Interview with David Cummings

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Michael: Welcome to Logical Soul Talk. My name is Michael Craig, and I am your host for this exciting talk radio program where I get to interview the best and the brightest and most creative people in the world mainly about some of the turning points in their lives and what brought them to their success.

I was a chiropractor for many years and discovered that most people, including myself, have an underlying pattern of what I called hidden decisions that we made as small children or picked up from our parents, teachers or even our ancestors. These subconscious decisions form our reality and affect our motivation and our destiny.

Quite by accident many years ago; most of you have heard me talk about this, I discovered I could access and change these hidden decisions to allow results to happen in my own and other people’s lives. You can get more information on this at www.logicalsoul.com.

Now the guests on my show were selected not because they were familiar with my work; some are, but some aren’t. But it’s because they’ve obviously made some strong decisions in their own lives that led them to their current life. My goal in having them on this show is to probe a little bit and discover their pattern of life decisions, and this will allow you as my listeners to maybe pick up a few special nuggets that will add to your own motivation, give you some tips on how to succeed and nourish your own seeds of success.

Listen to the show with an open mind. After about 10 or 15 minutes, I invite you to call in with your comments or questions. Our number is 347-843-4544.

Now my guest on the show tonight is from Australia, and I believe it’s about nine o’clock in the morning over there. I’m going to put him on the air in just a minute here. David Cummings is an Australian entrepreneur who says he believes in self-awareness and has an internal drive to generate success in his life. He’s a formal civil engineer, according to what I understand. David now promotes natural living and wealth programs through internet marketing and teaches people how to have a healthier lifestyle with natural foods and products and to create financial success in their lives. He grew up in a large family, according to what he wrote me, and now lives with his wife and two kids at the Gold Coast in Australia and enjoys the sun, surf and outdoor lifestyle.

I met David several months ago through a small online group meet-up, and he impressed me as someone who really knows how to follow through with ideas, put them into action and teach others to do the same. I’ve experienced him as a friend and whoever he decides to get involved with. You can learn more about David’s programs through his website at www.myhealthandliving.com and www.wealthychange.com. Did I say that right, David?

David: Yes, hello. Yes, you did.

Michael: Can you hear me okay?
David: Yes, I can hear you fine actually.

Michael: Okay, excellent. I had to turn my speaker up here a little bit. So I was mentioning online here that I was really impressed with your ability to follow through, and you said that part of what you do is showing others real health principles that were once practiced by our ancestors before the onslaught of modern medicine. You also said that there’s a lot of hype and hysteria out there. As a chiropractor I know what you’re talking about. Natural healing and self-help could come about simply and easily through good food and natural remedies.

I mentioned I was a chiropractor, and I’ve been basically doing that for over 30 years. I must say that you’re right on in your assessment. I’d like to hear more about your programs on how to live a healthier lifestyle, and I’m sure we’ll get into that a little more in depth a little later on.

First however, I’d really like to find out a bit more about you. I know a little bit about you, but I’d like to find out how you first came to practice natural healing and when do you remember, as a child or an adult, first deciding that natural healing is the way to go? Was there a turning point or some incident or something that happened, and you said, “You know, this natural healing stuff is the way I want to do things.” What happened?

David: Well I grew up in a large family, as you mentioned before, and it was apparent that my mother tried the best she could. There were seven kids, and we lived on a big property so we had obviously, a large family and lots of animals around as well. We were pretty close to nature. We had obviously, lots of animals to interact with. That was like a horse, a goat, a sheep, a cow and lots of birds and a few dogs and cats as well.

So obviously outside a lot of the time and I was really close to nature. I loved being outside and loved being in the sunshine as well. So back then mum used to cook the big meals and throw on some sausages and mashed potatoes and all those types of big meal things and spaghetti and all those to try and feed a big family. As she went through, she did the best she could or believed in feeding us healthy. That was, we always had fresh fruits and vegetables around or lots of nuts and natural fed to munch on through the day. It wasn’t unusual for us just to go to the fridge and grab a carrot or a stick of celery and just chew on that for an afternoon tea snack or to go and grab a few pieces of fruit rather than just loading ourselves up with potato chips or lollies or candy or whatever.

It would be normal for us to go to the cupboard and grab healthy food. I say “healthy food,” well that’s really all I knew. As I was going through –

Michael: Oh, you – I’m sorry. You grew up in a rural area or was this near a big city or where – you said you had a lot of land, but I suppose – I know in Australia a lot of people had a lot of land because there’s a lot of land around. But basically your neighbors were not too close, is that correct?

