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SPEAKERS

David Sandstrom, Dave Jackson

David Sandstrom 00:00

Here's a sample of what you'll hear on this episode of Christian Healthy Lifestyle.

Dave Jackson 00:04

You can't out exercise a bad diet. Yep. Like as much as its exercise more and eat less. It's like, Yeah, but that exercise, it's healthy. And it's good for you keeps you, you know, limber and things like that. But I'm like, in the end, it's the food. So anytime I gain weight, it's like, okay, yeah, maybe I didn't ride the bike as long as I should have. But let's look at what Oh, what's this Dairy Queen? Oh, yeah, maybe that's not a good choice. But I turned 59 this year. And I don't consider myself old. But I don't consider myself as young as I used to. And that's just where I'm finally starting to feel like, huh, this, this used to be easier. Maybe you're not a big fan of just, you know, three hours of bench pressing. Okay, let's find something else that you know, I just started doing yoga, which, you know, a lot of people think, oh, yoga, you sit on a mat and go own like, No, you can, you can kind of ditch the spirituality. But there's all sorts of ways to bend yourself into a pretzel, and just your body changes. Yeah, there are things that happen. You know, we'll make this funny, but I lost my butt along the way. And now I have to wear a belt. Not because But literally, my pants will fall down because nobody told me when you get old, you lose your butt. And I'm like, Wait, why? Why won't you know? And I'm like, it's the same size pants. It just they don't stay up. So I'm like, Alright, I gotta invest in a bell.

David Sandstrom 01:25

Welcome to the Christian Healthy Lifestyle podcast where I help Christians over 40 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 147. I'm inviting all listeners of this show anyone in the Natural Nation to do a health coaching session with me for free. No strings attached. I'm not going to try to sell you anything. I'm offering this for free, because you'll be helping me create some content for the show. Go to my website, Christianhealthylifestyle.com/audit, click on the button labeled schedule a lifestyle

audit, answer a few questions and you'll be all set up. You'll come on the show with me, it won't be live. It'll be pre recorded. We'll have a 20 minute conversation online, I'll provide some pointers to get you going in the right direction. And we'll make an episode out of it. For a limited time. If you do a lifestyle audit, I'll mail you a softcover copy of my book for free. So again, go to my website, Christianhealthylifestyle.com/audit, click on the button there and you'll be on your way to a better health and vitality. I look forward to hearing from you.

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David Sandstrom 02:35

Today we have in the show Dave Jackson. Dave launched the school of podcasting in 2005. He's been helping people understand technology for 20 plus years, as a corporate trainer and podcast consultant, Dave Jackson was entered in the podcasting Hall of Fame in 2018. He's the author of the book profit from your podcast, proven strategies to list to turn listeners into a livelihood, the school podcast and the show has over 3.2 million downloads. You can find the show at www.Schoolofpodcasting.com. Dave, welcome to Christian Healthy Lifestyle.

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Dave Jackson 03:09

Oh, thanks for having me.

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David Sandstrom 03:11

It's a pleasure to to speak with you, Dave. It's a pleasure to meet you. And I appreciate you giving us the time. You know, I wanted to I wanted to have an episode about work life balance. And I know that you've been an entrepreneur, and, and a full time employee for quite some time and enjoyed a lot of success in both of those areas. And I'm betting you learned a thing or two along the way about time management and prioritizing goals. And those kinds of things, what works and what doesn't. So I'd love to pick your brain a little bit about how you handle things.

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Dave Jackson 03:38

Yeah, absolutely. The it's a it's a struggle. And if you don't focus on it, you know, if you don't focus on your time, people will just take it is really what amounts to so you have to be very careful with it.

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David Sandstrom 03:50

Yeah, absolutely. So I'm wondering, excuse me, I'm wondering with all that you have going on? I mean, what are some of the techniques that you use to keep your head above water?

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Dave Jackson 03:59

Yes, a lot of it is. It sounds weird, you make mistakes, and then you have to identify them. So

