



This is the *Health Matters* podcast.

### **Create the Health you C.R.A.V.E. in 5 Simple Steps with Casey Sollock**

I'm your host Kimberley Payne and this is the show for women who want to improve their spiritual and physical health.

In this episode, we'll be talking about the 5 simple steps to create the health you crave.



This week we're going to be talking with Casey Sollock. Casey is a natural health speaker, author, and coach. She is the resident health expert for the 90.9 KCBI morning drive-time radio show in the Dallas/Ft. Worth area. Casey's most recent book, "The Kingdom Driven Entrepreneur's Guide to Holistic Health", can be found on Amazon. Her website is [www.SheShinesWellness.com](http://www.SheShinesWellness.com). Welcome Casey.

#### **Casey**

Hi Kimberley. Thanks so much for having me.

#### **Kimberley**

Wonderful to have you here. Let's talk health. You're in the USA and I'm in Canada, what would you say would cause most of the health issues in America today?

#### **Casey**

That's a great question. I think there can be a number of things but I think the number one thing is misinformation. You know the standard American diet, so to speak, is what everybody knows, what everybody grew up with. It's where I was for a very long time because I didn't know differently. And that led me into a whole host of health problems. So that's what I would say.

#### **Kimberley**

I totally agree about misinformation. When I worked as a personal trainer that was the number one thing—educating people on what is true and what’s false. There’s a radio show called HopeStreamRadio.com on the Internet and I do Fit Tips for them just to do that, to give the facts surrounding all the misinformation that is out there.

**Casey**

Exactly. I think what happens for a lot of people is what happened with me. You’re going along doing your thing thinking you’re doing right. I thought low-fat, no-fat was the way to go because that’s how I grew up in the 90s, Snackwells and all that stuff. If you don’t eat fat you won’t get fat. The advertising and the marketing that is on our TV’s and everywhere we go day-in and day-out that it’s very confusing and then you end up—for me I ended up with the flu, strepp throat, pink eye all at the same time. I was catching everything I could catch off the Walmart shopping cart. I ended up with shingles and I was finally at the end of my rope and said, “Something is not right here. Something’s not working.” And that’s what led me into this whole entire holistic health process, this journey.

**Kimberley**

Wow, shingles as an adult, that’s painful.

**Casey**

Yes, it was. And it was on my forehead for everyone to see. And I wasn’t yet 40 at the time and the only people who I’ve ever known to have shingles were my grandparents. It was just at a time in my life where I didn’t understand—this is another thing that causes a lot of problems that nobody even thinks about and that’s stress and how stress affects the body. It’s just never talked about and we live in a very stressed out society where we’re constantly on the go. We’ve got so many billion things to do and many of us are moms that are running businesses or growing businesses and also raising families and we wear 2000 different hats every day. We’re just stressed out and overwhelmed. And that’s where I was at that point in my life. That’s the very first question the doctor asked me when I went in there. I thought I had a spider bite on my forehead. And he said, “No, that’s shingles.” The very next question he asked me was, “What are you stressed out about ?” And I thought, well how long do you have because at this point I’m stressed out about everything in my life. So again that’s just going back to misinformation or just not understanding the power of stress in our life and how important it is to control stress and reduce stress on a daily basis. Yes, a monthly massage is awesome but we’ve got to really incorporate daily stress reduction.

**Kimberley**

So would you say that stress is why most women have a difficult time creating a sustainable healthy lifestyle? Is that the number one reason?

**Casey**

I would say absolutely. It's hard to pick a number one reason because I think it really varies by person but I think overall the fact that we don't 1) recognize the stress that we're going through, and 2) yes, creating that daily stress-reducing practice, those things really do lead to some major health issues, some health problems. And it's physical, emotional, mental. Stress affects all of those areas in our life and so yes, I think if I was going to pick one for women that could be the top.

### **Kimberley**

What would you say then is the key to changing the way someone feels about health?

