

Week 47
11/13/12

James: I'm so glad you joined us here! Thank you so much. I shared earlier in the week that Betty is taking care of some of our family that just needed her assistance this week.

I'm home with this little black dachshund. I wish you could see this little dog up close and personal. There are beautiful pictures throughout the book. Here's one of little Princess driving my pickup truck. See her? I gave this to the President. He thought that was the funniest thing. Because I told him, I said, "Your dog is not that smart." Because I'd ridden around in the truck with him with his dogs crawling all over us and spilling his coffee and making a mess.

I said, "Look at my little dachshund driving my truck." He thought that was so funny. And she is quite a little dog. So she's taking care of me while Betty is out of town this week.

But I wrote a book that Princess wrote; she wrote it in my heart. God speaks to us. He speaks to us through all creation. I want to send you this book. It's in the bookstores. You can go online and buy it but I want to send it to you today if you'll just help us give some food to starving children -- just give them a bowl of food.

I want to send you something else today. I want to send you something that I believe is going to help me because I disregarded what I know God was telling me about, eating way too much sugar. I really created myself a problem that could have cost me my life because I got a serious infection and I had developed Type 2 Diabetes and it was discovered probably six months before I got the infection and my body didn't have the ability to resist it because of what I had done.

This doctor, Dr. Colbert, who has helped so many people, he practices in Orlando, you can find Don Colbert there online -- Don Colbert. He's helped an awful lot of people, a lot of real well-known ministers that you know and love. I know Joyce Meyers has talked about he helped her -- many people have. He's a blessing. Well, he's going to talk to us about how we can overcome one of the major problems we've got. And he's going to help me because I'm in a battle.

Would you welcome Don Colbert, Dr. Colbert, to *LIFE Today*?

Don, glad you're here. Take off. We're going to send this book to anyone that wants it if they will help. I've already mentioned, God said he revealed himself in what he created. He also says our body is his temple. We don't take very good care of it. We've got a serious problem here. I've acknowledged I've got the problem. And I have believed that I can overcome it; can I?

Dr. Colbert: Absolutely, you can. First of all, I tell patients diabetes, Type 2 Diabetes, is a choice disease. It's a choice of making the wrong food choices, the wrong activity choices, choosing that belly fat, choosing to not crucify the flesh and lay certain foods on the altar. You see, you catch a cold, you catch a flu but you develop Type 2 Diabetes by consistently making the wrong food choices and not exercising.

And we have a major problem in this country. The stats are telling us that Type 2 Diabetes is the most rapidly rising disease in this country, more than anything else -- except for obesity -- but the two go together.

Now, I'm not talking about Type 1 Diabetes. For you that are on insulin, keep taking your insulin. This is Type 2 Diabetes. This is different. Type 2 Diabetes is based on insulin resistance. Insulin resistance is at the very root of Type 2 Diabetes. You don't wake up one morning with Type 2 Diabetes. You've been developing that over the last 10-20 years. You go through a series, first belly fat, once your waist in a man gets to 40 or above you're already in insulin resistance. A woman, 35 inches or above, you're at insulin resistance which is the first stage of prediabetes.

James: By the way, when you're speaking to a woman, when you say 35 inches you're obviously making it clear that they don't have to look like all of these anorexic looking models that are walking around with these 20-inch waistlines in order to be healthy.

Dr. Colbert: We just want health. The goal is for a woman, first get your waist below 35, and a man less than 40. Eventually the goal should be at least half of your height and that's healthy.

James: Would that be for a man and a woman?

Dr. Colbert: For a man and a woman, correct. Just to kind of tell you about the problem we have with Type 2 Diabetes, 25.8 million Americans have diabetes, either type one or type two; the vast majority is Type 2 Diabetes. You say, "Well, that's not that bad." But 79 million Americans are prediabetic, which means they will eventually, most likely, develop Type 2 Diabetes. Add those two numbers together and that's 105

million Americans with either prediabetes or Type 2 Diabetes and that's increasing. And we're seeing these similar numbers are affecting our children because the diabetes epidemic is affecting our children because they're making the same wrong food choices that the adults, the parents are making.

James: Why should people be seriously concerned about this? You say we can take something to do something. Why should we be serious about this trend? What's the concern with that?

Dr. Colbert: Well, just look at the stats. When a person chooses to have diabetes, 70% of diabetics also have high blood pressure, which causes three times increase risk of stroke, two times increase risk of heart attack. When you choose to have Type 2 Diabetes you increase your risk of coronary artery disease, heart attack, stroke, cancer, as well as erectile dysfunction in men, wrinkles in women.

