The 4 Pillars of Men’s Health

Resources for Restoring Vigor and Vitality

Dave Skattum
They say that life is a marathon, not a sprint. To Dave Skattum that is literally true. After transforming himself from a middle-aged couch potato into a physically, emotionally and spiritually fit man, Dave shares with you the lessons he learned in a practical, informative and light-hearted way. I highly recommend *The 4 Pillars of Men’s Health*.

—Henry Kriegel, Talk Show Host/Activist

I’ve known Dave for 25 years and have witnessed an amazing transformation in him spiritually, mentally and physically as he has personally applied the principles and lifestyle changes that he shares in this book. If you are serious about improving the quality of your life and moving your relationships to a higher level, I recommend that you read Dave’s story and follow his advice. It will motivate and challenge you to make positive changes in your life.

—Dr. Duane Huie, Pastor at Livingston Christian Center

*The 4 Pillars of Men’s Health* captures the reality of the majority of men’s-health issues these days. As a health-care provider, I am often asked what are the most important components of health. These four pillars hit the nail on the head! These life-changing steps towards health are not thrown at you like a fad diet that will never last. Slow and steady wins the race. Taking these steps gradually, keeping your eyes on the ultimate goal, will help you achieve better health. Dave’s four pillars are fun but also powerful. They will undoubtedly have a major effect on starting or continuing on your road to great health.

—Dustin Rising, D.C., GallatinValleyChiropractic.com

Dave nails it with his four pillars—simple-to-read, easy-to-understand and fun. This book isn’t like all the other junk out there that teaches you to LOOK healthy; instead, it teaches you how to BE healthy. This is a new go-to resource especially for men looking to make a change like Dave did. You can sit around and hope for your health to improve, or join Dave on his journey to master your health today!

—Peter Frumenti, Owner at OnlineSalesTeam6.com
Dave is a downright guru when it comes to getting healthy and feeling great. This book will leave you with the tools you need to feel better, get fit, have more energy, and improve your life on all levels. Take action and pick up this book so you can get on the fast track to feeling like a million bucks!

—Pete Sveen, Owner at DIYPete.com

The 4 Pillars of Men’s Health feels like unpretentious and honest advice from a trusted friend. It is packed with simple yet powerful and eye-opening concepts that will help you live a truly fulfilled and healthy life. His relaxed writing makes you not want to put it down until the very end. Buy a copy for yourself and buy a few for gifts for those men around you who are ready to improve the quality of their lives.

—Sunny Faronbi, President of Rehoboth Consulting, Inc.

In the last few years I’ve personally watched as Dave has embraced everything in this book and changed his life. If you truly want to change, the tools he is offering are simple, but they require you to buckle up and do them. The best part is that Dave is speaking from his own experience and I promise you he’s lived it. Dave has run hundreds of miles, biked thousands of miles, and swam over a hundred miles. The transformation didn’t end there—his energy, great attitude, and quality of life have gone through the roof. Ask anyone who knows him.

—Joe Lair, Motivational Speaker

So proud of my husband for the positive changes that he has made—such a difference! It’s been surprising how he has changed the way he thinks about food, making a total turnaround from unhealthy to healthy choices. As a healthy eater myself, I was so pleased. The only problem is now I have to share my kitchen! These changes have made such a wonderful difference in our family’s lives.

—Laurie Skattum, Dave’s wife
The 4 Pillars of Men’s Health

Resources for Restoring Vigor and Vitality

Dave Skattum
I dedicate this book to my wife, Laurie, and to my kids—Josh, Heidi and Jordan.

