

Johnny Knoxville: Concussions, Allergies and Social Anxiety

EP 61: Johnny Knoxville from Jackass fame joins Dr. Kipper and the crew to talk about his social anxiety, how it started and how it's going. His worst injuries filming Jackass and his 16 concussions. Plus, we'll talk about allergies: from Shellfish allergies to environmental allergies. And finally, we'll find out what type of parent Johnny is.

Peter: [00:00:01] Hey, everybody, welcome to Bedside Matters, the podcast that addresses the medical issues that impact every single one of us every single day. We're hopefully going to give you the answers you're looking for so you can be more informed and also healthier. I'm one of your hosts, Peter Tilden. I got Dr. David Kipper with me. I got Anna Vocino with me.

And today I've got a man who's an actor, producer, writer, and maybe even experimental performance artist. I'd love to hear how you typify what it is you do, Mr. Johnny Knoxville.

Johnny Knoxville: [00:00:28] Well, hello, honored to be on the show. And, yeah, I look at myself more as a half-assed stunt man. And, as far as experimental artist, I hope we're not making art. I hope we're just making people laugh.

Anna: [00:00:44] It's cathartic, either way, I think for us to watch you.

Peter: [00:00:48] So, Jackass launches on MTV. It's a huge hit right off the bat. And then you got movie, after movie, after movie watching you guys risk death, paralysis and worse. And I wonder, what is it? You know, Anna used the word "catharsis."

I've read a lot about Jackass, and it's also been a part of my life for a long time, like it was a lot of people's lives. And you feel guilty watching it, and yet you want to see something happen because that's what you paid your money for.

So is it, Johnny, is it about the friendship? Is it about catharsis? Have you done an inside-out look at why are these people keep coming back? What is it about this that resonates with people?

Johnny Knoxville: [00:01:28] I think people do enjoy the absurdity of our comedy and how visual it is. And everyone likes a train wreck. But I think what separates us from other people who do this type of thing is we're all friends and we love each other, and I think people like hanging out with us is what separates us.

Peter: [00:01:53] There you go. And, David, this is about brain chemistry. Are you a junkie for this kind of stuff?

Anna: [00:01:58] Oh, wow. Yeah. What's happening with dopamine and serotonin?

Peter: [00:02:02] Why are you waiting for a bull to come through the slot, and you're standing in front of him being hit straight on by a bull? Is it that rush, or are you going, "Why did I say yes?"

Johnny Knoxville: [00:02:12] Most all of my stunts I liked, so I'm not wondering why I said yes. I think I did get addicted to it. A lot of magical thinking involved, you know, like, I got

this. This will be fine, when I'm doing things I've never done before, and I have no idea how they're going to end. But to get yourself to that place, you have to play a little game with yourself. And, you know, I wasn't really thinking about the consequences too much. Because if I was, why would I be doing things?

Dr. Kipper: [00:02:47] Peter, you referenced this, or analogize this, to the bull issue. Johnny, why don't you tell everyone what you did before you did this? Weren't you working in a rodeo?

Johnny Knoxville: [00:03:02] No, no, I never worked in a rodeo. But I did write some articles on the rodeo. Well, I went to Gary Leffew's home and wrote an article on him for Big Brother, and I got on my first bull there. Gary Leffew was a world champion bull rider in 1970, and he supplied all of our bulls to this day for Jackass.

So I had a few different jobs starting out, but I think I got started doing stunts when my then-girlfriend got pregnant and I knew I had a child coming, and I was 24. I was 23 when I knew the kid was coming and I was working in a restaurant, and I'm like, how am I going to afford – to be able to afford – to raise a child? And my best guess was starting to write for magazines, doing participatory journalism things, like my poor imitation of Hunter S Thompson.

In the first one, I was testing self-defense equipment on myself, like pepper spray, stun gun, Taser gun, and then someone was going to shoot me while I wore a bulletproof vest. But I think, once we get out there, they said they weren't going to do it, so I had to shoot myself.

You know, Rolling Stone asked my father why I did what I did. It was like 2002. He goes, "Well, he was like that Dominican baseball player. He wasn't going to get off that island by bunting." And, this was my best guess at how to make a living with no college education.

Peter: [00:04:37] What's amazing is, and I remember this, I was working with David Zucker at the time, who did Airplane, Naked Gun, or whatever. And I remember that tape made its rounds so quickly of a guy standing there shooting himself.

