

144 - Full ep.

Tue, Jun 04, 2024 1:53PM 32:21

SUMMARY KEYWORDS

health, god, years, vitality, life, body, approach, world, aging gracefully, caleb, love, jesus, health outcomes, chronic health challenge, word, healthy lifestyle, find, design, christian, dispatch

SPEAKERS

David Sandstrom

D David Sandstrom 00:00

Well, if you've been listening to the show, you know that a couple weeks ago, Natural Health Matters became Christian healthy lifestyle, we rebranded, and I wanted to dedicate a whole episode so that you the natural nation, or anyone new to the show can get real clear on what being a listener of the show can do for you. I want to explain what it is you can find here. What it is I'm trying to accomplish with the show. And I want you to know what's in it for you. I want to give you a few reasons why you should subscribe and become a follower or a regular listener to the show. So I want to do that by unpacking the words that I chose for the name, the new name, as well as the new tagline. Welcome to the Christian Healthy Lifestyle podcast where I help Christians over 40 maximize their health potential, so they can age gracefully, live abundantly, and be thoroughly equipped for every good work. I'm your host, David Sandstrom, naturopathic doctor and biblical Health Coach. And this is episode number 144. So here we are Christian healthy lifestyle. So when speaking to a Christian audience, that's not to say that if you're not a follower of Jesus Christ, that you can't get something out of this information. You certainly can. But I am a follower of Jesus Christ. And I have been for the last 32 years. And I have a heart to serve my brothers and sisters in Christ. And one of the things I've noticed over the years, is that I've been a part of many Bible studies. And when we finish our study, as a group, we generally go around the room and ask people if they have any prayer requests. And I would say the majority of the time, those prayer requests centered around some kind of a health concern, either for themselves or for a loved one. And I'm always dismayed at that. Because really, as followers of Christ, we have God's user manual for life, so to speak, we have the word of God. And I believe that if we're living the kind of lifestyle that God desires for us, that is health promoting, and it saddens me to see that I think when it comes to taking care of ourselves, we the Christian community are not a lot different from the world, maybe even worse. I believe that in a lot of ways, the world is having more influence on the church than the church is having on the world. And that saddens me, we're supposed to be salt and light. And we understand that our bodies are the temple, the Holy Spirit. And we often embrace the same type of healthcare style that the world does, we hope that we don't get sick. And when we do get sick, we run to the doctor. We want to take more or less the drive-thru approach to health care and have a brief visit with a doctor and walk out with a prescription in hand for some pill, potion or lotion. And we're unable to accept a greater personal responsibility for our own health outcomes. And I believe we should be partnering with God, when it comes to our health

outcomes. Want to talk more about that in just a minute. But anyway, we need to understand that our bodies are extremely complex, and very durable. Psalm 139:14 says this, I will give thanks to you, for I am fearfully and wonderfully made. Wonderful are Your works, and my soul knows it very well. By acknowledging our divine design, I believe that should motivate us to be different have a different approach and a much more proactive approach to taking care of ourselves. I'm a naturopathic doctor, and I see a great deal of overlap between the natural approach to health, wellness, and biblical teaching as to how God prefers that we live our lives. We've got to understand that what we don't know can hurt us. Many of you know that I was a career airline pilot and I flew for a major airline here out of Atlanta for 32 years. And back in 1999, had a flight and we were saying goodbye to the past just like we normally do. And JFK Jr. was on the flight. And he came up and said hello. And he introduced himself and told me that he just recently got his pilot's license and really enjoyed aviation. We showed him around the cockpit talk for a couple of minutes very, very pleasant guy. But a week later, he took off in his private airplane out of Essex County, New Jersey for Martha's Vineyard. And it was a night flight. And since he was a new pilot, he was not instrument rated. He was only trained to fly in visual conditions. And when you get over the water at night with no lights, you lose your horizon line. It's basically a black hole out there. And you cannot fly visually anymore. You have to fly the airplane on instruments, which he was not trained to do. And what he ended up doing was getting the airplane in a steep spiral and that he couldn't recover from the airplane spiraled right into the water and killed everybody on board. very tragic. So his problem was he didn't know how much he didn't know, because he had an odd autopilot that could have easily kept his wings level off until he got close to Martha's Vineyard. And he had some lights, and he could pick up the visual horizon line again. But he didn't know how to use that autopilot because he wasn't trained to do it. He only had a private pilot's license. And he didn't receive any advanced training. And he didn't know how much you didn't know. And it ended up with a very tragic outcome. So my purpose with this podcast is to provide you with information to not only improve your health, but your whole life and, as a result, enhance your effectiveness in walking in your God given purpose. Hosea 4:6 says this, My people are destroyed for lack of knowledge. That Hebrew word for destroyed is dama. And in context, it doesn't mean that you're going to be killed. The dama means to be cut off or to bring to silence. You see the enemy of our souls Satan, he knows how dangerous we can be for the kingdom, any fears it. So his goal is to deactivate us. He wants to silence us, he wants to make us have no use to Kingdom work, or at least limit our effectiveness when it comes to Kingdom work. One of the ways he does that one of the more effective ways is by getting us to believe the lie that our health outcomes are largely genetically determined, and we have little to no control over them. And we get lulled into this apathetic lifestyle that often leads to chronic degenerative diseases. That way, he can take us out of the game by distracting us with some chronic health challenge. And therefore he silences us and reduces our effectiveness for Kingdom work. So there is a battle going on, we've got to address this a bit of acknowledging that I'm a naturopathic doctor, and my approach to health is a holistic one. And I literally wrote the book on holistic health from a Christian perspective, it's called the Christians Guide to Holistic Health, you can pick it up on Amazon, it's available in all formats, paperback, hardcover, Kindle and audible. In my book, I talk about the idea that we're created in God's image. And God is exists in three persons, Father, Son, and Holy Spirit. And we are creatures created in His image. And we are also triune, or trichotomy. beings, we are spirit, we have a mind, and we live in a body. And if we want to really maximize our health potential, we've got to address all three areas to what we are. See, God is concerned about all three areas. First, Thessalonians 5:23 says, Now may the God of peace Himself sanctify you entirely. In May your spirit, soul and body be preserved complete. So God's concerned about all three parts of who and what we are, and so should we. Now, the other part of the name healthy lifestyle, Christian healthy lifestyle, let's talk about that from it. 75% to 90% of all doctor visits are stress related. And the World Health

