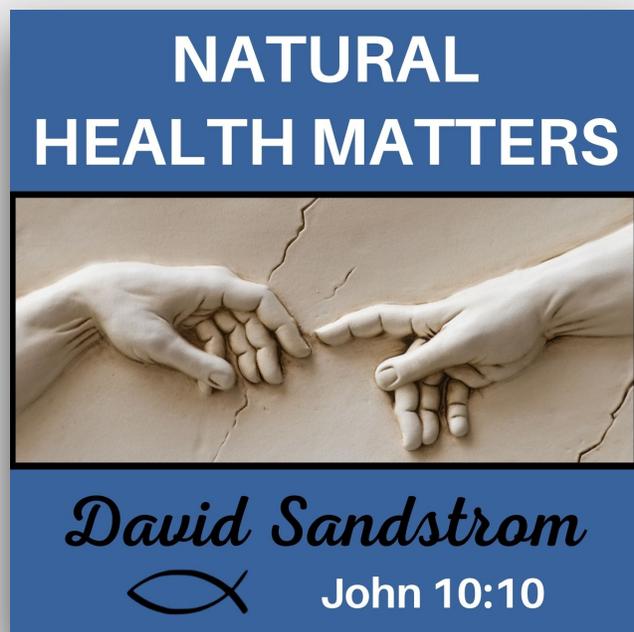


NHM - 44 Overcoming a Serious Health Challenge w/ Amanda Elise Love



David Sandstrom 0:00

Here's a sample of what you'll hear on this episode of natural health matters.

Amanda Love 0:04

Yeah, and I, I feel like people just want the easy route of take the supplement, take the medication, and then they don't even realize, well, I've been on this supplement for how long are this medication for how long? Is it actually working for me? Or should I try something different?

David Sandstrom 0:24

Welcome to the Natural Health Matters podcast where it's all about maximizing your health potential 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 44. This episode is brought to you by my book, the Christians guide to holistic health. getting educated on natural and holistic health is time consuming and can be expensive. Not to mention, overwhelming. I want to help you with that. My book will put you on a fast track to the vibrant health and vitality you've been looking for. If you'd like to avoid overwhelm and get some biblically based holistic health information that you can implement right away. Go to my website, DavidSandstrom.com forward slash book, you can learn more and pick up a copy today. If that doesn't work, you can go directly to Amazon. It's available there in paperback, Kindle, and audible. And let's get started with today's show.

David Sandstrom 1:28

My guest today is Amanda Elise love. Amanda is a registered holistic nutritionist. She believes the holistic approach to health means the integration of the mind, body and spirit. She has a long history of illness which culminated with the diagnosis of fibromyalgia at the age of 20. She no longer suffers from the pain, fatigue and headaches associated with that syndrome. Today, she works with people who have similar stories. Amanda, welcome to the show.

Amanda Love 1:56
Thank you for having me.

David Sandstrom 1:57
It's my pleasure. I appreciate you taking the time. So, for starters, why don't you define for the audience? What exactly is Fibromyalgia?

Amanda Love 2:08
Um, so recently, I listened to a fibro doctor, and he actually said, Fibromyalgia is like umbrella. It doesn't cause any of these symptoms, but usually with fibromyalgia, you have the fatigue, the brain fog, the sleep issues, and then you have multiple issues on top of that. But the Fibromyalgia doesn't cause it.

David Sandstrom 2:35
Okay, so it's basically a collection of symptoms, right?

Amanda Love 2:39
Yeah, a collection of symptoms.

David Sandstrom 2:42
So how did you first get diagnosed with that?

Amanda Love 2:47
I was first diagnosed with it back in 2010. Um, we didn't know what was going on with me. I was extremely sick. I was born six weeks early, I had a lot of knee and issues. I was sick every four to six weeks. And I turned 20 years old. I all suddenly I couldn't get off the couch. I couldn't move I couldn't work out. And I just finished a 500 hour personal training program like two weeks beforehand, before I turned 20. And so we didn't know what was going on. And it took like 10 months for them to, for us to go to one of the top rheumatology places in Mesa, Arizona. Yeah. And they said, Oh, she has fibromyalgia.

David Sandstrom 3:40
Okay, and what was your reaction when you heard that?

Amanda Love 3:43
I honestly, I didn't know what that meant. Yeah. Yeah. I didn't know what that meant. I mean, nowadays, we see the commercial for fibromyalgia on you. In the US and stuff. Yeah.

David Sandstrom 3:57
Well, honestly, I still don't know what it means.

Amanda Love 4:00

It I feel like I feel like people, we still sort of don't know what it means. They haven't decided what it is really? Yeah. It's crazy. They can't figure that out. And then they're also cutting research for it in the US.

