



Podcast Episode 219
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“Here Are Some Fun Andy Hacks to Change How You Look, See, and Even Eat!”

David Loy: Hi and welcome to *In the Loop* with Andy Andrews, I'm your host David Loy. Thanks for joining us today and Andy thanks for being with us once again.

Andy Andrews: I am glad to be here. Glad you're joining us on in *In the Loop*, I'm the hosted Andy Andrews.

David: You've been hosted for a long time. Now we've done this for well over 200 episodes.

Andy: Wow. I talked to people all the time, they're going into the archives and downloading and listening to them in the car, so I'm excited about that.

David: And what's crazy is, you know iTunes, only lists the most recent 50 episodes. Now all of our episodes, the entire archive is available on andyandrews.com, just click on the podcast tab at the top and you can rifle through all of those. We've got a few people, especially in the last couple of weeks, email specifically saying that they are going through the entire catalogue. And I can't imagine how long that would take.

Andy: For punishment.

David: There you go. We've got several people that listen to while they workout, while they walk, while they're just doing this and that around the house, cooking dinner. So it's exciting, I'm glad we're still doing this. The numbers continue to go up. I think we're nearing 1.5 million downloads. And that's just from iTunes. So thanks for everybody who listens on a regular basis, who subscribes and especially those who are sharing this material with the other people in your life.

Andy: Yeah, absolutely.

David: We're excited about that. Andy we have a fun topic today. Everybody knows that you see life differently. You are a noticer, some people might not know what that is but you just look at life a little

Andy: I'm a professional.

David: You're the only professional noticer that I know. But you have, we'll call them until we come up with better name, we'll call them Andy hacks. These are kind of like little life hacks that you have come up with along the way and that are, that might not be common knowledge to everybody. And I've heard you mention a few of these before but I think they're super interesting so I'd love to just talk about little things in life that you've found, that make life easier, quicker, faster, different, I don't know, at the very least it'll be different.

Andy: Yeah, yeah, absolutely, definitely will be different. Well here's right off the bat, peeling the banana from the other end. I mean, everybody peels them from the big end but that is incorrect. I mean, think about it, how banana grows? It grows up, right. And so most people are, you know, a lot of times you have to dig your fingernail in it, I mean, we have chosen to peel the banana from the hardest part of the banana. Because banana grows up and so it makes sense as the banana

gets bigger and bigger, that stem gets stiffer and harder and so that's where we try to open it. But monkeys don't, monkeys open them from the other end. And you will see, it's very easy to open them from the other end. Andy hack number one.

David: Turn your banana upside down.

Andy: Turn your banana upside down. Hey here's one, you know, I should figure out the money that I have saved on this. But most people don't know, I cut my own hair. Now you're laughing like I don't but you know.

David: I know that you do but just it's funny, I love hearing you talk about this.

Andy: Yes, I cut my own hair, ladies and gentlemen. I do. I mean, my hair doesn't look horrible, right?

David: No, never. Ok keep going. We've got so many questions.

Andy: Well you know, for years and years, it's not that I was dissatisfied with the guy cutting my hair because he's awesome, ok. It's just a matter of, the boys at first, they had, now keep listening because I've got something to throw on here in a minute. It's not just that I cut my hair, it's how I get my hair cut, how I do it. But the boys, to corral them and take them across town to get their haircut and it's 15 dollars apiece, and they're not liking it. Oh, it hurts, you know, when they're little. So just finally there was a great friend who is a national figure, a politician, and he and his wife were at our house for a couple of days. And at some point she said, when we get home, before we leave again, I got to cut his hair. And I said, what? She said, oh yeah, I cut his hair. I said, his hair? Because he looks great. I said, you cut his hair? She said, oh yeah. I said, how did you learn how to cut hair? She

said, well I do it with a flowbee. I said, what? She said, a flowbee. I said, I don't know what you're talking about? She said, yeah you do. Don't you remember the old commercials where the guy just like sits the vacuum cleaner on the head and the vacuum cleaner pulls the hair up and the little clippers get. I said, you are lying. You are not cutting this man's hair with a vacuum cleaner? She said, well it's a flowbee. And I said, are you serious? She said, oh yeah. He will keep two flowbees, he's got a couple of them in the closet, he's so scared they're gonna go out of business. I've cut his hair that way for 30 years.

David: No way.