See, when you eat sugar and your blood sugar spikes, you are rapidly aging. Your skin is developing wrinkles and sagging. But not just that, it is also associated with arthritis, with obesity, (they run together,) as well as neuropathy.

A lot of people with Type 2 Diabetes, if they've had it for ten years or longer, they develop usually diabetic neuropathy where it feels like your feet are going numb or tingling or like someone is burning your feet with cigarettes. Or they develop retinopathy, one of the major causes of blindness. Or they develop Alzheimer's. See a major cause of Alzheimer's is Type 2 Diabetes that goes for a prolonged period of time. Diabetes is like having a house with termites.

What's interesting is with prediabetes you don't have any symptoms so it is kind of like the termites are eating away at the house. But then as soon as the person develops diabetes you say, "When is diabetes diagnosed?" Well, when you go to your doctor he will generally do a fasting blood sugar. If it is 126 or greater they say, "Oh, you've got diabetes." But I always check their hemoglobin A1C. This is a number I tell all of my patients. They've got to know their HbA1c. This tells them how fast you're aging. Now if your HbA1c or hemoglobin A1C is greater than or equal to 6.5 you're diabetic; if it is between 5.7 and 6.49 you're prediabetic. So you need to know that number because most doctors will not check it unless you're a diabetic.

But the signs of diabetes are simply increased thirst, increased urination, sores that are slow to heal, sudden blurry vision, as well as numbness and tingling in your hands and feet. Those are signs. But with prediabetes you don't have any of those signs. So

that's why we want to get it at prediabetes because then if we can catch it at prediabetes, guess what? We don't develop the complications of diabetes.

See, when you choose to have Type 2 Diabetes you start to build plaque in your arteries, but not just the arteries of your heart, the arteries in your feet, the arteries in your legs, the arteries in your brain, the arteries in your carotids. So again, that predisposes us to the strokes and the heart attacks and the peripheral vascular disease, as well as the diabetic retinopathy and the kidney disease. We sign up for kidney disease.

James: All right, so you've shown us some of the things that can happen. Tell me some things to encourage us all because I will send the book that he's written because he can't tell you all of it today, he couldn't tell you in an office visit, he couldn't tell you in a whole day at the office but he has put it in a book to help us. Tell me some of the things, number one, I can reverse it; right?

Dr. Colbert: Absolutely, you can. Type 2 Diabetes you can. First thing we have to do, make a commitment. We're going to have to lay certain foods on the altar. And again, if you can't resist a bowl of ice cream, a piece of cake, a cookie, candy, a Starbucks sugar-laden coffee, then how are you going to resist the devil trying to kill you? So again we're going to have to lay some of these foods on the altar.

It's real simple. Two main foods: sugar and wheat. Now why is that? Well, first of all we know what's in sugar: The cakes, the pies, the cookies, the candy. But also, the fruit juices; a lot of people are drinking 16 ounces of orange juice. That's just as much sugar as in a soda and we know soda is full of sugar. But also smoothies and these sweetened coffees and even the sugary breath mints. Sugar -- sugar is first addictive so when you lay sugar on the altar --

James: Is it in our toothpaste?

Dr. Colbert: It can be but usually not, usually it's saccharin. But when you do lay sugar on the altar let me warn you. What's going to happen is a lot of people are going to go through withdrawals because sugar binds to opioid receptors. Now these opioid receptors are the same thing that heroin, morphine binds to. So when these people go through sugar withdrawal many get tired, many get depressed, many of them get irritable and angry and you don't want to be around them. So that's what people have to understand. So what we have to do is we have to give them food every three hours to keep their blood sugar --

James: What kind of food?

Dr. Colbert: The right kind of mix. That's what I teach them. You've got to put the right kind of protein, healthy proteins --

James: Can you eat nuts?

Dr. Colbert: Absolutely! Raw nuts are great!

James: I like almonds. Is that okay?

Dr. Colbert: Raw nuts are excellent. They are high in mufas, monounsaturated fatty acids. But you've got to put the right kind of fats, healthy fats, healthy protein, healthy starches, carbohydrates.

But again, a lot of people have to eventually give up these starches to reverse it, especially we find wheat -- I want to talk about that. The other thing you need is soluble fiber. That's the right fuel mixture.

