

Dr. Kipper Talks Health with Cedric The Entertainer

Season 1, Ep 52

In this episode we welcome Cedric The Entertainer, who shares the story of his life threatening embolism, his struggle with his weight and how his grandfather inspired his new best-selling book "Flipping Boxcars" Also in this episode Dr. Kipper ow he went from hero to zero after answering the dreaded "is there a doctor on the plane" call.

Peter: [00:00:28] Well, hello, welcome to the Bedside Matters podcast. This is the podcast that addresses the medical issues that impact all of us every single day and hopefully will give you the answers you're looking for so you can be more informed and healthier.

I'm one of your hosts, Peter Tilden. I'm joined by Dr. David Kipper, Anna Vocino, and today, Cedric The Entertainer has joined us. It's nice to see you because you always make people smile. That's a really nice thing to be able to do, you know?

Cedric The Entertainer: [00:00:56] That's good. That's the best medicine, Man, right there.

Anna: [00:00:59] That's right. Welcome to the show.

Dr. Kipper: [00:01:01] Ced, are you comfortable talking at all about the issue that you had with the embolus? I think it would help a lot of people to understand your journey through that. And do you mind talking about that?

Cedric The Entertainer: [00:01:14] No, not at all. I mean, I think, you know, it's very important because I know a lot of people have been dealing with these and it is a thing that's so inside your body that you have no idea. I mean, especially to be aware of the symptoms. But, you know, I was traveling a lot during that time, flying, going to different places. I had the movies. I was on tour and my family was in Hawaii. And so I flew to Hawaii.

And, you know, I noticed I was having a little problem breathing, but, you know, never really gave it much thought. You know? All right, cool. You know, I'm a little overweight, but then you start to notice, like, I can't, like, walk to the car. Like, I'll get to the car and need to really, you know, take a breath. And I was like, okay, something's weird. Got on a plane, flew from Hawaii to New Orleans. I was about to do a movie, and the next day I was walking to the van to go, and I just couldn't. I was tired and I got to the van, you know, again, not knowing what's going on. I go to get dressed. When I had to take a break putting on my socks, I called the producers then, and I said, "Yo, something's going on. I can't keep my breath." And so he was like, very cool, "Let's go to the hospital and check you out."

And it was a full-on emergency. I mean, you know, this was a blessing – you know, and it was a blessing. It was an instant ICU, instant, "Dude, you got a blockage. Like you got a full embolism in your lung." I feel very blessed that, you know, it was able to be caught. But it was one of those situations where we know it's taking a lot of people out and we got to be a lot more aware of that, like the blood clots, and so, you know, we did the blood

thinners for many years. We monitor it even now. That's one of the things that we just got to make sure that we, you know, kind of always are paying attention to.

Anna: [00:03:15] I was going to say, if you have one, does that mean you're prone to develop others? Is that why you go on the blood thinners.

Cedric The Entertainer: [00:03:21] I'm not on blood thinners at this moment, but we did it, that was 2013. We probably stayed on it for a while. You know, different levels. Go all-in, go all, we'll just kind of, you know, watch it at times. And, but I think that is a good question for Dr. Kipper. Like, I mean, it's one of those things that you do find, that, you know, once you've had it, like I'm definitely always kind of looking for, "Oh, wait a minute. That was, I had to breathe too deep there."

Anna: [00:03:50] Like, "That was weird, what happened?"

Dr. Kipper: [00:03:53] It is a good question, because it's not the same answer for everybody. It really depends on why you have the embolus. There are people that have the embolus because they've had trauma to their legs. Some people have coagulation problems that they inherit and people that travel a lot, like Cedric, that you're not always moving your legs around. That's another precipitant. So if you know what causes it, then you can taper the amount of time that you need to be on these blood thinners.

But to Cedric's specific issue, he had what was called a saddle embolus, and a saddle embolus is as serious as it gets. And that's the veins in the leg, they meet into a common place. Those veins, if there is a clot in those veins, they end up in the lungs. So he had clot all the way through that connection that really increase the odds of how serious this was and how potentially fatal this was up several notches. So you did, in fact, have a very serious problem. But the genesis of that problem was from traveling and not moving his legs around. And so you're careful now when you traveling?