Andy: And I'm like, you gotta be kidding me. And so I got thinking about it. Now this has been 4-5 years ago, ok. So I get to thinking about it. And I look at it online, and the whole thing is like less than a hundred bucks, right. It's just less than a hundred dollars, for the kit. And so I'm looking at it and it looks silly but I'm also looking at it and I'm thinking, there's no way that you can mess it up. You can't mess it up because it's got the little spacer there and you can't mess it up, you just choose how long you want the hair to be. So I told Polly, I said, I'm gonna order one of these things. And she said, and do what with it? Cut your hair while you're asleep.

David: And she was thrilled with that.

Andy: Yeah. I said, cut the boy's hair. And she said, are you sure? And I said, I am sure. So I did. And the first time I did it, it was pretty good. I would say the first time I did it, it was an 85% haircut, alright. The second time I did it it was 98%. And from then on, it's been a 100%. And people look at the boys and go, you cut their hair? Yes I cut their hair. How did you learn to cut hair? I cut it with the

flowbee. They go, excuse me? And so my next door neighbor Brian, you know, Brian comes over and I cut his hair.

David: I did not know that.

Andy: Oh yeah, I cut Brian's hair. And boy he's mad when he has to go to the barber. I had to go to the barber, it cost me 25 bucks because you weren't here with the flowbee. And I've cut one of Polly's friends, a woman, I cut her hair, she has kind of shorter hair. I've cut other peoples kids hair. And so about two years ago I was, I couldn't get my guy because he is kind of cut back to like three days a week and one day he's two days off, that be Monday and Wednesday, one day it'll be Thursday and Tuesday. And I could never keep up. And I'm in and out of town and gotta get it done. So I couldn't get in and my hair is really long, I'm going to New York City the next day, gonna do Good Morning America. And I'm thinking, I don't dare go get somebody else to cut my hair because you know how that is. And I thought, I'll bet I can cut my own hair. And I'm in the bathroom by myself, nobody's there to tell me not to do it. So I'm thinking, I bet I can cut my own hair. So I get the kit, I get the flowbee out, plug it in, get the length that I want, and I do it. I've got little scissors, trim around the ears or something like that. And so I didn't tell Polly and I sure didn't tell Robert. But the next day I'm doing national television and so I go and.

David: Such a risk by the way.

Andy: I know, I know. But Robert told me later that day, after the show he said, you know what? You did great, you looked good and da da daaa. And I said, did I look good? He said, well yeah, you looked fine. And I said, did I look good, you said I looked good. He said, well as good as you look. And I said, but I mean, I looked like a normal person? He said, yeah, why? I said, buddy, yesterday I cut

my own hair. He said, you're kidding me? I said, no, I did, I cut my own hair. And then Polly when I got home, Polly said, you looked cute today. And I said, thank you dear. She said, you did. I liked the blue shirt, you looked cute. And I said, well thank you. I said, hair looked ok? She said, oh yeah, yeah. I said, good because yesterday I cut it myself. She's like, no, no. So ever since then, ever since, for two years, I've been cutting my own hair. Now here's what I want you to see, you talk about an Andy hack, ladies and gentlemen, not only has it saved time not having to go and not having to make the appointment and go, and you know, with the boys. Hey you know Wes Hampton, this guy won Grammy's, Gaither vocal band, Wes and Andrea have four boys.

David: That's a lot of hair cuts.

Andy: Four boys. And so, I have, a couple of years ago, I turned Wes onto this. It's like, you know, like crack salesman, come here buddy, you got four kid, you wanna save a lot of money? And time, and time. And so he got a flowbee. I mean, it's less than a hundred dollars. And ok, so look at his four kids, himself, he cuts his own hair too. And Wes is really good looking, I mean, you know, he's really good looking.

David: Oh absolutely. If you're good looking, he is great looking.

Andy: Well I'm just like, I'm not Eaor, ok. On the scale of 1 to 10, I'm a good, solid 6.5. But Wes is like 9.5. I mean, he could be a model or something. But my point is that, look at the money and the time. I mean, my boys, where do they get their hair cut? Maybe 8 times a year, 8 times a year, whatever 8 times 30 is, I mean, that's 240 bucks right there. Than the time, then I've cut their hair now for, at least for 5 years, ok. And so I'm just telling you, but more than money is the time.

David: Absolutely. And apparently great podcast conversation. Ok, number one is the banana, number two is the flowbee, what is Andy hack number three?

Andy: Number three was given to me by Austin and Adam. And it was sprung on us. We went to a friend's house and picked pears. So we were gonna do pear preserves. And as I usually do Polly says, I over did it, which means two five-gallon buckets of pears. I mean, wanna make pear preserves, let's make pear preserves, alright, come on.

