

100 Full ep.

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SPEAKERS

Chad Austin, Dr. David Jockers, David Sandstrom, Dr. Tany Paynter

David Sandstrom 00:05

Welcome to the Natural Health Matters podcast where it's all about maximizing your health potential, so that you can look and feel your best at any age. I'm your host, David Sandstrom, Naturopathic Doctor and Biblical Health Coach. And this is episode number 100.

David Sandstrom 00:25

Hello, Natural Nation. Welcome to episode number 100. This is obviously a milestone episode, we're going to do a little bit of a celebration here, I'm gonna change the format up a little bit, I want to give you some highlights from some of the fan favorites. With 100 episodes in, it was difficult to determine what highlights I should use, but use the fan favorites based on the number of downloads that you the Natural Nation told me which episodes resonated with you the most. And if I had taken a 10 minute clip from 100 episodes, I'd have over 16 hours in this episode alone. So it was no small task trying to choose what clips I wanted to use. But I think you got to enjoy these clips. And they're going to be I think, some good some really good inspirational content. I started the podcast back in May of 2020. And this is October of 2022. And up until episode 74, I was audio only. So I took a break last fall to invest in learning how to do video and to develop a social media presence. And I started back up in May of 2020 to this year. So I have 25 Video episodes, and 75 audio only episodes, and I now have a social media presence on Facebook, Instagram, Twitter, LinkedIn, tik, Tok, YouTube and rumble. My handle on all of the social media channels is David Sandstrom health, except for Twitter that was a little bit too long of a handle. So there I'm Sandstrom health. But you know, if you go to Google, and you type in David Sandstrom health, I'm going to be 10 out of 10, on that front page of Google, David Sandstrom health is going to be all me. So that's a good way to find me. Of course, the best way to find me is to go to my website davidsandstrom.com. So anyway, there's a lot of podcast shows out there. In fact, I did a little research yesterday, there's 2.8 million podcast shows. And from those 2.8 million shows they've produced 132 million episodes, which if you do the math, there is that's an average of 47 episodes per show. And this is an interesting stat 14% of that 2.8 million shows have one episode just a single episode. So I've obviously passed that by a whole large margin. And here's another interesting one 50% of all podcasts have 14 episodes or less. And that's commonly referred to in the industry as a pod-

fade, where someone really doesn't know how much work it is they think they want to start a podcast, they do a few episodes, handful of episodes that nothing goes viral. And they give up because they don't really know how much work is involved in producing a show like this, and how you really need to stick with it for the long haul. So I want you to know that I'm committed here, I told you back in the fall of last year that this was not that break was not a pod-fade. And I meant it. It wasn't I've committed for the long haul. And I hope you are too I am grateful for the diehard fans to the show. I really appreciate you thank you for your support. And I hope to continue serving you with the next 100 episodes and beyond. And by the way, as long as on this topic, if you're enjoying the show, would you tell a friend about it? Because the number one way someone finds a new podcast is that a friend tells them about it. So I sure would appreciate you telling somebody a like minded friend that you think might enjoy the show, I would appreciate that.

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David Sandstrom 04:03

So what's in store for Natural Health Matters podcast? What's on the horizon? You know, when I wrote my book, *The Christians guide to holistic health*. It was a book on becoming more whole. It wasn't a book on nutrition. But one of the requests I've gotten from people after they look at the book and they read it, they say, you know, I wish you would have written more on nutrition because that's of interest to me. You know, after all, I am a Certified Nutritional Counselor. But that wasn't the purpose. Behind the book, I wanted to explain from a faith based perspective, how we can embrace Holistic Health, through spirit, mind and body and by becoming more whole. We improve our health and that's what that's what the book was about. So anyway, my plan for the future is I'm going to make in the near term, two courses on nutrition. One is going to be nutrition essentials course I don't know what the name is going to be just yet. But I want to talk about in that course which is going to be free by the way. I want to talk about the nutrition prints. books that apply to everyone's the things that everyone needs to know and apply to their lives. And any advanced nutrition course this is going to be a paid course, I want to talk about and address biochemical individuality. And I want to help people develop an eating plan that's unique for them. And that that's a little bit more involved. And that that course is going to be a paid course. Now the courses aren't created yet, I'm in the process of building them. And if you'd like to be involved in that process, let me know, send me an email at David@davidsandstrom.com love to hear from you. And you can have a chance to help me determine what content is going to be in those those courses, as well as what they look like. And I would really appreciate the the participation on your part. And of course, you'll get the free course. And I'm going to be offering a substantial discount to the beta version users to the paid course. So if you're interested in that, shoot me an email David@davidsandstrom.com. Another thing I have on the horizon is on my YouTube channel, right now I have full episodes, as well as the YouTube shorts, which are 60 seconds or less. But I don't have any medium length content on YouTube right now. In the near future. I plan on creating medium length episodes for you to between five and 10 minutes long or thereabouts to answer specific health and wellness questions. So look for that in the near future as well. You know, when I started the podcast two years ago, over two years ago, I knew there'd be a lot to talk about. And that is proven to be true. And there's a lot of topics even with 100 episodes in that I don't feel like have been adequately addressed yet. For instance, our real identity in Christ, I think that could be addressed more thoroughly. Self love, I think is a topic that could be addressed more deeply than I have already. Marriage and family certainly got a lot to say on that. I'd love to like to talk about supplements, like to talk about some childhood trauma, that's something that needs to be explored more as well as spiritual warfare. So there's still an awful lot to talk about that I

