Welcome to the holistic health matters podcast. I'm your host, David Sandstrom. And this is episode number zero.

Well, thanks for checking out the podcast. If you guessed this is my first episode based on the episode number, you would be right. This is my very first episode and I plan on talking about what you can expect here. What kind of person will find this interesting and what the format's gonna look like and why I started the podcast in the first place. If you are a follower of Jesus Christ as I am, and you're dealing with some kind of a health challenge, and maybe you've been to a couple of different doctors and you haven't been able to find a resolution to your issues, or maybe you're on some kind of prescription drug and you're tired of the side effects, then you're in the right place. Or perhaps you're like me, and you've attended a Bible study and when it's time to go around the room and ask for a prayer requests. You're dismayed at the fact that the majority of the prayer requests center around health concerns. While there's certainly nothing wrong with praying for healing, God certainly can and does answer those prayers frequently.

But a better approach is to not get sick in the first place. And that's what really motivates me. And that's why I started the podcast. If you agree with that, you're in the right place, keep listening.

So What's in a name? Holistic Health Matters? Well, of course, we're going to be talking about matters pertaining to health. But also, your health matters to me. And I'm assuming it matters to you because you understand that in life, our health matters, because the level of health and vitality we enjoy impacts our effectiveness in everything we do. health impacts our family life, our social life, our recreational life. It impacts our work life, our finances, and it also impacts our spiritual lives.
One of my favorite verses in all the Bible is John chapter 10, verse 10. I have come that they might have life and have it abundantly. This verse has spoken to me in profound ways over the years. There's a lot in there, but I'd like to unpack that just a little bit. I believe that we should live our lives with the end in mind. We're all headed for the same place. We're all terminal. When I was in my early 20s, I met a guy who had a terminal disease. His name was Leland and he had cystic fibrosis. Cystic fibrosis is a fatal disease that attacks the lungs. And when I met him, he had just gone through a successful double lung transplant. He was about 20 years old. We were talking one night and I asked him, Leland, what is it like living with a fatal disease? And his answer surprised me. He said, you know, David, I'm not any different from you or anybody else. We're all terminal are all going to the same place. Am I gonna die before you? Probably yes. But we're all gonna die one day.

3:24
And that really stuck with me because he's absolutely right. And I believe we need to live our lives with the end in mind. One day, we're going to leave this earth. And we need to ask ourselves, what kind of a legacy do we want to leave? What kind of impact do we want to have? Through our sphere of influence to the people we come in contact with? It's an important question to ask.

3:48
The desire to live the abundant life is pretty universal. I don't think I've ever met somebody that would say No, I don't want to live life abundantly. So we all want that, but how do we define the abundant life? We all know that it's not, well, maybe we all do, but most of us know that it's not Madison Avenue. It's not a fat 401 K, a big house with a view and an expensive import in the driveway. We can't take any of that stuff with us. No one ever saw a hearse with a u haul in tow. With all of the deceased possessions and trophies. I would define the abundant life as: "To fulfill our purpose and become all the men and women God created us to be." Now I realized that begs the question, what is our purpose? I believe our purpose is to bring glory to God our maker by reflecting his love and goodness to everyone who comes in contact with our sphere of influence. In order for our influence to be as effective as it can be. We need to use our gifts, talents and abilities and passions to the furthest extent possible. See, we can only give out of our abundance.

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The abundant life means a lot of things. But one thing is for sure, it means we should be living a life in service to others. Our ability to serve others could be looked at as a reservoir or maybe a fountain. You know, those big multi tier fountains that you sometimes see in front of a museum or something like that, where there's a small base and on top, a larger base and underneath and a larger base and underneath that, well, the small basin has a water supply, and as it fills up, the water spills out over the top and fills the next base and underneath. And that basin does the same thing and fills the larger basin underneath it. The small basin is able to give its water without being depleted at the same time because it's always being replenished. In the same way, we should be replenished and refilled with the love of God and let that love spill over into the lives of people we come in contact with. God wants to bless us, so that we can be a blessing. With that as our definition of the abundant life. It should be no surprise that I believe that the abundant life is very elusive in rare. Most people I look at inside or outside the church are simply surviving and not thriving.

