

EPISODE 202

[INTRODUCTION]

[00:00:10] AVH: Hey everybody, welcome to the Paleo Magazine Radio Podcast. Now, before you even listen to this podcast, I invite you to check out Paleo Magazine's YouTube channel as a little precursor to this interview. Late last year, I was able to spend the entire day in New York City with EDM DJ's and health and fitness lovers Krewella. These are two sisters who are extremely musically talented but are also really into being as healthy as they can be.

They managed to eat paleo during their entire last tour, despite living on a tour bus and being surrounded by junk food and booze, all the time. If you want to be inspired on how not to have excuses to eat crap, this is a really good interview. I got to go to one of their super high energy amazing concerts.

The next day, we got together and did this intense boxing workout, we stuffed our faces with paleo brunch foods. Yeah, it was pretty awesome. If you go to Paleo Magazine YouTube channel or you just type in Krewella, K-R-E-W-E-L-L-A spelled out, and Paleo Magazine, you'll find it, it's super fun, it was a great time and I'll make sure to put the link to that in the shownotes as well.

Anyway, this interview was so awesome, shout out to Yasmin and Johan who are just truly remarkable awesome women. I decided to put up the whole interview for the podcast that you could hear more about how they stay healthy despite a busy schedule. More about their background, more about how eating paleo changed the way that they work and perform.

You know, how they're like as obsessed with almond butter as I am. I thought it will be good. The video's only a few minutes long, it's super fun to watch but there was so much great stuff in the interview that I just want to put the whole thing up here for you guys to listen to.

You never know, you might find a new gym music list to because their music is awesome. That's that. Before we move forward, I got to shout out to today's sponsor, Laird Superfood because there's actually pretty special story there too.

Lard Super Food, they make powdered creamers and coconut water made with natural ingredients and super foods that are dairy, gluten free, they're non-GMO, you can put these powdered creamers into your coffee, your tea, you can mix it in to almond milk or water, your smoothie, they're really delicious.

They give you a lot of energy from healthy fat, from coconut and red palm oil and they have a couple of different flavors, they've got a turmeric one just really good, cow one, my personal favorite is actually their insta-fuel which is a mix of very good quality instant coffee and their coconut creamer and it's just really easy when you don't feel like making your own coffee. It's just sweet and creamy enough that it's like hearty, it feels like a treat but it's all really good ingredients. I actually remember, within the first five minutes of meeting Laird Hamilton who is the founder of this company, he created these products and he's also the world's greatest surfer.

Super fan of Sky. He was putting some of his own product into his coffee and he kind of just offered me some and I'm like, "Hi, most famous surfer in the universe, yeah, I'll just stick my finger in your coffee, that's no big deal." Anyway, these guys really stand by their products and it's another great addition to that sort of coffee as a meal replacement thing, if you want something lighter but that gives you a lot of energy. Anyway, long story short, it turns out that Krewella is a fan of their products too and that's how we kind of all hooked up in the first place.

You'll hear more about that in the interview but for now, if you want to try any of their products and learn more about Lard super food, you can head to lairdsuperfood.com and we'll put that in the show notes as well.

That's it, enjoy the interview with Krewella, they're awesome and I know you will have a good time. Alright, that's that, enjoy my interview with Krewella and please don't mind if it sounds like I'm talking with my mouth full a lot because I am, I'm basically eating paleo French toast the entire interview.

Yeah, I'm sorry about that but I'm not really sorry about that. What can you do? That's it, enjoy the interview.

[INTERVIEW]

[0:04:07.7] **AVH:** Ashley, Paleo Magazine, Krewella ladies, Yasmin, Jahan.

[0:04:12.0] **YY:** What's up.

[0:04:12.7] **AVH:** We just had a crazy workout at Everybody Fights and I think sweat it off enough that we deserve this insane amount of food that we have at your kitchen right now. This is French toast pancakes, all the chocolate, all the cookies but it's paleo so we're doing all right. What do you guys think of the workout?

[0:04:30.3] **JY:** It was amazing. I've been boxing for like two years.

[0:04:34.6] **AVH:** I know, you were like showing us up big time.

[0:04:35.9] **JY:** No, not at all, because I've been boxing three weeks as on tour, it's harder to get back into it, I was like, "This is how my body works." It was so intense because it was back to back activities which is what I love to do circuit workouts and stuff like that. I thought it was amazing.

[0:04:51.0] **AVH:** When you box, do you do it like one on one with a trainer? Or are you in, okay?

[0:04:54.2] **JY:** Both, I do classes too but one on one with a trainer is mainly what it's –

[0:04:58.0] **AVH:** I'm used to doing with classes where there's like 25 people, not everyone's paying attention to you all the time. It's only a couple of us, it's like it had to be on me.

[0:05:06.4] **JY:** I have a dog, I was a dog in my past life so I'm extremely food motivated. I was just thinking about this meal the whole time and that was getting us through.

[0:05:16.1] AVH: I got to go to your show last night and it was amazing by the way, so incredible, so much fun and you guys were running around like crazy, you don't need to do a workout on tour because you're doing one every show, right?

[0:05:27.5] JY: I feel like it's a 90 minute cardio workout.

[0:05:29.6] AVH: Yeah, it is. Is that, I mean, when you're on tour, that's basically what you're doing to stay active, it's just your shows.

[0:05:36.6] JY: I actually do, I'm an amateur cross-fitter so I've been doing it for like two years and I started off in this tour saying, I'm going to do CrossFit every other day and I realized I have one day where I do CrossFit and by the time the show came around, it's like 11 PM, you're getting on stage, my legs were so worn out.

I had to kind of adjust my routine, which I think it's cool to do that in life, you kind of go in and out of different lifestyles to just adjust to whatever you're going through. On tour I've been getting into yoga.

