

# An update from... Folk Roots Radio

**folkrootsradio.com**

"we're all about the music... and the people who make it"



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*When life gives you lemons... make lemonade!*

Hi everyone,

Time for *another* Folk Roots Radio newsletter. In order to not overburden your inbox, I only send these out every two or three months - basically, only when I have some news to share.

Ok, so how are things with you? I hope you're keeping well during these strange times.

Unfortunately (and this is the reason I am writing), I have been struggling with a COVID-triggered health issue for the past couple of months that severely impacted my energy level, and therefore my productivity – which explains why I haven't released any new interviews in a while.

Simply put, I have been dealing with a return of chronic fatigue syndrome and fibromyalgia symptoms that led to the loss of my university veterinary career. That was fourteen years ago, unfortunately. It too was associated with a virus - one I picked up while teaching in Charlottetown.

Dealing with a health problem for that long means that you hopefully figure out what works for you. In my case, that's exercise, a carefully managed [autoimmune protocol diet](#) (AIP), and mindfulness meditation – and no medications.

I was actually doing absolutely brilliantly well until Covid intervened. And now – after a bit of a setback, I'm picking up the pieces again... and working hard on my recovery.

I'm mostly there, though I still have the odd day or so when I can't get anything done. With that in mind, it felt safer not to book interviews that I may have to postpone. I've instead focused on creating more Covid Times all-music episodes.

*So yes, life has given me lemons... and now I'm making lemonade!*

I expect to get going with the interviews in the not too distant future. In the meantime, I hope you will check out our new archives.

Also, don't forget to sign up for [our YouTube channel](#). That way you'll be notified of all our upcoming interviews. You can do that [HERE](#).

*And please remember... If you enjoy the music we play on Folk Roots Radio and want to support the artists – many of whom aren't able to play live at the moment because of the Covid-19 pandemic, don't just stream their music - that earns them much less than a penny per play. Instead, buy their music - and really make a difference to their income. They'll love you for it!*

If you are dealing with your own health issue post-Covid, please accept my commiserations. Chronic health issues are never easy to deal with. Hopefully, it won't be long until you, like me, get going completely again.

*Life is short – best not waste a second of it!*

Jan Hall

*Folk Roots Radio is a labour of love - a full time hobby. If you like what we do, please spread the word.*