Organization has determined that 61% of all deaths worldwide are from chronic degenerative diseases, or CDDs. Stress and CDDs are very much influenced by our lifestyle choices. And therefore we can have influence over our health outcomes. We're not victims of a cruel game of genetic roulette, we have agency and we have choices to make. And those lifestyle choices we make have a great deal to do with our health outcomes. Lifestyle choices like diet, exercise, stress reduction, surrendering to God's goodness, practicing an attitude of gratitude, and practicing kindness, reducing loneliness by having strong connected relationships, prayer and meditation, addressing our limiting beliefs, emotional intelligence, and we're going to be discussing all of that and more on future episodes, because the choices we make in these areas have a profound impact on our health and well being.

D

David Sandstrom 09:14

One of the important concepts and understand is the concept of total body load. Now, the natural approach to health or the naturopathic approach to health looks something like this. Imagine a 2X4 straddled across a couple of sawhorses and that to buy for when it's empty is strong and durable. But what if I started stacking bricks on top of that two by four, a few bricks would be no problem. The two by four would handle a few bricks very easily. But if I kept stacking bricks, a two by four is going to start to sag a little bit. And it's going to come a point where adding one more brick, and that two by four will snap. So was the problem the last brick that I put on top of the 2X4? Is that what caused the 2X4 to break? Or was it the total load of bricks underneath that caused it to break? It's the total load. And the same is true with our approach to health. The empty 2X4 can be thought of our physical vitality. Think 21 year old Olympic athletes strong and durable. And the bricks can be thought of as the health blocking factors, the things that impede our health and wellness, we can handle a few of those no problem. But when we start stacking bricks and more health blocking factors, one on top of the other, our we start to develop symptoms, and we start to feel it. And when the two by fours snaps, that's when we have some kind of chronic degenerative disease condition. So we build health by reducing the amount of bricks or the total body load that our body is burdened with. Now, as good as that metaphor is, it's not really complete, because we also have health enhancing factors that we want to address. And what we want to do is create a lopsided seesaw, where we have a lot more health enhancing factors on one side, and very few health blocking factors on the other. That's the way we reduce our total body load, and we embrace a natural, healthy lifestyle. So there's movement out there called biohacking. And I'm not really a fan of that term, because it implies that we're going to outsmart God, and we're going to somehow biohack our way into health and wellness. And I believe that we enhance our health and wellness by cooperating with our divine design, not trying to outsmart that design with some technique. So why people over 40 why Christians over 40? Well, when I had my health coaching practice, I noticed that people that came to me were tended to be a little bit older. I didn't have anybody come to me who was in their 20s. See, when we're in our 20s, we tend to think we're more or less invincible, we don't need any help. But when we get a little bit older, when we're 40 or more, we start to realize that we're not invincible, and we start looking at life as not so much how many years we have behind us, but how many years we have left. And then we start maybe questioning the doctor's advice, and looking for alternatives to the traditional medical paradigm. Now, I'm not totally against drugs and surgery they have their place, they're great with emergencies. Our doctors and nurses in hospitals here in the US are second to none. And when it comes to emergencies, that style of health care really shines. But when it comes to chronic health challenges, that style of healthcare kind of loses its luster. And it's not anywhere near as effective as a natural approach to health. So if you're over 40, or even into your 60s 70s and 80s, I believe our best years are ahead. And because we have more