don't think is really even been been addressed some of it I've only scratched the surface on. So there's a lot more to come lot more on the horizon. So stick around, and I think you got to enjoy some of the upcoming episodes.

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David Sandstrom 07:14

So the first clip that I want to play you is from Episode Two. And I think Episode Two is really foundational episode is someone would ask me, Dave, what's the most important episode you created? Or if I was gonna listen to one episode? What would you recommend? I would say listen to episode two, I called it true Holistic Health. And it's really foundational, and the implications are really profound. I talk about the spirit mind body connection, I define what spirit mind and body actually are. And I talk about the interconnectedness and the interdependent nature of them of the the triune nature of a human being. And I talk about how they're designed to function. It's really foundational, and really profound. And I hope you enjoy this clip. Here we go. Today, we're going to be talking about a health principle that often gets ignored in many health and wellness circles. And if it is addressed, it's generally not addressed adequately. This issue is often the reason why people fail to experience the health breakthrough they're looking for. If you're ready to take greater responsibility for your own health, then this episode is for you. Especially if you're dealing with some kind of a health issue. And you've seen several practitioners and you still haven't resolved, what's ailing you. Stick around, that you may be very, very interested in what I'm about to share with you today. Because most healthcare practitioners don't understand genuine holistic health. They focus on what they do know, which is the physical. This is what their training has taught them to do. Most of them focus almost exclusively on the body. The body is more straightforward, it makes sense. We can measure things like vitamin D levels, cholesterol or thyroid hormone. We and we have supplements and or drugs that can treat those things. They're measurable. So that's what we focus on. This is not all bad. If your immune system is compromised, because your vitamin D levels are low. Bringing your vitamin D up can help a great deal. But oftentimes, our physical symptoms are not rooted in the physical. They're rooted in the mental emotional part of our beings are the spiritual part of our being and they cross over into the physical. Human beings are more than just a body. We are spirit. We have a mind and we live in a body. Ignoring two thirds of our makeup when we're trying to build health is folly. When I was in my early 20s, I was living in Fort Lauderdale and I was a Miami Dolphin fan. I used to enjoy going to the games and I followed the team at the time Dan Marino was courted. Back and Don Shula was the head coach. After a game, they had a show on program on television called the Shula show. And in the show, Don Shula would talk about the win or the loss and what they did, right what they did wrong. It was it was cool show on one of those programs. I heard Don Shula say this. When I first saw Dan Marino play, I said to myself, This guy's got the best arm I've ever seen. I'm gonna build my team based around his arm. And that's exactly what they did. Dan Marino had the quick release, he had the accuracy, he had the wherewithal to be aware of what's going on around him. And it was it was a beautiful thing to watch. And Don Shula made sure that they had a couple of good wide receivers, they call them the mark brothers, Mark Clayton and Mark duper, and that trio scored a lot of points, and it was a magnificent thing to watch. But here's the problem. Even though they had a great passing game, they did not have a decent running game, and they did not have a decent defense. And without a well rounded team, you're not going to win a championship is good is Dan Marino was arguably one of the best four or five quarterbacks that ever played the game. He doesn't have a Super Bowl ring. He never won a championship. Because he couldn't do it alone. The Miami Dolphins couldn't win a championship. Based on Dan Marino's throwing ability, they needed a defense and they needed a running game. In the same way, if we want to create a championship, health building