David: Yeah, that’s right. You had to spend a good 15 minutes walk up the hill or down the hill to get to their place so it was a pretty big property, and I really enjoyed the outdoors. So yes, it was a rural area, but not too far from the city that you know a good 15 or 20 minute drive and we were close to suburbia somewhere.
Michael: Okay, good. So sort of like the suburbs in that sense?

David: Yeah. So it was rural environment I grew up in. I really, really enjoyed that, and it did a lot for my eyes to be opened, I suppose, to see that God made creation so that we could actually go out and enjoy it. He made great food so we could enjoy that as well. And I mentioned that we went through and the snacks I had was often fruit or vegetables out of the fridge and that would be normal for us. But it wasn’t until later on in life when I got out and into the workforce and started to become a civil engineer and went through – I was still living at home at the time.

Mum kept making the same meals that she was always making, but I suppose my eyes were opened a little bit to the amount of salt she added or the amount of preservatives in food and the amount of oil she used to cook in. I didn’t see that before, and it really started to make me think. Well, I don’t particularly like loading my body up just for the sake of it of wrong foods. I’m not to say my mother did that in a bad way. She fed us really well. But realizing what was actually there and what she was cooking with and making sandwiches with loads of margarine or preservative butter, et cetera, it sort of made me think, “What am I actually putting into my body, and what do I want to do in the future?”

So as I went through, I grew up and got married. We moved out and moved into the suburbs, which was a big shock for me. It was one of those things where you grow up on acreage, a lot of land, and you could literally stand up at the back door on the veranda and shout out at the top of your voice and no one hears you except for maybe your siblings or your parents on your own property. When we first got married and moved into suburbia, I got up and down probably four, five, six times a night because I heard footsteps in the house. It wasn’t in my house; it was actually next door’s house. That’s how close they were. It was a bit of a shock to move into suburbia.

Michael: That’s amazing. So your mother did the best she could, obviously. You became a civil engineer. What made you want to become a civil engineer? What did you study and where did you go? Did you work as a civil engineer?

David: Yeah, well it started out that I didn’t know what I wanted to do when I left school. I looked at what I was good at. I was good at drawing. I was good at art, and I was good at mathematics. So I thought, “Well, I’m sick of all this stuff. I want to be going and getting into the business world.” So I applied to get into Business. I also applied for a couple of civil engineering drafting jobs at the same time. And it turns out that I got the jobs in the civil drafting section before I got the application fulfilled in the business world. So I dropped my business aspects and went straight into civil engineering in that respect.

And then I studied part-time and worked for one of the councils. I went to university at night time, and I did that for four years. That was a big struggle to work and study at the same time. So if anyone out there does do that, I totally appreciate how hard it is. And four years later, I came out with an associate diploma, and I really enjoyed that. I thought, yeah, I’ve done well. But at the time I got offered the opportunity to finish my engineering degree, to become a full civil engineer, and I thought no, I’ll never want to become a civil engineer. Who would want to become one of them? It’s too much work.
So anyway, a couple of years went by after my studies, and I thought, you know, I could actually go back and do this. I decided to saddle up for more study. I studied for another three years doing a different degree that was a bridging degree. Then I had a couple of years break, and I went back and did another three years and finished my engineering degree. So all in all, I did about 13 years of study where if I had made the decision straight up to do it, I would have done it in about four years. So I took the long road around, but I got there.

Michael: So do you use your civil engineering degree at all these days or is this just something that was in the background and that basically was nice to do and you felt smarter, but you’re not really using it?

David: Yeah, I’m still interested in civil engineering, and I still do project management and help out through consulting work. That’s really exciting and coupled with the other things I do. I don’t think I’ll ever stop becoming interested in civil engineering because it’s part of who I am. I like to rip things apart and see how they work or I get excited when I see road works on the side of the road, and I have to understand what they’re doing. My wife sort of gets a bit sick of me talking to them about civil engineering stuff as we’re driving along because over on the side their doing road works on the side or freeway upgrade, and I start explaining what they’re doing. And she goes, “Well, here we go again.”

Michael: My wife, when I was doing real estate, we’d drive down in the country and see these old barns falling down, and I’d say, “Look honey, another fixer-upper.” And she’d just sort of -- her eyelids would go up and, “Oh, not again.” I can understand what you’re saying. Wives generally tend to put up with husband’s fanciful ideas.