[0:06:03.6] AVH: Nice.

[0:06:04.0] JY: Which is great for just kind of decompressing, getting into mellow headspace because it's kind of, you see our shows, it's just nonstop. Then after the shows, we're doing meet and greet, we're always around people so I use really important to get into a really calm headspace when you're doing yoga. You know, I did yoga in the park one day which is how perfect to kind of balance out the chaos in our life on tour.

[0:06:22.8] AVH: Do you do that after the show? How do you calm down after those shows? How do you get to bed that morning I guess? After like a show.

[0:06:30.4] YY: Three AM.

[0:06:31.5] AVH: How do you do it?

[0:06:32.6] YY: We usually actually have our meet and greets after the show. Yesterday was a little bit different because there was a hard curfew but – so you do the show an hour and a half and then you go straight to about an hour, an hour and a half meet and greet and by the time it's over, you've met so many people, you've talked to so many people, you've just done that 90 minute cardio, mentally and physically you're just done. I mean, we shower and then we're pretty much ready for bed.

[0:07:01.3] JY: I usually – are amazing. Yeah, if you're in your bunk, you close the curtain, you turn off the light, I usually read for like 30 minutes and then we're gone, I'm out.

[0:07:09.7] AVH: What do you like to read?

[0:07:11.0] JY: I read a lot of sci-fi fantasy.

[0:07:13.6] AVH: Wait, really? Okay, what are you reading right now?

[0:07:16.0] JY: I'm actually reading a lot of [inaudible] right now so it's not a sci-fi fantasy but before that, I was reading a couple of series, I read a lot of dystopian series.

[0:07:26.2] AVH: Are you into like Neil Gaiman?

[0:07:28.4] JY: My god, American Gods is one of my favorite books of all time.

[0:07:30.2] AVH: Have you watched the show yet?

[0:07:31.6] JY: No, but I'm going to. Is it good?

[0:07:33.3] AVH: I haven't either.

[0:07:34.8] JY: Looks great.

[0:07:35.3] AVH: Anderson? I mean, anyway, I haven't watched the show because I always like to read the book.

[0:07:40.5] **JY:** Everywhere?

[0:07:41.4] **AVH:** Yes. American Gods.

[0:07:42.9] **JY:** That's my favorite –

[0:07:44.1] **AVH:** Way off track here guys, it's fine.

[0:07:45.9] **JY:** Of Neil's books.

[0:07:46.8] **AVH:** So good.

[0:07:47.4] **JY:** That's one of my favorite books of all time.

[0:07:50.6] **YY:** Realist, weird, fiction, yes, that's like right up my alley.

[0:07:53.7] **AVH:** It's like a nice escape right? I have seen you because I like to stalk you guys on Instagram, I've seen that you do read a little Paleo Magazine on the tour bus. Yeah, that time to time.

[0:08:05.1] **JY:** I have it in my bunk actually.

[0:08:07.3] **AVH:** Were there any like movements or workout like exercises doing the workout that you haven't done before?

[0:08:13.7] **YY:** For me, what was it? Okay, after the rowing, I felt like throwing up. I actually got a moment where I had to turn away from the camera, I don't know if you got this, I was like.

[0:08:25.2] **JY:** It's way too hard.

[0:08:25.6] **YY:** Yeah, normally, you get little break, like in CrossFit, sometimes you're a team workout and you'll have like a break where you're like, holding a bar or something like that and

that's your break, you do that for a minute, this was back to back to back to back and I've never done a workout like that so this was the first time in a long time, first time since like gym class in elementary school where I felt. You know, when you're like running the mile, I was always that kid finishing last because I was slow, running in general.

[0:08:50.1] AVH: A little bit competitive though because you were saying, the winner doesn't have to do work, I feel like we were –

[0:08:55.1] YY: that's the first time I felt bad competitive, I'm not really competitive when it comes to working out and sports.

[0:08:58.1] JY: I'm not either.

[0:09:00.5] AVH: You guys, I mean, you're sisters, do you get competitive with each other sometimes?

[0:09:04.5] YY: I don't think so.

[0:09:04.7] JY: Working out, I'm very – here's the thing, in CrossFit, I'm always like the last to finish, I'm the one doing the lightest weight and I realized that I care about my body like the joints and the health of my body and not hurting myself so much because I want to be able to tour for a while and I want to perform it best in tour so I don't want to finish it off.

[0:09:22.9] YY: Are we allowed to swear?

[0:09:23.9] JY: Okay.

[0:09:26.2] AVH: Swear away.

[0:09:27.5] JY: I want to keep my body in good shape as far as like everything working right and so I really just compete with myself. If I'm looking at other people around me, like other females, it's more sown away, that's amazing, I admire her so much for that she's like squat that much or

that she like finished the whole workout, the two minutes before me. I just go at my own pace and I think you're kind of the same way.

[0:09:51.1] YY: I think Jahana and I are also very similar in body type and what we lift and it's more like I feel like we've always just been in the same zone so we're not really competing, we're in like the same level, at least, I feel that way.

[0:10:06.9] JY: I'm not an athlete so –

[0:10:08.5] YY: Me neither.

[0:10:09.2] JY: I know my place.

[0:10:09.9] AVH: You both seem pretty athletic during the workout to me and on the stage.

[0:10:13.9] JY: I was literally during these punches just looking at you guys, I was like, foot in, what foot in front?

[0:10:19.4] AVH: Holy moly.

[0:10:20.3] YY: No, but my footwork was actually different than what Ernan was teaching us because every coach is a little bit different and he was in 1, 2, 3, 4, 5, 6 and I only do 1, 2, 3, 4 because it's just one is jab, two is cross, three is bump, four is uppercut and then you can do like a right hook when you're in a left stance but you don't say it as a four, you say it as a left hook.

