

## HHM - 31 Nurturing Spirit, Mind, and Body w/Dr. Lindsey Elmore



David Sandstrom 0:00

Here's a sample of what you'll hear on today's episode of holistic health matters.

Dr. Lindsey Elmore 0:05

Okay, you've got this diagnosis that we've given it a name. And now we're going to blame that for all of your problems. And then we're going to tame it with medications. Yeah. And I just said, This isn't gonna work. I actually want people to get well, from the ground up on a physical level, a mental level, a spiritual level, all of it. And I recognize that I couldn't do it in the current practice that I was in.

David Sandstrom 0:36

Welcome to the holistic health matters podcast where it's all about aligning our lives more fully with God's design for spirit, mind and body so that you can pursue the abundant life more effectively. I'm your host, David Sandstrom, naturopathic doctor and biblical health coach, and this is episode number 31.

David Sandstrom 0:58

This episode is part one of a two part series of a conversation I had with Dr. Lindsay Elmore. She's a PhD in pharmacy and a holistic health coach and she's got a lot of information to share. She had just tons of value bombs that there was no way I could possibly fit it into a 30 minute episode. So I decided to divide it into two episodes. This will be part one, where we talk primarily about the spiritual and the mental emotional component to health. And then in part two, we talk more about the physical side. So I think you're gonna enjoy this conversation. So stick around. This episode is brought to you by beekeepers naturals. They're the makers of high quality honeybee products, including their great tasting propolis spray, which is a powerful antiviral. I'd never head to the airport without making sure I have my beekeepers, naturals propolis throat spray with me. So give your immune system some much needed support by going to my website, [Davidsandstrom.com](http://Davidsandstrom.com). forward slash resources. Click on the beekeepers naturals affiliate link. You won't pay any more. And you'll help support the show by using my affiliate partners that share a small commission with me. So let's get started with part one of my conversation with Dr. Lindsay Elmore. Dr. Lindsay has a bachelor's degree in chemistry and a doctorate in

pharmacy. She's spoken to audiences on five continents in more than 30 countries. She has more than 20 million minutes of education watched online, she helps people take full ownership of their health, from wellness in the physical body to stability and mental health to robustness of spirit and freedom and finances. Dr. Lindsay, welcome to Holistic Health Matters.

Dr. Lindsey Elmore 2:39

Thank you so much, David, it's an honor to be here.

David Sandstrom 2:42

Well, I appreciate you taking the time to share your wisdom with the audience. So I'm really curious, you you trained in the medical field. And I'm assuming that you worked as a pharmacist for a while I did. And then you know, and I totally believe in drugs and surgery when they're appropriate. You know, they can save your life. But they're they really shine in emergencies and acute conditions. And it sounds like you've kind of branched out and broaden your horizons a little bit into the natural and holistic health world. I'd love to know what that transition was like for you.

Dr. Lindsey Elmore 3:14

It was a slow growth where I started when I was in pharmacy school, I tore my ACL my first year of pharmacy school. And when you tear your ACL, they lock your leg out straight. So you end up hiking a hip every time that you take a step. Well, at some point in time, I recognized that I wasn't able to sit squarely on my sit bones. And I end up in the chiropractor's office and the chiropractor adjusts my hips, I come back into alignment. And I end up telling her to follow up appointment Doc, I haven't slept in about a month, and I'm worried that I may die. I feel so terrible right now. And she said, Oh, if you feel terrible, you should head to the acupuncturist. And so I go to the acupuncturist and I have my first acupuncture treatment, and she introduces me to Chinese herbs. And these Chinese herbs opened my horizons that there were a lot of herbs that in Western culture we didn't even know existed. Yeah. And I also started learning from her that the concepts of medicine and the practice of Chinese medicine was very different than the practice of Western medicine whereby Chinese medicine truly put a value on preventative care. And I thought that was amazing and I was blessed to be living in California where I have I had acupuncture covered by my insurance.

David Sandstrom 5:04

Wow, that's unusual.