Johnny Knoxville: [00:04:50] Yeah, that's what started the buzz was that tape because I created it with Jeff Tremaine, who was the editor of the skateboarding magazine that I wrote that article for. He became the director of Jackass, and Spike Jonze got on board with us and helped us create it.

Peter: [00:05:10] And, David, do you want to talk about the addiction part of that? Because I should just casually mention and the count may be wrong, so don't hold me to this, 16 concussions to date.

Johnny Knoxville: [00:05:19] Yeah, that's the number.

Anna: [00:05:22] At least you can remember the number.

Peter: [00:05:23] Exactly. That's a good start.

Anna: [00:05:25] That's good.

Dr. Kipper: [00:05:26] There is a brain chemistry that is associated with risk-taking and impulse issues. And that's a dopamine imbalance. So one could say that Johnny had some dopamine imbalance, part of his brain chemistry. And I don't think that would be far-fetched.

And, you know, people are either that or they're the opposite where they tunnel their impulses internally. And so, yes, I think you could probably say that you're on that dopamine side with this, which then brings to bear this question, if this was pervasive as far as a brain chemistry issue with you, did you have any focusing problems as a kid in school?

Johnny Knoxville: [00:06:14] I was a handful in school. And, yeah, I would act up and I have had, I don't remember if it was because I didn't really like until seventh grade, I got straight A's and then I hit puberty and I cast my protractor aside. I could care less about school after seventh grade. But I enjoyed more the attention, and I don't know if that's in regard to what you're talking about, but I did eventually develop attention problems.

Dr. Kipper: [00:06:49] I would bet also that you had no social anxiety. Is that correct?

Johnny Knoxville: [00:06:54] That actually is not correct. I do suffer from social anxiety intermittently, especially around crowds. I remember 5, 6 years old, I went to my first University of Tennessee football game, was 100,000 people. And, as soon as I got out of the car of my father, I started crying for my mother. And ever since then, I'm a little weird in crowded situations, and sometimes I deal with it better than others.

And also I have social anxiety where, yeah, it hits me and I, just have to, like, kind of check in with myself and like, what are you what are you worried about? What you're worried about is not really a problem. You know, just try to calm myself down. But that's intermittent. It's not every time. Sometimes I have no social anxiety. But every now and then, I get really internally in my head and I have to kind of work to get out of it.

Anna: [00:07:55] I mean, that's interesting to hear, especially considering you've injured yourself in a way that, like you, I guess you probably went into shock a few times. It didn't really, you know, to me, for a guy who does that, it makes me feel better.

I'm like, okay, well, if Johnny Knoxville feels social anxiety, it's okay that the rest of us feel it too, because you felt a lot of different things physically, you know?

Johnny Knoxville: [00:08:17] Yes. Yeah. Never, I don't think I've ever been in shock. I just get knocked out.

Anna: [00:08:22] Oh, okay. You just check out completely.

Peter: [00:08:25] Cut out the middleman.

Anna: [00:08:26] Yes, completely. Someone will pick me up.

Peter: [00:08:31] Johnny just goes right back. Wow.

Dr. Kipper: [00:08:34] What's the worst injury that you've had? What's the one that bothered you the most?

Johnny Knoxville: [00:08:39] The concussions, I think, you know, were probably the worst things that have happened to me. And that's still playing out. And, but I think I've had some odd injuries, you know, I mean, there's, of course, there's a lot of breaks and sprains and whatnot, but I've had a blowout fracture of my left eyeball.

Peter: [00:09:05] I can't believe you're thinking about this. You were on our show years ago and talked about your urethra. You went up on the motorcycle and did a stunt that you'd never done before and ripped your urethra, and you're not even, that's, like, not even A on the list. That's so far down the list.

Johnny Knoxville: [00:09:18] That's on the list. Because once you get a certain type of injury, they're kind of tied.

Peter: [00:09:25] But that was horrific. You describing it?

Johnny Knoxville: [00:09:29] Yeah. I was trying to backflip a motorcycle for our Matt Hoffman's tribute to Evel Knievel. I wasn't even supposed to do any stunts. I was producing it. But I got to the set that day and I felt like, oh, I'm going to try flipping back. Flipping a bicycle. Excuse me – a motorcycle. And I don't really know how to ride a motorcycle.