David: Definitely. They’re --

Michael: So – sorry, go ahead.

David: I was just going to say they’re blessed with our enthusiasm to explain and talk about things we’re excited about.

Michael: Yeah, absolutely. How did you get from civil engineer to internet marketing? I know that you’re doing that, and you’ve got several programs with the health information and also the wealth field as well. So how did you make the jump from civil engineer to doing the other stuff that you’re doing today?

David: Well, I’ll tell you the short version. Hopefully, I’ll tell you the short version. It’s back in about 1997. I was interested in houses, similar to yourself where I used to look at old rundown houses or renovators and getting to renovating houses. It was really my passion at the time because I didn’t want to sit behind a desk as a civil engineer for the rest of my life. I thought there’s got to be more to it than sitting behind a desk. I’m sort of one of these people who can’t really sit still for too long. I do like to dabble in this and that.

Back in about ‘97 we were renovating a house; I did quite a good job I thought. We ended up making a fair good of money on it, on selling it, and I got a bit of a taste for doing these things with my hands and exploring different avenues of making money. So back then I renovated a couple more houses.

And then in about 2005, I got on to an advertisement in the paper about how to make money using the internet but not as internet marketing. It was more online using options and stock trading. So I went
down that avenue for a while and once again, got really excited about the prospects that you could
definitely do to make money using your internet connection and sitting at home and trading stocks and
shares and options. It was quite exciting.

That was going pretty well, and I then heard of someone else by the name of Brett McFall, and he was
doing an internet seminar in Brisbane which is probably about an hour or so up the road from us. I went
along to that seminar and got blown away by what could happen if you put your mind to it and a little
bit of know-how of a proven technique here or there, how you could make some money using your
internet connection and market different things.

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That was my first introduction to internet marketing back about a year or so ago, about a year and a half
ago. And that was really, really exciting. That’s basically how I got introduced to it.

Michael: So you essentially – I’ve sort of been keeping up with you a little bit. I know you’ve been setting
up some sites, and you’ve been really quite passionate. You followed up on a lot of things you said you
were going to do, and I’ve been real impressed. You sort of keep in touch with me; we were part of a
group and the group just sort of fell apart, but you just kept calling everybody. And I was kind of
impressed, “Well, this guy is really serious about what he does.” Have you found your engineering
degree has sort of helped you set up your systems, internet systems and do things like that? It’s sort of
like a logical thinking type and systems type approach to business?

David: It is, definitely. With project management or civil engineering you can’t get to the end of your
road unless you put steps one, two, three, four in place first. And the same thing as far as the rest of
your life including internet marketing. If you want to get to set up a website or set up someone else’s
like affiliate marketing. Although it’s very simple, you still have to have systems in place or steps, one,
two, three, four to get there. I found that if you implement these steps, much as in your mind, but
basically write them down to say, “Step one, I need to find a good product. Step two, I need to get to
this point. Step three, I need to implement that.” And then right at the end, step five or six, then you can
actually do your final steps to marketing it.

So definitely, my civil engineering degree and project management have helped that right out.

Michael: That’s good to know. I may call on you. I’m sort of – I sort of love systems myself, but I don’t
have nearly the experience that you have on that. Now you said you were doing nutritional work and
obviously you’re real involved in that. When you were off at school, did you notice that you were eating
less healthy and maybe your energy went down? What made you notice or find out that people just
aren’t as healthy as they could be? You sort of mentioned the medical intervention there and the
pharmaceutical and the way foods are manufactured, that type of thing. What sort of clued you in to
become passionate in that particular field?

David: Well as I mentioned, my mother did the best she could in cooking and that sort of thing. When I
moved out of home, my wife had her cooking style as well, and obviously that took a while to adjust as
any married couple gets together. But as I was going through, I realized that my energy level, wasn’t as it
were or should be. I was looking at very closely my diet.

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Now, I didn’t eat a lot of junk food. I didn’t eat a lot of potato chips or salty meals or preservative meals. I didn’t like chocolate bars. I didn’t particularly like going to a movie and stuffing my face full of ice cream and candy. It just wasn’t me. But I still felt as if my energy levels were only about 80%.

Because I’m a well-driven person, I like to achieve things. I wanted to find out what it was, and I wasn’t about to slow down my lifestyle to just get energy levels back. I was getting enough sleep. So what I did is I started looking at the natural foods, like your deep green vegetables and your fruits and vegetables. I started getting interested in what really was inside them and what they meant to your body. Speaking with a few naturopath friends and some other people in the natural health industry, it sort of became apparent – and it was like the scales fell off my eyes.