[0:10:45.2] AVH: Yeah.

[0:10:46.0] YY: It was a little different for me too.

[0:10:48.3] AVH: It's your brain.

[0:10:49.3] JY: Yeah.

[0:10:49.3] YY: Exactly, yeah.

[0:10:50.3] JY: That's what I love about boxing in general, I feel like my brain is moving as quickly as my body is which is not something in workouts you usually get, that's what I love.

[0:10:59.0] AVH: Do you spar a lot when you're doing boxing because that bumps it another step. When you get to start the punches down, when you're working with someone else, now you have to deal with whatever they're bringing to you.

[0:11:08.6] YY: My boxing coach is this like, 55 year old badass woman who is in like the best shape ever. She lifts more than me, she's fierce as hell.

[0:11:20.9] AVH: You could say it.

[0:11:22.1] YY: She is, and when I'm working with her one on one, sometimes I feel like we're sparring because she's like yelling like – she's like, "Come on, come at me, come on," I'm like, "Okay!" I feel that fear that you feel when you're sparring but I've only sparred once and it's scary and I need to do it more because I'm in my comfort zone when I'm boxing now.

It really is my comfort zone and sparring won't be out of my comfort zone. It's my next move. And jiu jitsu, hell yeah.

[0:11:52.7] JY: I mean, it's the same with CrossFit too, the whole point is to be constantly doing varied workouts, you never get comfortable with anything, right?

[0:12:00.3] AVH: What's your favorite stuff with CrossFit, do you like the lifting, do you like the mech hunts, do you like bodyweight stuff, what are you in to?

[0:12:06.4] JY: I have a really weak upper body, I think I've always been that way and our mom has like really strong thighs, she always call me like thunder thighs growing up, I think Yasmin and I both got that so I'm pretty good at squatting I have to say, that's like the one area of CrossFit where I feel like I like kind of excel with –

[0:12:22.2] YY: Squatting and deadlifting.

[0:12:23.0] JY: Yeah.

[0:12:24.0] YY: I love dead lifting, my god, all day.

[0:12:25.6] JY: Everything else, as what I started doing CrossFit, I'll kind of like beat myself up over not doing certain things that box jumps, they realize that I have really bad knees we both sound old right now.

[0:12:36.9] YY: I was going to say they realize that you can't beat yourself up over not being able to get your form right in certain, because I'm not an athlete and I just don't let that get to me because I'm the type of person who gets like really frustrated sometimes in the gym where I'm like, "I can't clean the bar right, I can't get - my knees behind the bar," whatever it is and I'm not, every day, it's not like my goal to do that so I realize I just need to accommodate for whatever I can do. Yeah.

[0:13:02.4] JY: Yeah, I did CrossFit last week and tried splinters for the first time and I was like, what am I doing with my body right now?

[0:13:08.8] AVH: They're intense.

[0:13:09.6] JY: What is happening? By the end of the class, I kind of felt like I got it but I had to lower my weight to get it. It's just things that, I agree, pushing yourself into a new – actually just outside of your comfort zone, it's so important and CrossFit does do that.

[0:13:22.9] YY: I have to say one more thing. Our dad who has been a huge advocate of us treating our bodies like a temple and us eating healthy and staying closer to nature I'll be like, fewer ingredients, if you can't pronounce something, if you don't recognize a certain ingredient, don't eat it.

He always says like listen to your body when you're working out so if you have like this weird cringy feeling in your knees, don't keep pushing yourself because you don't want to do long term damage but if it doesn't feel right then we won't be able to perform a certain way on stage.

You know, I used to like go crazy head banging on stage and thrust my head like every single drop of the beat. I noticed like, one time, our doctor or radiologist friend, who shown, he's like, "These girls are going to get arthritis." That thought freaked me out.

I want to be able to tour, I want to be able to perform and give my all on stage. I think that was something that triggered me, just finding like a happy medium between going hard and then also just being safe.

[0:14:17.8] JY: Yeah, finding the balance.

[0:14:19.9] AVH: Okay, tell me if I'm wrong here but my understanding is that you guys are trying to do this new world tour as clean as possible. No booze, no gluten.

[0:14:29.3] JY: 100% Paleo

[0:14:30.0] AVH: All paleo. Pretty much, paleo music tour, that's pretty bad ass.

[0:14:33.1] JY: This is clean by the way.

[0:14:35.9] AVH: Tell me why you decided to do that. I mean, it's got to be super challenging because I would imagine, I am not a musician but tours are not the healthiest in the world, right? People are eating, they're drinking, they're not sleeping. Why did you decide to do it and how do you like, how do you keep up the motivation to stay so clean and healthy on tour?

[0:14:53.9] JY: Well, first of all, we have each other.

[0:14:55.4] YY: Yes.

[0:14:55.4] AVH: Yeah.

[0:14:56.9] JY: If you're doing it with someone, it always helps, we started paleo together, we've done every little dietary change together and that's what makes it easy. It's been strangely not as hard as you would think it would be.

[0:15:10.3] AVH: Good.

[0:15:11.1] JY: I think you would agree with me. Because on the tour bus, we have a refrigerator and a microwave and so we go to Whole Foods twice a week, stock up on a shit load of greens and veggies and fruits and eggs that we boil in a crock pot.

We just make it work. Strangely enough, It's just worked out and you kind of start eating some of the same meals every day but you make it yummy, you figure out how to make a nice pesto dressing and so your –

[0:15:37.7] AVH: Making food on tour?

[0:15:38.8] JY: Yes, in our little mobile home.

[0:15:41.2] AVH: You're making it.

