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Week 25

James: Thank you so much! We appreciate it. Thank you for giving us this opportunity to share this time with you. I'm James Robison. Betty and I welcome you to *LIFE Today*.

We've been talking about *Heaven & Health*. Subheading: Discover the Blessings of Heaven while Living on Earth. One of the blessings of Heaven, of course, is that we don't find ourselves overcome by disease. And the tragedy is a lot of the disease, it is kind of self-inflicted. I think, really and truly, it is a little bit of what America is facing right now. We've got many threats from the outside. I don't know that we ever had a greater threat from the inside where many of our problems, like the ever-increasing debt, and then the class warfare and division between people, especially if you happen to have something and you kind of like the people that others don't like but yet you want what they have. This tension is not really healthy for the country. All of the dissension is not healthy.

As a matter of fact, if you get the series... and Dr. Colbert is with us here today -- and by the way, you're going to get his teaching on three very important areas. We're going to talk about one of them today. It is important to your health and this doctor really knows; but he's written a book that will also be sent to you, *The Seven Pillars of Health*. We've got teaching by Sheila Walsh and Robert Morris, and I promise you, they'll bless you; and then a special tape by Beth Moore on affliction and what affliction can do to you.

Well, Dr. Colbert is here and wants to talk to you about one of the aspects of health that is critically important. As a matter of fact, I'm already starting to grin because you're going to like this one and it is really sad but a lot of people don't experience this very important healing factor, this important element.

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

Doc, good to see you!

Dr. Colbert: Thank you. Good seeing you.

James: I looked at the titles of all of the various teaching in this series and you talk about "The Joy Prescription," "Overcoming Stress and Burnout," and "What would Jesus Eat?" And you said you wanted to talk to us in this program about "The Joy Prescription." So just go ahead and tell us a little bit about why joy is important. By the way, I'm really happy to say I do experience joy. You've been around us a little bit. Do you sense that we do?

Dr. Colbert: I love it! I love the amount of laughter that goes on here. I mean it is belly laughter. At dinner time we were just -- I was doubled over laughing it was so funny. Laughter is so healing. What most people don't realize is 75% to 90% of all visits to primary care doctors are for stress-related disorders.

But the great thing about laughter, especially belly laughter, it literally cancels out the effects of stress. It shifts the body from the stress response to the relaxation response. It literally gets the body in a position to receive healing because when people are stressed out, the whole body is stressed, the mind is stressed, the emotions are stressed and when we're stressed, it's very difficult to heal. But when we shift to the relaxation response when you look at the medical literature and you see the tremendous benefits that belly laughter does, you wonder why every physician doesn't prescribe belly laughter as a prescription to every one of their patients because it literally is the best medicine with no side effects. You're not going to get a rash. You're not going to get a headache. You're not going to get diarrhea. You're not going to get any of these problems and side effects.

When you look at the P.D.R., this gigantic book with thousands of drugs and medications in it, yet with belly laughter, it literally helps correct most every disease without any side effects. Just a few simple things it does: Like I said, it shifts the body from the stress response to relaxation response but what it does, it raises these feel good neurotransmitters in our brain like serotonin -- like dopamine. It is interesting that belly laughter literally helps to boost dopamine levels. You know the greatest booster of dopamine on the planet is cocaine and that's why these kids get addicted to cocaine; that's because it raises dopamine, this feel good chemical. But laughter also --

James: And yet they're not good. They feel good but it is an overdose. It is overdoing it; isn't it -- to their detriment.

Dr. Colbert: Exactly. And then they get hooked on it. It takes them to such a high --

James: They won't feel good without it; right?

Dr. Colbert: It takes them to such a high they can never reach that first high ever again. So they're always seeking that high. But what belly laughter does, it also boosts dopamine levels and makes you feel good. It also boosts serotonin levels, the other tremendous neurotransmitter that so many women are lacking. And that's why we see so much depression, especially in women because their serotonin levels are many times low, especially from stress.

But also, another thing it does is it helps boosting endorphins. You've heard of the runner's high? Well, there's also a belly laughter high because belly laughter --

James: I'd rather have that one than the runner's.

[Laughter]

Dr. Colbert: Because what belly laughter is --

James: See how good we feel? When we just talking about me running, everybody gets a laugh! You think I can't run? Oh, you're right. Go ahead.