So, Travis Pastrana was there, who's the greatest at it in the world. First man to backflip a motorcycle. Two revolutions. And he was showing me how to let out the clutch. He had to actually let out the clutch for me the first couple of times. But if you watch the footage when he's telling me how to do it, I'm not paying attention. I'm checked out. I just want to get to the stunt and do it.

That is, maybe we can talk about that, Dr. Kipper. That has, happened a lot with me doing stunts. Someone's explaining how to best do it, and I'm pretending to listen, but I'm not listening. I'm just checked out. Anyway, motorcycle goes up in the air. I let go of it as I come off the ramp and it goes up in the air, 20 feet, goes back down to the ground and breaks his handlebars off of my crotch and tore my urethra.

Dr. Kipper: [00:10:42] Ouch.

Johnny Knoxville: [00:10:43] Good times.

Peter: [00:10:44] Good times. And are you healed 100% from that? No more follow-up?

Johnny Knoxville: [00:10:48] Well, I had to catheter twice a day for three and a half years afterwards. And go see my urologist once every couple of months, and now I'm down to seeing him once a year, and I'm going to see him in the next couple of weeks.

Anna: [00:11:05] Oh, my gosh.

Johnny Knoxville: [00:11:06] But it's all healed. I've had two children since then.

Anna: [00:11:09] That's a relief.

Peter: [00:11:10] And do your doctors say, "Johnny, you can go back to work" knowing what your work is? Or does every doctor say, "No, you can't go back to work, we know what your work is!"

Johnny Knoxville: [00:11:19] Well, it depends on what the injury is. Like, I've been in to see Dr. Kipper, he's treated me a lot for a lot of these injuries. And you know the time Dr. Kipper was in Jackass, our first movie, after I got knocked out by Butterbean in a swap meet. I came to see him and he stitched my head up, and he's like, "You got a concussion. You need to, you know, lay off for a little bit." And I listen to him.

Anna: [00:11:46] Do you text Kipper like you're like, "Hey, I'm about to do something crazy. I might need you in a minute"?

Johnny Knoxville: [00:11:52] No, I'm not, I don't want to be like, "What About Bob?" You know, I'm just a constant thorn in Dr. Kipper's side.

Anna: [00:11:59] I feel like you should, though. You should warn Kipper that this might be coming.

Johnny Knoxville: [00:12:02] I think Kipper's got enough people warning him about different things. I can't imagine what your day-to-day is like, Dr. Kipper.

Dr. Kipper: [00:12:10] Well, you're always a fun part of my day. I mean, you know, initially when I see you, it's not fun, but it's always nice to see you.

Johnny Knoxville: [00:12:19] Always great to see you.

Dr. Kipper: [00:12:21] It's nice to have seen you develop your family and watch you as a great dad. And so that part for me has been great.

Johnny Knoxville: [00:12:31] Thank you.

Dr. Kipper: [00:12:32] So, with your kids as a dad, were you overly protective? Were you?

Johnny Knoxville: [00:12:37] Yes.

Dr. Kipper: [00:12:38] Yeah. So, I mean, sort of the opposite, right, of what your persona is?

Johnny Knoxville: [00:12:43] As far as injury goes and doing something dangerous, I was a helicopter parent. If they were climbing on something, I was right under them. I just couldn't bear them getting hurt, the thought of that. But if they said, did something sort of naughty or misbehave, I was pretty easy about that. But I just didn't want them to get hurt.

Peter: [00:13:08] I always wanted to know this, because I've watched all the movies. Also, by the way, "Bad Grandpa" was one of the funniest things.

Johnny Knoxville: Thank you.

Peter: [00:13:17] And I'm embarrassed. I'm watching you on a bed and being thrown up and down by a mattress. And I'm crying. I'm just crying. And you nailed the fact that everybody's got to be sympathetic to an old man, so you get away with even more stuff, which is just brilliant.

But you're working for a studio. Somebody at the studio in some office is sitting there and their job is to figure out the insurance stuff. So they sit down and go, "So he's going to go, they're going to show him in a porta-potty, 80 feet in there." And, so they got all of that going on. A) How do you get insured? B) Has the studio ever said you can't do this stunt, it's too over-the-line and, C), how does Tom Cruise hang off a frigging jet when he's the star of the movie? You probably know the answers to all of these things.