machine in our bodies, we've got to pay attention to the whole person. We've got to nurture not only our bodies, but our minds and spirits as well. Something else to consider is how we understand body, mind and spirit. At first, it may seem basic, but a thorough understanding of our trichotomy this three part nature has eluded philosophers and theologians for centuries. During my pursuit of whole person health, the existence of these three parts to our makeup, and the relationship between them emerged as self evident. Let me explain. The spirit is the highest and most noble part of our being. Our spirits are eternal. It's where we connect with God and experience relationship with him. It's the home of our conscience, and where we discern right from wrong. Our spirits are where we hold our convictions and deepest beliefs. Our sense of identity and self worth are found in our spirits. Our spirits are to yield or submit to God. Our spirits animate and bring our minds to life. As such, it's a spirits that motivate and direct our thoughts. If our spirits are wholly submitted to God, they will animate our minds in healthy ways. The mind includes our intellect, thoughts, emotions, and will. It's the voice inside our heads or our thought lives. Our minds are connected to both our spirits and our bodies, and act as a bridge between them. Our minds are intangible and submissive to our spirits. Our minds animate our bodies through our brains, our brains, our physical organs, and direct our bodily functions. Therefore, when our minds are healthier, so is our physical vitality. The body is what we can see touch and feel. It is how we contact the material world through our five senses. Our bodies include our cells, tissues, organs and systems. Our bodies are temporary vessels that house our minds and spirits, our bodies are submissive to and yield to our minds. This takes place at both conscious and subconscious levels. Sometimes we're aware of the connection. Sometimes we're not. God has programmed our bodies with a built in intelligence, and health is our default setting. The relationship between body mind and spirit is a complex, interdependent one. In other words, for good or bad, what affects one part of our being will by necessity alter the others. In addition, there is a hierarchy to each part of our being. Our spirits are to submit to God, and then animate and direct our minds. Our minds receive instructions from our spirits and through our brains, animate and direct our bodies. Our bodies receive instructions from both our minds and our God given built in intelligence. When this process functions as design, vibrant health should follow. However, frequently this process gets tripped up along the way we experience negative health consequences.

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David Sandstrom 14:58

All right, the next clip is from episode three. And I call this one real health. And the reason why I wanted to do this episode was, if we're gonna be shooting for something, if we have a goal, we have to have a clear picture of what that goal is. So in episode three real health, I talk about what our truly healthy person should look like in what what they should be experiencing on a daily basis. It's good stuff. Let's get into Episode Three right now, real health. Real health is far more than the absence of disease. Just because you haven't been to the doctor in a couple of years doesn't mean that you're really healthy. It doesn't mean that you've maximized your full potential for physical vitality. I like the way Herbert Armstrong, founder of the Worldwide Church of God puts it when it comes to our physical vitality and our physical potential. He says, quote, you may not be actually sick or in pain, you may have no specific disease or disorder, and yet fall far short of that state of real bodily power, and vigor, and energy, which is everyone's write, unquote. I couldn't agree more with that statement. So let's talk about what health and body actually looks like. health and body is physical vitality. When we have health and body we'll have natural beauty. We'll have bright eyes, our skin will be glowing radiant, our hair will be lush and shiny, not brittle, truly healthy person will have strong teeth and gums that don't rot. When you go to, you'll go to the dentist for a cleaning, but you're not going to be diagnosed with gingivitis or have to break out the drill to take care of a cavity or worse yet root

canal. Healthy People have strong teeth and gums. Your body will be flexible, graceful and fluid, you'll have pain free movement. A healthy person will have strong bones toned muscles, they'll have healthy connective tissue that protects us from injury. And if you do get hurt, you'll recover from injury more quickly. A truly healthy person will have a vibrant, satisfying sex life, we should all be capable of giving and receiving sexual pleasure. A truly healthy person will not experience digestive difficulty. They won't experience bloating or gas or acid reflux, they'll have regular elimination. They won't experience irritable bowel syndrome where one day you're constipated, and the next day you have diarrhea. Digestive difficulty is quite common. And even though it's common ordinary doesn't mean that it's normal. A really healthy person will have great energy, not too much energy, not too little, just the right amount, kind of like the Goldilocks thing. Our energy should be something we're not consciously thinking about kind of like our breath. It's just there for us all day long. A truly healthy person will have effortless, productive, enjoyable sleep. They'll be able to fall asleep quickly and wake up in the morning without an alarm clock feeling refreshed and ready to face the day. Without stimulants. Yes, I said it. We shouldn't need stimulants to get us going in the morning. Our bodies have a way of waking up by releasing cortisol to help get us started to Jumpstarters in the morning, we shouldn't have to be dependent upon energy drinks and coffee. A truly healthy person will have effortless weight control. Kind of like our energy, something we don't think about just kind of fades off into the background. It's something our weight should be something that we rarely consider. Kind of like our breath just there for us. A truly healthy person does not count calories or weigh their food. They eat until they're fully satisfied and they don't feel deprived. They eat according to their appetite. And they're never ravenously hungry. And a truly healthy person doesn't struggle with unhealthy cravings. A truly healthy person will have a strong immune system that rarely if ever gets sick. And if you do come down with a cold or a flu, the symptoms are not severe, and you recover more quickly than the average person. And this is a big one. A truly healthy person will experience graceful aging. I know Time waits for nobody we're all getting older The clock is ticking. The Anti Aging industry wants to sell us creams and lotions and surgery so that we appear to age gracefully, but a truly healthy person actually will age gracefully. I believe that we really need to shift our mindset as to why The old age should look like the Bible says in Genesis chapter six, then the Lord said, My spirit shall not strive with man forever, because he also is flesh. Nevertheless, his days shall be 120 years. So if someone lives to let's say, 90 years old, we say, Oh, they had a good long life. Well, according to that passage, that person died about 30 years prematurely. So pursuing health and wellness is not only about life extension, although that's part of it, I think we should be adding years to our life and life to our years. And I don't think it's realistic to expect anyone to live 220 years old today, our world is far too toxic, and our lives are far too stressful for them. But we can experience much more activity and mental clarity well into our latter years, and then we should, we should deteriorate quickly, and then die peacefully in our sleep one day, I don't believe anyone supposed to die of a heart attack or cancer. Those things are not normal. They might be ordinary, but they're not normal.