Dr. Colbert: Well, what it does is it raises these endorphins that are natural like morphine compounds that literally help control pain. It's interesting, simply belly laughter can -- one instance that was actually written in the New England Journal of Medicine, is the premier medical journal in the U.S. showed that 10 minutes of belly laughter relieved pain for up to two hours. Now that's because of its endorphin effect.

James: You're talking about pain that would be working and then you get this... You keep talking about a belly laugh. And so I've just got to ask you. We literally, years ago, on the scripture, "laughter is good medicine," we just put together all of the funny stuff that had happened on *LIFE Today*. And when our audience comes in and they're waiting for the programming to start and our guests to come out, they're watching some of these clips. And among the clips is a clip from Tim Conway and another one from Pastor Gungor that -- I've got to -- I want you to see this then I want you to watch me and Betty. I want you to tell us if that's what you mean by belly laughing. Just look at this. Tell me if this is good. Tell me if this is what you're prescribing. I want to know.

Begin video clip

Tim: It was great working with Harvey. We worked for about eight years; we did

kind of a Carol Burnett show type thing on the road, and worked with Harvey for eight years -- very, very nice guy to be with.

James: Was he sharp? Was he really on top of...

Tim: Very sharp! Oh, he is bright but he cannot tie his own shoes. That's the point. No, Harvey is a little gullible. He really is. So I had a lot of fun with him for eight years. He believes everything I say, which is scary.

[Laughter]

He had a suitcase one time and he had a lock on it and you get those locks that always the first numbers are zero, zero, zero -- you know that's -- anybody knows that... but him!

[Laughter]

So he comes to me and we're in the hotel and he goes, "Look, somebody locked my lock on my luggage here." He said, "They probably did it at the airport and everything." I said, "Well, you know, I used to do a little bank robbing and stuff. I could take that lock off there if I wanted." He said, "You can?" I said, "Yeah." So I put my ear up to the lock and --

[Laughter]

And I looked at it and I see zero, zero, zero so I opened it. He said, "I don't believe that! That's..." So I locked it again and I turned it. He said, "Well, no, just leave it open." I said, "Oh, no, no! You don't understand. If you want me to open this again, it will be five bucks."

[Laughter]

So every time he opened it he had to pay me five bucks. I made a living out of him.
End of clip

In the studio

James: I've got to ask you, was that a belly laugh?

Dr. Colbert: Absolutely! That's what I'm talking about and that's what I prescribe.

James: Did you have a belly laugh right there?

Dr. Colbert: Absolutely, I had one.

James: You feel better!

Dr. Colbert: I feel much better but what I recommend for my patients is we want ten 20-second belly laughs a day. I'm telling you, it is better than any medicine I've ever prescribed if you do that consistently on a daily basis.

James: Okay, let me show you another one. I've got another prescription. Watch this. This is just a preacher talking about marriage.

>> Train him with positive reinforcement. Now, how do you train a man? Training a man is like training a chimpanzee. All right? Chimp fans back here.

[Laughter]

Now what does that mean? If the chimp does what you want, if you're a trainer, you give him a reward. If he doesn't do what you want, you just don't give them a reward. You don't beat up the monkey, you freak him out. You understand what I'm saying?

[Laughter]

Because then when you come around, then you've just got a freaked out ape who is running from you. So the question is, how does a woman reward a man? Very simply -- by appreciating the pathetic things that he does. Because men love to be appreciated, don't they? We live for respect. We're all about it.

My wife, she trains me by this by saying, "Thank you, dear! I appreciate what you..." that kind of thing. Like I was home by myself and I'd actually gotten trained to the point I could put away a dish -- a dirty dish in the dishwasher.

[Laughter]

So I went over to the dishwasher and I open it up but it was full of clean dishes, and that's... that's a moral dilemma to a man! And I'm like... Finally, it dawns on my little brain, empty the dishwasher. Right? So without being asked, I emptied the

dishwasher and then I stick around because I want to see what happens.

[Laughter]

And then my wife comes in and she's like, "La la lala!" And she goes to empty the dishwasher and goes, "Oh! You emptied the dishwasher!" And she comes up to me and goes, "You're such a good nice boy!"

[Laughter]

See, I eat it up. Now, by all rights she could have went, "Well, it's about stinking time!"

[Laughter]

"I do this every day. You do it one time and you want a reward? Whoo-hoo!"

End of clip

In the studio

[Laughter]

James: You need this in your office.

Dr. Colbert: Absolutely! Absolutely!