you can then kind of occasionally step back and look at yourself kind of like from a third person point of view. And one of the first things I did was I used to teach a time management class back in when I was a corporate trainer. And I would just tell people, today it would just tell them to set their phone for an hour. And then every hour when it goes off, write down what you're doing. And so obviously you're not going to do that while you're sleeping that one you you know, but that when you start when you stop, but I was amazed at just how much stuff we just you know, watching Seinfeld and Friends reruns or you know a movie you've already seen or like I don't, I don't really watch live TV anymore. Almost always if I want to watch a show. I will tape it so I can fast forward through the commercials. The other thing I've done is I this is more of a money tip Right, like right now I'm watching Netflix, but I used to have HBO Peacock, I had them all, basically. And I was watching like one show on each of them. And I'm like, Well, this is stupid. I'm not that I'm, it's gonna bankrupt me. But I was like, like, right now I'm just about out of things to watch on Netflix. So I'm gonna go over, I think, to Apple TV, because there's a Steve Martin documentary I want to watch. So only watching things that I want to do, or I want, you know, that's going to help me or, you know, entertained because there are times when you have to turn off your brain. So there are plenty of times like that. But that's, that's just the first one was awareness. And I've also noticed now, because sometimes I'll be doing research on YouTube. And as I go into YouTube, there's a little voice in my head that says, you're going into YouTube, this is a dangerous place, what are we going into YouTube? For? What are we researching? And let's say that because especially with shorts, you know, you click on one, and that leads to too, which leads to wait, how is it 1:30 In the morning already? So I have to be careful. So YouTube is one Facebook groups, I can kind of go down rabbit holes, I guess that's really what amounts to is identifying rabbit holes and you know them. So it's, it's a case of let's say, I was on Reddit, is another one I'll go in and I'm researching what people are talking about. And I'll look up and oh, man, I can't believe I just wasted an hour and a half in here. And it's just a little note itself like, Okay, we're gonna add this to the dangerous list. And so it's just stuff like that. And then the other thing I do, and I'm the I just started doing this, because I don't know if you're guilty of this of like, okay, well, when I get done with this, then I'll exercise. When I do this, then I'll do that. And I started noticing that that then I will just never happen. Yeah. And so you have to prioritize what is like, what's the biggest priority here? Is there anything here that is time sensitive, and things like that. So what I'm trying to do now that I recently switched, because it was always like, Oh, I'll go do my podcast stuff. And then I'll exercise and then I'll go to bed. And it was always like, I will do my podcast stuff and oopsie I guess I'm going to bed. That's alright, I'll exercise tomorrow. So now it's, you know, get out of work, cook your dinner, sit down, relax, while you're eating your dinner, don't don't scarf it down over the the sink or whatever. And then it's exercise. That's the more important thing. And then do your podcast thing. Now that cuts down on the time you had to do whatever you're you're doing. In my case, it's podcast stuff, or editing and things like that. But I've also noticed that it doesn't matter if I have three hours or one hour, I usually can get whatever I want to get done in that time. It's rarely do I go, Oh, man, I'm out of time I gotta go to bed. It's, and that just shows me that maybe I'm not being as efficient as I could be. When I'm doing, you know, editing or things like that. So but priorities and yeah, monitoring what you're doing.

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David Sandstrom 07:51

I liked the idea that you brought up priorities. You know, my wife and I were leading marriage groups for the past 11 years. And one of the things we encourage couples to do is to have a staff meeting once a week. And the reason why we use the term staff meeting is because we want them to make it a priority, put it on your calendar, just like you wouldn't important meeting at work. Because really, I mean, is there is there more important relationship than you

and your spouse, right? So prioritizing that and saying, hey, you know, it's going to be let's say, 10am, Monday mornings. And if someone says, Hey, I want to do something that time you just you don't have to say, look, I'm going to be with my wife. You just say, Hey, I've got a meeting, then can we can we make it another time? Right? You're not lying. You just have your priorities. And that's if we don't plan for it. As you said earlier, people are going to fill up our schedule for us, right, we have to really be deliberate about sticking to what we want to get done, don't we?

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Dave Jackson 08:42

Absolutely. And you made a great point there. Well, I'm currently divorced. But when I was married, I had my hobbies and such like that. And one of those is podcasting. And I always assumed that my wife didn't like podcasting at all. She didn't want me to do it, because it was always like, are you because mainly I would, I didn't intend to live but I'm like, I'm gonna go check my email be back in 15 minutes. And she's like, okay, you know, an hour and a half later, I come back into the living room. Yeah. And so, the one day, we just sat down and she said, Well, how much time do you need to do your stuff? And I go, I could probably do like Tuesdays Thursdays and a little bit on Saturday morning. And she went, Okay, and I expect her to her to say like, What do you mean, that's that's way too now. She's like, Okay, are you sure that's it? And I'm like, Yeah, I think if I was focused, I could get what I need to do in that time. And she's like, okay, and so sometimes we have, you know, you get into situations with spouses where you just, you've already answered for them and you find out later that you know, they didn't think anything of it. And likewise, I remember the one day I used to buy her roses every Tuesday she loves yellow roses, so every Tuesday at buy roses on the way home, and the one day she looked at me she goes you know it is so thoughtful that you buy these flowers. And you know I love these flowers she goes but if you really want to score some points So, you know, you could run the vacuum every now and then, or maybe have dinner on the table when I have a long day. And I was like, oh, so sometimes you think you're scoring points? And you're not. And it's just so those, those weekly meetings you talked about sound like a brilliant idea.