### **Casey**

I say the key is—here's the problem I think that so many people have with health. It is the fact that it is confusing, it's frustrating, it's all about denial and restriction and calorie-counting. When I would think about health—before I got into this profession, into this business of teaching people about health before all of this in my previous life—for me health was clinical and boring. It just reminded me of 9<sup>th</sup> grade health class with a textbook and a teacher who really didn't want to be there teaching this class. And I didn't really care at that point. And then you grow up and you've got all these different perspectives on health, all these different diet books and dietary theories and quick weight loss, and all these conflicting things that are just out there. It's frustrating and overwhelming and most people don't want anything to do with it. So in order to bring health back, in order to start focusing on your own holistic health:

1) Keep it simple,

2) Make sure that you are in touch with you. Only you live in your body. Only you know how things make you feel. So what works really great for Sally down the street might not work or feel as awesome for you. You have to be in touch with who you are and what foods work best for you.

3) Adding in the good stuff. Because when we focus on adding in the good stuff that in return crowds out the bad stuff. So we're not saying, "Well I can't have this and I can't have that and I have to live in this whole state of denial" we're adding in the good stuff. And while we're adding in the good stuff our taste buds begin to change because food craves food. So you're adding in the good stuff and you begin to crave the good stuff and then you're not leaving as much space and place in the body for the not-so-good. There was one point when I first started this journey and I was drinking my green smoothies everyday and just focused on adding in the good stuff. Lunch time came around and I thought, "What am I going to have for lunch?" So I was leaving the house and driving down the street trying to figure out what sounded good, do I want to go get a sandwich from somewhere, do I want to go get a hamburger, what do I want to do? The only thing I wanted was a green smoothie. So I turned the car around, pulled back into my garage, came inside, and made myself the original fast food, which is a green smoothie. That was when it hit me, you know wow, it is true that food craves food. I've been adding in the good stuff for so long and craving more of that good stuff.

And then finally, sticking as close to God food as possible. I think all across the spectrum with all these different dietary theories and health experts out there, no matter what you are, whether—I hate labels. I'll never label myself as anything like Paleo or vegetarian or any other thing. No matter what your "label" may be what spans all of these dietary theories, in my opinion, is eating wholesome simple food as close to nature as possible. What God put on this planet in its most whole, natural form. It's not fake food, it's not the processed packaged "fake" foods that you find in the grocery store. Eating off the land, eating from the garden. Organic if you can. If you can't, just eating as much God food as you can. Adding

in God food and keeping things simple. Don't overcomplicate. We have a tendency in America, and probably all over the world to overcomplicate health. And so keep it simple, know who you are, know what feels good in your body and add in the good stuff.

**Kimberley**

I love the God food idea.

**Casey**

Yes, God food.

**Kimberley**

I have a Dutch background so you would think that I would have a green thumb but I don't. But this year what I tried was on my back deck I did a container garden and I had beans, and peas, and carrots, and tomatoes, and lettuce. Although my beans I killed, my peas did really well. It was exciting for me to actually grow it myself and I thought that next year I'll do a little bit bigger garden. That is God food. That was very exciting for me to take a seed and plant it and watch it grow. The process itself was really neat and the food in the end—oh yeah, I had radishes too and they were delicious as well.

**Casey**

You had a big container garden on your back porch.

**Kimberley**

I bought the container from Costco and I had some other little containers as well, just smaller ones.

**Casey**

That is so cool. I love that you did that from the seed. Because you're right, even makes you appreciate our food and God even more when you see how this grows and it's such an amazing thing for your family and for your kids to participate in too. So they can really understand that food doesn't come from the grocery store. Real food comes from the soil. And when they're involved in that process of even planting the seeds and watering and nurturing and getting to watch it all grow and then harvesting. The beauty that comes from that garden is just such a good thing for families and for kids. Start instilling healthy habits at a young age.

**Kimberley**

Amen. Now you talk about keeping it simple and that's what I love as well. Can you refresh the 5 simple steps you just mentioned and what they are.

**Casey**

Some are of what I mentioned and then there are a couple of new things. When you create the health you crave, I like to use the acronym C.R.A.V.E. the first one is C and that means to Create a new mindset

and new beliefs around health. Our health begins in the brain and we have to use our brain to co-create health with our body and our spirit. Our brain has to be on board first and foremost. So many of us hold onto old beliefs that keep us stuck. Like, “It’s too expensive” or “I’m too old” or “I don’t have time to cook”, you name it. Or “I’m already too far overweight I’m never going to get things back into where I want to be.” It’s these beliefs that keep us stuck. Creating a new mindset and new beliefs around health will help propel you forward. And it doesn’t happen overnight. It helps to write out your new beliefs so that you are focussing on them and saying them and internalizing them on a daily basis. Along with this is being conscious and intentional with your choices each day. Most of us go through the day in a very unconscious manner where we’re not thinking about things, we’re not thinking about how food makes us feel. We’re not thinking about the choices we make. We’re just on autopilot. Autopilot is a dangerous place to be when it comes to your health. It’s got to be a very conscious and intentional thing. So that C is to Create a new mindset and new beliefs around health.