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David Sandstrom 21:15

Alright, the next clip is from Episode 48. And in this episode, I had Dr. David Jockers, on and he wrote a book called The fasting transformation. And he calls fasting, the most ancient, least expensive, simple and most effective way to transform your health. And I absolutely agree, it's something intermittent fasting or time restricted eating is something everyone should be doing. It's been practice for most of human history. We've just gotten away from it over the last

century or so. But it's very much health promoting at all levels of spirit, mind and body. It's one of those foundational principles that everyone should be participating in. I hope you enjoy this clip from Episode 48. With Dr. David Jockers.

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Dr. David Jockers 22:01

Really with that, like, you know, one of the biggest myths is just what I talked about is this idea that if we don't eat every few hours, we're just going to waste away and for some people, they want to lose weight. For me, I've never tried to lose weight ever in my life, I'm an ectomorph, I have thin shoulders, you know, very lean very low body fat. So I've never tried to lose weight. And yet fasting is really a has been literally a lifesaver for me, I have no idea where I'd be in my life, I'd probably be in a hospital somewhere, if even alive, if I didn't discover this has literally saved my life. And on top of that, it's allowed me to perform at my highest level in business. I'm you know, now I'm 39 I'm stronger, and I have better endurance, I recover better, less inflammation in my body than I did in my early 20s. You know, I feel better than ever, and I'm only eating typically once or twice a day. And you know, and I feel that good.

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David Sandstrom 22:56

That is really incredible. And I'd like to take just a moment here to restate what you just said for the Natural Nation. He's been fasting and he has more energy, he performs better at the gym, more strength, more mental clarity. And it's if you've never experienced the the benefits of fasting, that sounds so counterintuitive, right? But But it's true, it really is true. So share some more.

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Dr. David Jockers 23:18

Yeah, for sure. Well, that's obviously the number one thing is that you're going to waste away number two is that it slows down your metabolism, this idea that, you know, if you are trying to lose weight and you fast, then your body is gonna go into starvation mode, you're not going to be able to lose weight. Now, that's kind of a half truth. The half truth is this is that if you are on a low calorie diet, so if you're eating so you know, the average person they say, needs about 2000 calories a day. So if you're eating 1200 calories a day, every day, for you know a long period of time and you're doing it in a way where you're kind of snacking or grazing throughout the day, it definitely can have a negative effect on your metabolism. Alright, so that's not what I recommend. However, what I recommend is feast or famine cycling, and when we eat we feast and this is really ancestral. So when our ancestors had a great harvest or they killed an animal, they didn't have refrigeration, they didn't have pantries, you know the shelf life of their food was a lot less and so that when they had food they ate and they ate abundantly they ate till you know, they were they're fully satiated weren't trying to just, I'm only gonna have to enter calories now and then you know, save this, they weren't counting calories, they were eat till they're fully satiated. This is really part of our genetic blueprint. But then they would go periods of time whether it was you know, throughout the course of a day or sometimes multiple days where they didn't have access to food or at least not much food. And so because of that our body actually is really good at this sort of feast famine cycling. And when you do that when you when you do eat you feast that actually stimulates your metabolism Believe it or not actually intermittent fasting actually releases certain hormones like cortisol and norepinephrine

Things like that, that actually help with fat burning. Believe it or not, we hear bad things about cortisol. And you know, certainly we need balance when it comes to cortisol is a stress hormone. However, cortisol actually is what gives us wakefulness, energy, right? When we feel really energized, really mentally clear, that's because we get the right amount of cortisol. Without that, we feel fatigued, you don't have to get up and go,

D David Sandstrom 25:22

Cortisol wakes us up in the morning, we get a cortisol in the morning, and that's what helps us wake up in the morning.