[0:15:42.2] JY: Yeah.

[0:15:42.7] AVH: That's so impressive. I'm not even doing that as much as I should.

[0:15:45.9] JY: We get really creative on the road, we can help you out.

[0:15:49.2] YY: We also have to say, it's like places like New Kitchen like where we are now, you're seeing really cool places popping up throughout the country, you can be in middle America and you could be in like Kansas city, a place maybe like three years ago didn't have like clean healthy eating restaurants.

Like vegan restaurants, vegetarian restaurants. Now that we're revisiting these cities three or two or three years later, we're doing our research, as soon as we get into the city, the bus gets in and we're like, where can we get like –

[0:16:14.3] JY: Paleo Kansas City.

[0:16:15.4] YY: Exactly. Kansas city. Believe it or not and we –

[0:16:20.7] JY: it's really cool to see that because I think that as reflection of the attitude of just people in the United States and we're going this direction, where more people are realizing that we've been deceived by the FDA, we've been deceived by big corporations, by what low fat is good low fat crackers, that's supposed to be healthy for you, sorry, I shouldn't even be name dropping, whatever, these are evil companies.

Special K, eating some sort of Special K product three times a day to lose weight as if losing weight is the goal, it shouldn't be the goal, it's like, I mean, I'm over 140 pounds and that was – the thought of being over 140 pounds would have been a nightmare to me in high school, I would have made it actually made me really depressed if I was always in the orange area.

I think you're supposed to be in like the yellow -

[0:17:07.4] AVH: A whole other story.

[0:17:10.4] YY: That kind of stuff would like really bring me down, just little things, how they tires, like tummy rolls and being obsessed about this number. But, the number doesn't mean anything, because fats are great for you, that's what research is showing us now because that's what ancient wisdom tells us, coconut, all this stuff that's all of a sudden, these buzz words now, that's what people have been eating for hundreds of years.

[0:17:31.7] AVH: It's just what humans are supposed to eat.

[0:17:33.7] YY: Avocados, olive oil, olives.

[0:17:36.7] AVH: How do you guys feel like since you started doing this tour super healthy, how has the actual tour, how are the performances been different, how are the workouts different, how do you feel differently now that you're eating this way on tour?

[0:17:49.7] YY: I definitely feel that when I'm doing paleo for a longer amount of time because when we're home, we do like six days on, one day off. You got to have that cheat day every once in a while.

[0:17:57.9] AVH: Sustainability, right?

[0:17:58.5] YY: You know? On tour, there's no cheat days, we're cleaning the full three months and I definitely feel like my body is just functioning at a higher level internally and I just feel like for our shows, I can't remember a tour where I've been this energetic on stage. I really -

[0:18:17.7] JY: Paleo.

[0:18:18.6] YY: 100%, I'm not even just saying that but I feel like I can lose my mind on stage and I'll have to like kneel down and catch my breath every now and again but then I'm right back to it and I've never felt that way on tour.

[0:18:30.0] AVH: So amazing.

[0:18:31.5] JY: I also have to say that – let's say we're waking up and like, even 11 AM, our night will go into like – sometimes we'll be in about four AM and we're doing stuff all throughout the day, sound check, we'll do like – exploring, every single city we get in to, I try to walk like three or four miles, just walk and explore because I like to get to know a city.

Then, you know, meeting brand partners, meeting people, doing the show, doing the meet and greet, showering and it's like, you have to be able to last that long. I know my body so well know that if I have a bowl of pasta or even like bread or even if it's like –

[0:19:09.3] YY: You're done.

[0:19:09.3] JY: Yeah, avocado on toast or something. I feel it like an hour later, really lethargic and always end up regretting it and there's not one time I was like a little too excited and I ate like an hour before the show, I think I have like a salad bowl or something and I felt bloated but it was only because I ate too much. It's always the amount now. Now I have to control myself.

[0:19:31.7] AVH: You love food.

[0:19:32.8] JY: We just started here.

[0:19:34.5] AVH: You can't go for eat healthy food. I mean, that's a thing too, it's a thousand

[0:19:36.9] AVH: Being like mindful. For you ladies, you don't really have the time to make mistakes and recover, right? Because when you're on tour, you have to be on and you have to feel good, you can't be like, I'm going to go make some mistakes and then like recover for two days because you got to work.

[0:19:50.3] YY: Yeah.

[0:19:51.0] AVH: That's why it's even more important that you figure out the foods that work for you, right?

[0:19:55.0] JY: We care so much about our show and our performance, I know what it's like to have a show where I'm not feeling good or if I'm off or I ate something that affected my body or even like the other day, lowest thing, I forgot a belt on my pants, my pants are falling down.

A little thing like that will throw me off. I really want to feel like I'm in like my best place that my body could be in, so I'm not distracted We really put our hearts and souls into this show, we're giving it all that we can to our fans and it makes us happier on stage because if you do have that feeling where you're like – she has some cramping and it's not fun.

We're here to work, when I say work, it's we love it, it's our life, it's our lifestyle, it's our livelihood.

[0:20:37.0] YY: Just speculating, I have a cold right now so our last two shows, New Haven and New York, new haven, our whole family was there, my mom's from New Haven and New York is a big deal, our whole team is there so two shows that I really wanted to kill it for but I'm feeling not that great.

I just remember before new haven show thinking like damn, if I had eaten the way I was eating four years ago or something and I was sick, I wouldn't have been able to play the show the way I did and like before the New York show yesterday, I had a couple of cup of hot bone broth, I was eating this beautiful big spinach salad and I'm like, this is only going to help me feel better for later.

I remember that as I was eating, I'm like, "I am curing whatever I have right now with this," and it's real.

[0:21:21.8] AVH: I mean, I was at the show last night and there was no way anybody could tell that you were off.