R is to Reconnect to your body. Again, this is about knowing how food makes you feel. It’s the idea of bio-individuality and that’s a big word but what it means is that we’re all different. We’re all chemically made up differently. What feels great and worked well for me might not work so great for you. For instance, I encourage people to drink water with lemon. But I have a girlfriend who cannot—lemon disagrees with her system. And she knows that because she’s made the connection. And so she shouldn’t drink water with lemon. You’ve got to reconnect with your body and know how things make you feel. And secondly in this Reconnect with your body space it’s understand how your body works. For me, the last time I learned about my body was probably 9<sup>th</sup> grade health class. How each of the organs function and how they work together and all of that. I didn’t care back then. Now I care because I want to help my body function most optimally. It’s relearning what each organ does in your body. What does your liver do and how can you love your liver? What do your kidneys do? Where are they located? Which foods really help to support your kidneys? How about your digestive tract? Did you know that most of your immune system lives within your digestive tract? So how can you support your digestive tract and boost your immunity? Get to know how things function in your body and be grateful for those things because God made you so miraculously. It’s so incredible how He created your body to live vibrantly all the days of your life. All you need is to know what to do in order to keep it functioning most vibrantly and most optimally. It’s a simple process but it’s about reconnecting with your body. And relearning what goes on inside.

And then A. We did C, R, A. Add in the good stuff, like I already mentioned. It’s not about restriction, denial, or any of that. It’s adding in the good stuff on a daily basis. So what you want to add in? What is the good stuff? Simply put it’s the God stuff. It’s fresh leafy greens. It’s fresh fruits and veggies from the garden. It’s lots of water. Hydration is imperative. Most of us live in a chronically dehydrated state. It’s adding in stress reduction on a daily basis. Adding in play time, which most people call exercise but I don’t. I call it playtime because I want you to do something that feels so fun to you that you’ll actually want to do it on a daily basis. You want to add in great sleep and daily detoxifying rituals like maybe skin brushing or lymphatic stimulation or tongue scraping or oil pulling or any of these things that take your health to the next level. So add in the good stuff—that’s A.

V in CRAVE is Visualize yourself as the healthiest version of yourself daily. The power of visualization is most often forgotten and again it’s using our brain to our advantage. When you begin to visualize yourself as the most healthy version of yourself it gives your brain something to aim for. It’s kind of like a target. And then throughout the day your brain is going, “I wonder what I can do to begin to create this visualization.” So write down in very detailed fashion who you are, how you’re feeling, what you’re

eating, what activities you're participating in, what you're wearing, all of that. First in present tense so that you can read this on a daily basis to give your brain something to go for, something to aim for. Back to the A—Add in the good stuff. I forgot to say this. The question I like for people to ask themselves every day, throughout the day is, "What can I add in to create more health and happiness in my life?" And then do it. Just continually ask yourself that question and then do that thing that you come up with. Powerful questions, that's what helps us to create the change we want to create. So constantly asking yourself questions and re-evaluating things. So then we did V which is Visualize yourself.

And E is Evaluate your primary food and your purpose. So you're asking what is primary food? That's a great question. Primary food is everything else that affects your overall health and happiness that's not the actual food you're putting in your body. So we're "feeding" ourselves every single day with our career, with our relationships, with our daily self-care, with our environment, with our spiritual life. All of those things that we are giving ourselves daily affect our overall health and happiness. So it really doesn't matter how many baby carrots or green smoothies you consume daily if your career is completely stressing you out each and every day. Because that stress is reeking havoc on your body. So it's important to evaluate your primary food—all of those different categories—and then take steps daily to improve those categories. And really consume delicious primary food. And then purpose, evaluate your purpose. So what I teach is health for life purpose. This isn't just health so you can fit into that pink-polka dot bikini or that little black dress in the back of your closet. This is health because I want you to live your purpose with passion and energy. God has given each of us wonderful and amazing gifts and talents to share with the world. And He wants you to go out and do that. But you can't do it if your health is constantly in the way, if it's constantly causing problems. So we want to get you healthy, happy, whole and vibrant, and full of energy so that you can use those gifts and talents He's given you to go out and do your thing on this planet. So what is your purpose? What is that thing that puts fire in your belly, and a pep in your step, and makes you want to get up every day with a song in your heart and go forth. And if you're not sure what that is then it's time to pray about that, to think about it, to meditate on it, and figure it out. Because when you are focused on health for a life's purpose it becomes easier to do the health habits consistently because no longer is it just about losing weight. It's about living your purpose and when you're excited about your purpose you want your health to come alongside you and support you in that. So it makes making those daily decisions, those daily choices, even easier because you're focused on living that purpose. If that makes sense.