Cedric The Entertainer: [00:05:11] I always wear the compression socks now, you know, and luckily they made some, they have some, you can go on Amazon, guys, and you look really cool. You don't have to have the ones with the...

Anna: ...compression style.

Peter: [00:05:24] The only problem is I take them off and you can see the marks. And so I become my grandfather. When you take them off now, it still looks like you're wearing them for about two days.

Anna: [00:05:31] Imprinted. [laughter]

Cedric The Entertainer: [00:05:32] They still clothe you up pretty good but they definitely, you know, it's definitely a precaution that I don't take any chances with, you know?

Peter: [00:05:40] Hey, Dave, is there anything else besides? So we're talking about compression socks. But, seriously, so we're not compromised, because I was sitting on a plane and I go, "Do I need to get up now before I get the clot?" Like, how often do you get up? And what else could you do? What else aside from compression socks?

Dr. Kipper: [00:05:52] You don't actually have to get up and walk around. You can just flex your foot against the seat in front of you, especially if it's a loud, noisy kid.

Anna: [00:06:03] Yeah, kick their seat.

Dr. Kipper: [00:06:04] And there's things you can do from your seat. But, yes, and if you're on a long flight, you certainly should get up and move around and you should talk to your doctor about what risk factors you have. Some people take an aspirin before they get on an airplane, which thins things out a little bit. So there's a cheap trick for that. We were very lucky not to lose Cedric.

Peter: [00:06:28] David, airlines and airplanes? He's talking about traveling. Are they well staffed and well provided for as far as an emergency? I always wondered, midair emergency? Like if something happened on a plane, are they prepared for that stuff?

Dr. Kipper: [00:06:41] Some are and some aren't. They all now have kits where they have a number of different things that can be helpful depending on the emergency. But the way they're prepared is to go over the loudspeaker and say, "Is there a doctor on the plane?" That's how they prepare.

Cedric The Entertainer: [00:06:59] Has that ever happened to you, Doc? Have you ever had that happen?

Dr. Kipper: [00:07:03] Probably ten times.

Peter: [00:07:05] Tell them. Because I remember the one where you are hero, but not necessarily treated like a hero.

Dr. Kipper: [00:07:11] We were on a flight back from Tokyo and coming home. It's a long flight. And about two hours into the flight, they asked for a doctor. I didn't hear it, but my girlfriend that I was traveling with at the time jabs me in the ribs and raises my hand. And so I went back to see what was going on. And this man was dark blue in color at this point. He was unconscious and he was in a row with five people. And I asked if anyone spoke English because I needed sort of a help. And this woman raised her hand and said, "Nurse." And I thought, "Oh, my God, great." That's the only word in English she knew. So that wasn't her much help.

But, anyhow, I CPR-ed this guy, I had to undress him. He was in a three-piece suit and CPR-ed him. And he came to, which was miraculous, frankly, not from anything I did, it was just miraculous from where he started out. And so then the pilot comes out and asked me, "Do you want to go back to Tokyo? That's about two hours. Or do you want to keep going to L.A.? That's about another 8 or 9 hours." And I thought, "I'm not sitting there for 8 or 9 hours and this guy isn't going to last 8 or 9 hours. So we should go back."

And the whole time I'm thinking we're going to go back, the paramedics are going to come and grab this guy and then we're going to hit the air again. Well, turns out in Japan, there are laws about when you can take off and you can't take off after 8:00 at night. So I blew that. Also, it wasn't two hours because they had to dump a lot of fuel. Then we land in Tokyo and the paramedics get on the plane and I'm thinking, we're in Japan, this is going to be as state of the art as it gets.

And these guys came on the plane and they took me. I said, "No, no, no, no. I'm not the patient." And the pilot came out and said, "No, no, this is the law here. You, if you resuscitated him. And so now I'm in a van going to what is the equivalent of a county

hospital, wasn't a great place and the man wasn't great. And he arrested again. I CPR-ed him again. The two guys driving this van spoke no English.

So, anyhow, we get to this little hospital emergency area, guy comes down, that's another story, and so I turn him over. I go back to the hotel where I don't know how many hundreds of people on that airplane had to spend the night. And two hours later, we're getting up again to get back on the plane. And there was a part of me that thought, "Wow, that was really cool. You know, this guy is alive and how sweet." Everybody walking to the airplane on the tarmac, was flipping me off, nobody was happy...
[laughter]

Dr. Kipper: ...I dismantled everybody's plans and even my girlfriend wasn't so happy with me. And it was sort of her fault.