[0:21:26.4] JY: Thank you.

[0:21:27.6] AVH: It was amazing. What do you do – you get up a little bit later because you're working until four in the morning but what are some of your like morning routines? Like, you're drinking your coffee, how do you like to drink your coffee?

[0:21:36.4] JY: I love talking about this.

[0:21:38.3] AVH: I love to hear what your morning routine.

[0:21:39.7] YY: Considering that we have a song called live through the night and everything people see online is like this nightlife style which I love and I have like so much fun on stage but I also love my morning's. I'm a big fan of morning's. Like my morning routine but on the bus, I've been doing this actually.

Okay, I've been trying to calm down the coffee thing but I'm doing today because it's a day off.

[0:22:02.7] **AVH:** Too much caffeine? Just –

[0:22:03.8] **YY:** Yeah.

[0:22:04.8] **JY:** Bad for the vocal cords.

[0:22:06.5] **YY:** It's hard to find like good – I'm not – we're also dairy free by the way so paleo, dairy free, pescatarian. It's really hard to find coffee places that have like almond creamer without the bullshit in it.

[0:22:20.0] **AVH:** Cashew milk? Macadamia milk is like my new thing.

[0:22:24.1] **JY:** I can't find one that doesn't have –

[0:22:25.7] **AVH:** We all share a love with this lard super foods stuff. Can you tell me what your favorite is and how you use it?

[0:22:33.1] **JY:** I start my morning with the turmeric creamer in hot water and I have this cinnamon infused honey that I got at an Orlando farmer's market and I just sit there with a book and I drink it and it's so – it reminds me of like our childhood because since we're Pakistani, we grew up in a lot of turmeric and coriander and cinnamon and cumin and turmeric was in – it's in like almost every Pakistani dish.

That's another thing that's funny, it's like this is a buzz word right now but it's something that we grew up on. It's been a part of our lifestyle, our whole lives and this, I find this to be a really good replacement for coffee if you are trying to stay away from caffeine.

[0:23:10.4] **AVH:** So you wouldn't even put that in your coffee, you're just putting that in hot water.

[0:23:12.7] **YY:** Just straight water but it is good than coffee.

[0:23:14.8] AVH: I think all of these are good in coffee, yeah.

[0:23:17.7] YY: But Yasmin, you do that one.

[0:23:19.4] JY: I do this one like twice a day actually technically because first I do a cheap one in the morning. I make it the night before and so I put this in a bunch of Ashwagandha corticeps, mushroom powders and mocha and it's just a whole bunch of mixers into a chia thing and have milk and then I'll have it –

[0:23:37.8] AVH: You will let it percolate overnight?

[0:23:40.1] JY: And so I do that with a little bit of almond drizzle on top so that is my morning routine first thing but then after shows, I will put this in a hot cup of bone broth and it's so good. It adds a little bit of sweetness and after shows, after we've sweat for 90 minutes it's what you need. You need everything, you need electrolytes, you need to re-nourish yourself.

[0:24:03.2] AVH: So this could be a good post workout basically. I've got to start using that.

[0:24:07.0] JY: It's really good.

[0:24:08.4] YY: And also we're not trying to eat late. Last night I did, I ate the kitchen paleo chocolate cookies at 2 AM but because of acid reflux it's also not good to eat at 2 or 3 AM. That will be my source of nutrition if we're back at the bus, after our show at 4 AM.

[0:24:24.9] JY: Yeah because for this one serving of –

[0:24:27.1] AVH: It's pretty filling.

[0:24:28.8] JY: Yeah, you're still getting – oh my god, yeah.

[0:24:32.0] AVH: Lots of fats, lots of coconut. How did you guys discover these guys?

[0:24:35.8] JY: So Yasmin and I, thankfully because of our travels, we get to go to really cool organic markets and local markets with different food. This was actually close to home in Malibu. I was at – I forgot what café I was at, my boyfriend and I saw this and he was like, “This was so cool,” because we both find that it is really hard to find not substitute creamers and dairy substitute creamers that don’t have all of these additives in it. They are making it thicker so I looked them up, what I do is like this is the amazing thing about Instagram and social media is that we just look up these companies, we look into them and see how they started and see what the following is like, what they stand for and they have especially with dairy, they will show pictures of pastures of where eggs or hens are being raised. So I just hit them up on social media and I was like we’re big fans.

Sometimes I’ll ask if we’re at a restaurant or something, we’ll take a picture of the restaurant and be like, “We’re in your city, we love this restaurant,” or like, “Hey we just bought this bar of chocolate that we found in Tampa, Florida at a Whole Foods.” And we love supporting because these are all small brands. That’s the thing, they are not big household names and I think they need all the support. They deserve all the support they can get.

So that’s why Yasmin and I really like reaching out to them and supporting them because this is real food and we really believe that this is where people should be going instead of fake chocolate or artificial flavored chocolate.

[0:25:59.5] AVH: But this does still shows that you can have these treats and ingredients like there’s three ingredients in these and it’s real food and I mean with this company especially, we know the people behind it, Laird Hamilton and Gabby Reese are on the cover of our magazine this issue, they are real people who care about this stuff and they’re super sincere about it. If you walk up to them and they live in Malibu too, some of the time. When you walk up and you’re like, “Tell me about your creamer,” they would give you the whole – like they feel strongly about it and use it every day. It’s legit stuff so -

[0:26:28.5] JY: I mean that’s what I like to see is that the people who are creating these companies and making the products is that they are passionate because I think there is a disconnect between a lot of food companies and they don’t really know the process or how it’s

been made or the ingredients and I like knowing that Laird is so in touch and in tune with the product and the ingredients and how it's affecting people.