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David Sandstrom 10:14

Yeah, I love that, you know, I'm thinking about Gary Chapman in the book that The Five Love Languages, you know, he talks about, we tend to give people what we want, you know, and that might not necessarily ring their bell, you know, it's like, it's like walking up to a parking meter that only takes quarters and putting nickels in it and saying, Why, what is wrong with this stupid parking meter? When you're putting Nicholson but the parking meter takes quarters? And so the only way to know what your spouse what really floats their boat is to ask, right? We've got to ask them, and they will generally know, there'll be able to tell us, hey, you know, if, if you were to clean the house, or do the dishes once in a while, that would be meaningful to me, you know, and then you can focus on those things. It's a lot better approach. But you know, it kind of just goes right back to priorities. Do you within the School of podcasting? Dave, do you talk to your students about getting your your spouse on board with your podcasting endeavors?

D

Dave Jackson 11:07

Yeah, I do. i It's, I refer to it kind of like a stool. And I go, here are three things every podcaster need, and it has nothing to do with downloads or bandwidth. And so the first one is, you got to

take care of yourself. So there's some of those people, the hustle printers, you know, I'll sleep when I'm dead, why I've done that, it's not a good way to live. And you know, when you start depriving yourself of sleep, it's so important. And, you know, you're eating crappy food, because it's fast. And you know, if most of your meals are coming through the drive thru window, that's not a good strategy. So first, you have to take care of yourself. And then the other one is your attitude. And so a lot of times, and these all kind of play off each other, because you have to want to do it. But the third one is the support from your family and friends. Because if you have to pass by a nagging partner on the way to the studio, that's going to ruin your attitude. And then you know, then what do you do? Okay, well, I'm going to make them happy by staying I'll, I'll podcast when it's two in the morning or whatever, you know, you go to bed, and then I'll go pod, well, that's, that's not gonna work. So if you, if you don't feel good, then your attitude goes away. That's if you're, if your partner is not happy, your attitude is gonna go away. And if you have a great attitude, and you're doing great, but you know, that support, it's, it all plays off of each other. And so you've got to take care of yourself, you got to take care of your attitude, and you got to take care of your support. Because if you have, if you picture a three legged stool, and one of those legs goes away, you end up fallen over. And so you've got to have all three of those. And so, yeah, you have to, I always say, this is one of the best things and I was just, you know, I really the story just told, I thought my, my ex wife just hated it. And thought she her answer was you need to quit. And her answer was like, No, why would you? You know, I know you like that. Why would I want to remove something from your life that makes you you? She's like, so don't don't assume the boss is the enemy. I know, I've gone through some marriage counseling. And they always start off by reminding you why you married your spouse, and you kind of go back and you know, you didn't marry some ogre. So they're probably still not an ogre. You're just doing something that's annoying them. Let's figure it out. Right. But yeah, it's, that's, that's the things you got to do. And I have found when I do the, okay, well, you know, I'm going to pretend I'm in my 20s and stay up till three in the morning. You know, the next day, your body's like, I don't know what mirror you're looking in, but you're not 23 anymore, kid. And you know, and then you end up taking involuntary naps at lunch, all sorts of stuff like that. So yeah, you got to take care of yourself.

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David Sandstrom 13:38

Yeah, absolutely. I'm sorry to hear about your divorce. That's a shame. But you know, things happen. Life gets in the way sometimes.

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Dave Jackson 13:45

Yeah, it was, it was interesting, because you, you look back at your mistakes. And anytime I ever make a mistake, the one thing I want to do is always ring as much knowledge of it afterwards. And it was after we were still friends, actually. And I went, she got remarried. And she goes, you want to come to my wedding? And I go, how's how does the fiance feel about that? You know, but yeah, and we just, it was one of the things where we kind of did a long distance relationship. We're about an hour apart. And I said, Hey, once I graduated from school, I should move closer to you. So we can date like normal. And she said, I think we should get married. And I was like, Well, I don't think that's a good idea. And she won that argument. And later she said, You know what, that thing where you said we should have probably dated normal for a while and I go yeah, she goes, Yeah, I'm gonna give that one to you. So but she's an awesome person, and I wish her the best.

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David Sandstrom 14:37

Well, that's pretty cool. So you talked a little bit about, about self care, Dave and I love that topic. I think that's a great topic. You know, if we don't take care of ourselves, we're not going to be able to show up as the best version that we want to be to the people we love and people we know. And so what have you done to to prioritize your exercise routine your sleep Those kinds of things. Any any pointers you have for us?