Johnny Knoxville: [00:14:06] Yes, we'll start with A. Actually, at the end of the TV show, we lost our insurance. But when we did the movie, the first movie, they insured it per bit. So we had one idea that one of our cast members, Chris Pontius, would dress up as the devil and just do random things around the city. And he wanted to go up in a Pentecostal church and handle snakes dressed as the devil. But they assessed that and said, well, if you do it, that's going to be \$5 million to insure and the first film costs \$6 million. So that was cost-prohibitive.

Anna: [00:14:51] That was out of the question.

Peter: [00:14:52] Oh, my God.

Johnny Knoxville: [00:14:54] But after that we didn't have a problem with the insurance and they would just insure the movie, because we've been doing it for a while. And of course there had been injuries, but they figured that we kind of know what we're doing. And the studio telling us, no, we will monitor ourselves. I mean, the studio, of course, monitors, but we're pretty good about looking at something and go, well, is this, like super easily imitable. And, if it is, let's not do it. We're pretty good about that.

But Tom Cruise, like, I don't know, like, is there that much jeopardy in being tied down to an airplane? I mean, sure, a bird can come and hit you, but he's got the best riggers in Hollywood setting him on that plane. I mean, it's sort of dangerous, but he's safe.

Anna: [00:15:46] What is the justification for \$5 million for bringing snakes into the church?

Johnny Knoxville: [00:15:50] I don't know what insurance companies assess the value of a human life is. I'm sure there is a number, but maybe that's what they were looking at. Either medical bills or the cost of a human life.

Anna: [00:16:02] So, these were full-on poisonous snakes that will kill you with one bite?

Johnny Knoxville: [00:16:05] Well, people, I mean, Dr. Kipper could tell you more about that. I don't know if their every bite is that you're going to die from.

Anna: [00:16:13] If they can replenish the venom quick enough.

Johnny Knoxville: [00:16:15] It seems like it's possible.

Peter: [00:16:16] Well, not every snake is poisonous, Mr. Insurance Adjuster. Just two of them!

Johnny Knoxville: [00:16:20] We know that all the ones we're handling are poisonous. I just don't know. Depends on how much venom they get in you, where they bite you, if it goes into an artery, I don't know. Dr. Kipper knows more than me.

Dr. Kipper: [00:16:32] In my personal experience, a large worm is scary and potentially venomous. So, as soon as you get to the snake size, it doesn't matter.

Peter: [00:16:43] You see, I looked at it, Johnny, as I'm part of the congregation. He comes in. I am so scared of snakes that I'm now in therapy for the rest of my life. You're paying for it.

Johnny Knoxville: [00:16:52] Yeah, yeah.

Peter: [00:16:53] Because I didn't anticipate a snake being there while I was kneeling in prayer.

Johnny Knoxville: [00:16:57] So, you're really terrified of snakes, Peter?

Peter: [00:17:00] Oh, don't start with me.

Johnny Knoxville: [00:17:01] No, I just wanted to know.

Peter: [00:17:02] Yes.

Johnny Knoxville: [00:17:04] Is that what we're saying? Okay. Thanks for letting me know.

Anna: [00:17:06] Peter, you walked right into that.

Peter: [00:17:08] It could bite me, and then I have nothing to do with this man. We have no business together.

[music]

Peter: [00:18:29] You're listening to Bedside Matters. We're back with Johnny Knoxville.

Johnny Knoxville: [00:18:32] Dr. Kipper, I have a question for you. I thought I could get some free medical advice by coming on here today. So, Emily is, she's allergic to shellfish, not deathly allergic, so, I avoid eating it around her. Is it okay if I eat shellfish around her and go rinse my mouth and wash my hands afterwards? Or should I avoid eating shellfish, too?

Dr. Kipper: [00:19:04] The former. You can eat shellfish around her unless you regurgitate what you're eating and spit it at her. But, you're good to eat it.

Shellfish allergies are idiosyncratic, and what that means is that you can have a bad reaction to shrimp on one meal and another meal, you can eat shrimp and not have a reaction. But, if you have a bad reaction to shellfish, it's unlikely that you're going to try that again. And someone sitting with you or near you is not going to create that problem. It's an intestinal issue. It gets digested in the intestinal tract. And that's where the allergy originates.

Johnny Knoxville: [00:19:43] So, is it a problem, say I eat shellfish and then I give her a kiss on the cheek? Like is that going to? Or is it all intestinal?