[0:26:54.9] AVH: Okay so let's be real for a second, when your tour is over are you guys going to do some little cheat meals?

[0:27:00.6] JY: Yeah.

[0:27:00.9] AVH: Okay, tell me about the ideal cheat meal, what are you guys going to eat?

[0:27:04.4] JY: We've been fantasizing about this every day.

[0:27:06.6] YY: Yeah so my – oh my god I think about this every day. This is so exciting, there's this paleo, almost paleo pizza called Against the Grain. It's three cheese and so that's going to be my cheat kind of because the crust is paleo but the cheese will be the cheat and then I'm going to do Kombucha beer, like alcohol -

[0:27:27.8] AVH: Come on, that's like barely beer.

[0:27:30.0] YY: I don't want to shock my body and make myself sick because two days after we're done with this tour we fly to Asia for a week and a half. No, we have shows there. So it's like we are still on the go so I don't want to fully cheat so that I'm just in pain and get sick or something. So I'll do a minor cheat.

[0:27:49.3] AVH: Okay and that's the other thing too. If you can cheat and I don't even like the word cheat because there is nothing moral about the food choices you make. You make the food choices and there's consequences or not and you just decide to eat and if there's too much guilt around it anyway then we need to all stop being a little bit less like dogmatic about this or right and this is wrong and just what makes you feel good and sometimes it's worth it, something like you eat food every now and then.

[0:28:12.4] YY: Donuts.

[0:28:13.4] AVH: Yeah, I mean you only live once right? But you've got to do what makes you happy and what makes you feel good. You guys are so busy, you don't really have time to be eating like a dozen donuts. I mean that's a bit, yeah.

[0:28:25.7] JY: I do like to say that there is something about diet though like a lot of people who don't understand clean eating around me or people who are drinking that see that I am not drinking, they don't understand or they're pushy or they're like, "Hey why don't you just break down one day?" They think that because we are being strict right now that we don't know how to live and be spontaneous. So we found ways to treat ourselves with healthy food.

But I also think it is important when I think of the cheat day to be spontaneous because it brings me joy looking forward to a day where I can eat a pizza and have beer and have wine. Yeah but I also think that restraining myself for three months really makes me enjoy that precious moment of drinking and partying, whatever it is, so much more than if it was an every night thing.

[0:29:16.6] AVH: So I listened to an interview that you guys did recently. I thought it was really cool. You were saying, I think you were talking about this healthier no drinking kind of part of your tour and you were saying like you were encouraging people who are going to a show try coming sober, just see what the experience is like, right? Because a lot of people feel if they are going to go out, they're going to have a night, they're going to get messed up and have a drink or drugs or whatever they want to do.

But sometimes it's nice to just not do that and see how the experience is different, right? I would imagine it would be different if you are up on stage too, if you have a drink or not and feel very different.

[0:29:48.3] JY: We've actually been touring sober since the end of 2012 and so I think we've been saying that sort of thing since then on and off. Just like whenever we are about to go on a tour like, "Hey reminder, don't feel like you need to get wasted or do some pills or whatever," like we are going to put on a crazy show I promise. It's going to be level 10 on me.

[0:30:09.8] AVH: You don't have to be high to enjoy this.

[0:30:11.4] JY: Exactly. If you want to come and just be yourself in your own natural state, you're going to have a good time and that's great and if you want to have a drink too, do that too but there's the option like try it for once. It's really fun.

[0:30:25.7] AVH: Awesome. So you guys have Pakistani roots, what kind of food did you eat growing up?

[0:30:29.7] YY: Lots of turmeric.

[0:30:31.7] JY: Oh my god, so our mom is American and our dad is from Pakistan but our mom learns how to cook from our dad's mother.

[0:30:38.3] YY: Open it up girl, let's go. Just go for it, dig right in.

[0:30:43.4] JY: Our mom cooked everything from Biryani to Dhal to chicken matar, it's like every Pakistani dish you can think of. She's always cooking.

[0:30:53.7] AVH: Have you guys ever experimented with trying paleo versions of some of these things?

[0:30:59.3] JY: Oh yeah, I think, who's birthday was it that I made butter chicken with cauliflower rice?

[0:31:03.9] YY: Mine.

[0:31:04.3] JY: Was it your birthday?

[0:31:05.1] YY: Yeah.

[0:31:05.7] JY: Cauliflower rice instead of gluten tortillas. So instead of naan, we did – yeah do we use the siete ones?

[0:31:12.5] YY: Are you familiar with siete brand? They're based in Austin right?

[0:31:17.4] JY: Somewhere in Texas, we use their Tortillas as naan and then cauliflower rice and then I make butter chicken using grass fed butter.

[0:31:25.4] YY: Putting all the butter, all paleo guys.

[0:31:26.3] JY: Oh yeah, I love butter. It's so good. Our family is obsessed with butter. If you are a Yousaf, you have to like butter.

[0:31:33.8] AVH: What about ghee?

[0:31:35.2] JY: Yeah of course. Oh my god, Fourth & Heart, we're obsessed. We like beet roots.

[0:31:42.0] AVH: Have you tried the vanilla flavor? It's so good.

[0:31:44.1] JY: Yeah or baking with it too.

[0:31:46.8] AVH: This is the great thing, you can eat healthy and eat very indulgently and richly and still feel good about it. Yeah it's so good.

[0:31:54.7] JY: I do feel like my diet is very rich and I love that. I just love fats.

[0:31:59.2] AVH: So your parents, when you guys decided that you were going to try paleo or eat paleo-pescatarian and try to do this healthier version were they like, "Yeah but what about the food that we like to eat?" was there any kind of conversation around that or they're just like, "Yeah, cool go for it?"