James: Tell me what that -- some of that. What is soluble fiber?

Dr. Colbert: Soluble fiber -- well, you can get soluble fiber like flaxseed or psyllium seeds or you can get --

James: Is granola -- does granola have any --

Dr. Colbert: No! You go to granola and you're just feeding fuel -- you're fueling your diabetes. You're fueling it. But beets, peas, legumes... That's marketing, that's what so many Americans... and doctors say that. But if you eat granola, that's going to spike your sugar.

James: What about yogurt. I eat the light yogurt. Does that have sugar in it?

Dr. Colbert: Well, you've got to look because yes, some of it does. You've got fruit in the bottom? Yes, you've got high fructose corn syrup in that syrup. But listen to this, sugar we know, but fructose, fructose will also do it. But the thing that raises your sugar more than most anything are wheat products.

Now this is where doctors won't tell you this. Dietitians won't tell you this. But the wheat products you're going to have to lay on the altar for a season until the sugar comes under control, and it will. The wheat product is bread. Two slices of bread -- and I've seen this in my patients over the years -- will typically raise your blood sugar, if you're diabetic 70 to 120 points. That means if you're a diabetic and your blood sugar is say 120 fasting, you say, "I'm under good control." You go and eat a sandwich with two slices of whole wheat bread -- whole wheat -- and then you check your sugar 30 minutes later, it will spike 70 to 120 points on average is what I find with my diabetic patients. So that's going up to around 240 points.

Now the key is this. When your sugar spikes after you eat, that's when it does the most damage. We want to control that spike. Ideally we don't want that sugar spike to go over 140. Optimally, we don't want it to go over 120. When it goes over 140 you are creating advanced glycation in products that's aging all your systems, all your organs: Your kidneys, your eyes, your arteries, your brain, everything in your body.

But also what it's doing when it spikes up 200, 300, 400, 500, it's creating glucotoxicity to the to the beta cells in the pancreas which will eventually after 10 years of that you'll damage so many, and destroy so many of the beta cells that create the insulin that you will be stuck with Type 2 Diabetes the rest of your life. So not only that, it creates tremendous oxidation, free radical damage.

So that's why the sugar -- we want to cut out the wheat, the bread, the pasta, the crackers, the bagels --.

James: By the way, I've done that. I did all that.

Dr. Colbert: The cereal -- granola.

James: The granola, I thought -- I'm sorry, I thought I had a good old granola. I've got to go chunk the granola. Here it goes.

Dr. Colbert: Now when people start following this program and laying these foods -- now again, people say what about a little? Because let me warn you again, when you give up the wheat, wheat produces what we call gluteomorphins that are similar to sugar, they bind to opioid receptors. So about 30% of the people that lay wheat on the altar -- and by laying wheat on the altar they just don't eat it for a while -- they may get some withdrawal side effects.

James: And I say one of the big things I need to add is more activity because a lot of

my activity is intense, intense in helping people. I'm working with people. I work with a lot of leaders and you have to be pretty focused when you work with high level people. I influence the influencers. That's what I spend a lot of my time doing. So I don't get the activity. I don't keep moving. I'm having people suggest even when I'm on the phone, get up and walk around on the wireless phone and talk. Is that good advice?

Dr. Colbert: Absolutely. And activity is critical, again, to burn the belly fat. And what's interesting, the larger we can get the thigh muscles, the gluteus muscles, as well as the back muscles, the big muscle groups, the lower the sugar becomes. So we want to get these muscles hypertrophied or want to work them through both a combination --

James: Can an old guy like me, I'm 69 years old. Can I get some muscles?

Dr. Colbert: Easy! Easy! The more muscle you --.

James: Can I be a hunk? Really?

Dr. Colbert: Yes, absolutely! The more muscles you get in your thighs and in your gluteus muscle, gluteus maximus/minimus, as well as your back muscles and again, that's why the hormones are important. We've got to balance the hormones both for men and women. We've got to get that testosterone level up to about 750, not just barely above normal.

James: You talk about that in here?

Dr. Colbert: Yes, absolutely! You've got to do that. But then once you do that, you're able to grow -- you're able to gain tremendous muscle mass. But let me tell you one critical thing with exercise -- real important. I have found exercise is a thing that people will put off the first thing. So I tell people, make exercise a priority. I tell my patients, do it in the morning, first thing. Wake up, drink a big glass of water, 12 to 16 ounces of water, and then go out for a brisk walk. Now if you've never walked, start out with maybe 5 to 10 minutes and with a spouse. It is good to have a partner.