D Dr. David Jockers 25:27

That's right. That's right. And it's also a fat burning hormone, right. And so we need that. And so when we're fasting, we elevate that. So, you know, really part of this process is really teaching your body become an efficient fat burner. So doing it right, doing it the right way, by intermittent fasting and eating your meals in a compressed time window, which we'll go through, you know, as we go on in this interview, actually teaches your body to burn fat more effectively, and actually improves your overall metabolic rate and your hormone function in general.

D David Sandstrom 25:57

Yeah, well, you know, most people will get their energy from carbohydrate, because it's a simpler metabolic process for the body to convert carbs into energy. But the problem is, when you get your your energy that way, it's kind of like throwing a newspaper on and on fire, you're gonna get a big flash of energy real quick. And then it's gonna peter out and you got to have nothing left. And your your body is far more efficient at metabolizing fat over the long haul. So when you're using fat, when you're burning fat for energy, you have sustained energy throughout the day, you don't get the sinking feeling at three in the afternoon, you need to get another cup of coffee, if you're a fat burners, is that correct?

D Dr. David Jockers 26:33

Absolutely. Plus fat is actually a much cleaner fuel. What I mean by that is, when we burn sugar, or glucose, we produce a lot of metabolic waste free radicals that trigger oxidative stress. So you think about it like a car with really bad gas mileage and really bad carbon emissions, right, not good for the environment. Whereas fat gets, it's very energy efficient, we can produce a lot of energy from a gram of fat, and then on top of that produces a lot less metabolic waste. So it's much more efficient, so you get better gas mileage and less exhaust less carbon emissions, right. So that's really what we're looking for. And then, you know, basically, just about all the cells of our body can utilize fatty acids for energy, but the brain cells cannot. And so that's why the body will actually when we're doing intermittent fasting, or when we teach the body, how to become a great fat burner, the body will take fatty acids, bring them to the liver and convert them into a water soluble molecule called ketones, and ketones are able to cross the blood brain barrier. And they're an incredible fuel source for the brain when

we think about things like depression, anxiety, brain fog, irritability, things like that. These are all conditions of brain inflammation. And when those things when we have that on a chronic basis, when we're younger, it leads to neuro degeneration, things like dementia, Alzheimer's, Parkinson's, so these are long term states of brain inflammation. When we get ketones up in the brain, it turns off inflammatory signals, there's actually something called the neuro inflammasome, which is a group of receptors in the brain that amplify the message of inflammation, it's like, it's like a big siren for the whole city. You know, instead of one police officer chasing one criminal, you know, when you get the siren going off in the city, you've got all these different police officers looking everywhere trying to find criminals. And so it's kind of what happens in our brain. So when we get ketones elevated in the brain actually turns that off. So turns off this inflammatory signal. It also turns on genes that are that promote longevity and promote optimal brain function. So it's really really good state to be in for the brain. So somebody like myself, who's very, very lean, one of the reasons why I practice intermittent fasting is because I want lower levels of inflammation in my body, and especially in my brain. So I can really think sharply and clearly have phenomenal energy be more creative and more productive. I'm not looking to lose weight, which many people are, and that's great. I'm looking for high level performance and intermittent fasting turns on these ketones and really allows me to be able to perform at my best.

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David Sandstrom 29:15

Okay, the next clip is from Episode 61. And I call this one wired for relationships. And this was an episode that was part of my 18 part series on the spiritual component of health. And I talked about here on how we're wired for relationships, and God created us to be in loving relationships. And if we live our lives contrary to that, our health will suffer as a result. So being in healthy loving relationships, promotes health, but on the flip side of that, when our relationships are are floundering and we're not in connectedness with other human beings, is detrimental to our health. So this is a really important episode. I hope you enjoy this clip from Episode 61 wired for relationships. The Bible says, It is not good for the man to be alone, I will make a helper suitable for him. From the very beginning mankind was designed to be in relationships. The Bible is God's revelation of Himself to the human race, and we should take notice that it opens and closes with weddings. In the very first chapter of the first book, we see the wedding of Adam and Eve. Likewise, in the very last chapter of the last book, we see the wedding of the Lamb and His Beloved. God himself is a relational being. We see this in a statement, Let us make man in our image in our likeness. Notice the use of the plural pronouns, us and our God has always enjoyed relational connectedness with himself through the Trinity. We are created in that great image, where chips off the old block were created as relational beings as well. As such, God pursues relational connectedness with us. The Bible is full of stories that illustrate God's relentless pursuit of his people. God isn't looking for subjects, he's looking for lovers. Greater love has no one than this, that one lay down his life for his friends, John 15:13. But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us. Romans five, eight. We love because he first loved us. First, John 4:19. When we enjoy the fruits of relational connectedness, we're honestly doing what we're designed to do. As a result, we promote health and well being. Adam seemed to have it all. He was the first human being, he was created and placed in the Garden of Eden. He had a paradise for living conditions and a close connected relationship with God himself. He spoke with him face to face. However, God declared that it wasn't good that Adam be alone. This wasn't because God couldn't supply all of Adam's needs. The answer to the question, why was it not good for Adam, to be alone is twofold. First, because Adam was wired for relationships. He had emotional needs that were God ordained to be met by other human beings. Next, and perhaps more