D

Dave Jackson 15:02

Yeah, number one. It's funny because I used to have my Oh, holy cow moment was if I got to maybe, I don't know, 205 or two, then it was 215. And, you know, so there are times when you just kind of go I'll I'll do that later kind of thing. So I've learned that a you count. You can't out exercise a bad diet. Yep. Like as much as it's exercise more and eat less. It's like, Yeah, but that exercise, it's, it's healthy. And it's good for you, keeps you, you know, limber and things like that. But I'm like, in the end, it's the food. So anytime I gain weight, it's like, okay, yeah, maybe I didn't ride the bike as long as I should have. But let's look at what Oh, what's this Dairy Queen? Oh, yeah, maybe that's not a good choice. You know, so, but the other one is, and this is just something you can't avoid, we like to ignore it. But I turned 59 This year, and I don't consider myself old. But I don't consider myself as young as I used to. And that's just where I'm finally starting to feel like, huh, this, this used to be easier. You know, like, I noticed the one day that I now push up on the the arm chairs when I get up and I'm like, Wait, that's what old people do. I used to just stand up. So it's almost like, okay, my body's starting to say, hey, you know, and I am right now about I could drop about 30 pounds, and it was just like, Alright, and then you, you, I think you ignore the rules, like, Okay, well, that's for everybody else, or whatever it is. So things like, hey, as you get older, you lose muscle. And you know, so you better start lifting weights. And you're like, Yeah, okay, but I hate lifting weights, and I Okay, but that's what the book says. And then you're like, Okay, well, I'll just do tons of cardio or whatever. And like, none of that applies to you, too. And so, you know, find a way to lift weights or to build muscle, maybe you're not a big fan of just, you know, three hours of bench pressing. Okay, let's find something else that you know, I just started doing yoga, which, you know, a lot of people think, oh, yoga, you sit on a mat and go home and like, No, you can, you can kind of ditch the spirituality, but there's all sorts of ways to bend yourself into a pretzel, that you wake up the next day feeling sore, but not too sore, that whole nine yards. So, so that was the other thing I'm doing is a just not ignoring the signs. You know, it's like, hey, you know, okay, that's not working when, and just your body changes. Yeah, there are things that happen. You know, we'll make this funny, but I lost my butt along the way. And now I have to wear a belt, not because But literally, my pants will fall down. Because nobody told me when you get old, you lose your butt. And I'm like, Wait, why? Why? Why? You know, and I'm like, it's the same size pants. It just, they don't stay up. So I've already got invest in a belt, but you know, and just paying attention. And just, you know, we all read that water is really important. So I ditched I am now I think 343 days without a Mountain Dew. So I was I had a serious Mountain Dew addiction, I treat it like, in the same way that alcoholic treats alcohol. If I drink one Mountain Dew within a week, I'll be drinking 12 It's just crazy. So I just tried to drink water. You know, it's a novel idea, you know, maybe some chicken and these things called vegetables, you know. And so that's my thing now where I used to have, you know, just all sorts of bad stuff, where you chips and all that stuff. And now it's like, okay, I'm current, first of all, am I hungry? Because a lot of times, I'm bored, I'm not hungry, or I'm nervous. I'm working on a

presentation, I have to go speak at, you know, Podcast Movement or something. And I'm kind of nervous. And what do I do can go home and take a break. And the minute I get out in the kitchen, and I'm like, I'm not really hungry. Why am I in the in the refrigerator. So again, it kind of goes back to that kind of stepping outside of yourself and going what's really going on here.

D David Sandstrom 18:54

So, I love the way you you talk about that. It's like an A level of self awareness that you have. Yeah, and you know, when you're, you know what your priorities are. And then you know, when you're getting off track, because you from time to time, it seems like you will back off and say, hey, you know, what am I doing here are my habits supporting what's really important to me. And I think that's a great way to live. I really liked that, you know, another thing you mentioned was, there was you hate doing the cardio, and I would suggest that the best exercise we can do is an exercise that we love, you know, if you'd like to hike in the woods, you know that, that focus on that, you know, like to swim, focus on that, you know, but But you know, just forcing yourself to do a long cardio session on the treadmill at the gym, and hating every minute of it, I would suggest that you know, don't bother, you know, it's probably going to be more counterproductive than it is productive because, you know, I'm a Holistic Health guy and you know, there is a mind body connection there that we cannot deny. And if you're experiencing a powerful emotion that says I just do not like this one bit, then switch it up. You got it. You got to find something that You really truly love. That's the best exercise for you.