James: Because when you're talking to your patients you say, "Just watch this a minute. We're going to feel better. This is better than sending you down to the pharmacy. This is it. And I want you to go home and find that." And just tell them to watch *LIFE Today*. James and Betty are funny every day.

Betty: Well, why wouldn't you want a prescription for laughter? I would prefer that much more than the medicine. I don't like to take medicine.

Dr. Colbert: A lot of people simply -- they don't understand the benefits of laughter. It's never been explained to them. And again, so many people, I've had so many of my patients that haven't laughed for years.

James: Isn't that sad?

Dr. Colbert: It is sad. I see this so many times, especially in my chronic fatigue

patients, I see it in my fibromyalgia patients, I see it in my patients with chronic cancer. They lose their hope. They lose their joy. They lose their peace. They lose their strength because the joy of the Lord is our strength. So what I like to tell people, one of the best ways to enter into the joy and his joy is to practice gratitude.

It is interesting, the Word of God tells us in First Thessalonians 5:18: In all things give thanks for this is the will of God in Christ Jesus concerning you. Not for all things -- but in the situation, in the circumstance give thanks. What's interesting is that joy research has shown that if we simply enter into gratitude it is going to increase our happiness; it is going to increase our energy, our optimism and our health -- physically, mentally, and emotionally.

Well, the Word of God has told us this in Psalm 100, verse four: To enter into his gates with thanksgiving and into his courts with praise. That is simply that attitude of gratitude. As we enter into thanksgiving, it's amazing how it literally builds our faith and it helps to increase our joy. That's the thing I've seen.

There's really a good scripture in Luke 17 about the ten lepers. Remember the ten lepers and they had to be so many feet away. And the ten lepers were calling to Jesus, "Have mercy on us! Have mercy on us!" And you would think that Jesus would have said, "Hey, you're healed!" But he didn't. He said, "Go! Show yourself to the priests." And as they went, it says they were healed, they were cleansed -- they were cleansed. But only one came back to Jesus and offered thanksgiving and gratitude. And Jesus asked three questions. He says, "Were there not ten that were cleansed? Where are the other nine?" He says, "Was there not any other person that came to give glory to God except for this foreigner?" See, the one who came back was a Samaritan and the Samaritans were despised by the Jews.

Now an interesting thing with leprosy, if you know about the disease, the disease will literally destroy body parts. It will destroy... the nose will cave in, the lips will fall off, the fingers will fall off, the toes will fall off -- it is a very disfiguring disease. But Jesus said... it's interesting, Jesus said, "Your faith has made you whole." Well, his faith didn't make -- the faith was he had turned and he went to show but it wasn't that faith. It was his faith of gratitude and that's what I want the church to understand.

When you enter into an attitude of gratitude even when you're sick, it literally is calling those things that be not as though they are, and then that's the faith that literally is going to move God because when he came back and offered gratitude, it was his faith that made him whole. Now the other nine were cleansed, but there was one that was made whole. Now that one that was made whole, I imagine his fingers

probably grew back, his toes grew back, his nose grew back, his lips grew back and he was made whole. And so that's what the Lord wants us to do is to enter into that attitude of gratitude. Now it is interesting the scripture says, "In all things give thanks." Now what I find --

James: Now James even says, in the book of James, "Even count it all joy when you come into trials, tribulations" -- count it all joy. You're not exactly happy about that but we have an opportunity. I kind of see it as the mountain climber who says, "I've got an opportunity to climb that peak. I've got an opportunity to overcome this. I've got an opportunity to win this race -- to win this game."

While you were talking also, my mind is racing. It is very interesting to sit here and talk to a medical doctor who all of the prescriptions coming out of his mouth basically are out of the Word of God. In other words, you're saying what the great healer says, what the creator says, what Father God says, what all wisdom says and you're just quoting it. Well, while you were quoting it and we were talking a moment ago about the importance of joy and you're building on this joy and this gratitude, it just popped in my mind that there's a lot of discussion today, a lot of debate, even a lot of disagreement about the Holy Spirit. And yet the Holy Spirit says we are to be continually filled to overflowing with the spirit, that we're to live a spirit-filled life.

The Bible says the fruit of the spirit and let's just take the first three. I want to ask you as a medical doctor if you just had the first three when you have patients, if they could just go on with that, with the overflow of that -- love, joy, and peace -- what would that do for their health?