importantly, Adam needed someone to give his love away to. If you haven't already listened to the last episode number 60. On the power of love, you might want to go back and listen to that one. Now because we take a deep dive into what it means to embrace the kind of love God offers. We can only complete God's designed for love by first receiving love from him, then freely giving that love away in service to others. That's why it was not good for Adam to be alone. He needed someone to give his love away to. Modern science is confirming that this ancient biblical declaration to pursue relationships is good for our health. We find in a study published in the American Journal of Epidemiology that married people have significantly longer lifespans than single people. This was a large, long term study. And the research has found that lifetime single men die up to 17 years younger than married men. Women didn't fare much better. Single women under the worst case scenario, die up to 15 years younger. This study on Lifetime single people is significant because it was a meta analysis, which means it's a study of studies. It covered 60 years 95 publications, 641 risk estimates and over 500 million people. That's no small study. And furthermore, this study includes all marriages, not just good ones. In a related study published in the Harvard health news, we find this, quote, data from more than 309,000 people found that lack of strong relationships increase the risk of premature death from all causes by 50%. An effect on mortality risk roughly comparable to smoking up to 15 cigarettes a day, and greater than obesity, and physical inactivity. That's worth repeating. A lack of relational connectedness is bad for our health, and it's on par with smoking a pack of cigarettes a day, and worse for our health and obesity, and sedentary lifestyle. I'm going to put links to these studies in the show notes because I want you to look at them, go to my website davidsandstrom.com/61. And you can click on the links there and read up on these studies on your own. I encourage you to do that because this information is actually hard to believe I want you to read it for yourself. Don't just take my word for it. It's time the health and wellness industry started recognizing the biblical and current origin to pursue relationships.

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David Sandstrom 35:02

All right, the next clip is from Episode 66. In this one I called fear, anxiety and worry. Again, this is one of the most downloaded episodes that I created. And apparently a lot of people are suffering with anxiety and worry. And especially through the COVID pandemic, this was a real issue for people. And I believe it still is today. So, I get into some of the specifics further on in this episode, but I couldn't include it all in this clip. So anyway, I In this clip, I describe in a general way, how we get into experiencing fear, anxiety and worry, and what we can do to get out of it. But if you want to know all of all the specifics on how to recover from an issue with anxiety, or worry, you'll have to listen to the whole episode. There's a lot of Bible verses in here. It's a really important episode, Episode 66, fear, anxiety and worry. Here we go. As with most spiritual battles, God offers us real peace. And Satan offers us cheap counterfeits, fear, anxiety, worry and control, are poor substitutes for the peace of God available to us through faith. God's primary antidote for fear is faith. fear and faith are similar, in that they both look to the future. Now, faith is the assurance of things hoped for, the conviction of things not seen. that's found in Hebrews 11. One. Faith says, I'm not alone. God's got me covered. Fear says, I'm on my own. I need to take matters into my own hands. To be the masters of fear, we need to believe God and take him at his word. God is all knowing and in control, and he's never fearful. Here's a few verses that support that notion. Oh, the depth of the riches both of the wisdom and knowledge of God. How unsearchable are His judgments, and unfathomable His ways, For who has known the mind of the Lord, or who became His counselor? That's Romans 11:33 and 34. He placed his right hand on me saying, Do not be afraid. I am the First and the Last. Revelation 1:7. The Lord is the one who goes ahead of you. He will be with you. He will not fail you or forsake you. Do not fear or be dismayed. That's Deuteronomy 31:8. Eight. Have I