All foods were actually created for a specific purposes and it was like a light switch going on I imagine. You look around and you go, “Wow. That makes so much sense. If I eat the right food in the right combination, then I can actually fulfill my energy level beyond what I had before.” So it’s not as if I didn’t change my diet too much, all I really did is I changed the combination of things, and I targeted certain aspects of my body at certain times of the day. That got me really interested in that.

So I bought a few books and got interested in a guy by the name of Don Tolman who is an American going on about natural healing and the benefits or the Seven Principles of Health. That really opened my eyes. Just to show you that different foods really target different parts of your body. And I became really passionate about it. That was only in the last couple of years that it happened.

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So I decided to use my internet marketing avenue and start looking at helping people open their eyes and show them what is in life and what is in foods, what is in our environment that can affect us.

Michael: Yeah. I know for example mixing raw fruits and raw vegetables don’t necessarily – they aren’t really a good match. Heavy starches and proteins don’t really mix; things like that, and also natural vitamins and the post synthetic type of thing. There’s a lot out there that’s just basic common sense that a lot of people just don’t realize is true. So giving them information certainly helps put them into a better place.

Now, you have a website. It’s called www.myhealthandliving.com, is that correct?

David: That’s right, yeah.

Michael: So tell us a little bit of how they can go there and what do you have to offer at that particular site, and how they can get there.

David: Yeah. Well a friend of mine is also into natural health and living as well. We teamed together a while ago and decided to put My Health and Living site together for that very reason that we could actually show people that there is a better way, and we don’t have to rely on medicines. We could actually go into the natural health living way. If you look around you and look at antiperspirants and deodorants, some of them are doing a great deal of harm without even realizing it. The amount of aluminum in that and the residuals that stay in your body and clog up your lymph glands and do you harm.
So our site is all about a review, if I could say, of certain things we take for granted in life like deodorants, like your toothpaste, like the way you eat, your sauces you might put on your meat or your ice creams, all those things. Our site basically gives away something for free which is basically your book about healthy living and the benefits of vegetables and fruits and nuts and their power that they can give your body. Once we’ve got them on our system, we send them links and information and it is all about how you can help your asthma, how you can help your eczema, how you can improve your body with this or that by just opening your eyes and saying a few statements here and there. For instance, did you know that you can improve your skin by rubbing lemon on it and going into the sun every day. Those types of things, the little helpful tips that get everyone on the side of healthy living rather than thinking, “Oh, I’ve got to go to the chemist or the pharmacist and get a cream for it” or “I’ve got to go get a tablet because I’ve got heartburn or reflux” or something like that.

Michael: Right. As a chiropractor –

David: So I started people out.

Michael: Absolutely. What I’ve discovered – this is basically the essence of chiropractic – the body heals itself or that nature needs no help. It just needs no interference. I found that to be true. There’s a lot of times that we can balance things using certain substances or whatever, but really by and large I found that if I stopped eating certain things that may not be good for me, I suddenly feel different or feel better or something.

So nature just needs no help, but it doesn’t need interference as well. Sometimes just cutting out certain things that we’ve been taking for granted as we think are healthy, for example, some people may grow up and think, “I need to drink a lot of milk for protein and calcium.” They don’t realize that when they’re drinking milk, they’re actually leeching the body of calcium and they’re clogging up the intestines and the system, the lymphatic, and causing all sorts of problems other than that. I mean just simple things like knowing the right foods to eat and what to put in your body and what not to; huge information transformation that could go on, but we don’t get that from the media do we?

David: No. That’s absolutely right. The sad bit is that most of us are brought up with so many unknowing lies. I say that in a nice way because our parents were told the same things. For instance, salt. I was brought up told that salt hardens your arteries. Don’t eat salt; it hardens your arteries. What I subsequently found out in a few years ago, salt is actually very good for you provided you eat the right types of salt, sea salt. Sodium chloride actually helps regenerate your body.

It’s just amazing to find out these little things that you didn’t know or you went down the wrong path to find out what the truth is. Olive oil, for instance is great for you as well. I was always told to stay away from oils. It’s bad for you. It’s just like unbelievable. But now that we’re on the path, I want to share this information.