Lindsay Elmore 5:05

Well, it was it was so amazing. I had 12 combined either physical therapy, or acupuncture appointment. So for my first year, I had to divide them up because my knee was rehabilitating, and I needed physical therapy. But then for the next three years, while I was in pharmacy school, I was able to go to the acupuncturist, once a month, learn from her. And then I was at an integrative health summit. And I learned from Connie Grouts, who is a pharmacist who'd also studied plant medicine and botany down in Peru, from traditional healers down in Peru. And she asked me one of the most profound questions that has continued to influence me to this day, I sat there with my ACL torn and I was crying, and I was telling her about, you know, this injury I'd had and this insomnia that I've been facing, and she stopped me, and she said, Why did you need this injury? And I stopped in my tracks. And I realized in that instance, that this was a moment where I could either sit back and woe is me, and why? Why did this happen to me, and why the good things happen to good people, blah, blah, blah, all that stuff that we tell ourselves when bad things happen? In that moment, when she asked me, Why did you need this injury, I understood that this was a moment where I could experience growth, or I could experience this, this is a step in the journey of life. And so so I was one of those wacky pharmacists that knew a lot about herbs, a lot about supplements, and was always trying to get patients off of medications. And eventually, one day I realized that this isn't going to work, it's not going to work, was just saying, Okay, you've got this diagnosis, that we've given it a name. And now we're going to blame that for all of your problems. And then we're going to tame it with medications. Yeah, and I just said, This isn't gonna work, I actually want people to get well, from the ground up on a physical level, a mental level, a spiritual level, all of it. And I recognize that I couldn't do it in the current practice that I was in. So my wheels start to turn one thing leads to another, I end up getting my first set of essential oils. I know it sounds crazy, but I had an immediate emotional connection with essential oils. And I recognize like, this is going to be something that I'm going to use and teach about for many years to come. And I just kept learning, I kept learning kept growing. I recently added functional medicine to my litany of patient care approaches, and also added meditation and exercises and, and yoga as a part of my as a part of my process, as well. And so all of those have led me to where I am today.

David Sandstrom 8:30

Excellent. I love stories like that, when people were calling you wacky, you know, they thought, This girl's just out there, it must have been a little lonely for you. You know, I'm thinking that was a little, probably a tough time.

Dr. Lindsey Elmore 8:41

Oh, the worst loneliness I ever experienced in my life was when I moved from Alabama, to San Francisco. And I had never lived anywhere other than Alabama

in my whole life. And I remember, I grew up in a primitive Baptist Church and come from a long history of primitive Baptist people. And I had a wonderful preacher who still keeps in touch with me to this day, even though I haven't lived in the area to go to that church. And I remember calling him one day just in tears. And he said, Well, this just sounds like good old fashioned loneliness. So when I faced those moments where I was going through this transition, where I was getting pushback, and I was being told no, we're not going to teach this and no, we're not going to know we don't want herbal medicine education at major pharmacy conferences. Now, I'm still facing that ostracization. Is that the right way to say that?

David Sandstrom 9:49

Yeah, I think so. You got it right

Dr. Lindsey Elmore 9:50

I was still facing being an outsider? Because the functional medicine world doesn't value pharmacists. So even though I've done the functional No medicine training. And so eventually, I have just come to realize that God gives everyone a path in life. And we have to walk the path laid before us. Because if we don't, then we don't live an authentic life, and we don't live a fulfilled life. And so if I'm the wacky pharmacist that knows a lot about essential oils and meditates to calm my mind and still my mind every day, and you know, I think, also, when you start to add in meditation and yoga, other people start to say, Oh, no, that doesn't fit in. And I love what John Maxwell said about meditation and yoga and prayer. And Maxwell says, Listen, prayer is when you're talking to God, and when you're talking to Jesus, and when you're talking to Holy Spirit. But meditation is when you're listening for the answers. And so I found that there has been a lot of controversy in all sides of my life, not just in like, Okay, I'm gonna practice pharmacy differently, but also in just understanding that everything that's that is in the light, and in the goodness is God. And I love the verse from Isaiah, where everyone experiences God differently. You may in Isaiah 45, six, you may know it from the rising of the sun, and from the west, and there is none beside me, I am the Lord there is none else, I form the light, I create darkness, I make peace, I create evil, I, the Lord do all of these things. And so when I really got into that mindset of the good things that happen to me, should be celebrated. And the bad things that happened to me are not to be blamed on any other higher power, it is an opportunity to grow and become even more spiritual and more faithful, I am keeping going. Because if God be for us, then who can be against us, everything that we're experiencing here is a temporary chink that is meant to strengthen our armor. You know, you think about small stressors in our life, you know, you think about when you work out and lift weights, it actually tears your musculature a little bit, so that it can become stronger. When you get on a treadmill and do sprints as fast as you can,