[0:32:14.8] JY: So we started when we moved to California and didn't know that before. So they didn't really get it first hand and then we brought the food ideals back to them and I think our dad and new step mom are really, really, really on it. They're seeing how much it's changing us, they live in California now. It makes sense to them and we're slowly bringing the family into the clean eating thing. I think everybody wants to. It will happen.

[0:32:43.2] AVH: We were just talking on the way down here like when it comes like, you try something healthy and you feel good and you get really exciting, you want to tell everybody to do it and none of your friends and family want to tell them what to do, right? Nobody wants that especially your parents, nobody wants to be told what to do but sometimes it's just about enjoying a lifestyle yourself, trying some things out and leading by example.

And if they see how happy and healthy and good you feel and they might want to try it, you just have to sneak it in like that.

[0:33:09.4] JY: Yeah. It's really cool to see the sphere of influence in our little group. I have to give credit to my boyfriend, Casey, who actually was the one who got us into paleo.

[0:33:17.7] YY: We used to call him the paleo king.

[0:33:19.9] JY: Yeah, the paleo king and I have to say –

[0:33:21.6] AVH: Where's the paleo king? We've got to get him next time.

[0:33:24.2] JY: He actually was the one who discovered Hu Kitchen two years ago when he lived in New York before us. He was the one telling, he's the one who discovered Laird. So I do want to give credit to him because he's the one who really introduced this lifestyle to us and I have to say like Yasmin and I, we thought, I remember we used to do like pasta with vegetables or like a cold salad. We would think we were being really healthy by doing that.

So our ideal of health so far, I mean we were trying, the intention was there and then three years ago maybe he started doing paleo and he started doing CrossFit and I remember thinking –

[0:33:53.2] YY: It will be four years this January with the cheat days.

[0:33:56.5] JY: But I remember like he was so boring, I was like why do you have to be so strict? Why can't I just cook you whatever and I didn't understand but then when he started telling what he felt and then we decided to try it, January, for a month starting New Year's eve.

We were completely strict. I broke paleo on the 31st – are there 31 days in January? Whatever it was, I went to In and Out Burger and I am a foodie.

I mean I am always eating people's leftovers so if somebody has burger and fries leftover, I'll finish it. I couldn't even finish my own because the bread tasted so fake. So it's crazy, I feel like my whole body reset and it went back to its natural state and it had such a sensitivity to artificial flavors and sugar and all of that stuff but it really opened my eyes to not ever going back to eating shitty bulk white bread and buns and all of that stuff.

So yeah and then from there Yasmin and I were influenced. The door opened there and then we started talking about it to our sister, our cousin -

[0:34:59.7] YY: Everybody started doing their own research and sharing articles, we're always emailing articles to each other.

[0:35:05.3] AVH: Nerding out on paleo, it makes me so happy.

[0:35:07.6] JY: And even if somebody isn't strict about it at least the awareness is there. So they know that if they are going to buy crackers, don't buy the crackers with the weird filler that's making up for what or why or however it's like two grams less fat you know?

[0:35:07.6] AVH: Yeah, that's right. No one needs to be perfect but the more you know, the more you learn and educate yourself, the more you try things and experiment for what works with you personally, right? Some things work for me that don't work for you and the more you know, I mean you don't have to be eating perfect grass feed beef or Hu Kitchen chocolate every day but you can be making steps like every day, every decision you make you can be trying to be healthier. It makes you feel better, right?

[0:35:44.9] JY: Yeah and of course to not be obsessed over it because like I said about my weight and being obsessed about my weight in junior high and high school, I've also been in that phase where I stress out over being at a restaurant. I'm like, "Oh my god I have to eat a meal right now because we have a show in two hours and I need to find something to eat. There is nothing

here” and not allowing myself to just eat because I would break or there was black rice or brown rice or something.

[0:36:10.2] YY: Canola oil, yeah some little thing that was stopping us.

[0:36:13.2] JY: Because the stress is more detrimental to your health than breaking down that one day and having chickpeas or whatever it is, yeah.

[0:36:20.5] AVH: So what’s your pre-show ritual like? Do you eat a few hours before this? Do you even digest it? Do you drink something special? What do you do a couple of hours leading up to the show?

[0:36:32.1] YY: I think the last hour I can eat before a show is like the three hour mark. Is it the same for you?

[0:36:37.7] JY: Yeah, around two for me, yep.

[0:36:39.4] YY: So yeah, mine is about three and I’ll do like a big salad. I used to hate salads. Jahan will attest to this, she’ll make a salad and be like, “Do you want any?” I’m like, “Hell no,” it’s a salad and now I’ll do the super greens and the sweet potatoes that I’ve roasted and chopped hard boiled eggs and a pesto dressing, it’s so good like I love this salad now.

[0:37:03.9] AVH: No boring salads, only boring people.

[0:37:05.9] YY: Exactly, I love it.

[0:37:06.9] AVH: She’s going to make it exciting.

[0:37:08.2] JY: Yeah, lots of nuts or fats.

[0:37:10.5] YY: Exactly and so I’ll do that and it will fill - I will fill a giant bowl of salad, a huge salad and then three hours later play the show and I drink a lot of coconut water during shows

and that's really all I do but it's special like that's a special thing we do. What about you? What's your thing? Do you have a specific thing?

[0:37:30.5] JY: No, it will be like whatever. So if I start my day with eggs, avocado, sweet potatoes and then for lunch I'll have apple nut butter paleo granola side bowl, maybe I'll go back to a green before the show. I'll just switch up my limited options that I have on the bus.

[0:37:50.7] AVH: I don't know, you guys seem to be able to put together some pretty next level stuff and you are on a bus. There's no excuse people because I like to make excuses, "Oh I live in New York. I have a small kitchen." Not on a moving vehicle.