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Michael: One of the biggest myths going on now is cholesterol. So you’ve got to get your cholesterol down. People don’t realize that cholesterol is basically the matrix, the actual essence of what keeps our arteries and our veins patched up. What happens is our diets are so acidic these days that we get so acid
and eventually the walls of our arteries begin to wear down. Cholesterol is the patch, the matrix the body uses to patch up these holes that we’ve created in our arteries. So a lot of times they’ll get clogged up simply because we’re eating such acidic foods that we’re basically drilling holes in our arteries and veins so the cholesterol goes crazy trying to patch it. I learned that from Tony Robbins, by the way. That was a breakthrough for my understanding and realizing that this cholesterol myth is quite pervasive, and every time you turn around it’s cholesterol this and cholesterol that because it’s something that you can sell. You can sell some drug to bring down cholesterol.

David: That’s right. It challenges the way you think, doesn’t it?

Michael: Oh, yeah. It’s amazing all the stuff that is put out there that’s just not true. So anyway, we could probably go on all night about this kind of stuff. But let me – so if they go to www.myhealthandliving.com, is there a place they can sign up or opt in or get that information and you’ll be in touch with them there?

David: If you go straight to www.myhealthandliving.com and there’ll actually be a sign-up page there. You’ll get a couple of free downloads and you’ll actually start getting some emails from us, showing you the natural and health alternatives that will help your lifestyle, and that’s very exciting.

Michael: Great. And you also have your contact information there, David, I imagine if somebody wants to contact you for more information or just to chat?

David: That’s right. They could always get or send us an email at info@myhealthandliving.com.

Michael: Okay, great. Excellent. Anything else you want to add before we wrap up here? We’ve got about another minute or so.

David: Okay, just quickly. A lot of people think that natural health and living is such a big fad. They think that everyone is trying to get on the healthy bandwagon. But if they stop and think about a hundred years ago how many people had cancers, and it was probably one in 8,000. Now you look around, and it’s probably one in three. That’s subsequent to our diet and our lifestyle today. So the things that you do today will effect your tomorrow. If you want to end up on the path to cancer, continue what you’re doing and feeding your body and mind and soul with the things which will harm you. But there are little tweaks or little things you could do to improve those things, and it’s those little things that count, that will help you tomorrow. That’s what My Health and Living is all about.

Michael: Great. Well, keep up the great work, David. We can use more messengers out there to get the word out because this is a huge topic that people are just missing. Well, they’re not missing it, they’re just hearing the voices that are basically selling the meats and the dairy and the this and the that and the processed foods and so forth. They just don’t realize that they’re basically business decisions about our health, and we need to separate the business from the idea of being healthy. Once we begin to see the different, I think we as a human race are going to evolve or begin the process.

But I appreciate what you’re doing and wish you the best and best success. I hope that you really make it happen because the more successful you are, the more people will hear about it.
David: If I can just say one more thing, that is, if you’re looking at supplements and those sorts of things, look behind. Look at the money behind it; who is pushing these products. If you want to look at healthy living, there should be no one pushing these products or no money behind it because they’re natural products; there is no money in it. So that is where the real health and living comes from.

Michael: That’s the bottom line, David. I appreciate you’re being on the show. If you want to hang out for a few minutes, there will be some outtakes. We can talk after the music here. Our next week guest is supposed to be Debbie Unterman. Debbie is an author of a book about inner voices. We’re going through a lot of things right now, so we might have a mystery guest.

Michael: David, are you there?

David: Yes, I’m here. Hi.

Michael: Yes, so thank you very much for joining me tonight. I thought it was a great show.

David: Yeah, actually if flowed rather well.

Michael: So anything you want to add to that because we’ve still got – people can’t hear this online because we’re not live, but for those who download the program or listen to it offline they’re still able to hear our outtakes. What I call the outtake session here which is the informal talk that we get to banter, the informal banter after the show. A lot of times really good information comes at these particular sessions. Anything else you want to add that maybe you forgot to add earlier?

David: Yeah, one thing in particular. If you look at the words “healthy self,” if you break that word down it means “heal thy self”. It’s amazing what our language does today. So if you want to be healthy, you can actually heal yourself through natural foods and natural living.

People seem to have the whole thing backwards nowadays. That is, they go and say, “My health is up to my practitioner or my healthcare professional.” Well, that’s the wrong thinking. If you take your own health into your own hands, then you’ll do a lot better because you know your body a lot better than anyone else. If you’ve got a headache, you know you’ve got a headache, not the doctor. You know how you haven’t drunk that much water that day or you know you haven’t had that much salt intake that day or you’ve been eating too many lollies or things that aren’t good for you. So take care of your own health and living and stop relying heavily on your doctor.