D Dave Jackson 20:02

That's it. And I know rowing is great. It's it works so many muscles in your body. It's just the most boring thing in the world. So I will, you know, I usually it's funny, I was like, I will get on a rowing machine and stay as long as I can. But if when I get out, here's the thing I'm, I always kind of dread getting on. I never feel bad getting off of any exercise machine. Yeah. And it's always that it's the first step. It's like, once you're on a treadmill, or whatever you're doing, once I'm on it, it's not that big a deal. It's just the, it's gonna be I'm gonna sweat and I'm gonna push myself and I'm like, Yeah, okay. But it's, it's just one of the things where for now, I kind of just go, Look, kid, you're not, you're not 23 anymore. And the other thing I have to remember is it took years to get this out of shape. And it's not going to get fixed in, you know, a week and a half. I've got to, and that's the other thing I do push myself now, I'm always happy. When all the sudden I'll I'll move on. I'll be like, oh, you know what, my arms are a little sore today. I'm like, Okay, that's a good thing. Where I used to try to exercise so hard that the next day, I'm trying to shampoo my hair, and I can't get my arms above my shoulders. I was like, okay, that's not a good way to work.

D David Sandstrom 21:18

Yeah. Do you have any hobbies that you enjoy? Did you play a musical instrument, anything like that?

D Dave Jackson 21:23

Yeah. I got I got one suit. You can't see it. It's off site here. But I got a guitar sitting right there

Yeah, I got I got one said. You can't see it, it's on site here. But I got a guitar sitting right there. I've been playing the guitar since I was probably 12. And so I like to do that. And then I'm really happy as it's it's April here as we record this in Ohio. And it's finally I think, in the 60s today, which means it's time to get the bike out and pump up the tires and things like that. We have a they call it a towpath. But back in the day, there was the Ohio Erie Canal. And these canal boats would take products from up through basically where I am in Akron, Ohio, up to Cleveland, Ohio. And when that went away, obviously, they just turned it into this totally kick butt bike path. So it's you're out kind of in the forest and you occasionally have a deer cross your path and you know that whole nine yards and the occasional snake. So I love to do that. And that's another thing that I just need to put on the calendar because I used to wake up on Saturday mornings early and ride 50 miles and now I do a podcast every Saturday morning. So it's like okay, well when the podcast is done, you know, and now I do them in the evenings because my problem is I have sun poisoning, which is basically it's it's weird, but I'm allergic to the sun. Not not to an extreme thing because I've always been like my middle name is burn and peel i It's kind of weird because I'm part like Cherokee Indian, but also part Irish. So you end up with a kid that has jet black hair, and freckles. So it's a really weird mix. And I got burned once so bad when I was in my 20s and ended up vomiting. Because I'm just so sunburned. And we called the we called like ask a nurse and she goes oh yeah, cuz I was you could basically I was under the covers freezing to death. But you could book you could basically bake bread under the blankets because just the heat reading off me. She said, Yeah, you got some sort of not like first degree burns or whatever. It was something that was really bad. And ever since then, if I'm in the sun for like 30 minutes, I ended up with what looked like a bunch of mosquito bites. And so I went to the doctor and I'm like, What is this? And they're like, oh, that sun poisoning. And I'm like, what you I've never heard of it. And so and I'm like, Well, I like I I used to be a paperboy. I didn't have any problem being in the sun back then they're like, Well, you know, maybe this one situation where I got burned so bad. It's somehow you know, I've never really researched it. I just it's one of those facts that I go. Yep, like I got to, I got to go hiking in Utah, which was absolutely beautiful. And I found that they make these really thin, long sleeve shirts that let you know the air and wind breathe through them, but yet block UV rays and I had a big old hat and things like that. So yeah, so I always kind of joke about how white I am. But that's the biggest reason why it's like me and the sun don't know get along if I'm and what I do is I just, you know, I just dress appropriately if I'm out riding my bike and put a hat on and things like that. But

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David Sandstrom 24:14

Yeah, large-rim hat and long sleeve shirt even even if it's hot out. long sleeve shirt can help with that a lot. I know I used to live in Florida and the guys that did lawns that cut lawns for a living you know you're doing that in August you are getting a lot of sun exposure. And that's exactly where they dress a long pants on long shirts, wide rim hats and and they made it work you know, is I'm sorry to hear you going through that that's tough because I love going on some myself. I mean it's it's really therapy for me.

