe she's not giving you full credit, Christiana, for that. Maybe. Could be possible. If you were immortal, how would you spend your life.

EVA LOVES RAW [00:34:38]:

Serving? Honestly, I'm not bsing. If I was immortal, I wouldn't like to be immortal. First of all, that must be awful. But the only thing you could really do is just serve others, because what else are you going to do with all that time? You might as well put it to good use. So I would just see what I could do.

SHARI LIKES FRUIT [00:35:03]:

I feel like if I had all the time in the world, I would still be behind. Do you ever get that feeling? Probably. I'm pretty sure my to do list would still not get done. Okay. How do you want to be remembered?

EVA LOVES RAW [00:35:17]:

How do I want to be remembered? I would like to be remembered as a good person.

SHARI LIKES FRUIT [00:35:24]:

You're good. There anything on your bucket list that you've already went skydiving?

EVA LOVES RAW [00:35:30]:

Apparently so, yeah. More travel. Definitely. Got to go. I have never been to Egypt. And I have never been to Asia, but everywhere else I've got.

SHARI LIKES FRUIT [00:35:45]:

Something. Did I say this one? Something you're proud that you've done in your life? Yeah, I asked that. Okay, real quick. Dogs or cats?

EVA LOVES RAW [00:35:55]:

That's a tough one. I'm a dog person, but Leo stole my heart.

SHARI LIKES FRUIT [00:36:00]:

He's also listening to you right now.

EVA LOVES RAW [00:36:02]:

Yeah, I know.

SHARI LIKES FRUIT [00:36:03]:

Okay.

EVA LOVES RAW [00:36:04]:

Sorry.

SHARI LIKES FRUIT [00:36:06]:

And where do you want to be in five.

EVA LOVES RAW [00:36:10]:

To? I never know. In five years. Just having an awesome coaching practice. Helping lots of people, having an amazing community. Just doing my best to help.

SHARI LIKES FRUIT [00:36:34]:

What is something you're embarrassed to share about yourself? I'll give you an example. Like when we travel together, you like a blanket on top of anything?

EVA LOVES RAW [00:36:47]:

Oh, yeah.

SHARI LIKES FRUIT [00:36:48]:

Okay. Something like that.

EVA LOVES RAW [00:36:52]:

That's funny. So I am very weird in hotels.

SHARI LIKES FRUIT [00:36:57]:

You don't have to pick that one. Just prompting me.

EVA LOVES RAW [00:37:02]:

I don't like hotel linens. I don't like the blankets that are on top. Sometimes I put towels down. I'm really weird about, if I go to someone's house, I'm totally fine because I know you. If I'm invited in someone's house, not a problem. But if I'm in a hotel, I honestly cannot bring myself to sleep on those beds. And I put towels down and I cover myself with a towel. This is no joke.

EVA LOVES RAW [00:37:32]:

And I travel with a pillow. My own pillow.

SHARI LIKES FRUIT [00:37:36]:

Yeah. Is that the one you're going to pick, though? The germ one?

EVA LOVES RAW [00:37:40]:

Yeah. Which other one is bad?

SHARI LIKES FRUIT [00:37:43]:

I don't know if there are any. That's the only thing you're embarrassed about or anything people wouldn't know about you?

EVA LOVES RAW [00:37:47]:

I'm not really that embarrassed about it. It is kind of weird.

SHARI LIKES FRUIT [00:37:50]:

Yeah, it's not embarrassing. It's not weird either. Because who wants other people's stuff if you don't know them?

EVA LOVES RAW [00:37:57]:

Yeah, I get that.

SHARI LIKES FRUIT [00:37:59]:

I remember, too. You're like, if you put your suitcase on the floor, you will get bedbugs and bring them to your house and have to paint it, including the caulking. And I'm like, I'm going to get some lysol. At the local corner store? Yes, because I have my luggage on the ground when you told me that, and you're like, you just have to move. You can't get rid of my friend.

EVA LOVES RAW [00:38:22]:

It was the most horrific experience of her life. She had to put everything in massive Ziploc bags after she washed it, and then they would reinvest everything. She had to get rid of furniture, couches, everything.

SHARI LIKES FRUIT [00:38:38]:

You can pass on this one. Have you ever tried drugs?

EVA LOVES RAW [00:38:42]:

Yes.

SHARI LIKES FRUIT [00:38:44]:

Do you want to say what kind? No, don't. Okay. I've tried that, too. Your honor, I think one more question. Was there a shift moment for you? This is going to help everybody. Was there a shift moment where you were addicted to food and you had health issues and this and that where I know you finally decided to get healthy, but was there this moment where you're like, I'm going to choose health for the rest of my life. I don't want to be tempted by these things. I don't want to choose them.

SHARI LIKES FRUIT [00:39:19]:

What is that shift moment for you? Because I think people want to find that in their own life so that they don't struggle anymore with this aspect of the lifestyle.

EVA LOVES RAW [00:39:29]:

I think for most people, you have to get to a place where you just have had enough. For me, I had a period that I had my period, and it would last for three weeks of very heavy bleeding. And I went to the doctor, and they're like, well, we're going to do this procedure. We're going to

scrape the lining of your uterus out. It's a very uncomfortable procedure, but you'd be fine. And if that doesn't work, which we're not saying it will, but it might, then we're going to recommend a hysterectomy. And I was like, wait, hang on a minute. I'm 44.