life experience to apply more wisdom to share, unless we're bothered or bogged down by a chronic health challenge. And we're busy tending to those needs, as opposed to serving others, and really living a fulfilling life. So the other part is, I want to help people maximize their health potential. So we all have tremendous health potential because of our divine design. Health is our default setting. We call this concept in nature off day, we call it vitalism. And as believers and followers of Jesus Christ, we should just be in awe at the complexity of the human body. Again, we're fearfully and wonderfully made, right? And most cell biologists agree that the adult human body has something like 75 trillion cells. Now that's a lot of cells. And when I do seminars, and I speak in front of groups, I sometimes ask people, How long do you think it would take to count 75 trillion seconds? And usually, some will raise their hand and say something like 150 years. And someone else might be as bold to raise their hand and say, No, it's 10,000 years? Well, I did the math on this 75 trillion seconds is actually 3.2 million years. That's a lot of seconds. And that's a lot of cells. And all of them are constantly communicating with their environment and the other cells in the body. And every one of those cells knows how to do their job. Okay, we have a God given built in intelligence, and our default setting is health. So let me illustrate this point. If I were to cut my finger with a kitchen knife, my body knows how to respond. I don't have to tell my body how to dispatch fibrin and other clotting factors to stop the bleeding. I don't have to tell my body how to dispatch white blood cells to fight off any would be infection that might be present at the Beside of the wound, and I don't have to tell my body how to dispatch, cholesterol and other cellular repair proteins to start repairing that laceration, my body will automatically form a scab, and then dispatch enzymes to dissolve the scab when it's no longer needed. Our body knows how to do that all of our cells are programmed with a built in intelligence. And our default setting is health. So our bodies will heal themselves with God's help. The practitioners job is not to heal you. The practitioners job is to help you identify the obstacles that are blocking your body's ability to do what it already knows how to do, and that is to thrive. And if you want to know more about that, listen to episode 136, where I talked with Dr. Ben Raul, and he wrote a book called designed to heal. And he's a follower of Jesus Christ. And he's really a great guy. And it was great episodes if you want to dig into the concept of vitalism and how our bodies are designed to heal, check out episode 136. So the other part of the tagline is, I want to help you age gracefully. In Genesis chapter six, verse three, we find this, 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 prior to that people lived for hundreds of years, centuries. But Moses died at 120. Sarah, Abraham's wife, she died at 127. Now today is someone dies at 100 years old, they become a Centerion. We say Man, they lived a good long life. But according to this biblical teaching right here in Genesis six, that person probably died about 20 years premature. Now, I don't think expecting live to 120 These days, it's realistic, our world is far too toxic, and our lifestyles are far too stressful, and our food supply is way compromised. So expecting live 120 years today is a little bit unrealistic. But I believe that we should be able to thrive in hold on to our vitality and our mental clarity and be aware of our surroundings and have energy in a positive mood well into our 80s and even 90s. I believe our vitality should be more like a candle than a flashlight. See, the medical model says that our vitality is more or less like a flashlight with some D batteries in it. When we first turned internal our fresh batteries that light shines and nice and bright. But as we get older, slowly over time, those batteries start to lose their juice and our vitality starts to fade especially over 40. And slowly and over long process. That light gets dimmer and dimmer until eventually it just goes out and dies. Now I suggest that our vitality should be more like a candle. When you light that candle, it burns bright, and it continues to burn bright all the way down to that candle gets very, very small. Then at the very end, the flame flickers few times and goes out. That's the way our vitality should be. It should be there for us well into our later years. I love the story about Caleb. So Caleb was one of the 10 spies that Moses sent out to go spy out the promised land when God said it was time to take the promised land. And Joshua

and Caleb came back and said yeah, that the land is flowing with milk and honey. Let's take it. God said we can have it let's go ahead but the other eight were afraid, overcome by fear and they said no, we can't do it. We'll get destroyed this there's giants living in the land, we can't defeat them. And the eight, the majority of the eight one out and the Israelites ended up roaming in the desert for another 40 years.