not commanded you, be strong and courageous. Do not tremble or be dismayed. For the Lord your God is with you wherever you go. That's Joshua one nine. For i in the Lord your God, who uphold your right hand who says to you do not fear I will help you. Isaiah 41:13. Cast your burden upon the Lord and He will sustain you. He will never allow the righteous to be shaken. That's Psalm 55:22. And lo, I am with you always, even to the end of the age. That's Matthew 28:20. Isn't it comforting to know that God is in control and we're not? I need to be reminded of God's promises like this now and then. Just hearing those verses right now brings me a sense of peace. We must recognize that when we're serving fear, we're not following after God. There is no neutral when it comes to this battle. We're either serving God or serving Satan. God wants truth and freedom for us. Satan uses lies and deception to keep us bound. Satan wants to use fear to disempower us, block love in our lives, and robs us of our peace. God has a different opinion on the matter, For God has not given us a spirit of fear, but of power, and of love, and a sound mind that second Timothy one seven, when fear is in control, it's paralyzing it disempowers us, we stopped doing the things we once enjoyed, and failed to take risks that are out of our small comfort zones. Also, when we're focused on the object of our fear, we're distracted from the objects of our love. When angst or fear is in control, we're worried about what's going to happen to us. Remember, God's agape love is others centered. If we're going to model God's agape love, we've got to get the focus off of ourselves in on to others. fear prevents us from doing this. Not only that, it takes courage to give our Hearts way entirely in love with abandon. Therefore, we cannot give and receive love effectively when we're in fear. All the while our minds are attacked with a lack of peace, and that chaos can destroy our health.

D

David Sandstrom 40:17

All right, the next clip is from Episode 73. And I call this one making fitness a priority with Chad Austin. Chad Austin is a fitness expert and he owns a health club. He calls it priority fitness. And he's the author of the book series make fitness a priority. And motivating people is his specialty. And he helps people commit to a fitness lifestyle over the long haul, and his lot to say on motivation, and staying committed to health and wellness for a lifetime. Chad was a great guy, one of the most popular episodes I did, and I get a lot of comments and positive feedback from this episode with Chad Austin. So enjoy this clip from Episode 73. Chad, Welcome to Natural Health Matters.

C

Chad Austin 41:05

Thanks for having me on.

D

David Sandstrom 41:06

I'm excited to talk with you. This is a really good topic because I don't know a single person has tried to get in shape. And last have been motivated for a couple of weeks lost interest and go back into their own life, their old lifestyle. So you're an expert in not only fitness, but helping people stay with it for the long term. And I know you wrote some books on that topic. So tell me about your inspiration for the book. Why did you write your book series?



C

Chad Austin 41:31

You know, when I wrote my first book, make fitness a priority, how to win the fight against your excuses, had been kind of circling around, I wanted to make more of an impact. And I knew I was gonna write about fitness and happy getting long term success. But to get direction I did a poll and my poll question online was just what are your top priorities in life? And I asked as many people as I could this question. And the top answers were always family and career. And sometimes faith was a popular answer to but yeah, but family and career were always the top ones. But never anyone said health and fitness. It was it was like the last thing and no one ever said it after everyone asked. And it just it was mind blowing to me. And after a little more research. I've done a lot of research on this now. And I've just kind of realized that fitness in our minds is always the thing we plan to get to later, right. Like as life's changes happen. And as we have to keep adapting to change, we're really good at adapting to change when it comes to our family, our career, our faith, we're terrible at adapting to it when it comes to our fitness. So in our minds, fitness is always the thing we're going to get to later when we think we're going to be less busy and have more time. And the sad thing is that just that day never comes. And so we just have to learn that even though we're busy, and we have all these challenges and obstacles we face every day, we can still make fitness a priority right now. And if we choose to do that we can make our lives better.

D

David Sandstrom 42:57

Absolutely. You know that there really strikes a chord with me because, you know, I believe that we should be living the abundant life. And I've I've met very few people that I would say are really living the life that they were designed for that that purpose driven life. And fitness is a big part of that, you know, if you're struggling with a health issue, you don't have the energy to face your day, you're not sleeping well. Or you're dealing with aches and pains or some type of digestive issue. These are going to really distract you from living life to the fullest. And I love what you said about it not being urgent, you know, I think was Stephen Covey and Seven Habits of Highly Highly Effective People. He said, The funny thing is the urgent things in life tend to not be so important. And the important things in life tend to not be so urgent. So you're trying to flip that around and say yeah, let's make this a priority, so that we can enjoy our lives more fully.

C

Chad Austin 43:48

If you're someone who is trying to make fitness a permanent part of your life. And then one thing that you need to know going into it is that there's nothing about making fitness a priority in your life. That means you have to be perfect. And if that's you can't strive for that because we're human and we're going to make mistakes, mistakes are going to happen all the time. Whenever you fail. That doesn't end your fitness journey that doesn't end your goal. All it what you have to remember is it's what you do next that counts. So failing is part of the part of your fitness story fitness journey. It doesn't have to stop you it doesn't define you what defines you is how you respond and how you get back on track.

D

David Sandstrom 44:25

Okay, the last clip is from Episode 90 And this is called how to resolve migraines naturally with Naturopathic Doctor Travis Reuter. She is very like minded. She's a naturopath like myself

naturopathic Doctor Tanya Paynter. She is very like minded. She's a naturopath like myself, and she has a practice where she helps people get over migraines not just treat their migraine symptoms and not just reduce the frequency but actually get over their migraine issue and she has a 91% success rate in resolving migraines with people this is absolutely phenomenal. And she does it by using a whole person approach, spirit, mind and body. And we're very like minded. And I thought I'd include this as last clip, because it's an example of what this approach to health can do for you. So I hope you enjoy this clip with Dr. Tanya Paynter, Episode 90. Just speak to the idea of how a naturopath goes about even starting off with a patient that has 20 migraines a month.