[0:38:02.7] JY: Can I tell you how boiling eggs in the morning, so I have a mug and then we have a kettle. So we don't have a stove top or anything and I hate using a microwave if I don't have to. It just freaks me out, radiation, I don't know. So I try to buy local eggs or whatever is sitting on there. I will try to get a brand.

[0:38:16.9] YY: What we always pass through right?

[0:38:18.0] JY: Yeah, exactly. So I'll put two eggs in a mug and then some salt in there and then I boil water in the kettle, we have an electric kettle and I pour it over, cover it, let it sit for five minutes, dump out the water, pour more boiling water in and just dump it out and this is the process. It takes 20 minutes as I am drinking my turmeric creamer but that's the cool thing.

[0:38:37.2] AVH: Dedication to being healthy that's so impressive.

[0:38:37.2] YY: But now it's part of the routine. I feel like you have this love for it.

[0:38:42.7] JY: Yeah and we have time on the bus too which is cool because we're – yeah.

[0:38:45.8] AVH: I don't know if all of your social media fans would be as into that as I am. I think a lot of us would love to start seeing some of that in your feed like, "Here's how I make an egg, check it out." That's amazing.

[0:38:57.0] JY: I am actually glad you brought it up because I feel like it could be because of the media, the way that we presented ourselves since 2012, since we first started touring and having a social media presence, I feel like fans see us like this very one dimensional character like we're these DJ's that have crazy visuals with the lasers and we party and we're loud and in your face all the time which is like that is one dimension of us. That's like if you come to the shows, we're full of energy. You know, that's what you are getting, but Yasmin and I are really into health and clean eating and spirituality and reading and there's so many other layers of artists, not just us, like there are other layers to artists where even anyone in entertainment, anyone on social media that I feel like, me as a fan, I love to see. Like when I am really into an artist, I want to know what their views are on just overall wellbeing.

And how they're taking care of themselves. Because I think we need more of that on social media in general because there's so much bullshit, there's so much noise, there's so much superficial shit out there and I think more people, especially young people who really look up to artists and they're easily influenced, they need to be hearing more people, especially in the DJ world that we're talking about taking care of yourself and you're allowed to party.

I'm so freaking excited for our last day so I am going to be crazy and so I am so excited but it is well deserved too. It's like work hard and we focus, we're taking care of ourselves but we know how to balance ourselves out. So if we have a night that we are going hard and we party, we know how to take a step back the next day, we get back into our routine, go to work so -

[0:40:35.1] AVH: All I want to say is first of all it's been so awesome meeting you girls and what you just said about social media, I think it's really important because as you said, there is a great aspect of social media where you reach out and learn about people and learn about things and connect with people and then there's the side where you see a lot of things that maybe aren't always as they appear and sometimes get caught in this light radicals and feel bad about yourself and not really understand who people are.

You see them as one dimensional but you guys are the real deal. You're real and who you are on social media from what I can see is who you are in real life. You're genuine people, you seem to be having an amazing time doing what you are doing and that's what we all aspire to

do is just have fun in life and enjoy it. So anyway, I had an amazing time working out with you guys and even so many paleo bake goods, it's so good.

[0:41:24.7] JY: I think this is just the beginning though.

[0:41:26.8] AVH: Oh yeah, we're going to keep going on camera obviously. We haven't even talked about girls who love to eat, right? We haven't even gotten there. That could be another YouTube, girls who love to eat.

[0:41:34.8] JY: Yeah.

[0:41:34.9] AVH: Consider this, I can be the third none tattooed woman and I'm just there for the eating.

[0:41:41.2] YY: Let's go. Let's do it. Done.

[0:41:42.7] AVH: All right, thank you ladies so much. Bye guys.

[END OF INTERVIEW]

[0:41:50.3] AVH: All right guys, I hope you had fun with that interview. Thanks again to Jahan and Yasmin and the folks at Laird Superfood. Another shout out to our sponsor there. This company is a big hit with Paleo Magazine and if it wasn't for them, our fun with Krewella never would have happened so thank you guys and you can try their amazing super food infused coffee and tea creamers and coconut waters. They also have whole bean coffee as well.

Laird is a big coffee snob I think so, yeah, you could try all of those products. A lot of them include also in addition to coconut milk powder, coconut oil and red palm oil, they also have the super food that you don't actually see too much. I have never seen it before, it's called aquamen. It's derived from a red marine algae that's super high in trace minerals and calcium. I mean leave it to Laird Hamilton, a guy who spends most of his life in the ocean to create this treat.

That gives you energy and basically comes from the ocean. Anyway, I can't get enough of this product, I love it, Krewella ladies love it. if you want to try it, go to lairdsuperfood.com and if you've tried any of the products, holler at me on Instagram @themusclemaven. Let me know what you think, maybe it will make you better at surfing, who knows? I mean no guarantees on that but it's worth a shot.

All right, so next week I interview an Instagram friend that I made recently and caught up with a trip to Toronto. Shout out to all of the Canadian listeners, we love you, I love you. Her name is Natalie, her Instagram handle is That Afro Paleo Girl and we connected to talk about some things that I think we've never really talked about on the podcast before including her struggle with a very rare autoimmune disease and how AIP and paleo eating is helping her.

We also talk about what we see is a lack of diversity at least visibly online, in the paleo community and how we can work to fix that. So I think those are two really important topics and I hope you join me next week for that interview. Until then.

[OUTRO]

Paleo Magazine Radio is brought to you by the Paleo Media Group and is produced by We Edit Podcasts. Our show music features the song "Light it Up" by Morgan Heritage and Gio Mercimarley and on behalf of everyone at Paleo Magazine, thank you for listening.

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