David Sandstrom 4:17

Right. So basically, my understanding of fibromyalgia is it's basically that the the term Fibromyalgia is a Latin name for what's describing your symptoms. Yeah. I mean, it's my understanding is Fibromyalgia is a name for your symptoms. And what doctors do is they, they name it, claim it and tainment they give your symptoms a name, and they usually use a Latin term to do that, call it a disease, and then they blame your symptoms on that disease. And then they tame it with pharmaceuticals. So that's, that's why they need the label is because they have drugs that are approved to treat x, y, z. So they need it. Yeah, actually, I got that. I want to give credit where credit's due My last guest is Lindsey Elmore. She's a licensed pharmacist. And she's the one that came up with that that term and I liked it. So I figured I'd share it. But anyway, so that's what's going on with you. But I'm I'm thinking your understanding is the underlying cause of all those symptoms is, is something altogether different than just I caught this disease? Correct?

Amanda Love 5:22

Yeah. Yeah. So I honestly think trauma plays a big part. Maybe you have some trauma in your life that you haven't dealt with. I think food sensitivities could play a part. It's environmental, just a lot of different things to play a part. It's just like any other health condition that people have. There's a lot of things that could play a part, I always tell people, I don't think one thing is why you have that illness. It's a multiple of things.

David Sandstrom 5:53

Yeah. You know, I'm an airline captain, been a captain for many years with with a major airline based out of Atlanta. And a lot of people say it was so much pressure when you fly the airplane? Well, we don't really think about that. But we understand how accidents happen. And there's never a single thing that will take down an airliner. It's always a collection of things, there's a chain of events that leads to an accident. So what we get paid to do is to recognize when that chain is starting to accelerate, and then stop that we got to stop that process. That's how we maintain our safety margin. And I think the same could be said, for fibromyalgia or at health challenge really, is if we start addressing the chain of events that led to these symptoms, then the symptoms will go away in their own.

Amanda Love 6:42

Right. And people don't want to take the time to do that. Right. Right. It goes straight to the pharmaceuticals.

David Sandstrom 6:51

Exactly. We want to drive through help. We want to just pull in five minute visit, walk out with a prescription, and that's gonna tame our problem.

Amanda Love 6:59

I mean, right now we're dealing with the Coronavirus across the world and everybody's, they just want to do the vaccination instead of doing the hard stuff. Right?

David Sandstrom 7:11

Yeah. Well, you know, that's the reason why I started the podcast back in the spring is when what I was hearing from the from the government experts was really nothing but avoidance. You know, stay home, stay safe, wear a mask, use hand sanitizer to stay away from the germs, there's nothing else you can do. And I said, I said to myself, that's madness. You know, there's plenty we can do to strengthen our systems, we can strengthen our immune with diet, where by cutting out sugar, we can dress our microbiome, we can work on our vitamin D levels, we can get exercise, outdoor air, I mean, there are so many things we can do to strengthen our systems such that they're hostile environments for any microbe, including COVID. So, you know, I just real quick story. When I was a practitioner, people would come to me, and they usually seen several doctors first. And then they come to a holistic practitioner. And the first thing they say to me is, can you give me a supplement that will relieve my symptoms, the way the drugs do without the side effects? And I have to explain to them, no, you've got it all wrong. That's not what Holistic Health is all about. a pill for every ill so to speak, we're not we're not going to embrace that. What we're going to embrace is holistic health. We're going to talk about your relationships, we're going to talk about the physical Of course, you know, your sleep, your diet and exercise routine and those kinds of things, removing toxins from the home, we're going to talk about mental emotional issues, you know, do you have any resentment or anger or bitterness that's this eating at you? Those are the things once you start chopping down those trees, eventually, you'll make it to the clearing. And it really doesn't matter a whole lot what the what the diagnosis is, or what the symptoms are that are presenting. When you start building health at the functional level, then the symptoms just disappear on their own. You don't have to address the symptoms.

Amanda Love 9:09

Yeah. And I, I feel like people just want the easy route of take the supplement, take the medication, and then they don't even realize, well, I've been on this

supplement for how long are this medication for how long? Is it actually working for me, or should I try something different? What's been your experience with that with people that come to you with a Fibromyalgia diagnosis and they're on meds?

David Sandstrom 9:37

What's your been your experience to people say, hey, this stuff's not working. I need I'm looking for another Yeah, a better way.