Dr. Colbert: Oh, my goodness, they will walk in divine health. It's interesting that again when you have that joy -- now let me just tell you something that most people don't realize. Three of the most famous people in this country, Bob Hope, George Burns, and Red Skelton all lived to be a 100. They were centenarians -- but weren't health nuts! In fact, George Burns broke almost every rule in the book except for one.

James: Did he actually smoke that cigar?

Dr. Colbert: He smoked it -- he inhaled!

James: That doesn't mean that you're getting -- if you just laugh a lot then you can smoke a cigar.

Dr. Colbert: And he drank a lot of martinis and he stayed up late and he also chased a

whole lot of women. But the thing he did do and what they all did, is they laughed. What I like to tell people --

James: It overcomes a multitude of problems is what you're saying. You're not recommending those problems, you're not recommending those practices, those issues, don't even get that point. What he's trying to say is when we're talking about prescribing what the Bible says will impact you, and since we're talking about *Heaven & Health*, the power and the joy, the manifest presence of Heaven's power on earth in us now, when you're talking about that, this power is so great that it overcomes a multitude of problems -- many issues. That's what I hear you saying.

Dr. Colbert: Amen! And it is interesting, Jesus said in John 15, he said to his disciples, "I've told you these things that my joy may remain in you and that your joy may be full" -- another translation says, "overflow." We're supposed to have our joy full every single day.

And what things? What things did he tell them? You simply back up a few verses and he says simply, "I am the vine. You are the branches. If you abide in me and I abide in you," he says, "you will bear much fruit." But the fruit you'll bear, you'll bear much joy fruit. See, the world will see us not just by our love but by our joy. With this fruit of the spirit that we have, not only will we feel better, not only will we achieve not just health but just supernatural health, but also we will be great witnesses to the world because they'll say, "Hey, what are you doing? Are you drunk with wine?" No, we're not. We're full of the joy of the Lord. It's our strength.

Betty: And with that joy comes God's peace, and that is hard for people to explain away too -- just the peace of God.

Dr. Colbert: Absolutely. Betty, I see so many Christians that are on antidepressants and anti-anxiety agents and sleep meds and pain meds, and I see so many Christians go through divorce. If they would just belly laugh together, couples, it's amazing how belly laughter creates and restores relationships.

James: I don't hear you saying... and I really want to be sure because a lot of times, I think sometimes we feel like we may be the only opportunity for God to touch you, for you to touch someone that might represent God to you or love you the way God says that he loves you.

So when he was talking about being on some kind of medication forever, don't go on some guilt trip because you find yourself right now taking something that is

prescribed. This doctor prescribes very necessary things. And many times, doctor, we do need something to balance even the chemistry in our body and that is why God has given us so many miraculous things that we find... how many things that we find from a root or a plant or a fruit that has incredible healing factors and possibilities and powers. And so when you hear that, please do not overreact and say, "Well, if I just trust God I'll just go throw all this stuff in the trash." That's not what anybody is talking about. What he's saying is something can happen inside of us that is so wonderful, miraculous and supernatural, yet really natural like a belly laugh, that will move you toward health and that's precisely what God wants to do.

Dr. Colbert: Absolutely right. We have to start practicing that and that's so important. I see when people belly laugh it literally shifts you from the stress response to the relaxation response and they fall asleep so well and they sleep so deep and we wake up so refreshed.

James: And I don't want any of you to miss the opportunity of getting what Dr. Colbert shares in-depth. We have just touched on the aspects of joy. He's given us one fun expression that we showed you, the Tim Conway clip and the other, to show you what he was talking about. You can have that joy. God wants you to have it. It is important to your health. But then he explains all that it does, why it is important, and the total change that comes. And then he touches on the other areas that are important. How do you deal with stress? How do we deal with that? How do we deal with depression? How do we deal with all of the attacks? He talks about how we should eat. And you know how he does that? What would Jesus eat?

Do you know when he was on Dr. Oz, Dr. Oz was amazed. Dr. Oz said, "Just think, Jesus knew all of this! Isn't this amazing that Jesus --." Well, isn't that amazing, Dr. Oz that Jesus knew how to eat? And that even in the Bible, we were taught a long time before that, but Jesus understood it. And let me tell you what he does. He explains exactly what the best diet looks like.