I love you guys!
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foreword</td>
<td>viii</td>
</tr>
<tr>
<td>Acknowledgements</td>
<td>x</td>
</tr>
<tr>
<td>Introduction</td>
<td>xii</td>
</tr>
<tr>
<td>1) Men’s Health—Finding the Fountain of Youth</td>
<td>1</td>
</tr>
<tr>
<td>2) You Are Important—Be the Rock Star You Are Meant to Be!</td>
<td>9</td>
</tr>
<tr>
<td>3) Baby Steps—Fastest Way to the Top!</td>
<td>17</td>
</tr>
<tr>
<td>4) Creating a New You—Doing What It Takes</td>
<td>25</td>
</tr>
<tr>
<td>5) Build a Team—Get Support to Change Your Life</td>
<td>33</td>
</tr>
<tr>
<td><strong>FIRST PILLAR—ACCURATE THINKING</strong></td>
<td>43</td>
</tr>
<tr>
<td>6) Affirmations—The Power of “I Am”</td>
<td>45</td>
</tr>
<tr>
<td>7) Choosing the Positive—Change Your Mind,</td>
<td>53</td>
</tr>
<tr>
<td>Change Your World</td>
<td></td>
</tr>
<tr>
<td>8) Learning to Grow—Brain Stretcher!</td>
<td>61</td>
</tr>
<tr>
<td><strong>SECOND PILLAR—NUTRITION</strong></td>
<td>69</td>
</tr>
<tr>
<td>9) The Death of Dieting—The Birth of Good Nutrition</td>
<td>71</td>
</tr>
<tr>
<td>10) Eat These Foods—Drop GBOMBS Every Day!</td>
<td>83</td>
</tr>
<tr>
<td>11) ANDI Food Scores—Discovering Excellent Nutrition</td>
<td>93</td>
</tr>
<tr>
<td>12) Toxic Hunger &amp; Emotional Eating—Hand, Mouth and Heart Disease!</td>
<td>99</td>
</tr>
<tr>
<td><strong>THIRD PILLAR—EXERCISE</strong></td>
<td>109</td>
</tr>
<tr>
<td>13) Getting Started—Tuning Up Your Body with Exercise</td>
<td>111</td>
</tr>
<tr>
<td>14) Exercise—Making It a Lifestyle</td>
<td>121</td>
</tr>
<tr>
<td>15) Our Amazing Body—A Self-Healing, Disease-Fighting, Strong Machine!</td>
<td>129</td>
</tr>
<tr>
<td><strong>FOURTH PILLAR—SPIRITUALITY</strong></td>
<td>141</td>
</tr>
<tr>
<td>16) Prayer—Fuel for Your Engine</td>
<td>143</td>
</tr>
<tr>
<td>17) Meditation—A Power Tool for the Mind and Spirit</td>
<td>151</td>
</tr>
<tr>
<td>18) Fasting—Ninja Health</td>
<td>159</td>
</tr>
<tr>
<td><strong>The End of the Beginning—Just Getting Started!</strong></td>
<td>173</td>
</tr>
</tbody>
</table>

Let’s Stay in Touch!
As the health-science researcher Myron Wentz would say, “We are living too short and dying too long.” He is referring to the burden of chronic, degenerative disease that afflicts most of us at some point in our lives—this includes cancer, arthritis, diabetes, obesity, and heart disease. What are the main factors that drive these conditions? Can anything be done to reverse and, better yet, prevent this epidemic of disease? Spoiler alert: the answers await you in this book by my good friend and associate, Dave Skattum.

As a family-practice physician here in Livingston, MT, most of the people I see come in with the idea that the treatment they are going to receive is going to “fix their problem” and keep them healthy. In reality, though, we are often managing symptoms and, at best, slowing the progression of the disease process. The medications and other treatments we offer are not the solution to long-term health and vitality. Then what is? It’s only when people become motivated and acquire the tools and resources to turn their often deeply ingrained habits around that real progress toward health can be made. That’s where Dave’s four pillars come in.

Certainly, a large part of staying healthy or recovering one’s health, if it’s lost or declining, is through a nutritious diet and regular exercise, but can these two pillars alone hold up your temple? Always going for the big picture, Dave discovered through personal experience that in order to change one’s outer habits, one’s inner life must also be addressed. Never one to avoid the big questions, Dave examines and makes easy that inner world of one’s thoughts and one’s relationship with the Divine. I am excited that Dave has presented such an entertaining, practical and inspirational book to help us sort through these four key areas of health.
Dave wouldn’t mind me saying that he was not the picture of health when I first met him about 15 years ago, and over the next several years, things only got worse. I was genuinely worried for him as I could see his waistline expanding and his energy levels declining. So how is it that this hard-working, busy man, on a fast track to major health problems, was able to turn things around? How did he get from an over-the-hill, middle-age slump to running over the Absaroka Mountain trails with his two sons, one age 30 and the other a teenager? Read on and find out!