David: Make enough for the whole neighborhood.

Andy: Exactly, alright. And so, in any case Polly and I decided that the boys needed to peel these. Let the boys peel them. So we say, we'll do the cooking, we'll do all the caning, we'll do all that kind of stuff, Polly and I will do that together, but the boys, you guys need you all to peel these. You peel them, put them in this water so that they don't turn brown, so go ahead and peel them. And they look at them and they're like, well we had other things planned this week, you know. Because you look at a two five gallon of pears, that's a lot of pears. So anyway they come back in, in five minutes or whatever it is, it's like really quick, and said, ok, alright, we're through, where you want the pears. And we're like, you're not through, you're not through. And they said, oh yes sir, we're through. What, you throw them away? Don't be throwing these pears away now. No, no sir, we didn't throw them away, we got them, here they are. And I'm looking at them and they're all peeled. Like what did you do? And they start laughing and they said, come here, let us show you. And they took, you know the potato peelers, peelers, carrot peelers or whatever they are, well they took a drill, a cordless drill and put a paddle bit on it, one of those kind of flat bids, and they put the pear down on the bench and with the drill they just pushed the paddle bit into the pear. Just pushed it in. So then when you pull the trigger on the drill, the pear spins like crazy, like

crazy. So they just held the spinning pear over the garbage can and pushed the peeler to it and they're peeling those pears. I mean, they peeled a pear in 20 seconds. And that stuff be flying everywhere.

David: Of course. And I'm sure they had a blast doing it.

Andy: Oh yeah, it was great.

David: Well you can probably use that for anything that needed peeling. That's great. And I had a similar one, the potato. You could use that, your method with the potato as well.

Andy: Can I still call it an Andy hack?

David: Sure, absolutely. Because it falls in the same category. If you're gonna boil potatoes, you're gonna make mash potatoes, you're gonna peel those, well before you put it in a water,

Andy: Yeah because I don't like my mash potatoes with the peelings in it. I don't care what my mother said, oh that's where the vitamins are. No, that's not where the vitamins are, that's just, you just don't want to peel it.

David: Well before you put them in the water and before you peel them, just cut a line straight around the center of the potato, and then drop it in with the skin on it. Put all of them in there, boil them and then take them out of the water. And then the two ends of the skin will just slide off. And so, it's all done in one simple motion.

Andy: Wow, that is very cool. That's good.

David: It works.

Andy: Ok, I'm claiming that.

David: I'm piggy backing on that.

Andy: I'm claiming that, that's still an Andy hack.

David: Well Austin and Adam congratulations for an amazing hack. That may have been game changing for a lot of people.

Andy: I've got one last. And this is a big one, this is something that everybody will need. Somewhere in the past several years I acquired the need for reading glasses. My eyes fell of the cliff. I got to have reading glasses.

David: Father time is knocking at the door.

Andy: I'm guessing. No, he's busting it down brother. He's knocking that with his shoulder. But so the reading glasses work for a little while but then they started like, oh my gosh, I would get a headache. Using the reading glasses but I couldn't see well through them. And I realize that it was like making my eyes like crossed or something. But I realized what it was, was one eye was worse than the other. So I went to the eye doctor. You know I used these reading glasses for a couple of years. And I'd gotten them where they're cheap, right. Get them at Wal-Mart, get them at the grocery store, the pharmacy. So I had five or six pairs. A pair in the car, a pair in the bathroom and a pair in the bedroom, pair in my office, you know, got them everywhere, because you can get them for six bucks. But I go to the eye doctor, the optometrist, and I say, need my eyes checked, I got to get reading glasses because it seems funky, I can't really. And so the eye doctor does