D

David Sandstrom 18:49

So 40 years later, and Joshua chapter four we see Caleb saying this. So here I am today, at five years old. I am still as strong today as the day Moses sent me out. I'm just as vigorous to go out to battle now as I was then. Now give me this hill country that the Lord promised me that day. Oh, I love Caleb, this guy is great. He's my hero. And I want to be more like Caleb, I want to be strong and vital. Well into my mid 80s. That's that should be our goal. And I believe that we embrace a healthy lifestyle, we will automatically age gracefully, or we won't have to pursue it. It'll happen automatically. I believe the same thing is true with losing weight. I've said this for quite some time. We don't lose weight to get healthy. We get healthy in order to lose weight. Because someone who's healthy doesn't struggle with their weight. It happens automatically because the body knows how to maintain a weight that's that's proper. So Aging Gracefully is not a matter of finding the right eye cream or finding a good plastic surgeon to make you appear to age gracefully. We have race a healthy lifestyle, we automatically will age gracefully. It happens by default, because that's part of our divine design. We won't have to chase it down, Aging Gracefully will happen automatically. So the other part of that tagline is live abundantly. Now, there's a lot here, there's so much to say on this topic, John 10:10. Many of you are familiar with this first, but I'm going to read it for you. Jesus said, I have come that they may have life and have it more abundantly. The abundant life is fulfilling our purpose and reaching our full potential as human beings and spirit, mind and body. Embracing the Christian healthy lifestyle is so much more than pray this prayer and your you'll go to heaven when you die. Jesus offer is life, capital L I F E, this side of heaven and beyond. Psalm 27:13 says this, I would have despaired unless I believed that I would see the goodness of the Lord in the land of the living. That's the here and now. So So make no mistake about it. The offer is abundant life for this life, and the life hereafter. Now, Jesus definition of the one life is very different than the world's definition. The world is into self promotion. They're chasing after power, possessions, and wealth. And the world defines success in life, when you can accumulate as much of that as you can for yourself. Now Jesus approach is altogether different. He says in Matthew, chapter six, for the world, eagerly seeks all these things, But seek first his kingdom and his righteousness, and all these things will be added to you. So Jesus approach to blended living is very, very different from the world's, you know, it's no surprise that the world embraces Darwinian evolution. So if they don't believe in God, then they have to believe in something. And Charles Darwin gave the atheist something to believe in. And Darwinian evolution is the apex of self promotion, survival of the fittest, Dog-EatDog that says, I'm willing to kill you, so that I might live. And Jesus says, I'm willing to lay my life down or die for you so that you might live. One approach brings chaos, stress and strife. And the other approach brings peace, joy, happiness in life. Now, I don't have to tell you which approach is better for your health and well being, according to Jesus, real life is found by knowing God. Jesus said in John chapter 17, verse 3 and this is eternal life, that they may know You, the only true God and Jesus Christ, whom you have sent. When we get to know God, what do we discover? We discover God's core nature and his primary attribute is love. In first, John 4:16, we see this, God is love. And he who abides in love abides in God, and God in him. That word for love there is not talking about eros, which is romantic love. It's agape, which is an others centered, selfless kind of love. So God's love is always beneficent. It's always others centered. The only chance we have of apprehending the