Peter: [00:10:23] Save a life, piss off a 747.

Cedric The Entertainer: [00:10:26] Yeah, all the people, "Thanks so much, Sir!"

Dr. Kipper: [00:10:29] So, here's another nuance to the doctor on the airplane, if I may, because I've had enough experience. So they'll call for a doctor and at some point four doctors show up and then it becomes a conversation, "Well, I'm a radiologist," or "I'm a psychiatrist" or... So, being an internist, you're always the one taking care of the patient. So there's always that little meeting that happens.

Peter: [00:10:53] In prepping, I looked up your bio. You know, you want to see a person's bio and you know the movies you're in and you know the TV shows. And then I look at it and I go, so wait a minute. You started doing stand-up. But then, he was in American Buffalo, the David Mamet play. He wrestled on WWE Raw. He's had a variety show. He has a barbecue sauce. He did a novel about his grandfather, which was kind of about his grandfather, he's got all these charities, you know, part owner of a racing team. You have a hat business. You have a wine that donates money. How are you not stressed?

Anna: [00:11:29] That's a fair question.

Cedric The Entertainer: [00:11:30] I guess they haven't introduced my gummy line. No.
[laughter]

Anna: [00:11:39] A new way to entertain people. CBD.

Cedric The Entertainer: [00:11:42] Yeah, guys. Super relaxed over here.

Peter: [00:11:48] What's your day like? I mean, it's got to be regimented. How do you even have time for this?

Cedric The Entertainer: [00:11:53] I mean, I really do love the work. I mean, it's one of those things. I kind of always have used comedy and the ability to make people laugh. You know, I think about it coming from St Louis. I'm very blue collar about it. I like to get up and be busy. So and I have a, you know, a lot of things that I love to do. So I'll just stick my hand in things and find the room.

Of course, like, you know, and then lately in the last, you know, a couple of years were being able in with Covid, just been able to work from home, you just feel yourself, you know, let me fill the hour with something. That's when I wrote that book. Well, you know, we had those two years in the course of being on strike in our business all summer. I just, you know, we started the barbecue line and we're able to, you know, able to close deals and get it in to Walmart. And, of course, shoot a reality show because we didn't need writers. And so we shot a reality show. So it's just all about like looking for the gaps and the windows and just go for it.

Dr. Kipper: [00:12:59] Cedric, tell us about your book.

Cedric The Entertainer: [00:13:01] Oh, yeah. So, you know, this book is out. This is Flipping Boxcars. Flipping Boxcars is a novel. It's a story that I basically, a fictional story, I created off of real stories about my actual grandfather. So my grandfather had passed long before I got the chance to meet him. My mother was really young when he died. And, you know, these stories would, like in most of our families, these stories would just kind of transfer things that he did you know and this man that he was.

And so I would just start to kind of fantasize and have these machinations about him and just made me create a whole story about his life. So I took the 2 or 3 stories that I would hear from my mom and my uncles, and then I just expounded upon it and made up a whole world. It's very much like Walter Mosley, if you know any of those, Devil in a Blue Dress and Blood Grove, and those kind of things, like it's very, very much that world. Or, I say I liken it to the character to Boardwalk Empire, like Nucky Thompson on Boardwalk Empire. So fun book, fun read, caper going on. A lot of mystery and story.

Anna: [00:14:16] So cool.

Cedric The Entertainer: [00:14:17] Very cool. It's fun. I got the audio book too. I did the audio for that as well.

Anna: [00:14:21] I was going to say, you have to read your own audio book. We got to hear that voice.

Cedric The Entertainer: [00:14:23] Yeah, yeah. Yes.

Anna: [00:14:24] We got to hear that voice. Flipping Boxcars. Everybody get it.

Cedric The Entertainer: [00:14:28] It's on Amazon.com, Apple, anywhere books are sold, grab it right now.

Peter: [00:14:32] You're expecting soon to be a TV show or movie, I'm guessing?

Anna: [00:14:34] You have to.