D

Dr. Tanya Paynter 45:24

Yeah, yeah, well, first of all, we want to use every every tool available, right? A lot of people think that as a naturopathic doctor, you don't you're you're very anti medicine. And you know, you don't want to do medications. And, and while it's true, there are some medications that are not great. There are others that are amazing. So we want to make sure that we're using all tools, and then we approach things from a whole body perspective. And what that means is, you know, there, there is so much research out there on migraines, and all of the different things that contributes to somebody with migraines. So we know that there's some genetics, we know that there's neurotransmitter imbalances, we know that there's hypersensitive pain pathways involved, we know that there's some cellular dysfunction that's happening that's contributing, you know, and I can list you know, about I have a list of about 50, or 60, different things that research has shown is connected or correlates with an increased migraine pattern. So, I've compiled all of that over, you know, my the last decade of treating women with migraines, and really started to understand kind of the big picture of what's going on. So we look at hormones, we look at the neurotransmitters, we look at how the genes are functioning, there's a lot of lifestyle stuff that we need to learn because we live in a very toxic world with a lot of chemical exposures, a lot of synthetic synthetic fragrances and cleaning products and things that we just don't really think about, because it's just how we do stuff. But somebody with a migraine body has to be a lot more aware of those kinds of things. So we really help our clients to understand, alright, what are they being exposed to, that's not helping their situation, but then also evaluating their biochemistry to understand what is out of balance across the entire body, not just as I said, not just endocrinology, not just gastroenterology, not just neurology, but all of it, and then putting it together in a particular combination for that individual, understanding that they're not all going to have the same issues, but they have their unique collection of issues. And we need to figure out what those are for them. Whether it's a hormone, neurotransmitter and genetic imbalance, whether it's a detoxification and nutrient depletion issue, we have to figure out that unique combination for that individual. And that's one of the reasons why migraines can be so hard to treat is because it's not a one size fits all thing. It's a very individualized understanding of that person's imbalances.

D

David Sandstrom 47:49

Yeah. So has it been your experience that most of the patients that come to you, they've been to medical doctor and been on some meds, and it hasn't worked? And that's why they find themselves in your office? Is that Ben, has that been your experience?

D

Dr. Tanya Paynter 48:03

 Dr. Tally Paynter 46:03

Yes, it has been, you know, the statistics show that about 40% of people with chronic migraines don't respond to medication? Well, so they're considered uncontrolled. And that's a really high percentage, right. So it's usually the women that that have been to all the different doctors, they've a lot of times been to, you know, some of the really prominent medical facilities in the country. And they just still have not been able to figure out what's going on the devices don't work for them, the supplements they hear don't work for them, all the different modalities don't work for them. And it's a matter of putting all of them together in a specific combination for that person. But it takes some it takes some investigation work, right, we need to really dig deep to figure out what's going on with their body and working on adjusting things for them.

 David Sandstrom 48:52

Right, the the functional or holistic practitioner has to put their detective hat on and do a little detective work to find out what where's the root here, not just treat symptoms, which is appropriate at times, right. If someone's really, really suffering, they might need some symptom relief. But over the long haul, we need to look at holistic principles. And I wrote I wrote a book called The Christians guide to Holistic Health. And it's my contention that we maximize our health potential no matter what we're dealing with, by aligning our lives more fully with God's natural design for spirit, mind and body. And it sounds to me like that's pretty much your approach. You look at a whole person approach human beings, our spirit, we have a mind or a soul. And we live in a body. And when we get when we start to look at a comprehensive approach to health care, we can't afford to ignore any part of a human being it's they're all important.

 David Sandstrom 49:43

All right. I hope you enjoyed those podcasts clips. That was just some of the highlights really just scratched the surface of what's in those last 100 episodes. There's a boatload of good content there. I encourage you to go back through the archives, go to my website davidsandstrom.com/podcast And they're you can search the archives and see something looks interesting. Go ahead and click on it and listen to some of those back episodes. There's some really good stuff on there. You know, there's some shows that are doing current events or politics that a week later after they're published the it's old. It's old stuff and it gets stale. Well, this information, every episode I've got is timeless. There is no timeframe. There's no expiration dates this information. So I encourage you to go back and search the archives and listen to some of the some of those older episodes. They're really good. I think you'll be blessed by doing it. That's all for now. Thanks for listening, and I'll talk with you next week. Be blessed