abundant life that Jesus makes available to us, is to get the focus off ourselves in on to others. And knowing God should cause us to become more generous, generous with our time with our resources. If we're living abundantly, we'll be using our passions, talents and gifts in service to others, and thereby, advance the Kingdom of God here on Earth. It's right the Lord's Prayer, Thy kingdom come, thy will be done on earth as it is in heaven. That's what we're doing here. That's our purpose. It truly is more blessed to give than to receive by serving others. That's where we find true happiness and real joy. not out of duty. Not because we have to, but because we get to see the difference? Everyone has their own individual zone of genius, that sweet spot, that that's something that we're really good at, that something that doesn't feel like work to us, and it really floats our boat, and brings us joy. That sweet spot is unique to each and every one of us. And it is God given. God placed it there so that we can be effective in fulfilling our purpose, to serve others and be a blessing to them and therefore, bring glory to God. To that end, God wants us to succeed So the abundant life is fulfilling our purpose and reaching our full potential as human beings, spirit, mind and body so that we can be effective in our service to others. When God blesses us, He wants us to be a blessing to other people. And so he doesn't want us to just survive. He wants us to thrive. So He equips us for our assignments. You see, we can only give out of our abundance, we can't give what we don't have the giving of our gifts, talents and abilities that shouldn't deplete us. It should energize us. And it's what I call the reservoir principle, a reservoir or a large basin of water needs to be filled by some outside source, like a stream or a river or an aquifer that's flowing underground, that fills that basin from within. And once that basin is full of water, that water can spill over the top. And that way the reservoir can give its water without being depleted itself. That's God's design for us exercising our gifts and talents. He gives us our gifts and talents and our passions and abilities. And he wants us to share those with others. But he fills us up first and He equips us for the task. That's the way God wants us to be in service to others. So God's rooting for us, He wants us to hit the homerun when it comes to this. So he wants to remove any obstacles that are impeding us from fulfilling our mission and experiencing Abundant Living. God knows that compromised health hinders the process of us being in service to others. If our mental clarity is compromised, our energy is lacking. If we're busy dealing with a chronic health challenge, like chronic fatigue, obesity, and the like, if our get up and go is got up and gone. Our our effectiveness is hindered. That's why God's desire for us as health. That's why we see Jesus spending so much time healing people in the Gospels. His desire was that they become more whole, because Jesus knew that poor health would compromise their ability to hear the life giving message he had for them to not only secure their eternal future in life hereafter, but also enjoy all the benefits of knowing him here on Earth. The same is true today. When God gives us an admonition, he always has our well being in mind. Check out this verse here. Proverbs chapter 4 verses 20 through 22. I love this, my son, give attention to my words, incline your ear to my sayings. Do not let them depart from your sight, keep them in the midst of your heart, but they are life to those who find them, and health to other body. That's the word of God, folks, I didn't make that up. I'm just reading it to you. There's that word life again. And it's connected to health and body. We already mentioned that God created us as three part beings, and he cares about every part of who we are. spiritual maturity, mental, emotional fitness, and physical well being are all connected, we can't separate the three. And because that's true, better health produces more fruit of the Spirit, love, joy and peace, and more fruit of the Spirit produces better health. That's God's design. Poor health should be the rare exception to the rule, not the norm. That's true for everyone. But it should be especially true for the Christian community.

D

David Sandstrom 28:41

The last part of the tagline is to be thoroughly equipped for every good work. Ephesians 2:10 says this, For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, so that we would walk in them. Some translations use the word masterpiece instead of workmanship. So we are God's masterpieces designed to be in service to the king and advance his kingdom here on earth. When we're walking in those ways, it brings fulfillment and joy unspeakable. We also find this in Second Timothy, 3:16 and 17. All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness, so that the man of God may be thoroughly equipped for every good work. God wants us to become intimately acquainted with his word or his user manual for life so that he can thoroughly equip us for the good works he had in mind when he created us. I contend that enjoying vibrant health is part of that equipping. Now this is not name-it-and-claim-it. it's actually the exact opposite name-it-and -claim-it puts self on the throne in seeks to paint God there to a corner and make him perform for us like a circus animal. I'm advocating the exact opposite of that. If you will listen to this show for any length of time, you know that I say, we maximize our health potential by aligning our lives more fully with God's natural design for spirit, mind and body, and maximizing our health potential begins with surrendering to God's love and goodness, we need to be willing to humble ourselves and submit to God's way of doing things. We need to die to self and embrace doing things God's way, and trust the outcomes to him. That's my approach to life. And that's my approach to health. So the objective behind Christian healthy lifestyle here on this show, my desire is to equip you with knowledge that you can use to become more whole and therefore improve your health outcomes on every level, spirit, mind and body. So that way, we not only enjoy the fruit of Aging Gracefully, and maybe even turning back the clock and feeling like we did 10 years ago. But to fulfill our potential by using our gifts, talents and abilities are our God given passions and desires to advance his kingdom here on earth. That's what this show is about. If that message is resonating with you, I encourage you to subscribe to the show. Follow the show on your favorite podcast, listening platform, Apple podcast, Spotify. Subscribe on YouTube, wherever you prefer. Please remember, whole person health from a biblical perspective is hard to come by. And if you're enjoying this show, don't just keep it to yourself. Be generous. Share the show with somebody you know, I want you to go to my website ChristianHealthyLifestyle.com/144. copy that URL and share this episode with like minded friend. You can text it to him, email it to him whatever you want. I believe they'll thank you for it. I believe they'll appreciate you letting them know about the show. So that's it for now. Thank you for listening. I enjoyed serving you and I look forward to serving you in the future with future episodes. I'll talk with you next time be blessed.