D

Dave Jackson 24:41

It's weird because I if I'm out for because a lot of times I'll just go out and walk around the neighborhood. And some days it's beautiful and I don't want to go back in and after about a little it's just there's a little voice in my head that says hey, it's feeling a little hot out here and

you're in direct sunlight. You sure you want to stay out here and I'm like, okay, you know, because otherwise it's You know, it's again, they're just like, and it's not like painful. It's just annoying. You just all the sudden you want to just constantly scratch your arms. I'm like,

D David Sandstrom 25:07

Yeah, that's too bad. It's really Yeah, that's tough to have to go through life with that, man. Hopefully you can get over it one day, that'd be

D Dave Jackson 25:13

That's me. I'm hoping I know, they say that, like, every seven years, parts of your chemistry of your body change. And I'm like, I'm ready for that one. But like, just Okay, we're done with the sun poisoning. Thanks for coming in some lovely parting gifts, you know, something like that?

D David Sandstrom 25:26

Well, you know, it sounds it's gonna sound a little woowoo I think but it could be emotional trauma, you know, when you got burned really bad that one time? That could be something, you know, in your psyche that's saying, hey, this, this is not good for us, you know? Oh, so that could be something going on there.

D Dave Jackson 25:43

I could absolutely. There's also, that's one of the things that is so weird about the body is there are things that happen to you. And you kind of don't know why, but it is some sort of emotional trauma. Yeah. When, when my mom died, she had a we got to have the the typical TV movie kind of meeting where you're, you know, what's your last talk? I didn't know, it was my last talk. But it turned out to be. But as my as my mom was explaining that she didn't want to go on a ventilator. I almost passed out. And I held it together. And I was there with my brother and sister. And I was like, well, that's really weird. And then it turns out for a while, every time I went into a hospital, I would start to sweat and get a little woozy. And that is in it's weird, because there are some things that make no sense. Like that made sense. My, my niece was having a baby. And we were all in the room for a bit. And all she did was go because she was having a contraction. And the next thing I know, my brother and sister in law, are picking me off the floor, and I'm covered in sweat and completely passed out. So it's, it's weird. And I'm like, I don't know, like, why why did that happen? And I was like, I guess because my knees was in pain. So it's weird how the body reacts?

D David Sandstrom 26:53

Yeah, I guess. I mean, it's some stuff is worth exploring, you know, that would be something you get with a counselor over it. But yes, there's a connection that we cannot deny. And if you really want to address health, I believe it's got to be whole person health. It's not spiritual. It's mental, emotional. And it's physical. I mean, we hear a lot about physical and I tend to get a

little bit sidetracked on that myself. But we can ignore this mind body connection is huge. You know, you said so many things there, Dave. But I lost my mom last year as well. And it's such a tough time. And, you know, I think when you see a loved one pass, and you experience that it helps us to do some reflecting and say, you know, what's really important in life? How many? How many more days do I have left? You know, and I think that would, you know, kind of blends in what we're talking about here is, yeah, we want to have a career, we want to make money. We want to be successful there. But if we are really really truly enjoying success at work, but our home life is falling apart, I wouldn't call that true success. You know, I heard John Lee Dumas say this one time, and that is a healthy person wants 1000 things. They want to do epic vacations, they want to have knock off things off their bucket list, you know, set some lofty goals for fitness, whatever it is, but a person that's lost their health wants one thing, they want to get their health back. Right. So we want to prioritize our little bit of self care, which is not selfish, right? Because when we when we are taking care of ourselves, we'll have that margin left to be able to give in love on other people. So I'm wondering, as far as people goes, Do you have a support group? Do you have people that you have some common interests with or that kind of thing?

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Dave Jackson 28:35

Yeah, my. It's funny, because I only seem about once a quarter, my best friend I've known since I was in sixth grade. He now lives in Oklahoma, because he's got grandkids there. So again, going to his his support group. But we talk almost daily. There's that and then I'm really close with my brother, I have a sister. But my brother and I people like way we look and sound exactly alike. We're not twins, but we're close. And we both have the same kind of weird dark sense of humor and things like that. So. And in fact, I was just talking to him last night. And I said, I haven't seen my great nieces and nephews. And about a couple months ago, this is pretty long, what's going on with them? Because that's his grandchildren. And so we're like, yeah, we need to figure out how to get to a baseball game or whatever is going on with with the kids. But it's just one of those things where we actually get together and they think it's amazing, but it's just something we did growing up, which was game night, you know, so we're, we're teaching my nine and I think she's 12. They're my great nieces. And we teach. We taught them how to play Parcheesi, which is this whole board game that my mom taught me how to do. And like this is the best game ever. And board games are usually more about what's being the table talk around the game. The game itself is just something you're doing while you're hanging out. So we haven't had a game night in a long time. So yeah, we tried to do that. And, you know, it's just one of those things again, just to put things down and keep those relationships in your life and You know, you just need somebody to in some cases, they need you to listen or you need them to listen or, you know, it's, it's kind of weird. I thought about this the other day, like last yesterday, we had the Eclipse here in Ohio, and I'm in my backyard. And I, you know, there were a bunch of people, everybody was in their backyard staring at the sun. And it was cool. And I have that memory. But memories are so much more. They're just more valuable when you can talk to somebody who was there with you? Yes. When you're like, hey, remember that time at Disneyland remember when we went to the park? And so memories are great, you know, if you don't have somebody to share them with, but they are a little there's, there's a little icing on the cake when you have somebody because yes, and remember when we did the thing. So I always tried to take time to just you know, we have certain things we just do all the time. So that if we are because everybody's busy. Yeah, there are times when it's like, hey, we haven't done this in a while. And you're like, you know what, and then you just you got to put it on the calendar make