Cedric The Entertainer: [00:14:35] Of course. You know that. Again, that's the next step. I go right to it. So we were, you know, I immediately got into like finding, you know, people to help me convert it over to... Well, the movie, you know what was interesting is that some kids did a reading for me in New Jersey and they turned it into a stage play. They took like two scenes out the book and performed it. And I was like, Oh, it gave me a whole 'nother idea. So it was an opportunity to make a stage play out of this, a series and/or a movie.

Anna: [00:15:05] So I have a question for you, because this is amazing. Your ideas are, you're an idea man and you're an execution man. You're doing both. You get the ideas come to you, you're executing it, you're creating all kind of media. When does the time that you say, "I'm going to shut it down?" Like, do you ever? Does your brain ever shut off, is my question?

Cedric The Entertainer: [00:15:26] Oh, you know, sometimes. I mean, I definitely leave. My wife insists upon it. Dr. Kipper, at times. But I think that, you know, I like to do what I do, so I don't do it with a lot of stress is never really something where I feel like, "Oh, I got to get this job done." I never really approach it like that. So, but, you know, I love to go on vacation. So usually if we go away, then that's when I'm going to shut it down. I'm going to be somewhere and literally be on the ocean and in the sand and sleeping in. And then, you know, like taking it easy, drinking margaritas and all that kind of stuff. Once I'm on vacation, that's what I would do, so you all don't need to call me.

Anna: [00:16:08] Well, we needed to hear that you're a little bit human, so thank you. [laughter]

Cedric The Entertainer: [00:16:10] Yeah, definitely.

Peter: [00:16:12] You know, in reading for the interview, you said you don't stress because you keep it small. It's just your family and the same friends you've had for a long time. So, you don't stress by overextending yourself. But you know, I joked about in the opening how much you do. A lot of this stuff is outside of the box and comfort zone. When people go outside their comfort zone, that's when stress happens. When you take on a Broadway play and you haven't done that before, or you're acting in a drama, with some heavy-duty people when you're standing there, don't you have an inner voice that says, "Holy crap, I'm an imposter. What am I doing here?" Or are you confident – does confidence carry you? What's that emotion?

Cedric The Entertainer: [00:16:47] You know, it is definitely moments. I mean, you know, Broadway was probably I always tell people it was my greatest challenge as an entertainer and as an actor, because with comedy, I kind of can rely on my kind of natural wit and quips, and you can just be in the moment and something will come out and you just trust that, after a while you just kind of trust it. And now you know, but when you are in like Broadway, I had to learn that it is about the playwright. So you cannot change words, you cannot ad-lib, you can't do none of these things that I can do on a TV show or in a movie. Like in a movie, because I'm kind of hired to be me, I have the ability and oftentimes the freedom to just, "Hey, I don't like this line." I can say it my way, if you will.

You can't do that in Broadway. And I learned that, like I had to learn it like it was very specific. And David Mamet is even more so. So that was the one who I feel like I grew a lot as an actor that you always tell young... You know, people ask me, what was the toughest thing I had to do? It was that. Like doing Broadway was a place where I had to learn to be a professional, learn to be a different kind of actor and level up to the people you know that do it.

When John Leguizamo was in the play. I mean, he's a Broadway, you know, juggernaut dude. So that's what he does. And so you don't want to come in there and be the weakest link. And so, yeah, I recognize that. But, you know, once I have those kind of opportunities, I go to work. That's when I start looking at it. I started playing, you know, and Broadway

taught me that. So when I had to do scenes with Ethan Hawke in a movie, you know, I'm prepared. I'm not going in there thinking like, "Oh, I can just show up." I'm like, "No, this is one of the greatest actors. What is my role? What is it like? What do I want to bring to the role? How do I want to challenge him as an actor? How do I challenge myself in these scenes?" And I go in prepared. That's usually the way I think about everything.

Peter: [00:18:49] You sleep well? Or is your mind racing when you sleep? You get in eight hours sleep?

Cedric The Entertainer: [00:18:53] I sleep pretty well. I think, you know, I had to get, just recently, we had a Sleep Number bed and my side was not working right. It was too soft for me and I was not sleeping well and we couldn't figure it out. And so we had to call the people and they had to do some adjustments, you know, to where we could plump my side up a bit. I needed my bed a little firmer. And, you know, my wife has the kind of, well, still the sleep comforter in, you know. So you got the pillow top on top of the bed. Yeah. Then my side's already soft, so I'm kind of slinking in.