Dave is not a patient of mine. He improved his health neither by medications nor by following the latest health kick or fad diet. He accomplished it by seeking out and then applying timeless principles that complement how we are created, and by tapping into his innate, natural ability to self-heal. Dave and I are active in the same local church, and our sons attend Summit Christian Academy, a small private school we helped start. The four pillars that Dave would have us subscribe to have their foundations in scripture and in good-old common sense. We believe that following the Word of God goes hand in hand with the principles laid down by Mother Nature, from which our bodies were made.

Dave started off with not much more than a leap of faith. You will learn along with him and hopefully you will be motivated to join him in reshaping not only your body, but your soul as well. Get ready for the four pillars and enjoy the journey!

—Benjamin N. Flook, MD, Livingston Healthcare
Acknowledgements

A huge project like this requires more than I could ever accomplish on my own. There are so many people who have impacted my life and way of thinking. Thank you all so much!

I am especially grateful to a few team members without whom this book would not have come into being:

• My editor, graphic designer, and all-around healthy guy, Denis Ouellette

• Dr. Joel Fuhrman, who helped me change my nutrition habits and trained me as a Nutritarian

• My pastor, Dr. Duane Huie, who believed in me a long time ago, and with whom I built a thriving children’s ministry

• My parents, Dennis and Lou Ann Skattum, who toughened me up and are always supportive

• Toastmasters International and my local Toastmasters friends who gave me a platform to build upon

• Everyone who proofed this work and supplied their great feedback

Of course, I would be nowhere without my faith and hope in my Creator. St. Paul admonished to the Romans: *Do not conform to the patterns of this world, but be transformed by the renewing of your mind* and to that I’ll add: the renewing of your body!
Approaching the Absaroka-Beartooth Wilderness along a country road in Paradise Valley, Montana, where Dave and his sons love to bike and run.

Follow their adventures at Run723.com.
Introduction

We keep moving forward, opening new doors and doing new things, because we’re curious, and curiosity keeps leading us down new paths.

—Walt Disney

In my late forties, I saw some of my friends suffering from some horrible health situations and I started to watch my knees getting weaker and my belly getting bigger. I knew my friends were suffering from choices they had made in their earlier life and I knew I was on the same path to destruction.

I made changes in my eating choices, my sedentary lifestyle and my “stinking thinking.” I renewed my spiritual life. I call this support system my four pillars because they really do hold up my life. As I found, if each pillar is healthy, our lives will be happier and more exciting and fulfilling. The Four Pillars we’ll explore in detail are:

1) **Accurate Thinking**—We must choose to look at life from a positive angle, with accurate thought.

2) **Nutrition**—The food we eat impacts not only how we feel right after a meal; it also impacts our bodies’ ability to function at a high level and to live long and stay healthy.

3) **Exercise**—Keeping our body in shape gives us energy to be strong and achieve our goals.
4) **Spirituality**—Being tuned in spiritually helps us discover our life’s mission and live it out, and connects us to the next life.

Discovering these pillars has been an exciting journey. I have been shocked by the results and transformations that I’ve seen in my life. I got so excited about the things I learned, I decided to write them down for you, so you can find the satisfaction and joy that I found.

Each of us is at a different place in life. Some areas we have mastered, while others we might be floundering in. So please jump in at any of the four pillars that interest you and start applying these principals.

I am not a doctor or a psychologist, but I know what worked for me, and I believe it will work for you. In my dreams, I see men all over the world rebuilding their health and accomplishing their missions. My sincere intention is that you embrace the four pillars and find the fountain of youth.

*Live long and prosper!*

Dave Skattum
Men’s Health
CHAPTER 1

MEN’S HEALTH—Finding the Fountain of Youth

You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits.

—Michael Phelps, 23-time Olympic gold medalist swimmer

When I was 49 years old, a friend and colleague was lying in a hospital bed with the doctor leaning over him, sawing his leg off due to diabetic neuropathy. Shortly after that, two more of my friends were diagnosed with diabetes. It almost made my head explode! I thought I was heading in that same direction. I was obese, had a sedentary lifestyle, and ate like a pig.