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David Sandstrom 30:54

it a priority. Yeah, you know, I got to wrapping things up here. I want to share this quote by Stephen Covey. Once you have a clearer picture of your priorities, that is values, goals, and high leverage activities, organize around them. I like that. And here is another one. I really like Dolly Parton. Don't get so busy making a living that you forget to make a life.

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Dave Jackson 31:16

Absolutely. She's amazing. The more you look into Dolly Parton and all of her, you know, she's helping people go to college, and she's given away books. And also she's an amazing human being. She's a great artist and all but talking about somebody who doesn't have a problem giving back because I saw an interview with her. And she was like, Look, I got enough money. She's like, you know, so what am I supposed to do with this? Stack the money on top of the other money? And she's like, so I was like, Man, what a great attitude.

D

David Sandstrom 31:43

Yeah, that's really good. I'm reminded of Arnold Schwarzenegger, I saw him on an interview one time and he said, You know, I'm a very wealthy man. And I'm worth about \$44 million. But I would be no happier if I had 45 million. Right? So it comes a point where, you know, money's money school, it'll take a lot of stress away if you don't have enough. But you know, money doesn't make us happy. Right? And in fact, the Bible even says that people have pierced themselves over the love of money, right? We pierced ourselves with many griefs. Because the love of money is the root of all kinds of evil. So yeah, keeping things in priority and taking care of ourselves spending time with other people. We got to keep that up. No matter how busy life feels to us, it seems at the time, we do well to remind ourselves once in a while those priorities.

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Dave Jackson 32:32

Yeah, absolutely. There was a documentary. And there was a famous quarterback here in Cleveland, Ohio named Berni Cosar. And at the height of his, you know, quarterback, fame and fortune and all that, he said he was paying for 78 people's phones. Like everybody came out of the woodwork. When you find out you just signed up, you know, million dollar deal to be a quarterback. Yeah. And he said he was so happy because he eventually had to file bankruptcy. And he goes, it was the most sweetest sound I've ever heard in the interview. It's like, what was that? He goes, when they file bankruptcy goes, my phone quit ringing. Wow. Because people know me money. Well, so yeah, money doesn't always you think it'd be the best thing ever, but not always. Like you said, there's a mount you get enough. And that's good enough. And now let's focus on those other priorities.

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David Sandstrom 33:18

Yeah, for sure. Alright, I have one last question for you, Dave. If you could go into time machine go back 20 years when you first started podcasting, what would you tell the younger Dave?

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Dave Jackson 33:28

Hmm. I guess keep doing it. Because at the time, when I did that, I had, I had just filed for bankruptcy. I was living in my brother's basement, I was gonna move into an apartment. And again, my brother being my brother's like, no, no, you're gonna come live with me until you you're really ready to get back on your feet. So I started podcasting in his basement, next to a water heater. And there was a flush pipe behind me. So the whole time I'm like, please, nobody flushed the toilet, you know, just not this great studio. And, you know, at the time, I didn't know where it was going. And I got a kick, because I got a voicemail from a guy in Germany that really gave me a lot of juice. I'm like, wait, there are people on the other side of the planet listening to me. But when I look back at all the things that I mean, I've had jobs I've it's always kind of humbling when I go to different cities, I could be in the middle of nowhere. And I'll find out that there's a listener there and they'll be like, Hey, can I take you to dinner? And I'm like, okay, and then just tell anybody, you know, hey, if for some reason I don't show up tomorrow, you know, Helen killed me at the, you know, Bob Evans in Poughkeepsie, or something like that. But yeah, I would just say, you know, just keep going and, and don't listen to the voice in your head that says you're not good enough, because we all have that an impostor syndrome. A lot of times, it's like, Who would want to listen to you? And I push through that and that's one of the things I help people do. A lot of times I've had a guy, he's a fighter pilot, keynote speaker and an author and I'm like, okay, content and courage is not the issue here. What's stopping you from starting a podcast and it was like I'm afraid I'm gonna look stupid. And I just said, Hey, you know, send me your first episode, I'll let you know if you sound stupid. And he sent it to me and I go, you know, this is a great story go, but I can really tell you're reading it. And I said, try one more time at a little voice inflection I said, but this is a great story. So he sent it back to me. And I said, you know, this is wow, you could put this out, I said, I can only kind of tell, but that's because I'm listening for it. And he said it, he went back and record it a third time. And I'm like, This is amazing. And he said, Yeah, I'm not reading it anymore. And I was like, well, maybe that's your ah, maybe that's your, you know, your workflow or whatever. And he put it out it's lessons from the cockpit, or tales from the cockpit. I always forget which one it is. But he's having a blast now. But I was really surprised that here's this super courageous guy flown in, in a life and death situations, still kind of battling impostor syndrome.