as if, as if a tiger were coming to eat you. It puts small tears in your cardiovascular musculature, which then allows them to strengthen. And so I think for me, one of the biggest learning lessons is simply surrendering to the journey, because where God will lead you is better than anywhere you could have ever imagined. But you have to trust that you're on the right path. And you have to, you have to just say, Okay, I'm gonna keep walking this path, even though it's difficult because it is the path laid in front of me.

David Sandstrom 13:40

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David Sandstrom 14:25

I love that it's a great story. You know, I'd like to back up a little bit and touch on a couple things that you mentioned in one was the Epiphany you had when you said you know, you've got this healing that you've got to go through with your knee. And you said well, you know, drugs are not going to be the whole answer here that I'm more than a physical body. You know, I have I have a spirit and have a mind and I've mental emotional component. And I came to that same epiphany. I was a naturopathic doctor, certified nutritional counselor, and I was a health coach and had an office and I was doing mostly nutritional counseling. I was doing metabolic typing I'm a certified metabolic typing advisor as well. And it's quite quite useful and it helped a lot of people. But I came down with my own set of health challenges. And it turned out to be Lyme disease. I had chronic Lyme disease. And I had chronic fatigue. I had migrating aches and pains, I had brain fog. It was a very difficult time. And I was talking to a guy that was kind of a mentor of mine. And he said, You know, I think you ought to get tested for Lyme. And at first I was in denial. I said, there's no way. But I set the blood off. And yeah, sure enough, I had Lyme disease. So I did my research in the traditional treatment for Lyme is high dose antibiotics for a year or more. Oh, yeah. And I knew with my background that that was just gonna rip my god apart. No, then I had to have another introduce a whole nother problem with a gut this completely out of whack with the microbiome. So I said, I don't want to go that route. So I set out to learn everything I could about the spiritual component to health, and the mental emotional component to health. And that education was it absolutely blew me away. And I implemented those principles

in my own life, especially spiritual principles. And I beat Lyme disease without any medication, no medical intervention. And it's behind me now. And I wrote a book on it. I have my book is called the Christians guide to holistic health, and it was very transformative. And God didn't waste that pain. Because there's a book now, there's a podcast that people can listen to. And I've got a message that they're really people need to hear. And so to you.

Dr. Lindsey Elmore 16:26

Yes, absolutely. Thank you. I appreciate that kind acknowledgement.

David Sandstrom 16:31

Yeah. You know, one more thing I wanted to touch on that you just said, oh, by the way, John, I used to go to a church down in South Florida, John Maxwell was one of the system pastors. So he's a guest pastor that came in once in a while. So, you know, people would pay to listen to this guy speak. And he used to come to our church and just preach once in a while. So pretty cool. He's a great guy. I love stuffs books. He's great.

Dr. Lindsey Elmore 16:52

I do too. I do, too. I find him very inspirational and talk about a guy that faced criticism, you know, when he left, when he left being a preacher to become an entrepreneur and a teacher, people were just like, what are you doing? Yeah. And he just stayed with it and said, Well, this is this is the pathway before me and I have to walk it.