Anna: [00:19:25] You need the Cedric setting.

Cedric The Entertainer: [00:19:27] You know, I just suffered, you know, for a while. I just, I slept and, you know, and most people love a good soft bed where you can just jump right in. And I need a certain amount of firmness that helps me sleep better. So, you know, I would often get up and get on the floor, like and stretch me a little bit, like put my legs up and get my back to, you know, because was always right there in that back. It's probably got a lot to do with getting rid of my belly too. I got to do that, that's for sure.

Dr. Kipper: [00:19:58] I'm guessing you never had a waterbed. Am I right?

Cedric The Entertainer: [00:20:02] I did, come on, now. We'll tell you a different reason, though, Doc.

[laughter]

Peter: [00:20:08] By the way, how long after people bought a waterbed, even at that time, you say this is the coolest thing, you fill it, and how many weeks in is it before you go this is one of the worst ideas I've ever had. I've said it was cool because I don't want to admit I'm an idiot.

Cedric The Entertainer: [00:20:22] The problem is, there's no emergency get out the bed, like you cannot hear a kid scream or someone rattled the door and you could just hop out the bed and like, "Yo, be ready." The waterbed is like, there is no way I could get out of here.

Peter: [00:20:42] Every exit is like the Titanic. It's like an escape I got to get. Yeah. And then when you decide you don't want it anymore, you got an attorney.

Anna: [00:20:50] Nobody else wants it either.

Peter: [00:20:51] I'd rather move.

Cedric The Entertainer: [00:20:53] The process of getting that water out.

Peter: [00:20:55] Oh, my gosh.

Cedric The Entertainer: [00:20:57] It is a whole thing.

Anna: [00:20:58] Waterbeds and pool tables. Careful what you wish for.

[music]

Peter: [00:22:18] So, Cedric, the other thing is with sleeping is cold and hot. My wife likes it...

Cedric The Entertainer: [00:22:22] Oh, my goodness.

Peter: [00:22:22] If we have nine fans going on in my house, nine fans during when it's a heat emergency, the time that ConEd actually calls out, could you turn down a couple of fans for the grid? What do you, does your wife like it hot, you like it cold? What's the deal?

Cedric The Entertainer: [00:22:37] I like it cool enough to use the covers, like I like to be covered up, but I want the room cold. So it's like it's a weird thing because I don't want to really be cold when I sleep, especially my feet. But, you know, like, if I get hot, I will just throw the sheets off. But I love the coziness of pulling the blanket up enough. But I don't want the room hot.

Peter: [00:23:03] See my wife wants it Linda Blair cold like where you can see your breath.

Cedric The Entertainer: [00:23:05] That's good.

Anna: [00:23:07] A couple of corpses in the morgue. Yeah.

Peter: [00:23:09] Yeah. And, by the way, you with the cover on you, David, what about that? We never talk about this, the weighted cover. Have you ever bought one of those weighted covers, Cedric, you know, that's supposed to embrace you like it's a 20-pound weight?

Cedric The Entertainer: [00:23:21] Someone gave me one of those like at a charity event or whatever, and I thought it was weird. It made me think about being little. And we used to be like, take the blankets and you build like a tent in the house. And my older cousins would trap us under it and we would be the little cousins trapped under there.

Anna: [00:23:46] It was a PTSD situation.

Cedric The Entertainer: [00:23:48] Yeah. It was like, "Someone get my cousin."

Peter: [00:23:52] So you had mentioned before you got to get rid of the gut. Are you buying into any of this new or the new diabetes drugs that are, I mean, it's like the craze is on. The diet world has changed so drastically recently.

Cedric The Entertainer: [00:24:04] I know. I mean, I've had so many friends use them. I tried them. And, you know, it just hasn't been effective for me. I don't know exactly, you know, that 1 or 2%, that doesn't work. You know, I really have a, you know, that's been probably my greatest struggle is being able to get my weight down. And I want to do it for a

number of reasons cause I, you know, health-wise, I'm about to be 60 next year and, you know, and then, you know, cosmetically. I mean, you know, for the vanity of being on television and being able to wear clothes. I love clothes. I love style. And so you find yourself like, well, I can't get that off the rack because, you know, they don't make it for big boys, right?