Amanda Love 9:43

Yeah, I find people. I think a lot of times when people fibromyalgia, they're on the medications, but they're, they don't know what else they can do. Yeah. And I say there is ways to get better. It just takes you it's not it easy. quick fix, I always tell people, I mean, I personally, my story is I actually had to get off the gluten, I had to get off the soy, I had to get off the dairy, and the aches. And I actually had to do elimination diet, because I actually was tested by wellness chiropractor. And I found out I had two genes that predispose me to that gluten sensitivity was the highest in his practice at the time that I was 21 years old. And then all my other sensitivities were extremely high. Yeah, it really comes down to how motivated are you to change?

David Sandstrom 10:41

Yeah, well, I want to explain for those that might not be familiar, what Amanda is talking about is, if we have a food sensitivity, we may not have a full blown allergy to that food, for our body struggle with it nonetheless. And when they do, they have trouble digesting it, it produces an inflammatory state in the body. And this inflammation is systemic, it's through all of our systems. And that can cause a lot of pain, such as the pain associated with fibromyalgia.

Amanda Love 11:09

Yeah. And it also causes I got, I got headaches constantly, like every single day, I was so fatigued. And I was getting I, I probably was affecting my immune system too, because I was constantly dealing with like sinus infections and congestion and all that type of stuff. So really, food plays a huge part. And I think a lot of times, we say, oh, we're going to cut out the gluten. But then I always tell people, gluten stays in your body, one little molecule can stay up in your body for about two weeks to months. So you're going to cut out the glad you have to really, really cut out the gluten and you can't cheat. And people aren't as strict about their diet as they should be.

David Sandstrom 12:00

Yeah. Yeah. What I tell people, especially when it comes to gluten, yeah, that is a troublesome for a lot of people is it's kind of you've got to eliminate it entirely.

For at least three months. Yeah. And it's kind of like, you've got a big lake, and there's a strong wind going in, there's a lot of ripples on the lake, and even waves and Whitecaps maybe, well, you've got to let that wind storm Calm down, and you got to let that lake settle down till it that water is glass smooth. And when that happens in your system, then you try to introduce it in a very small, small portion. And when you're when the water is still in calm, and your body and your your body is at peace, your body is at rest. When you introduce this offensive food, if you really truly do have a sensitivity to it, you're going to notice it right away, unless you are disciplined. And you really truly do eliminate it. And you know where to look for the sources, the hidden sources of that food because it shows up in all kinds of processed foods, you're not going to be able to experience that stillness, that calmness, and you won't be able to tell the difference when you reintroduce that food.

Amanda Love 13:07

Yeah, that's totally true. And I always tell people, gluten might be an issue, but you might also have other sensitivities that any get rid of to its, I think, the bright now I think it's such a big thing about go gluten free, go gluten free, but we see it everywhere. But nobody's saying anything about Oh, you might have to eliminate the dairy, the soy, the eggs, the otter, not eight allergens that people could be allergic to.

David Sandstrom 13:41

Right. So in your practice, how is it that you determine food sensitivity for somebody to use? Simply use the elimination diet? Or do you have any tests that you use? I do a health history that tells me sort of, it will give me an idea maybe if they're sensitive to the food, and then I would do elimination diet with them. But I always tell people, I would never start with a nation diet because it's very, very strict. And people with fibromyalgia can't even get off the couch and they're not getting that deep restorative sleep. So that's more like down the road, like three months with work with me, then we might do the elimination diet.

David Sandstrom 14:24

So where do you start with somebody? What's step one?

Amanda Love 14:26

So step one, is if they actually sign up to be like, if they want to be work with me one on one. It's a 90 minute health history, because I am the type of person if I want to know everything about you, and it's a very detailed health history. It's not your normal. It's some of it's like a doctor's health history. And then some of it's not, but I learned about your health could top health concerns. I see. Maybe your immune system is sort of weak. Maybe

David Sandstrom 15:31

I totally agree. I experienced the same thing as a practitioner. Almost everyone, this is almost universally Yeah. When you ask them, if you can't ask them a general question, like, how's your diet? Because everyone's gonna say, you know, I eat pretty good. You know, I don't eat any sugar. And then you find out they're drinking four cokes every day. Well, no, I you know, that's not no sugar.

Amanda Love 15:50

Well, I always get that I always get the answer. Well, I eat pretty healthy. And I'm like, What? Yeah, what does that even mean? There's so many things that you could be doing. And I thought I was eating perfectly healthy before I had to get rid of all those different food allergies. I didn't know that that was contributing to me being sick.

David Sandstrom 16:14

So you start out with somebody with with a lengthy health assessment? And then what specific instructions? Do you give that person? And what what? In other words, what action steps can they take to start out with?