I’m not a health professional. I’ll admit that right up here and now. But what I do take responsibility for my own body and sharing the good word that healthy living should start with yourself.

Michael: Right. I want to put a bit of a caveat on that also, that we’re not recommending anybody not see their doctor if they have a condition or something that is urgent, that the feel that they need help with. Because obviously, we’re not dispensing a medical advice right here. We’re not diagnosing anybody.

David: Absolutely.
Michael: I just want that caveat out there because a lot of people might take certain things we say literally and go out there and say this is what they’re supposed to do and actually suffer some consequences. We certainly don’t want that to happen.

For example this is something I also learned from Tony and also had this experience myself. I stopped eating a lot of fruit. I used to love fruit. I’d eat bananas – occasionally I’ll eat bananas and oranges here and there. But I noticed that when I eat a lot of fruit, I started feeling worse. I’m finding out that a lot of times the body, because it’s been so degraded for so long – I don’t eat unhealthily – but I noticed that there’s certain tendencies, for example, in my body to develop yeast or systemic yeast problems which can build up because it feeds on that carbohydrate. So there’s a lot of complications that go into natural foods and natural living that because we’ve been off balance for so long, sometimes it takes a little more to sort of correct the situation. Like I take, for example, testosterone and thyroid supplements just to get me to the point where I’m a little more balanced than I used to be.

But by and large, if you’re feeling unbalanced, natural foods will certainly make a difference in your energy level, I’ve noticed. If you have problems that persist in spite of a diet, then definitely you need to see some – preferably a natural practitioner, somebody who understands these things and can recommend certain procedures that you can get that will help you out. Even medical doctors, there are a few medical doctors I go see that are very informed on these types of things.

David: That’s right. There are so many –

Michael: It could be the endocrine stuff.

David: Yeah. There are so many chemical reactions that happen in our body that it is very difficult for us to understand what here and there is. But if you look at certain foods, there are signature foods which look like certain elements of your body as well.

You mentioned thyroid problems before, thyroxine and that sort of thing does leave residues. If you can look at things like mushrooms and that which actually look like your thyroid, as well, they are signature foods. By all means, see a natural practitioner who understands these things a lot better than you or me because there are so many chemical reactions going on in our body. It’s just too hard to keep up with sometimes.

Michael: Right. I just found that by bumping the thyroid up a little bit – I also noticed – I’m doing some other things; I don’t have time to go into all that, but there are some other things. I’ve reduced the intake of thyroid over time.

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Sometimes it just needs adjusting and one of those things where I feel a whole lot better when I take certain supplements like that, and they’re based on natural organic substances, armour thyroid is organic instead of centroid. It’s not a synthetic.

David: Yeah. You’ve taken charge, haven’t you?
Michael: Yeah, basically I know what I need, but I let a doctor prescribe it because it does take a prescription on certain cases. But that made a big difference for me. But at any rate, it was a good show. Good show, David. Good work.

David: Yeah, I really appreciate you talking to me. It was good.

Michael: Good. Let’s talk again sometime soon.

David: We will.

Michael: I’ve got you on Skype and you can email any time, and we’ll be in touch.

David: Yeah, thanks very much. I’ll have to get you in line for our show coming up again, which is good.

Michael: Good. I’d love to.

David: If you could do that?

Michael: I’d love to. I want to send you a copy of my book. I guess I’m going to have to mail it to Australia, so it will take a while, but it will get there. Do I have your address? Let me make sure I have your address. Give it to me. Just send me an email with the address. I don’t want to give it on the air. Send me that and I’ll mail you a copy of the book and make sure you get that. Thanks man, I appreciate you’re coming on. I wish you the best of luck.

David: I really appreciate it.

Michael: It’s now Wednesday morning there.

David: Yes, it is. It’s bright and sunny. It’s a bit windy, but it’s perfect. I went for a swim yesterday afternoon at six o’clock because it was a perfect temperature. Six o’clock in the evening I was swimming, so it was nice.

Michael: That’s great. Well, enjoy your Spring. We’re having a little bit of Fall weather here.

David: Enjoy your day, Michael.

Michael: Good talking to you now. You do too, take care.

David: Thanks mate, bye-bye.

[0:36:56] End of Audio