Most people just thank God that it's Friday. They finished their work week, and they try to cram in a little fun on the weekend and then started all over again on Monday. I would suggest that that’s not abundant living. The abundant life is impactful. When we're living that way. Others will find us attractive, people will want to be around us because everyone loves a giving person. In this world, even with excellent health, the abundant life is difficult to find. Throw poor health into the mix and it becomes even more difficult to attain. Perfection is not attainable. But pursuing excellence is. As far as lifestyle interventions go, we should be doing everything we can to increase our chances of a positive outcome, we should seek to maximize our health potential.

Every one of us has a genetic programming that we've inherited from our parents. Now, we don’t need to have the genetics of a LeBron James or a Tiger Woods or Michael Jordan, to enjoy vibrant health. I believe whatever we’re born with, we should all seek to maximize our health potential by aligning our lifestyles more fully with God’s design for spirit, mind and body so that we can pursue the abundant life more effectively. You may
hear me repeat that because that statement, is essentially the mission statement for this podcast.

7:58
So this podcast is called Holistic Health Matters. I wrote a book and that book is entitled The Christians guide to holistic health. I have done a great deal of research on studying the trichotomy or three part nature to a human being, and how that impacts our health, vitality, human beings, our spirit, we have a mind and we live in a body. We’ve got to recognize all three aspects to the human condition. If we're going to address our health issues effectively, trying to improve our health by addressing the physical only, and ignoring the other two thirds of our makeup is folly.

8:38
God has a preference as to how we treat our body, mind and spirit. For instance, when it comes to our bodies, one of the primary tenants of nutrition is to eat food. In its God given natural form pours close to it is possible. The more man gets his hands on our food supply and the more he process Is it the less healthy it becomes for us. For instance, a sirloin steak is healthier than a fast food hamburger; an ear of corn is healthier than a box of cornflakes; an apple is healthier than a glass of apple juice. The more food gets processed, the more we deviate from God's ideal design, the less healthy it is for us. Another for instance, on the physical health and well being from God's design is we are designed to basically sleep when it’s dark, and be awake when it's light are asleep wait cycles should be in sync with the rotation of the earth. We try to outsmart our design with electricity and artificial lighting. And these types of things impact our health. Now, we can’t obviously we are going to use electricity and lights but I’m making the point that God’s design for our bodies is what's best. We can't improve upon God's design. Another for instance, is where our bodies are designed to move. We're supposed to be doing physical labor and physical activity throughout our days. God gave Adam a job in the garden, before the fall of man. Before sin entered the equation, Adam had work to do. And likewise, we are to be moving and having physical activity throughout our days. countless studies show that this is absolutely beneficial to our health. When it comes to our minds, or our mental emotional component, well, we have some pretty clear instructions from the Bible. Philippians chapter four, verse eight says whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything
worse Praise, dwell on these things. That is some pretty clear instruction on how we're to treat our minds. Proverbs 23:7 says, For as he thinks in his heart, so is he. So we have a strong, biblical teaching about the mind body connection. The thoughts we have in our minds and the ideas that we choose to ruminate on throughout our days, absolutely impact our physical vitality, we can no one can afford to ignore that. Our spiritual condition is also very, very important to our health and vitality. Again, the Bible has some wisdom to share here in the book of Proverbs chapter four verses 20 through 22. We find 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. For their life to those who find them, and health to all their body." Pretty clear. Proverbs chapter three, verses seven and eight. "Do not be wise in your own eyes, fear of the Lord and turn away from evil. It will be healing to your body and refreshment to your bones." So we have some clear teaching that our spiritual condition will absolutely impact our physical vitality.