## **Kimberley**

It sure does. Yeah, I love it. The five simple steps and the acronym is C.R.A.V.E. C is create a new mindset and new beliefs around health. R is reconnect to your body. A is add in the good stuff. V is visualize yourself as the healthiest version of yourself daily. E is evaluate your primary food and your purpose. That's wonderful. What a great acronym. I love it.

Now, we're going to move on to the BEEP round. Casey will give quick tips on the four disciplines of Bible study, eating healthy, exercise, and prayer or BEEP. So what do you have for us for a quick tip for Bible study?

## **Casey**

Keep it simple. I think there's a theme going through this—keep it simple. We can overcomplicate everything including our Bible study. And really this about you and God and your Bible together. There's a million different Bible studies out there that we can use or participate in. They're excellent. But don't

think you have to have one study in order to get close with God and to get into His word. Keep it simple. It doesn't have to be a long time frame. It can even be five minutes in the morning before the kids wake up. Any time is good time in your Bible.

**Kimberley**

Amen. And your quick tip for eating healthy?

**Casey**

Add in the good stuff. I think I explained that quite a bit. I won't go into detail there.

**Kimberley**

And your quick tip for exercise?

**Casey**

I like to use the word "play" so find something that you love that will feel like play for you. So you will actually want to go do it. If you hate the gym then that's not what you should be doing. Maybe you love a good walk in nature or an awesome hike wherever you are. Whatever it is that you love that gets your body moving. Go play daily.

**Kimberley**

And your quick tip for prayer?

**Casey**

Prayer is your time to get cozy with God. This isn't a one-time thing each day. This is an all day thing. I go to God all throughout the day. I call them "popcorn" prayers. He's constantly guiding my each and every step. Whether it's in my business, my life as a mom, my life as a wife, these popcorn prayers go up every single day, all throughout the day. So I can remain in that cozy spot with God.

**Kimberley**

Wonderful. I understand that you have a gift for our listeners. Can you tell us about that?

**Casey**

I do. It's an e-book called "Smoothies for Life Purpose". Anybody that knows me knows I'm a big lover of green smoothies. That's what I began to add in to my daily routine which really changed my health and happiness. And it's where I encourage people to start. So I compiled a book of smoothie recipes and it's called Smoothies for Life Purpose. This is a gift for the listeners of this podcast so they can go to my website which is [www.caseysollock.com/healthmatters](http://www.caseysollock.com/healthmatters). You will find your Smoothies for Life Purpose right there.

## **Kimberley**

I'll definitely put the link in the show notes for sure. Thanks again to Casey Sollock for her expert advice and thank you for joining us today.

This interview has been brought to you by the [Fit for Prayer e-course. Learn simple exercise strategies to get you in shape and prayer strategies to connect deeper with God.](#) You can discover more about this online course and other health programs at [www.kimberleypayne.com](http://www.kimberleypayne.com).

If you liked this episode please help spread the word by leaving a rating and review on iTunes.

This has been the Health Matters Podcast, believing that prayer & Bible study are to the spirit what exercise and healthy eating are to the body.

Blessings on your journey to health.

### About Kimberley Payne

Kimberley Payne is the host of the *Health Matters – Healthy Spirit Healthy Body* podcast. She is author of *Fit for Faith – a 7-week program to improve spiritual and physical health* and is a motivational speaker offering workshops and online courses based on her book. She hopes to inspire women to live happier, healthier lives that glorify God. She is happily married and lives with her husband in a village east of Toronto, Canada where she hikes and bikes. Visit her website at [www.kimberleypayne.com](http://www.kimberleypayne.com)