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David Sandstrom 35:48

That's interesting. You know, I think I've heard about that book. You know, it's funny, you should bring that up, because I spent 35 years as a professional airline pilot. And I was captain for w, I guess I can say Delta Airlines. And, and I have worked as well. And but you know what, I still suffer from impostor syndrome. It's there. It is real. You know, you say to yourself, you know, this, people know a lot more about this than I do. What am I do in here? And a lot of times when I'm a guest on a show, when I get done with that interview, I'll be beating myself up say, Man, I really blew that. And then you know, a couple of months goes by and I actually listened to the episode. It's okay, that was actually pretty good. You know, in this is my perception is sometimes very skewed.

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Dave Jackson 36:28

Yeah, well, there's there's Tom Hanks, Meryl Streep. Garth Brooks, Sir Brian May the guitar player from Queen, the entire long list of people that have stars like Tom Hanks is the only thing

player from Queen there's a long list of people who have also like Tom Hanks is like, I still think I'm a fraud. I'm just waiting for, you know, the movie business to wake up to it. So it's, it's just something that's fairly common. And I just tell people right now, there are people that will listen to you. So but again, it goes back to that mind body connection. Sometimes our body's completely fine. And it's the mind that's going to stop us from doing stuff. So you got to have all three to get you going.

D David Sandstrom 36:58

Absolutely. That's a good word. So Dave, I know my audience is into health and wellness. But if someone's out there that possibly interesting is interested in doing some podcasting, or has some questions about it. Dave's a great guy, people get in touch with him. He's he is the man when it comes to podcasting, podcasting Hall of Fame. So how do people get ahold of you, Dave?

D Dave Jackson 37:20

Yeah, everything really my flagship, I guess you would call it place to go is just Schoolofpodcasting.com. There's tons of episodes there and different resources and things like that. So just enter the school of podcasting.com.

D David Sandstrom 37:33

Very good. Day. Thank you so much for being here. I appreciate you sharing your wisdom.

D Dave Jackson 37:37

Oh, thank you so much. This is great.

D David Sandstrom 37:38

Is your vitality everything you want it to be? Or is some health concern holding you back? If you've got a health issue that you'd like to finally get resolved, and naturally, the way God intended, I'd like to help you with that. I'm inviting all listeners of this show anyone in the Natural Nation to do a health coaching session with me for free. No strings attached. I'm not going to try to sell you anything. I'm offering this for free, because you'll be helping me create some content for the show. Go to my website, Christianhealthylifestyle.com/audit, click on the button labeled schedule a lifestyle audit, answer a few questions, and you'll be all set up. You'll come on the show with me it won't be live. It'll be pre recorded. We'll talk about anything you want spiritual growth, relationships, mental emotional fitness, and of course physical vitality. Now, I can't give medical advice or help you with an acute condition. That's for doctors and emergency rooms. But if you're played with a mysterious health issue, that seems to never go away, I might just be able to help. We'll have a 20 minute conversation online, I'll provide some pointers to get you going in the right direction. And we'll make an episode out. Don't forget, I literally wrote the book on holistic health from a Christian perspective. It's called the Christians

Guide to Holistic Health. And for a limited time, if you do a lifestyle audit, I'll mail you a softcover copy of my book for free. Now, my book is not a 10 page ebook that somebody put together in a weekend. It's a 325 page comprehensive guide to live in the abundant life in Christ, through vitality and spirit, mind and body. It's been selling quite well on Amazon for \$17.95 for quite a while, and it's worth every penny. But I'll send you one for free if you act quickly. So again, go to my website, Christianhealthylifestyle.com/audit, click on the button there and you'd be on your way to better health and vitality. I look forward to hearing from you.



David Sandstrom 39:37

If you missed anything, I took the notes for you. It's at Christianhealthylifestyle.com/147. And I appreciate you thank you for listening. That's it for now. I'll talk with you next time be blessed.