In the movies, John Wayne and James Bond don’t worry about their health. They get shot, beaten and smashed—then get up and finish off the bad guys. Reality, however, is quite different.

John Wayne developed heart disease and had a cancerous lung removed. Ian Fleming, who created James Bond, died from complications of a chest cold because he bucked his doctor’s orders and played golf instead.

Look at any health statistics and the real story is the same: men live much shorter lives than women and have higher risks for all 15 leading causes of death except Alzheimer’s disease. Despite these statistics, most American men think their health is “excellent”—and they’re dying to
prove it. Although their health risks are largely preventable, men’s infrequent health care—combined with behavior that’s better left to Hollywood stuntmen, shortens their lives by more than five years. [MensHealth.org/code/why.html]

What do we men need to do? Where do we begin? For me it began with my friend lying in that hospital bed and then having visions of myself living a miserable, unhealthy life. So, I slowly began to change things in my life: the way I thought, ate and worked out—and I paid more attention to my spiritual life. Today I am running the Ironman triathlon, have lost 75 lbs., have highly nutritious eating habits, and I enjoy a balanced family life and rich spiritual life, all of which has propelled me to share what I’ve learned and gained with you.

In this book, I want to invite you to come along with me on a journey to much better health and wellness, so you can live your dreams to their fullest. We will focus on four critical areas for extreme health improvement: 1) Changing our thinking, 2) Eating nutritious foods that produce health, 3) Getting our bodies in shape, and 4) Jumping into a deeper spiritual life.

**Changing Your Thinking**

Your thoughts are creative and powerful. With the right thoughts, you create the right beliefs and you achieve much of what you want. I am a living example of how using correct thinking works. Although I am naturally an optimistic person, as I have matured I realize just how much my thoughts have created my life—the good the bad and the ugly. In Chapter 7 of this book, you will join me in my discovery of the power of those words.

Your thoughts can create a wonderful life, bring you more wealth, more confidence, more success, better relationships—just about anything you want.
However, your thoughts can also make your life miserable, lead to financial disaster, create unneeded struggle, increased emotional pain and more hardships, and force you into dysfunctional relationships—the kind that just don’t work or leave you unhappy and unfulfilled. In Chapter 7, we will be talking about purposefully choosing positive and accurate thoughts and how that will change your life.

We will be exploring how affirmations, choosing positive thoughts, and always learning new things will dramatically change your life. And in Chapter 8, we will jump into what happens when we continually strive to grow and improve by learning new things.

Eating Nutritious Foods That Produce Health

I grew up on and live on a ranch in Montana. Hard work and a steady diet of meat and potatoes are a way of life! It took me years of study, experimentation, and some family scorn to realize how important a plant-based diet was for my health. Your food choices each day affect your health and will determine how you feel today, tomorrow and in the future.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer) and promote your overall health. Chapter 10 takes an in-depth look at six superfoods that you should strive to eat every day. They can best be remembered with the acronym GBOMBS, which stands for: Greens, Beans, Onions (and Garlic), Mushrooms, Berries, Seeds (and Nuts). We will discuss the amazing impact these six foods will have on your life when you start to eat them every day.

The Standard American Diet—appropriately called the SAD diet—consists mainly of meat, dairy, fat and sugar, as well as refined, processed, and junk foods. Switching to a plant-based diet, shifting to an emphasis on fresh vegetables
and fruits, can help prevent and even reverse some of the top killer diseases in the Western world and can even be more effective than medication and surgery. Even after years of eating the SAD diet, it’s possible to reduce your risk of degenerative diseases by eating healthier. Toxic hunger and emotional eating are major contributors to poor health and will be discussed in-depth in Chapter 12.

In Chapter 9, I will tell you about my miserable failures with dieting and why typical diets don’t work. We will be changing our attitudes about nutrition and in Chapter 11, you will learn about the ANDI Food Scoring system that will help you evaluate the best foods to eat.

Getting Your Body in Shape

You woke up today, you looked in the mirror and you said to yourself, “Gosh darnit! or #%&@)*%$!!—I’m going to get in shape!”

Just one problem—you don’t quite know HOW.

It’s okay. We’ve all been there. This might be the first, tenth or fiftieth time you’ve resolved to get into shape. Sure, things didn’t work last time, or the time before that, or even the time before that, but things are going to be different THIS time, right? Never give up that ship!