12:31
So, who am I? And what am I doing here behind this microphone. I am a child of the Most High God. I'm a follower of Jesus Christ and I believe the Bible is our blueprint for life. God is our loving, Heavenly Father. He loves us with love, deeper than we can fathom. And as any loving parent would. He wants what's best for his children. God is also a omniscient, he knows everything he even knows the future. So we can trust that when he gives us an admonition or an instruction, those instructions are for our benefit. When he tells us to avoid something, those cautions are for our protection. There's never a time when those two things aren't true. When we look at the Bible this way, we see The Bible becomes a plethora of useful information for our health and well being.

13:31
There are different versions of Christianity and I'm really not into labels. So my wife and I and my kids, we attend a non denominational Christian Bible Church here in Roswell, Georgia. If you'd like to learn more about my my belief system, you can go to my website DavidSandstrom.com, click on the about page and on that page, I have a link to my statement of faith. And on the statement of faith page, there is a cool video it's called my king It's a really it's a really a good video worth watching, I encourage you to go check it out DavidSandstrom.com go to my about page. As a result of my biblical Christian worldview, any advice that I give you on this podcast is
going to be filtered through a biblical standard. And that's what differentiates this podcast from many of the others on health wellness. That's what makes this podcast unique.

14:27
I am 57 years old. I've been married for 21 years to my beautiful wife Michelle, we have four girls. We live in Roswell, Georgia. And my qualifications are I have an MBA, a master's in business administration from Embry Riddle Aeronautical University. And I am a full time professional airline pilot. I fly for Delta Airlines and I'm based out of Atlanta, Georgia.

14:53
Flying the big jets is cool, but it's not my passion. The truth is I'm a teacher at heart. When I look back at all the jobs I've had over the years, and I've had quite a few. My favorite job was being a flight instructor. I used to teach people to fly in little two seater Cessna airplanes. And I really enjoyed that job, I got a great deal of fulfillment out of it. And that to me was a lot more fun than flying the big jets even though it is a cool job. I'm not using my talents to the best of my ability.

15:27
So, what makes me qualified to talk about natural and holistic health? Well, I am also a naturopathic doctor MD. I am a certified nutritional counselor. I am a Functional Diagnostic Nutrition Practitioner, a Certified Advanced Metabolic Typing advisor. I am a Certified Biblical Health Coach. I am a member of the American Association of Drugless Practitioners, and I'm the author of the book "The Christians Guide to Holistic Health." My book is available on Amazon in paperback, Kindle and Audible. I had a health coaching practice with an office when I lived in Florida. Now that we live in Georgia, I no longer have that practice. But the even though I closed the office, the passion has never left.

16:16
Now it's important for me to say, none of the advice I give on this podcast is intended to prevent, diagnose, treat, or otherwise mitigate any disease. Disease is the domain of medical doctors. Doctors use drugs and surgery to treat disease. I am not a medical doctor. I am a naturopathic doctor and the term doctor in that credential is used in the traditional sense of the
word where a doctor is a teacher. So a naturopathic doctor is a teacher of
natural health. And that's what I do.

16:54
When I was in business school, I learned that when you looked at a chart
and x-y graph, it has lines running through it. Where those lines intersect.
There's something going on. That's an important point to observe in this
chart. Well, I believe that when your joy and your passion intersects with
success in your life, where those two lines cross, that's your giftedness.
That's what you do best. When I was a flight instructor, I enjoyed the job
very much and I enjoyed a great deal of success in doing that. So that's an
indication that that is my area of giftedness. People often tell me that I that
I am a good teacher and another. Another way to know what your gifts are,
is that what comes naturally to you is not so easy or natural to other
people. And when it comes to teaching, instructing, that is true for me. So
I can say with a great deal of confidence that teaching is my area of
giftedness and my desire is to teach you how to maximize your health
potential so you can pursue the abundant life more effectively. We
maximize our health potential by aligning our lifestyles more closely to
God's design for spirit, mind and body.