Get the series. Listen to someone who understood a total breakdown, talk about how you will find the overcoming power of God, Sheila Walsh. Listen to Robert Morris teach on what it means to be healed body and soul. These teachings... Beth Moore has a teaching on affliction; what it does and how we can overcome. We'll also be sending you Don Colbert's book. Dr. Colbert wrote *The Seven Pillars of Health: The Natural Way to Health for Life*.

We want you to get these materials. You can get them in CD's or DVD. You can get it on CD, along with the book, *The Seven Pillars of Health* that Dr. Colbert wrote and

we'll send it to you. We simply ask you for a gift of \$69. If you want the DVD and the CD's and all the material, the book, the affliction teaching that Beth has, Robert Morris's teaching, all of it together, we're asking you for a gift of \$129. Go to LifeToday.org or simply dial the number on the screen. Take your bankcard, and use it like a check. I pray with all my heart you reach out today and say, "I want that help. I'm going to receive it."

Begin video clip

Announcer: Introducing *Heaven & Health*, a powerful new series designed to help you discover and walk in the blessings of Heaven while living on earth. Through seven life-changing messages our guests, Dr. Don Colbert, Bible teacher, Sheila Walsh and Pastor Robert Morris team up to help you discover God's promises for health and wholeness through nutrition, a healthy mind and emotions, and for divine healing. Plus when you call today we'll send you Dr. Don Colbert's New York Times Best-selling book *Seven Pillars of Health*, and the inspirational resource, *Healing Promises*.

Dr. Colbert: God's very interested in what you eat because your choices of food will determine your health, your length and quality of life.

Sheila: Jesus said, "I've come to give you life" -- not survival -- not just getting through one more day. "I've come to give you life!"

Robert: We've already been healed in our spirits. If you're saved, your spirit's been healed. But what about the healing of your soul and what about the healing of your body?

Announcer: Call now to receive the *Heaven & Health* audio series and books with your gift of just \$69 or with your gift of \$129 request both the audio and video series with books, and also receive the bonus DVD by Beth Moore. As you begin your journey to health and wholeness, please consider helping the lives of others by making an additional life-changing gift to provide new homes for impoverished families. Please call, write, or make your gift online today!

End of clip

On the mission field

James: We've met some of the poorest people in the world here in Central America -- no complainers. We don't realize how blessed we are; do we?

Betty: No, we really are. We take it for granted so many times. You see something like this and you think, wow! I have nothing to complain about. God has been so good to us, James. It blesses me and makes me want to be more responsive when I see situations like this because the people aren't sitting back doing nothing. They are being as responsible as they can be with what they have. And they have nothing but yet they're trying to work, they're trying to make a living and just provide for their families. That makes me want to give out more from my heart and I hope it does you too. Give out of your blessings to people that really care and are responsible but yet they need a helping hand.

Announcer: As you discover God's promises for health and wholeness, consider reaching out to others in need by giving an extra gift that will help provide a family a new home.

End of clip

In the studio

James: I've had many people who have listened to what's been shared tell us... and as a matter of fact, Sheila Walsh said after having tremendous battles herself, she said, "I think this series, this teaching is the most important that I've ever even known of in order to totally change the way people feel and the way they live -- how they live."

God wants to bless us. Why would he talk about healing? Why would Jesus be known as the great healer if healing and health wasn't important? And why would God tell us that our bodies are his temple if it wasn't important for us to give earnest attention to care for. Please get the material.

Keep this in mind also, we've asked God to let us give houses to people in Central America that desperately need them. They cost a little over 4,000 for a house. If you could give toward that say, "Help me with my health but we also want to help those people in need with their housing. We want to do something for them. We want to show them love."

Would you express thanks to Dr. Colbert for sharing with us today?

Don, thank you so much! We really love you! And I really enjoyed those belly laughs. I'm ready for some more.

Dr. Colbert: Praise God! I love belly laughter!

James: Thank you! Encourage your friends to watch *LIFE Today* and learn about how they can have *Heaven & Health* right here.

Begin video clip

Announcer: Join James and Betty Robison July 18th through the 20th for the Awaken Now Conference at Gateway Church in Southlake, Texas featuring inspiring speakers such as governor Mike Huckabee, international author and speaker Christine Caine, Reverend Samuel Rodriguez, speaker and best-selling author Lisa Bevere, and many more including musical guests such as Phillips, Craig, and Dean!

Register today for this once in a lifetime event celebrating 50 years of ministry with James and Betty Robison! Go to lifetoday.org.