EVA LOVES RAW [00:40:07]:

That seems a little extreme. So that was like, my wake up call. Like, okay, I got to do something. I got to stop messing about. And so I found this diet. I went to hippocrates. I just went all in. I just went all in.

EVA LOVES RAW [00:40:24]:

And I promised myself that I would do anything I could. And that's probably one of my pitfalls when I coach people, is that I expect people to be not as disciplined, but as committed to it as I was. And I have to understand that not everybody has that level of commitment. And that that's okay, too, that we all do what we can do with the tools we have at the time. And maybe that's good enough, too. We don't have to go all in like, I did. There are other things that we can do, and I've also come to realize that it's all about the food we eat, but the food that we don't eat that can make a massive, massive, like, I'm not so black and white anymore. I used to be like, you got to do this.

EVA LOVES RAW [00:41:14]:

You got to do it this way. You got to do it for this long. And now I'm like, okay, hang on a minute. Some other approaches might also work very well. Let me just hear what this person, where they're at, what's going on? What are their likes, dislikes, how old are they? What is their history? And so I've learned a lot because at hippocrates, it was just one non negotiable path forward where through all the years, I have seen that there are other ways to go about things, too. Yeah, it.

SHARI LIKES FRUIT [00:41:48]:

Yeah. And it's hard. I mean, a lot of people change when they've hit rock bottom, but it's hard to change when you're like, I'm trying to prevent something bad that I don't know what it might be, and it hasn't happened. So I'm trying to be proactive today, but these french fries look good right now, and I don't have an issue. So it's kind of hard to do without hitting rock bottom. So one of the books I'm writing has to do with that shift moment, because if we can hear enough of others experiences, how they got there, we can kind of absorb it ourselves and get there without the pain and suffering or as much pain and suffering.

EVA LOVES RAW [00:42:28]:

Yeah, I agree. But I think there's a lot of freedom. And Jeanette shared something from Serena Williams, and I had seen that clip about her. I had actually seen the whole interview where Serena Williams was know, there's so much freedom and discipline, and I so identify with that. I found that that was my way. My way was in the absolute discipline, and I was very disciplined for a long, long time where for some people, that's not them. And it's okay to not be perfect. Like, I fell into the trap of trying to be perfect, and that is not necessarily healing in all the ways that it can be because that could also be detrimental to your health.

EVA LOVES RAW [00:43:17]:

There's a lot of love and self love and freedom in discipline. But knowing when to apply what also helps a lot. Like, if for this goal, you have to be disciplined. Yes, I get that. But there could be other areas that you don't have to be so disciplined.

SHARI LIKES FRUIT [00:43:34]:

Yeah. And some people, like coaches, that are tough love and strict and tell it to you honestly. And some people are really sensitive and will crumble and do poorly with that kind of. So I think that's why journaling is good. And getting to ask yourselves questions when you. I don't want to say fail, but have challenges, get to know your personality type, then you know what will work for the next time you hit that challenge. That's why self awareness, self love, knowing your style, and journaling all help for our goals. And it's not one size fits all, like you said.

EVA LOVES RAW [00:44:08]:

Yeah, it's not all one size fits all. And I used to be like, oh, it's one size fits all. This is the way it's like, no, it's not.

SHARI LIKES FRUIT [00:44:16]:

Yeah. And some people need to be 100% and some people don't in terms of raw, or they'll go off the deep end. So we've talked about that a lot. That's the challenge people have. Yeah.

EVA LOVES RAW [00:44:27]:

And some people don't do well on 100% raw because of past. They could have an eating disorder in the past, or they could have a personality that just doesn't. Or there's so many other factors. But, yeah, I do believe that there's definitely the danger of people in the lifestyle being in it for longer than they should. That definitely can happen. So, yeah, it's my job to be able to discern when someone needs to, because sometimes it's really hard for us to open up our minds a little bit and see outside of what we believe is the absolute truth. And sometimes I know that so many people that I have coached, they're just not willing to go outside of what they've been doing for five years, and it's evidently not working for them, but they're still stuck that this is the way. And it's like, no, it's not, because look at the results you're getting.

EVA LOVES RAW [00:45:33]:

They're not ideal results. It's a tough thing.

SHARI LIKES FRUIT [00:45:38]:

Yeah. And you also reminded me that another benefit of this group, we're here to help them, but having everybody's struggles and hearing what works for them and doesn't work for other people, that helps us become better coaches as well, because not everybody is cookie cutter, and we need to know what people struggle with and what their personality types are and get to know everybody that way. And it's super helpful for us as get. This is my transition to get to talk to Diana and whoever wants to unmute themselves just to learn about them. Ava, thank you for doing that. Being vulnerable, I know it was uncomfortable I appreciate you doing that.

EVA LOVES RAW [00:46:17]:

It wasn't actually uncomfortable because you're very gracious, so it's totally fine.

SHARI LIKES FRUIT [00:46:22]:

Yeah. It was, like, outpouring of love to you the entire time, so thank you.

EVA LOVES RAW [00:46:28]:

Sherry likes fruit.