Amanda Love 16:28

So I usually give them I create a plan, and I'll send them off like a PDF of different recommendations that they should do. It all depends on where they want to start. If they want to start with their sleep, then we start with the sleep. But I only do like two or three recommendations, I find people can't do too much at one time. We're very busy people. Right? That's human nature. It's human nature. And a lot of times people, they don't want to make huge changes. So I always say, well, let's start small. I mean, I'm the type of person who likes to if I'm going to make a change, I probably make a change, like a big change. It all really comes down to their mindset of where they are, and where they want to focus. If they want to focus on the lifestyle first, or they want to start with supplements or food. If it's like, say breakfast, then I would we just start with breakfast, we wouldn't change the other meals until a few weeks later than if they're following the recommendations, then we would do lunch, and stuff.

David Sandstrom 17:39

Yeah, well, I think the idea of starting off with baby steps is a great idea. You know, I said a little bit ago, that I'm an airline captain. And sometimes people ask me, Well, how do you deal with all that responsibility, if you know 200 people's lives in your hands every time you go to work? Well, that's true. But we don't take three or four flight lessons and then jump in the captain seat of a jet airliner, we take it a step at a time, we learned that process one step at a time. And the steps are such that failure is not going to happen, you know, you can't have a student go up and solo until they're ready. Right. So we take it a step at a

time, and we grow into that responsibility, therefore, you're not overwhelmed by it. And the same is true when making healthy lifestyle changes. We've got to start off with steps that are easily manageable. And take them one at a time, literally one at a time. And build upon that. And you know, one step here, one step there, four or five, six months, 12 months down the road, we've made some major progress, but we can't do that overnight. that's unrealistic.

Amanda Love 18:43

Yeah. And I always tell people, it's baby steps. Some of these recommendations in my only take a few minutes out of your day to do we're not gonna like jump in and say, Oh, you have to be making all these healthy meals and stuff if you can't even get off the couch. Yeah. And I always say to people, you wake up with this health condition. So you have to realize it's going to take, it might take a week, to fit start to slowly feel better. weeks months. It all depends on where you are in your health journey, right? Because a lot of times people have so much so many health conditions. You can't expect it to go away within like a week or two weeks or a couple months. Right. It's a long haul. It's a marathon. It's not a marathon.

David Sandstrom 19:33

Yeah. So I know when I'm listening to shows like this. I'm looking for low hanging fruit that I can take with mega so let's let's say somebody came to you and they said, you know, Amanda, I'm really down on energy. You know, yeah, I drink a coffee in the afternoon but that's just not doing it anymore used to do it. But now my energy is really lagging. I have this joint pain. I have headaches that are unexplained. You take the help assess But, you know, this person is not on the couch this they're actually, you know, maintaining holding down a job and you know, what would you say to that person give us three or four steps that you could or pointers that you could offer that person?

Amanda Love 20:11

So I would say, get off the gluten if you're not off the gluten. I would also say, What is your stress level? If you're? I mean, I think a lot of times, if we're depleted, with our energy we're wearing probably are dealing with a lot of stress. What can you take off your plate that you could actually have someone else do? Maybe it's the cooking, maybe it's the cleaning, right? I think a lot of times, we put so much pressure to do everything, when it really we can't. Yeah, I know, this is crazy. But I think a lot of times people just need a day off a week, where they just re energize themselves and do things, get out in nature, do something, that's fun. Because I think a lot of times when we're dealing with so much pressure in our lives, that depletes our energy, so do something fun. And then I think the last thing would be to look into supplements that help with energy, because supplements can really help get that energy back up. And one of my

favorite supplements that I've been taking, and I found out through a book is doctors best D ribose. And that really is amazing for energy, especially if you're in like pain and fatigue.