18:15
I'm often asked how did I get into natural and holistic health? Well, starting
at a very early age, I believe that God gave me a passion for this area of
health. When I was in grade school from kindergarten through fifth grade, I
had a friend; his name was Shaun Cassidy. And this kid was the happiest,
most optimistic, joy filled person I'd ever met. And he came from a large
family, there were 10 kids in his family, and no doubt that there were plenty
of germs being brought home by his brothers and sisters and his siblings.
And there were plenty of opportunities for him to get sick. But I mean this
literally in five or six years of going to school with this kid, when a time
when most kids are getting sick. He never once missed a day of school
from illness. He never got sick. And even at that early age, I thought to
myself, I wonder if his happy, optimistic attitude has something to do with
his strong immune system? Well, now we have some research that
absolutely supports that point. But when I was in third, fourth, fifth grade, I
understood that I've always been interested in fitness as well. When I was
younger, I begged my parents to buy a weight set so I could work out in
our basement. And they never did do that. My parents thought they were
old school and they thought, Well, people that work out with weights
become muscle bound. And whatever that means, I don't know. But I never
did get the weight set as a kid. But I've always had this interest in fitness
and health and wellness.

19:57
So fast forward a few years in my late teens. I developed chronic sinusitis.
And it was pretty bad. And I'd been to a traditional doctor took the
traditional medical approach with drugs. And I took some powerful stuff
like Prednisone and nothing seemed to help. And after a year of treatment,
a doctor said, well, you haven't responded to some fairly aggressive
treatment, I think it's time to consider surgery. Well, I went home and at the
time, the internet was in its infancy. This was the early 90s. But I went
home on my dial up connection, and I did a little research on sinus surgery,
and I found out that I had a lot of risks. And I said to myself, there's got to
be a better way. So I found a natural health practitioner, and he helped me
change my diet by eliminating some of the foods that I was sensitive to.
And I also did a yeast or Candida cleanse. Long story short, 30 days later,
I felt like a new person. I could breathe again. And it was just incredible.
The difference it made. And from that point on, I was sold on natural
health. Then along came the terrorist attacks of 911. And the airline
industry was in a tailspin. And I said to my wife, this airline thing is not
really working out the way we’d planned. Maybe I should go get some
credentialing, natural health and opened up a practice. And that's exactly
what I did. And I enjoyed it immensely. But while I was doing my health
coaching, I called myself a holistic practitioner. But the truth of the matter
is, I didn't know what the term meant. A lot of people use that term rather
lightly. But what they mean is natural. They don't use drugs and surgery,
but they're really not talking about true holism. It wasn't until 2011 when I
was diagnosed with chronic Lyme disease, that I learned what Holistic
Health really was.

21:51
Now I knew a lot about the physical. I knew how to eat well and exercise
and knew a lot about detoxification protocols. But I needed more. And I
knew I didn't want to go the antibiotic approach the traditional
approaches, high dose antibiotics for long periods of time, and I knew that
would rip my gut apart. So I started reading everything I could get my
hands on, on the mental emotional component to health, and the spiritual
component. I applied what I learned in my own life. And I beat Lyme
disease, without antibiotics and without any medical intervention
whatsoever. And that's when I decided to write the book about my experience from many different sources.

22:33
The experts tell us that 80 to 90% of all doctor visits are stress related. Now, this is disappointing, but it's also very good news because it means that although we have no control over the genetics we inherit, we have complete control over our lifestyle choices. And that's my focus. I want to help you maximize your health potential so you can live the abundant life more effectively, we set ourselves up for success. When we address all three parts of the human condition, body, mind and spirit in unison. That's the most effective way to address health. As a result, there's a lot to talk about.

23:15
From a physical perspective. On this podcast, we're going to be talking about food nutrition. We're going to be talking about how to shop for store and prepare healthy meals. We're going to be talking about exercise, sleep, stress reduction. We're going to be talking about avoiding toxins and ways we can boost our immune function. And we may be talking about supplements from the physical side.

23:43
From the mental emotional side, we're going to be talking about recognizing and eliminating limiting beliefs. We're going to be talking about processing emotions, especially the toxic emotions such as anger, rage, bitterness, we're going to be talking about ways we can create more love, joy and peace in our lives. We're going to be talking about our self talk or the inner narrator inside our heads that interprets life's events for us. We're going to be talking about brain health. Now, our brains are an physical organ, but they absolutely impact our mental emotional state as well. So sometimes there's a lot of overlap between the various parts of the human condition.