Dr. Kipper: [00:19:54] It's all intestinal. Now there are degrees of these reactions, too, because if people eat shellfish, and, again, they have a reaction to the next dose. But that reaction accelerates to where it's causing them not to breathe or to have anaphylaxis or near anaphylaxis, then I wouldn't kiss that person after eating shrimp. But if it's just a moderate, mild, annoying allergy, then I think it's, you're free to kiss Emily.

Johnny Knoxville: [00:20:27] Okay. Thank you.

Peter: [00:20:29] David, can I ask you a question about that, about allergy? Because I just saw an article that said where a person wrote in about an allergy, but never had it before. And then I saw the answer can be you can get allergies at any age, like somebody without a peanut allergy all of a sudden can start presenting at age 17 or 34, or different allergies kicking in at different times, or they're not even a time.

I mean, it happens when it happens. You could live your whole life and then all of a sudden in the later years, get an allergy.

Dr. Kipper: [00:20:55] Allergies are autoimmune reactions, that means that the body is reacting to itself in some way. And to these allergens things would come in. And, yes, you can get them at any time. It's certainly more common with your first exposure. And that's usually with kids, because it's rare that, as we get older, we try new things.

But, Johnny, to your point about the shellfish, and, Peter, to your example of the peanuts, peanut allergy can be so severe that just having peanuts around... So, Johnny, this gets back to your question. If these kids touch peanuts or they're in any way around peanut dust, they can set off a huge reaction.

Anna: [00:21:40] That's why they don't do it on the airplane anymore because the kids, if the dust is recirculating, can like cause an anaphylactic response in some of these kids.

Dr. Kipper: [00:21:48] Yes, absolutely. But what we're doing with peanut allergy now is that we're giving kids very, very tiny doses of peanuts when they're babies. And we can increase those doses. And that will solve the peanut allergy problem. So we get them acclimated.

We have a dear friend, you guys have both been to my house. And this is one friend, who for a long time could not come with his kids because his son had a peanut allergy. And so he couldn't even, if peanuts were on the table in a bucket outside, he couldn't come to the parties. So, it can be pretty serious.

Johnny Knoxville: [00:22:33] But can you treat, like you do with little kids, you can give them, inoculate them, I guess give them... But can you do it when they get older? Because I've had several allergies, as you know, and I used to get allergy shots. Can you do that with the peanut as the kids get older, or they have to be young?

Dr. Kipper: [00:22:53] No, you can do that as they get older. But what the mechanism that I talked about, where you give, you are inoculating them but orally with just small doses of it. So that is an inoculation in essence. So the answer is yes. Without it being a shot, which is much better if you're 4 years old, you know, to eat a little peanut than to get a shot.

Johnny Knoxville: [00:23:17] Sure. I'm going back to get retested for my allergies because it's been years and I guess it's oral now. You're no longer doing shots.

Anna: [00:23:26] Are you supposed to eat? This is a question for Dr. Kipper because you're going back to get your allergy tested. I've heard both ways. You're supposed to have a little tiny bit of the food. So it if you haven't had it in years that you're supposed to have a tiny bit of the food so that your immune system tags it, but then I'm like, for example, with gluten, I'm celiac, so I haven't had gluten in 20 years since I was diagnosed.

And it always now when I do a food allergy test, it never shows up. It's always like you're fine because I haven't eaten it. And so my doctor said you would have to eat it for immune system to tag it because it's not in your system. And I was always confused by that, is what does that mean?

Dr. Kipper: [00:24:05] I think that the doctor's answer was correct. I think that there are things that go through the GI tract. There are things that come through the respiratory tract. So allergies, pollens, different trees, things that you're breathing in, as opposed to things that you're eating.

So, yes, they're different mechanisms, but it's, I would not test the gluten issue, but you're not going to die from having a little gluten. You're just going to get sick. And that's different than, if somebody has, you know, a severe allergy to something else.

Beestings are another good example, that beestings could be really traumatic beyond the beesting. And those kids, if they're outside and there are bees around, they panic, appropriately so.

Anna: [00:25:01] So, Johnny, are you having food allergies tested or environmental allergies tested?

Johnny Knoxville: [00:25:06] Most all my allergies are environmental. I just have one allergy to Celebrex. I believe I came back home, and you treated me for this, Dr. Kipper. You'll have to see if I remember it correctly. But I was working on, a film in Austin, and, I was taking Celebrex for my back. It broke me out in a rash from head-to-toe, raised red rash.