James: Am I okay to like an elliptical better because it is easier on my joints?

Dr. Colbert: Elliptical or a recumbent bike are excellent. But I tell people, the cool of the morning. Remember Genesis --

James: 20 minutes or so, 30 minutes?

Dr. Colbert: Thirty minutes, that's the key. You want to do it first thing in the morning. Why first thing in the morning? Because first thing in the morning you've gone about 10 to 12 hours without eating and you've exhausted your glycogen stores, which is stored sugar, and your liver, and in your muscles. You deplete that. So as soon as you start exercising first thing in the morning, you start burning fat depots, especially the belly fat.

Now again, it's important to do both the aerobics and... which is the brisk walking or the elliptical or recumbent bike, as well as strengthening exercises three days a week to build those big muscles. The bigger you can get these muscles, the more sugar it takes out of the blood to fuel the muscles and the blood sugar starts to decrease.

James: Let me tell you what I'm going to do because there's a time factor. I want you to get the book. You can get it, Don Colbert, the web site? Say it for us.

Dr. Colbert: It's just DrColbert.com.

James: If they want to find you in Orlando, your practice, want to see what you've got, they can. We'll send you the book. It's in the bookstores. You can get it there or on his web site. We'll send it to you if you'll help us feed some children. Here's what I want us to do, Dr. Colbert. I want to pray that God will give me what you just preached and that is the zeal to get up and get moving in the morning. I've got to be honest with you, not only do I not like the thought of it, I'm not going to punch him out.

[Laughter]

But I don't like the thought of it but I want to tell you, the enemy doesn't like the very thought of it. There is a spiritual battle against us taking care of the temple of God; there really is. Father, I just join with Dr. Colbert. I know as he's taken my hand and he's spoken into my heart, I'm asking you to give me not only a zeal for you, but a zeal to take care of your temple, better than I've taken care of it.

And Lord, I'm praying that for every person watching us right now all over the world that they just get up and get moving in Jesus' name.

Now look at me right here. I want you to look right at me. Just look right here at me. I need to talk personal to you. You are really special to God, and you're special to people that would miss you --. Listen to me.

Betty's daddy, my wife's daddy, he only got to see one of our children. He didn't get to see the 35 or so grandchildren and probably 60 or so great grandchildren he would have already had. He died in his 40s. He missed a lot. Not only did people miss him.

Look, let us help you. Get the book. And then would you do something? Experience the joy of saving lives. Help us feed some hungry children today. I promise you, you live life more fully when you share it freely. I want you to watch this. Listen to what it does when you help people.

Begin video clip:

>> My kids were all in bed and they were napping. And it was the day when you have to click, click, click the TV. And I click, click, click and there was James and Betty and they were doing the mission feeding. I remember seeing, I'll never forget, Betty was pouring the soup into the bowls and they were talking about how the little kids would burn their hands.

With my children all cozy in their air-conditioned beds, sleeping with their sweet blankets, and watching a mother with a filthy blanket around her dying child, I couldn't handle it. I was drawn to their compassion, and truly to Betty's honesty. I think also that they spread the gospel when they do it.

Sharing the gospel is truly feeding people, feeding their souls and that's what I see in *LIFE Outreach*. That's their main goal but it's hard to listen to people if you're really hungry.

>> There comes a time in your life where you want to do it but you have obligations where you can't be the one to go do it. And we call ourselves money missionaries because we like to finance the people that can go. God has blessed us so greatly with a business and five children and grandchildren that we can be part of getting it done.

>> The truth is that we just give. We don't give to count, we don't give to get, we just give. It is the most exciting investment we make when you're doing God's work. That's exciting to be able write a check. You just know their honesty, that it's going to be used diligently where it needs to be. Knowing you've been obedient to God is a blessing.

>> Oh, it's the greatest joy of all! And when I take the *me* out of it, the obedience, this is what I desire for you to do because it is good for you. It is good for me to be able to give. And we're not perfect people by any stretch and we haven't lived perfect lives but we want to have a perfect love for God and his people.

End of clip

In the studio:

James: I believe Warren and Mona are a picture of -- I've just got to say of so many of you. I know that you probably feel like Betty and I felt from the time we began to watch the missionaries who would take their little children away from all the comfort and just move out in the middle of the bush and raise their children saving children's lives.