24:26
And we're going to be talking about spiritual health as well. Our spiritual health is all about relationships, our relationship with God, our relationship with one another, and our relationship with ourselves, to see how we view ourselves our sense of identity and our self worth has a great deal to do with our physical outcomes. We're going to be talking about marriage and
sex. And you know, anybody who's married could use a little more vitamin M in their lives. Research shows that marriage is very, very good for health. And it gets even better when our marriage is working well. So we're going to be talking about relationships, especially a married relationship. We're going to be talking about spiritual disciplines prayer, meditation, fasting. Fasting has a great deal to do with our spiritual health, but also our mental, emotional, and our physical health. It's the one thing that can benefit all three areas of the human condition at once. It's very, very powerful. We're going to be spending some time on that in future episodes. We're going to be talking about pursuing righteousness. Proverbs 3:7-8. "Fear, for the Lord, depart from evil, it will be held to your flesh and strength to your bones." Now many of us have done as Christians, we've done a good job of cleaning up our visible sins. We are not robbing banks. We're not cursing. And you know, we're cleaning up the things that people get to see. But somehow we think that we can get away with the innocent are secret sins. And as long as we're not hurting anyone, we're not hurting ourselves. Well, that's not true. When we hold on to sins like anger, resentment, jealousy, envy, these things are bad for our thought lives. And those negative thoughts are very, very bad because of the mind body connection, very, very detrimental to our physical vitality. So those things need to be addressed as well. And we're also going to be talking about spiritual warfare. Don't forget the first half of John 10:10. "The enemy has come to steal, kill and destroy, but I have come that they might have life and have it abundantly." The abundant life that we talked about earlier, is not going to just show up on a silver platter. We're going to have to fight for it, and we need to talk about that. And we will be talking about that in future episodes.

26:54
Lastly, I'd like to address a few of the questions that I get commonly asked. One is Do I believe in taking medicine? And the answer to that is yes. When we use it appropriately. You see allopathic medicine, drugs and surgery is very, very good and very useful when it comes to emergencies. If you get busted up in a car accident, man, roll me into the nearest emergency room, give me all the drugs and surgery you need to save my life. Our emergency rooms are second to none and they save many lives. But when the emergency is over, we're generally better served with natural and holistic healthcare principles, because natural and holistic health is better at addressing long term health challenges. So we need to use medical care appropriately.
Another question is, do I believe in evolution? And the answer to that is an emphatic No. I believe that the creation account in Genesis one and two are literal. I believe that the Bible defines what a day is. And that the seven days of creation is seven days as we know it today. Some people argue that it may be a day is 1000 years. I don’t subscribe to that, that school of thought, I believe that God created us. And he placed us on a mature planet. And this is another thing that differentiates this podcast from a lot of other podcasts on health and wellness. Because it's very, very common for people to believe in this evolutionary process. I do not.

Another question I get asked frequently is, do I fly international? And the answer to that is no. I choose to fly domestically, I could fly international if I wanted to. But I’m into health and wellness, and I do not enjoy losing a night's sleep every time I go to work, I believe that that accelerates the aging process. So I choose to fly domestically.

And another question I get asked is, was I in the military? And the answer is no. I am always civilian trained. As I told you earlier, I was a flight instructor in little airplanes and I flew some larger airplanes. I flew for a regional airline. And I eventually worked my way worked my way up to the major airline level.

You may be wondering, what do I do for fun? Well, I grew up in Fort Lauderdale and we lived on a canal so my brother and I, we always had boats and anything to do with the water was was something that I enjoyed the beach or out on the water boating, and today I love to take my boat up to Lake Lanier and I really enjoy waterskiing. And we do a little traveling. We’ve been to Europe and Alaska and Hawaii, we do enjoy traveling and exploring the world as a family.