Anna: [00:24:51] Yeah.

Cedric The Entertainer: [00:24:51] It becomes psychological, but I've never been able to land that plane right there. And so, you know, I thought the shots and because I'm not a, you know, consistent eater or diet or workout person, the shots work for so many of my friends, but I just, we haven't been able to land that plane, so I don't know. Now, I'm getting weird about taking medicine in general. Like now I don't want to do anything. So I'm drinking green juice and just figuring it out.

Dr. Kipper: [00:25:18] Cedric, last week we did a show on exactly this, that it's a diet I think you're going to like. It's a diet where for breakfast you get dessert. Here's how it works. It's a high-protein diet and you have a lot of carbs, high-carbohydrate intake. And at the end of your breakfast, you get either a cookie, a donut or a piece of chocolate cake. I have your attention now. And at lunch, you just cut out the carbs and at dinner you cut out the sweets. And people that stayed on this diet for months up to a year continue to lose weight. So I was going to talk to you about this off the air, but I think here's something you might like.

Anna: [00:26:11] Yeah, but you can't have carbs in the afternoon or the evening. What's the fun in that?

Cedric The Entertainer: [00:26:16] So you have... Yeah. So the idea is what you give your metabolism is working fast in the morning or something?

Anna: [00:26:24] But you burn off the carbs throughout the day. Basically.

Dr. Kipper: [00:26:27] You can have carbs at dinner, you can't have sweets, you can't have the sugary stuff.

Anna: [00:26:33] You can have vegetables.

Dr. Kipper: [00:26:34] Yeah. Anyhow, just throwing out another option.

Peter: [00:26:37] But it's interesting. It's what you said. It resets you. If you got it in the morning when you need the energy the most is when it burns it off. So you can have it then and you just change where your head's at. But supposedly also the craving changes because of the way your body's resetting.

Cedric The Entertainer: [00:26:51] I think that those are really going to be the things. My, you know, like having for me, the mindset to, you know, really complete the task. Of course, you want to see some, you know, fairly quick results, which is interesting because my body does, you know, like if I stick to anything for, you know, a week or two, I'll see results. But then, you know, it's look back there. Once you see that I've lost 8 pounds, I think I've got it from here, guys. Let me have another cookie.

Anna: [00:27:26] Yeah, you're like, this is going to last forever. I'm going to trend this way forever.

Peter: [00:27:31] Wait a minute. Are you a structured guy, though? Because, apparently, to do all this stuff you do, I'm sure you have structure meeting a schedule. Are you structured with the diet? Is it easier for you if somebody says, "Eat this for lunch forever?" No thought is involved. Just do it. There's no way?

Cedric The Entertainer: [00:27:47] If I had that discipline, I would be like, you know, all right, cool. You know, I had my cookie.

Peter: [00:27:52] Done. Got it.

Anna: [00:27:53] You had your breakfast cookie.

Cedric The Entertainer: [00:27:56] Get out of here. Get away from me.

Peter: [00:27:57] Well, how were you doing during Covid? How did you manage with that? Because you're not going out the minute you were home. I always, funniest things. I watched you do that. They created that show where you did a few going around on the sofa. Oh, yeah. Which I loved. And, by the way, it just shows you, I've seen people do variety shows with all kinds of stuff going on and they got to feed them props to be funny. You sitting on your sofa is about as good as it gets. You look like you're having a best time hosting that show.

Cedric The Entertainer: [00:28:23] That was fun. I let the crew come in. It was like a limited number of people. They could come in. We based it in the back of the house and that was it. It was fun.

Peter: [00:28:35] It was a great show.

Cedric The Entertainer: [00:28:36] They actually kept it going, which was wonderful because, you know, they buy them. They buy them like four at a time now. So I made four specials a year with that show, which was fun.

Peter: [00:28:47] So, Covid. Did Covid change you drastically in any way, or no?

Cedric The Entertainer: [00:28:50] I mean, mainly the idea for me that you recognize you can get a lot done. You know, I mean it's like when, you know, you realize we don't necessarily have to be places in order to unit even to have meetings or do something like this. Like, you know, like this is this is really cool. We can sit here and do this and know that, you know, we've had this conversation with people. We can spread it out there. And then I didn't have to drive in L.A. traffic to go to anywhere, which would change this whole dynamic. If I had to be somewhere at 11:00 in L.A., that means that I got with me where I live, I got to think about leaving my house at 9:30 just to be somewhere at 11. You know, I just was on a treadmill. I just that day that did the treadmill, came down. I look cool, but I'm pretty funky, guys.