David Sandstrom 17:13

And he's probably reached millions of more people. Because of his writing. Yes, yeah, absolutely. Absolutely. He followed God's lead. You know, and one last thing I wanted to touch on, because you said so many great things there. But one of the points you made was surrendering to God's goodness, you know, even though the path he has for you might be challenging, and you might be experiencing some pruning. It's, it's, it's better to just surrender to that, because He loves us more than we can fathom. Right? And he knows the future. And he made us it's so when you come to that understanding, which is what the understanding I came to when I was dealing with this Lyme disease thing is that when God gives us an instruction, it's for our benefit. And he gives us a prohibition. It's for our protection. So once you come to that understanding, the Bible just becomes a plethora of health advice. It's amazing how the scripture just comes alive. It's like, wow, there's there's health and wellness all over The Bible. But people don't see it, you know, and that's part of the message. And that's part of the reason why I wrote the book. But anyway, I'll go on, I want to hear more about your story. Well,

Dr. Lindsey Elmore 18:21

I tell you, just to add on to what you just said, My aunt, my great aunt, when I was when I was a child always said, never pray for patience. Because if you pray for patience, you're going to get lots that, that, that, that, that try your patience, and you're just like, oh, and you think about how even in trials of affliction, we can experience great abundance and joy and great riches, even through the trial. And so you know, you think about what it says and Peter that the trial of your faith is more precious than gold, which perishes and if you can just stick to like Alright, well, here we go. It's what we're, it's why we're here on Earth, we are imperfect human beings. I heard something this morning, on a podcast about a particular religion, which doesn't have to be named because I don't want to call any religion out. But it said that one of the tenants of their religion was that here on Earth, you aspire to become perfect. Well, that was always very counter to what I was taught as growing up because one of the tenants of the perimeter Baptist faith is that we are flawed human beings, and that we will never attain perfection because the only perfection is within God. And I just thought what a burden that would have been to grow up under this assumption that if you're good enough and do the right things that eventually be you become perfect because you will never achieve it. And I find much greater care in the understanding of like, I am going through trials of a fix of affliction, but abundance and joy and riches can be there. If I focus on the trial of my faith, which is more precious than gold, which perishes and so we may go through fires. But eventually if we stay on the road, we are found under the glory of God.

David Sandstrom 20:29

Yeah, I tell people that we will never regret doing things God's way. Just Just one of the verses that I learned when I was doing my study, by searching the Scriptures for what it said about health is proverbs three, seven and eight, fear the Lord depart from evil, it will be healing to your body, and strength to your bones. So there's a very, there's a strong, there's a clear connection between our spiritual condition and our physical vitality.

Dr. Lindsey Elmore 20:55

And I think it's also when I think you can also extend that to mental and emotional health and physical health as well because it's like, well, nobody ever regrets being like, God, I really hate that I ate so healthfully. Yesterday, I really regret that exercise that I did. I really regret those moments that I spent in quiet reflection upon the beauty of a sunset, those things are powerful. And I'm a huge proponent of one thing at a time, if you're sitting here listening to this podcast, and you're like, oh, man, I have diabetes, I'm overweight, I have conflict in my home, I don't know where to start, start so small, that failure is not even an option. So don't make it about like, I'm gonna drink a gallon of water today. And I'm going to run 30 minutes, and I'm going to get rid of my diabetes

within three months. How about you drink one glass of water? Or maybe you do one push up? You know, yes, start so small, that you can't fail. And if you're somebody who struggles with their faith, because I think everybody struggles with their faith, at least through certain portions of their life. I know one thing that was so powerful for me is, I would always focus on the things that gave me great comfort and gave me a greater sense of, I'm not alone in this world. I'm not alone. And I don't have to be and I can actively seek to see God in the health and wellness journeys of other people, I can actively seek to see goodness in people as I come into contact with them throughout the day. And I think it opens up our empathy for our fellow man. And it puts us into that servant's heart, which is so important. And I think one of the things that has been just devastating to medicine and to pharmacy is people don't think they're servants. They think that their patients are there for a one off, I'm here to, you know, I'm here to pick up my pills or I'm here for my 10 minute appointment. Or even I'm willing to bet even in the practice of, of traditional Chinese medicine or in chiropractor, it's just one more adjustment. It's just one more patient to see. But I learned from Rachel Rehman, who wrote several wonderful books, in in called Kitchen Table Wisdom and My Grandfather's Blessings. And she instilled in me back when I was in pharmacy school, always remember that that patient is a person who is worthy of dignity, of love, of being able to trust the practitioners around them. That patient is someones mother, someone's father, someone's child, this patient is more than a diagnosis. And I think that has been a powerful lesson for me, that has completely transformed my thinking. Because in pharmacy school, your patient comes in and you have a list of disease states and a list of medications and a list of vital signs and a list of this. But nobody actually sits down and says, tell me your whole life story from the beginning to the end of all of them. Your health?