So the last thing I want to address in this episode is why did I start the podcast now? Well, I’m going to break a podcasting rule and that is never to mention the date of the podcast because podcasts stay on the internet forever. It's a good idea to make them evergreen because somebody
might be listening years down the road, you don't want them to think that
the information is dated. But at the time of this recording our nation is
going through the COVID-19 pandemic. Today is May 27, 2020. And when
I look around and I see the fear that is gripping people from a natural and
holistic health perspective, that fear is very, very detrimental to our health.
And we have a government response to this whole thing that Well, shall we
say is less than ideal. These stay in place orders are impacting our health
in a very detrimental fashion. Were isolated from our friends and family.
The Bible says it is not good for man to be alone we are created and wired
for relationships. Loneliness is a risk factor for death from all causes. So
being cut off from social interaction is a very unhealthy thing to do. And
the research shows that getting outside, getting fresh air, taking a walk in
the park, going to the beach, swimming in the ocean is one of the
healthiest things you can do. Getting sunlight on your skin produces
vitamin D, which is very important for immune function. Getting out and
moving and exercising, getting some movement in our day is very, very
good for our health. So, in a lot of ways, our government
recommendations are the exact opposite of what we should be doing.

31:38
Instead of trying to avoid the contagion at all costs. I suggest that we
should be trying to improve our health or strengthen our internal terrain
and make our bodies more resistant and more resilient to the germs we
come in contact with. We can never completely eliminate our exposure to
germs. It's impossible. But what we can do is strengthen our systems and
make our our bodies a hostile place for these undesirable microscopic
organisms. You see these viruses are opportunistic organisms, they thrive
in an environment that's conducive to their growth. When our immune
systems are functioning properly, they're well up to the task to fight off
these invaders. Again, we can never completely avoid our exposure to
germs. Our focus should be on building health, not avoiding germs at all
costs. Please hear me on this. prudent avoidance should be encouraged.
But we can never completely eliminate our exposure to microbes that can
potentially make a sick, informed lifestyle choices leads to stress
reduction, which leads to improved immune function which builds health
margin. When we have health margin, we're better able to handle the
curveballs that life throws at us in the form of illness or injury. The best
time to build health is when you're feeling well. And when you build health
margin into your life, and then we're better prepared to handle our health
challenges. You see our bodies know what to do they know how to thrive.
What we have to do is get the obstacles out of the way in terms of adjusting our lifestyle factors that are within our control to enhance our chances of a positive health outcome. That's why I started the podcast now.

33:39
So lastly, what's the format going to look like? Well, I'm going to post weekly episodes I plan on posting early Monday morning. So perhaps on your drive to work, the new episode will be available. Episodes are going to last approximately 30 to 45 minutes, and I'm going to be flying solo here for the first several episodes at least. But I have 35 years of flying experience. So I may be sharing some flying Tales From time to time to help illustrate or make a point down the road. I'll have some guests on the show I have some great people in mind that I think you're going to find very interesting. We're going to have people from various disciplines. I will have some chiropractors on the show, some nutrition people, some medical doctors, and some people to talk to us about the spiritual side of things. I plan on having some pastors on to discuss how our spiritual component influence our health as well. And I might be doing some Q & A, some questions and answers. I'll take some email questions from you all, or maybe a recorded question. I'll play it on the show and answer a few questions. And that may make up a future episode. And I'm also toying with the idea of possibly doing some book reviews.

34:50
So that's my plan right now that could change down the road is always going to be some adjustments Of course. Thanks for listening. I appreciate You allowing me to serve you by giving me a portion of your day. For more information head on over to DavidSandstrom.com There you'll find show notes to every episode, and more information about natural and holistic health. If you enjoyed the podcast, I encourage you to head on over to Apple podcast or Stitcher Radio, and subscribe. That way you'll never miss an episode. And since the show is just starting out, I could really use your help in spreading the word. The best way to help is tell your friends about it. In addition, reviews are also helpful. If you're inclined to leave a review go to DavidSandstrom.com/podcast Click on review on Apple podcasts and the button there will take you straight to the Apple podcast review page. Once you're there, I would appreciate you leaving me an honest review with a star rating. And you may just hear me share your
review on future episodes. Well, that's it for now. I'll talk to you next week. Thanks for tuning in. Take care