the test and said, yes, yes, one of your eyes is worse than the other, so we're just get you a prescription reading glasses. Ok, alright, that's fine. And so he says, here, take this prescription and pick out the glasses you want and they'll be ready in a couple of days. I said, ok, yes, I should go ahead and get four, five pairs lay them around everywhere. And she said, no, you might want to, why don't you use these a little bit and just see, just make sure that they're what you want before you do that. And I said, ok, alright. That sounds good. So went out and get my one pair, pick out what I want. She said, they'll be ready in a couple of days. I said, ok, can I go and pay for them. She said, sure. So I pay, get ready to pay and she's doing her thing, lady out there, and she says 356. I'm like, what, what, 350 something dollars for these prescription glasses. And I'm like, did I inadvertently pick out the gold frames or something, are these made of gold or some diamond that I wasn't aware of. No, just, got ok frames but that's just. I'm like, oh my God. So I go home and I tell Polly, and I said, well I guess I'm not gonna have anything but these because I ain't buying another 350 dollar pair of glasses. So I use them for six or seven months and all of a sudden, over a period of several days, my eyes start kind of messing up again. And I'm like, oh no, the prescription is changing, I'm gonna have to go get another 350 dollar pair of reading glasses, this is crazy. And so I just kept putting it off, putting it off. And the last summer I was doing that tour, the parenting thing. Well I was in Des Moines, Iowa and I was just walking around downtown in the afternoon and just walking around. And I went into a pharmacy. I mean, I'm just kind of killing time, I'm through writing something, I'm waiting to go over, and I'm just kind of wondering. So I look at the rack, these huge rack of reading glasses and it just crawls all over me that I can't use these. I mean, they're cheap, you know. And here I am with 350 dollar things, and now they aren't even any good but it cost so much, I just don't want to go buy any more.

David: You're just irritated.

Andy: I'm just irritated. So I sit there looking at these things and all of a sudden I have an idea. I didn't know that it was an Andy hack then, but I have an idea. So I pick up a pair of those glasses and I walk over to the hallmark cards and I pick up a card that has a very little print on it. So I go back to where the glasses are and I put those glasses on and I close my eye, I close one eye. And I find the prescription that works perfectly for my right eye. Ok, now when I find that I put those glasses aside and I looked for the glasses that were exactly the same frames and all and then I tried several pair with my left eye open. And I found the glasses that were perfect for my left eye. Now I don't know about you but I have dropped those cheap glasses before and when you drop those cheap glasses, a lot of times the frame, I mean the lens would just pop right out and you just pop it back in the frame. So I bought two pairs of these six or seven dollar-reading glasses. I went back to the hotel and I popped the left one out of both of them and I replaced it with the one that worked on my left eye. So I had the one that worked on my left eye and the one that worked on my right eye in the same frame. And voila, I had a 12 dollar pair of reading glasses. So now I've got them all over my house again because I'll go to Wal-Mart or Costco or something and I'll buy, you know, they'll sell them five in a pack and I'll just get two packs. I mean, isn't that great, that's pretty smart. Tell me it's smart?

David: That's good. I've been wearing glasses since I was five.

Andy: Not good, it's smart.

David: It's smart.

Andy: Thank you, thank you.

David: And folks, Andy never seeks acknowledgement for his accomplishments.

Andy: Well you know, I don't really brag about the books, I don't brag about the speaking thing, but now if I can save 20 bucks, I'll brag about it.

David: Absolutely, especially down from 350, that's fantastic.

Andy: I mean, that is pretty cool.

David: It's very cool.

Andy: Now look, I don't need any letters from optometrists, I don't need any letters from eye people telling me how that's gonna give me cancer of the eye, just don't need telling me.

David: If it applies and helps, great, if not use one of the other three hacks we gave you.

Andy: Yeah, use one of those.

David: Alright Andy thanks for sharing your life hacks with us, we call them Andy's hacks, until we come up with the better name. But the banana, the flowbee, the pear/peer peeling.

Andy: Say that five time fast.

David: Apparently I can't say it once.

Andy: And I like the thing about cutting the ribbon on that potato.

David: That'll work too. And then the glasses was the last one. We'd love to hear from you, what are your life hacks, send us an email, intheloop@andyandrews.com. Tell us what you have found that saves time, saves money or that you have just stumbled across that you like doing that nobody else does.

Andy: And if they're good enough, I'll claim them as my own and you won't get any credit at all. I told somebody the other day, he said, hey I use your stuff when I'm doing my speeches. And I said, well that's ok as long as you give credit the first time. They say, what do you mean? I said, well that's what you do. It's like the first time you use it you say, it's like Andy Andrews always says. And then the second time you use it, you say, it's like this guy I know always says. And then the third time you use it, you say, it's like I always say.

David: You follow that formula and you're fine. Alright Andy thanks for sharing your life hacks. Send us your questions if you wanna jump in on a future episode of *In the Loop*. Send us the email address, golly I'm struggling to speak.

Andy: Peeling pears, peeling pears.

David: intheloop@andyandrews.com. Or the phone number 1800 726 2639, leave us your name, your question and where you're calling from and we'll get to that on a future episode. Alright Andy we'll talk to you next week.

Andy: Alright buddy thank you.

Would you like to run something by Andy? Contact us and your question might be featured on the show!

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