And, thank God, we had stopped down to replace a couple of people in the production that week. And, thank God, because I broke out from head-to-toe in a raised red rash. And I believe I had to go on prednisone, and prednisone is a miracle drug, if you don't have to take it that often. But it did leave me, like noticeably heavier in the rest of the film. But the rash was gone, so I was happy. So that's my one: Celebrex is the only thing like that I'm allergic to.

Peter: [00:26:06] Thought I read that you had asthma. And it got even more complicated because you got really sick with bronchitis and also pneumonia.

Johnny Knoxville: [00:26:13] Environmentally induced asthma, yes. A couple of times I got hospitalized, I think when I was 8, it was really bad. I didn't realize how bad it was. And years and years later, Mother said we were concerned we were going to lose you. But you know, at the time, you just know you're better and getting back on with life.

But I always had that, but I never let it hold me back. I played all three sports around, you know, football, basketball, baseball. And I'd run on the basketball court and have my

inhaler in my sock. Because, you know, you're a kid, you just want to be like everyone else. And, it never held me back that much. I rarely wheeze these days.

Peter: [00:26:57] Are you still a black belt in jujitsu? Or is that B.S.?

Johnny Knoxville: [00:27:03] That is. I am 0 in 73 lifetime in fights. I have no skill.

[laughter]

Dr. Kipper: [00:27:13] I want to interrupt you for a second before you're done. There is an interesting association of kids with asthma and anti-inflammatory allergies. So kids with asthma often have problems with aspirin, which is an anti-inflammatory.

So you talked about your history as a kid with asthma. And now you have a reaction to Celebrex, which is an anti-inflammatory. So there is some association there. How those dots get connected I have no idea. But it is interesting now that you bring this up about your childhood and the Celebrex. It's interesting to me. It's probably tedious to everybody else.

Peter: No, it's fascinating.

Johnny Knoxville: [00:27:55] Is that an overactive immune system? Is that what asthma is?

Dr. Kipper: [00:27:59] It's a specific immune reaction to those things. Those things somehow in your immune system are connected. The how of it I couldn't explain, but the association is there.

Peter: [00:28:12] So, Johnny, I was going to say before we go, any of the stunts you did for "Jackass: The Movie," the TV show any regrets? Where you went, you know, I shouldn't have done this? Shouldn't have done that? When you look back and go, that was just a big mistake.

Johnny Knoxville: [00:28:25] No, no, not with the stunts that I have done. I know me and the boys have gotten into a little trouble here and there and you can think, well, maybe we shouldn't have done that, but, you know, onward and forward. Sempre Avanti.

Peter: [00:28:44] There you go. Well, you seem like a really positive guy.

Johnny Knoxville: [00:28:47] I try to be.

Peter: [00:28:49] I think you are. I think you're doing a great job. No more Jackass movies, I'm guessing. Or am I wrong?

Johnny Knoxville: [00:28:54] I don't know, like we never make a decision until the last second. And, if we did do another, I would step back and let the younger guys and girls...

Anna: [00:29:04] Be the elder Jackass statesman.

Johnny Knoxville: [00:29:06] Yeah, because I can't have any, I had a really terrible reaction to the last concussion I had. And, you know, just talking to Dr. Kipper and my neurologist, and it's like we decided it's...

Peter: [00:29:19] Enough.

Johnny Knoxville: [00:29:20] ...That I stop while I'm behind.

Anna: [00:29:22] Yeah. They ask, "Could you not?"

Peter: [00:29:24] What I love is you're not that far away from becoming urban dissonant.

Johnny Knoxville: [00:29:29] I know. We could have saved so much makeup, the makeup time and the cost if we'd shot another.

Peter: [00:29:34] I think you got a whole series of Grumpy Old Men-type movies as soon as you hit your sixties or seventies. So, thank you so much. You're always such a good sport, man. It's such a pleasure. And take care of yourself.

Anna: [00:29:42] Thank you.

Johnny Knoxville: [00:29:45] Well, thank you. Thanks for having me.

Dr. Kipper: [00:29:47] Johnny, I thank you, and I'm glad that my pals here got to see what a great guy you are in all these ways. And you're smart and you're all these things that one would never think about you if they only saw you through your films. So, I'm glad you got to share your real self. Thank you for your time.

Johnny Knoxville: [00:30:05] Okay, well, thank you so much.

Peter: [00:30:07] Be good, man.

Anna: Thank you.

Dr. Kipper: [00:30:09] Thank you. Take care. Bye-bye.

Announcer: [00:30:13] 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.