Anna: [00:29:41] The truth comes out.

Peter: [00:29:42] So, you know, what's amazing? With stress, it finds out, you know, how to control the stress, even with Covid. Most people would have gone to a negative. You don't go to negative often.

Cedric The Entertainer: [00:29:50] No, no. You know what? There is something to that. I think, you know, maybe growing up, you know, I'm from St. Louis, single parent house. My mother was a schoolteacher and she just, you know, she always had this kind of up vibe, like, I guess, you know, because she taught elementary kids. So she was never really like a person that was down because she just, you always feel like she had to lift the kids up. So her energy was like that at home. So my sister now always kind of grew up, you know, waking up to a strong, happy, "Good Morning." Everybody's got to say "Good Morning" to each other. We give hugs. "Hey, morning!" Everybody around you, the housekeeper. We hug everybody. So get that energy off the top.

Peter: [00:30:36] That's great. But that makes a difference, Man. Don't you think that attitude is all the difference in the world. Don't you think that then impacts health in a big way, David, the outcome?

Dr. Kipper: [00:30:45] Oh, my God, yes. But, you know, if you get that growing up, that becomes your nature. That's what you know.

Peter: [00:30:52] Question for Dr. Kipper before you go, since you got him?

Cedric The Entertainer: [00:30:54] You know what, he's always been very, very kind to me. And I think that I still feel like, for me, everything is kind of related to weight. Like if I started to feel a little pain on the bone, one of them, I feel like, you know, if I can just get the weight down. And so, you know, I guess that's the biggest thing that I've been trying to understand, this idea of how the body works, what's the metabolism, when you know, of course the older you get, how can you get the mental psychology to work with what you physically need to do?

Like, I've never been able to lock those connections in a way. Like I know what I need to do when I wake up with that desire. You know, and I'm not like, you know, we talk about this. I'm not like a really big drinker. I don't really eat bad, in my opinion. I'm not like a person who's got to like, always be eating chips or always having candy. I'm not that kind of, you know, sweet person. Oh, you know, I drink alcohol probably only when I'm with my friend. So, never am I sitting around like where I've got to have a drink. So I'm just really finding it hard, like some people could just that you can see them and eat whatever they want to and they're always down and yet, you know, I find that any time I go on a program, if I don't stay to it, then it just goes away and it goes away very quickly. And it's all psychological in my mind.

Dr. Kipper: [00:32:26] And a lot of this boils down to motivation. People get motivated for different reasons. And, you know, somebody gets sick from lung cancer that's a celebrity. It's in the papers and it's in the press. And a lot of people stop smoking at that point because they're afraid. If your life is working and, Ced, I would think of all the people I know, your life is working. You have this amazing family. You have a wonderful career. Everybody loves you. The motivation has to come in at some point. You know, you mentioned you're almost 60.

So people that get to a certain age and they're not functioning quite as well and the weight has something to do with that. Well, that's a motivating factor. So that may be the time

when people start to pay attention and everyone's motivated for different reasons. But I think if there was one answer to that question, it would be you need motivation.

Cedric The Entertainer: [00:33:23] I see myself the greater self, like I can visualize it, you know. I guess I got to lock that in, Man. Like, I feel like right now I'm in that spirit where so of course I'm going to try to eat this diet, this food the way you said. Because again, if I can have, things that I can kind of lock into that I can know like, all right this you know I could give myself choices throughout the week, which is great about the TV show. In the sense that I can have my meals kind of set up, you know, and someone will do them for me and I can have some variety of I know what the variety is. It doesn't have to always be, you know, the exact same meal every day. But if, you know, if this says I can have this, then I can have that. I can have it timed out as well. Like literally know when I'm going to eat. Know why I'm supposed to eat, you know.

Dr. Kipper: [00:34:19] And you can have a donut for breakfast.

Cedric The Entertainer: [00:34:21] I kind of lean more toward the chocolate cake, but whatever.