Here’s some good reasons, I think you will agree with me, to get into shape:

• You will have increased self-confidence
• You will get more attention from women
• You will get more respect from men
• You’ll become a role model for others
• You will have increased energy and happiness
• Clothes will fit you better
• You will look better naked
The 4 Pillars of Men’s Health

- You will sleep better
- You will lower your risk for all types of diseases
- Your self-discipline will spill over to other areas of your life

What does it mean to be in shape? How do you do it? Why should you care? You will learn about three things that will help tremendously to get your body in shape and stay in shape:

1) **Getting started**—Know how and why to get in shape. Find out what works best for you.

2) **Making exercise a lifestyle**—Incorporate your workouts and other healthy habits as a natural part of your life. You wouldn’t have it any other way!

3) **Your amazing body**—Appreciate your body as a self-healing, disease-fighting, strong machine!

**Jumping into a Deeper Spiritual Life**

While I did save spiritual health for last, for me it is the underlying thread that ties my life together. According to a study in Gallup News, statistics show that 95% of us believe in God or a higher power, so I know this is a big deal to many of us. My spiritual life gives me inner strength during hard times. It gives me peace in times of stress and turmoil, and nourishes me with an abiding hope for the future. If I had to choose the most important area to develop in my life, spirituality would be an easy first choice for me.

While it’s easy to see the effects of taking care of our physical health through workouts, nutrition and accurate thinking, keeping our spiritual health in check requires a different type of exercise—an internal, soul-searching one. That might seem intimidating, but defining your spirituality doesn’t
have to be as rigid as a diet. You might want to ask yourself what difference spiritual health has made in the lives of those around you, and if the journey within is worth taking that first step. Just because your spiritual health isn’t something you can see in the mirror, doesn’t mean that it won’t make all the difference in the world—even if it’s only in your world.

Here are some questions to ask yourself, the answers to which can indicate that you are in good spiritual health:

- Do you have a strong purpose in life?
- Do you have the ability to spend reflective time alone?
- Do you take time to reflect on the meaning of events in life?
- Do you have a clear sense of right and wrong—do you act accordingly?
- Do you have the ability to explain why you believe what you believe?
- Do you care and act for the welfare of others and the environment?
- Are you able to practice forgiveness and compassion toward others?

In future chapters, we will discuss three areas that have helped me grow spiritually. These are prayer, meditation, and fasting.
Let's stay in touch!

Send correspondence by email to the4pillarsofmenshealth@gmail.com
or by snail mail via
PINE CREEK PUBLISHING HOUSE
P.O. Box 833
Livingston, Montana 59047

Copies of this book can be ordered at Amazon.com
or from my website: The4PillarsOfMensHealth.com
where you can also get my latest updates on health and well-being.

Follow our treks through the Absaroka-Beartooth Wilderness at Run723.com
Dave Skattum is a family man, a health guru and an inspirational speaker. He is also a business entrepreneur, a youth pastor, a Distinguished Toastmaster, a Certified Nutritarian, and a Certified Napoleon Hill Foundation Instructor.

In his late forties, some life-changing experiences created a starting gate for Dave to make drastic changes in his life, and started him on his quest to improve his overall health and well-being. Since then, he has taken off 70 pounds, participates in Triathlons and Ultra Trail Running, has weaned himself off junk food, and enjoys nutritious foods and periodic fasting. In addition, he has become accurate and more positive in his thinking, and has taken his spiritual life to a new level.

These four lifestyle upgrages he calls *The 4 Pillars of Men’s Health*. He now brings excitement and hope to audiences when speaking or blogging about his journey to achieving and maintaining great health and wellness.
Entertaining, well-researched, enlightening, and based on great results from his own experience... Backed by up-to-date science and timeless principles... These four pillars will inspire and motivate men to regain great health and well-being at any age.

—Denis Ouellette, author of Heal Yourself with Breath, Light, Sound and Water

Dave Skattum is a business entrepreneur, a motivational speaker, a youth pastor, a triathlete, a Certified Nutritarian, and a Certified Napoleon Hill Foundation Instructor. He lives with his wife and family in Paradise Valley, Montana.