David Sandstrom 21:37

So what Amanda is speaking about is addressing the whole person, not just the physical, but the mental, emotional aspects as well. Because we are spirit, we have a mind. And we live in a body. If we don't address all three parts of the human being spirit, mind and body, we're not going to build a championship vitality. So if we want to maximize our health potential, we've got to consider all three aspects of the human condition together in unison. And I believe we maximize our health potential by aligning our lives more fully with God's design for spirit, mind and body. That's that's kind of wholism in a nutshell. Right? Another quick story when people find out I'm an airline pilot, a lot of times they'll say, I got a question for you. I've never met a pilot before. Have you ever been scared in an airplane? And the truth is I have and one of the times was we were coming out of New York's JFK Airport, John F. Kennedy Airport. And there was a really bad ice storm. It was like January, February, middle of winter, and it was really windy. And we were taxiing out we got the ice, and but the the taxiways were covered with ice. And we came up to this taxiway approaching the runway that we need to use for takeoff. And it totally looked like a skating rink. And ground control says hey, delta, what does that taxiway if you're right look like said it looks like a skating rink. And he pauses for a second he says okay, Claire to text you over that text way text up to the runway and hold short. So we the captain turns the airplane. I was the flight engineer at this time. So I was just in the back kind of you know, offering my advice operating the systems I wasn't flying the airplane. So the captain turns the airplane and we got sideways to the wind. And airplanes have big tails that are designed to stabilize the aircraft. So we got sideways with no traction on the wheels that wind weathervane the airplane, we just started spinning and sliding and the nose pointed into the wind. So we try to turn the other direction, same exact thing happened. Just send a flight attendant calls up and says, hey, there's a passenger back here that wants to know why we're going around in circles. So we were sliding all over the place. It was just by the grace of God that we didn't hit another airplane or you know, end up in the grasses. Once the airplane starts to slide with all that inertia, you're just along for the ride. There's nothing you can do. So finally, the captain sets the parking brake says Tell him to get a sand truck out here. So we waited, you know, 30 minutes away and we got the sand on the ice. And we were able to taxi out to the runway and it was took off uneventful. Yeah. So here's the point. The captain was trying to operate that airplane, contrary to its design, but because airplanes are designed to point into the wind, it we have to address our health in a fashion that's consistent with our built in design. see God has God has a preference for the way we treat our spirit and the way we treat our minds.

And the way we treat our bodies. When we come into alignment with that. Things just start to work out and things work out better. So that's that's my Holistic Health story.

Amanda Love 24:40

I honestly think I think a lot of times we're so focused on one aspect, and we don't focus on our spirituality, or any stuff we just focus on. Okay, well, my health is bad. I'm just gonna focus on the health part of it. Or I'm just gonna focus on the supplement part, or we are gonna focus. I'm just gonna focus on my diet. And it's really, it's really honestly, it's combination of all of it.

David Sandstrom 25:10

Absolutely. You know, what I tell people a lot is, if you got a problem with anger, and bitterness and rage, you can switch to 100%. Organic tomorrow, that's not going to fix your issue.

Amanda Love 25:21

Now you really have to go back and see what issues you had. A lot of times it's issues that maybe your he grew up in and not a family. That was the greatest and so you need to work on that before you focus on the food stuff.

David Sandstrom 25:39

Yes, absolutely. So you do some of that work with your client?

Amanda Love 25:42

Yeah, I think I think it's big to focus on where you were before you got the illness to, you know, wake up with the illness. And it's a lot. It's a lot of mindset stuff.

David Sandstrom 25:56

Yep. No doubt about it. We've been talking with Amanda Elise love. She has a podcast, it's called fibromyalgia, real solutions with Amanda love. And her website is AmandaEliselove.com. Is there another way to get hold of you, Amanda? Is that the best way to get a hold you through the website?

Amanda Love 26:14

Oh, yeah, that's, that's a way that they could sign up for a free 30 minute call. So they could see if they want to work with me. And we could just, I go learn more about them. I also have a free sleep guide on there that they just might want to start with first. And that's a great way just to start becoming part of my community. Okay, so they can join your email list and get together. Great. And then of course, social media, Facebook and Instagram. And that's also AmandaAliseLove. So those, those are several ways that you could get started and see what I'm about. [A m a n d a, e l i s e. l o v e.com](http://AmandaEliseLove.com). Yeah. All right. And it's

that for everything. Okay. Excellent. All right. Well, thank you very much. I enjoyed the conversation. I did too. Thank you so much, David.

David Sandstrom 27:09

Don't forget this episode is brought to you by my book, the Christians guide to holistic health. In those pages, I give you detailed instructions on how to maximize your health potential by aligning your life more fully with God's designed for spirit, mind and body. If this biblically based message is resonating with you, what are you waiting for? Go to my website, DavidSandstrom.com forward slash book, and order your copy today. For more, go to DavidSandstrom.com. in the show notes for each episode, you'll find links to all the resources that were mentioned, as well as a full transcript with timestamps that you can download for free. In addition, I always include a content upgrade with each show, which is a free download that is designed to help you go deeper with that subject. Once again, thank you for listening, and I'll talk with you next week. Be blessed

Amanda Love 15:00

We need to work on your immune system, your digestive system, depending. And a lot of times I find people, they leave things out. Like they might say, Well, I don't eat any sugar. And then I find out okay, well, do you have cookies? Do you have cake? do you have? I think we don't realize what we do with our health. When we're writing something down when we're filling out a form, until somebody actually asked us these, like,