Anna: [00:34:25] That's all right. You get to. You can do that, apparently, with this one.

Cedric The Entertainer: [00:34:28] How about yellow cake with chocolate icing?

Anna: [00:34:30] That's the one.

Peter: [00:34:31] With TV shows, and I know you got The Neighborhood, your latest show's just got picked up for a sixth year. And when shows get successful, craft service table gets even better. I mean, I went to Seinfeld. Jason's a friend. That looked like they imported a deli. It was like they were making fun to see what they going to an ox with gravy on it and they deliver. It didn't matter. It was number one.

So you're standing there and I know even though you say you're not pressured, there's a pressure putting on a show each week. And I know the writers when the only joy they get is when's food coming. I'm ordering a tureen of something. I'm ordering sandwiches, like bigger than my head because that's the comfort. That's the relief. That's the break. You find that that goes on. And the TV show, you go, "You know what? Screw it. I'll start next week and I'll have the pastrami, whatever." Because they're delivering anything you want.

Cedric The Entertainer: [00:35:16] Yeah, that's the thing. So that's where the last few years I just really put myself on a program and I go to my room. I don't even go by the food place, so I don't even go over there. The problem is, is that we also, as you know, kind of perks for the staff and the crew, a lot of the actors, we like to order the food trucks for people. So you got your regular meal now asking why would you come? Because you say, "Oh, I got my regular meal and oh, by the way, go. You know, Max ordered the Philly short rib truck." They brought what you like.

Peter: [00:35:53] It's calling your name, right?

Cedric The Entertainer: [00:35:55] Right. After I got a piece of grilled chicken and a salad and everybody out there eating Philly cheesesteaks. And I've already had my cake. This doesn't make sense.

Peter: [00:36:07] I know how easy it is when you're a celebrity, Man, they bring in, like I said, congrats on six years in a show, but the food is going to get better. The book is called Flipping Boxcars, kind of about your grandfather and that world and pre-civil rights, correct?

Cedric The Entertainer: [00:36:23] Yeah. Post-World War II, pre-Civil rights, 1948. We take you into the world around the 4th of July and take you into this world of this crime where he's doing with bootlegging liquor from the Chicago Irish mob.

Peter: [00:36:39] You're a unique man. I mean, it is amazing. Variety shows. There's nothing there's no format that I looked up that exists in entertainment that you haven't done, or can't do, or haven't done successfully. So, congratulations.

Cedric The Entertainer: [00:36:51] Thank you, Brother. Appreciate it.

Peter: [00:36:52] What a pleasure having you on, Man. David...

Dr. Kipper: [00:36:54] Thank you, Man, so much for giving us your time and sharing your stories.

Anna: [00:36:59] You're awesome. Thank you.

Peter: [00:37:00] One last thing. Were you going to be named after a healthy cereal at one time? I've seen it, but I got to hear it from you. Did you name yourself Cheerio after the Cheerios cereal?

Cedric The Entertainer: [00:37:10] I did, Man. That was early on. There was another comedian that used to go by Kodak. That's where I kind of got this. You know, I was young and he was a very popular comedian. And he would go by Kodak. And I thought it was so cool, like, you know, take a picture so, you know, whatever. And then I like I had the "C" for "Cedric" and I was trying to think of something fun that was like, well, and "C" for "Cheer," "Cheerio" and that was it.

Peter: [00:37:40] You really got a cease and desist from General Mills?

Anna: [00:37:42] They don't mess around.

Cedric The Entertainer: [00:37:44] And they said, "No. That's a no can do, Sir."

Peter: [00:37:46] Well, there goes my son, Apple. As far as he's concerned, that's over. Cedric, thank you. That's such a terrifying story.

Anna: Thank you so much.

Dr. Kipper: [00:37:54] Take care, Cedric.

Peter: [00:37:55] Good seeing you, Dude.

Cedric The Entertainer: [00:37:57] Thanks, guys. Later.

Dr. Kipper: [00:37:58] Bye-bye.

Announcer: [00:38:01] The information on Bedside Matters should not be understood or construed as medical or health advice. The information on Bedside Matters is not a substitute for medical or health advice from a professional who is aware of the facts and circumstances of your individual situation. Thank you for listening. If you enjoyed the show, please share it with your friends. We'll see you next time.