David Sandstrom 25:01

Well, you know, that's a really good point as I'm trained as a naturopath. And the difference between naturopathy, and apathy, which is what most MDS practice is that an MD treats the illness that has the person. Yes, naturopath treats the person that has the illness. And that's a very different approach. You know, a nurse might say, yeah, we have the gallbladder room to 14. Well, no, that's not a gallbladder that is a human being in there.

Dr. Lindsey Elmore 25:29

Yes, there is a tick tock feed that I follow. And it's a physician. And he talks about like when specialties talk to one another. And none of these specialties take a step back and say, Well, Mr. Jones, in bed five has this over all collective going on. And they also, you know, when you talk about, we're talking about bed six, right? We're talking about bed seven, right? It's dehumanizing. And when you dehumanize others, it makes you less empathetic to those around you



who are in need of your who are in need of your care. Yeah. And it's so important. You know, in Jeremiah, we get the question like is, is there no balm in Gilead? Like why is the health of my people not recovered? like where are the healers, and medicine has lost and pharmacy has lost and in many ways, nursing has also lost these critical importance of the laying on of hands. I was raised in a church where we washed feet, and you want to talk about a humbling moment, is when you recognize that we do this, in remembrance of me We do this because it reminds us that Jesus came to earth as a servant, yes to us. And Jesus was a master of putting people at ease in putting some people at ease, and putting, and putting people who felt like they had no one else to rely on in a position where they regained their dignity, where they regained that capacity to love themselves. And that is what I wish the modern practice of medicine was more about, because it's so unfortunate, many physicians are nothing more than paper pushers. They're pushing paper from one place to another. And they're not given time to take a moment to truly experience the entire litany of joyfulness and peace, as well as the grief and death that comes with the practice of medicine.

David Sandstrom 28:16

Yeah, that's really good. And you know, it, it basically, you're speaking to the idea of the way we practice medicine here in the US, and it's, it's about the drugs, you know, it's about surgery, it's about the money. A lot of the times I hate to say this, but you know, oncologists make a lot of money, you know, they they're, they're able to prescribe a very, very expensive medications and administer those medications in their office. And, and I'm, I hate to say this, but you know, I think they know their patients are going to die. But that's the source of revenue.

Dr. Lindsey Elmore 28:49

You know, it doesn't make a lot of money. organic farmers, right? organic farmers don't make enough money. And it is next to impossible in this country in this day and age to actually even have an organic farm because the environmental policies of our country have allowed for the introduction of so many toxicity toxicities, and introduce them oftentimes in underprivileged neighborhoods. So now you've got a group of people living in an area that is either marginalized, poverty stricken. And these are the people that need help and mercy the most and instead, we dump toxins into the environment. We introduce grocery stores that are full of nothing other than food like products. We don't have adequate access to preventative care. And our medical system is not built to value health. It is built to value sickness. I mean, you mentioned oncologist, but goodness our infectious disease companies not making a ton of money this year? on the backs of the pain and suffering of the many, and that to me is just

David Sandstrom 30:13

Well, you know, we we could talk about this for a while, but I heard a story last night that there are people that slept in their cars last night to get in line to get a COVID-19 vaccine. And I, I think is a better approach, but it's probably best save for another episode.

Dr. Lindsey Elmore 30:32

That's a very long discussion that we could spend hours talking about.

David Sandstrom 30:37

Yeah, absolutely. All right. So I think that's a good place to hit the pause button. In the second half of this conversation. I asked Dr. Lindsay about her recommendations for healthy eating and supplementation and she's got a lot to share would have been way too much to keep in this single episode. So thank you for listening. I hope you enjoyed that first half of the conversation. It only gets better from here. Dr. Lindsay is just getting warmed up. So I'm looking forward to talking with you next week. Be blessed.