We asked God, did he want us to do that too, and just go and stay. And it was the missionaries that first said, "Please don't stay." It wasn't that they didn't like us, they liked us. They said, "Go back and get us help so we can stay, please! And go back and get us something to give them."

And God spoke to my heart and said that he had put a special touch on my life to inspire people to be and to do. First you've got to be in him and then you can do what he wants you to do because he's in you and his love is in you. And the Lord impressed me that I can go back and inspire people to keep the missionaries on the field, the thousands of them that are there, that you keep there. That's part of what we do -- we, all of us together.

Betty and I certainly couldn't do it. We surely do our share. We could wish everybody would be as excited about doing what we do. And we love it! And it's such a joy to us to do it and it is a joy to them and all of you. So if you haven't, join us.

If you have, we need some big time help right now because the situation in so many parts of the world, for so many reasons, it's so painful, children so hungry. A really serious crisis right now in the Sudan. And we're asking you to dial the number, take your bankcard, make the largest check you can make: \$30, \$50, \$100, we can feed three, five, or ten children for the next several months.

We're asking many of you to consider giving \$100 and tack on another \$25 so we can give 25 heat-resistant bowls because we need those in so many of the areas. We're sending the beautiful *Jesus Calling Bible* by Sarah Young; she didn't write the Bible but

the devotions in it. Here's one on wisdom. The Bible is just beautiful. This is one the finest leathers I've ever seen a Bible bound in.

Help us take care of ten children and give 25 bowls; would you? I'm sending the book that I wrote because I was inspired by all of God's creation to see him. He said in Romans one he revealed himself in what he created. He said, "Consider the birds." Well, I've considered our little dachshund, our little pet, and all the things God made and he spoke volumes and so many people love their pets but God talks to us through them. You're going to love this book. We're sending it for any gift.

And "The Lion and the Lamb" bronze for those of you who will help us care for 100 or more. Would you go to the phone or go to LifeToday.org online, and would you please make the largest gift you can? And join with other couples that find the beautiful joy of saving lives, of giving life.

Please make that call. We need to hear from you today. If you plan to write a check, make it to *LIFE* but call us and tell us what you're putting in the mail. We need to know. Or use your bankcard like a check. Thank you so much for making that call. Thank you for your gift.

Pre-taped video:

Announcer: At this very moment a child is drawing his last breath struggling to stay alive due to a lack of food. Sadly, this impoverished child is not alone and without our help many like him face death as well. Today you can make a difference. You can help save a life.

Life's mission feeding teams are in place right now ready to answer the hunger cries of 400,000 suffering children in remote areas of Africa. With previous food reserves gone and parts of Africa facing its worse food shortage in more than two decades, we desperately need to replenish our supplies immediately. Your life-saving gift of \$30, \$50, or \$100 will help feed and care for three, five, or ten children for three full months.

With your gift, we would like to send you James Robison newest book, *The God of All Creation*. Through his personal observations of animals and wildlife, James shares heartwarming stories and spiritual lessons of God's love and grace.

With your gift of \$125 to help feed ten children, you may request the new *Jesus Calling Devotional Bible* featuring 260 scripture insights from the author of the *Jesus Calling* devotional, Sarah Young.

Finally, please prayerfully consider a gift of \$1,000 to help save the lives of 100 children, and you may also request "The Lion and the Lamb" bronze sculpture. Call, write, or make your gift online today.

End of clip

In the studio

James: I do want to thank you so much for your gift. Thanks for helping share life.

I do want to mention too that I've already said we'll send you, for any gift, *The God of All Creation*. You're going to love this. It is an inspirational devotional book. You'll be wanting to pass it on to others. Your children, grandchildren would love it!

We're going to send you, if you'd like to have it, Dr. Colbert's book, *Reversing Diabetes*. I'm going to practically memorize it because I'm believing... my own medical doctor said, "James, you can totally reverse it." And as I had you pray with me earlier, one of the areas, because I stayed busy helping people, and the activity level is where I strive. The eating I've gotten really, way down the road. But you're going to show so many other things in here that we can do. Like you said, we don't eat the bread. But you just told me, "Get this book, I'll show you a lot of things just as good as bread." So that's cool because that makes me feel better already!

[Laughter]

Would you right now just help us out? We'll send you the book. Thank all of you for being here!

Would you like to say thanks to Dr. Colbert?

Thank you, doc. God bless you and all the people you help.

Thank you for watching *LIFE Today*! Share life every day! Live it to the fullest!