

6/21/13

Week 25

James: Thank you so much for the opportunity to be with you. We appreciate you giving us that warm welcome and we enjoy spending time with you. We appreciate you giving us this time with you. I'm James Robison. Betty and I welcome you to *LIFE Today*.

We're talking about what we call *Heaven & Health*: Discovering the blessings of Heaven while we're living on this earth. Dr. Don Colbert is with us. He is probably one of the most loved and popular and appreciated doctors in the country because of the sincere love that radiates from him, as well as the wisdom and compassion that is expressed in the way that he deals with his patients. And how, if he's not able to give them the care they need, he always gives them to the very best specialist who can address the specific need.

Quite frankly, Betty, I know you and I have discussed it, there is a lot of distrust as it relates to health and the health issues, and even in the medical community where you really wonder, and especially with all the changes in what we call the National Health Care, whether or not we're even going to have doctors who are just trying to get by and find a way to live through all the potential lawsuits and whether or not they're ever going to get paid and whether or not this is going to come and a lot of them are just finding something else to do. It's really narrowing the field to the ones who really care and then the ones who really care, you wonder if you're "National Health Care" will even allow you to go to that specific one who really cares. There is a lot of confusion. And then you begin to wonder, well, can I even trust them?

Well, you can trust Don Colbert, I can promise you that. I have watched him so positively impact high level people that desperately needed somebody to really care because of the positive effect they had on so many people and he has in my opinion, saved their lives -- not only restored their health but saved their lives.

He's written a book, it was a New York Times bestseller, he is a New York Times bestseller, *The Seven Pillars of Health: The Natural Way to have Health for Life*. He has taught in the series, *Heaven & Health* right now, right here along with Sheila Walsh and I'm telling you she is so double anointed to teach this. She said, "This is the most important series I've ever known of for people. If you really want to help them in this lifetime, not just talking about the life to come, but you want to help them now,

especially Christians who are in such trouble," she said, "this is the best." And she poured her heart out in her teaching series.

Beth Moore contributes to it. Our pastor at Gateway, Robert Morris, anointed, powerful teaching and understanding on health. Well, Don Colbert is here with us and he's been talking to us about joy. He wants to talk to us about one of the other areas that he touches on.

By the way, the importance of joy and happiness, he told us about a belly laugh and we showed him what that looks like. As a matter of fact, he had so much fun watching us here and it was a part of the program, laugh at Tim Conway, he said it ought to be a part of our prescription in our series because everybody will then know what a belly laugh looks like. And so he's going to talk at this time and give you a little overview of the importance of dealing with stress.

I want you to welcome Don Colbert. Dr. Colbert, so good to have you back.

Dr. Colbert: Thank you. It's great being here.

James: All right. I don't know that we have any kind of a positive roll-in to show you something about stress or about depression but you know you really did like our belly laugh; didn't you?

Dr. Colbert: Love it! But let me tell you with stress, I lived the stressed life. See, I had a massive heatstroke when I was in my third year of medical school; during my hardest rotation of internal medicine, I suffered a massive heatstroke. And this massive heatstroke totally caused necrosis of my thigh muscle, they died. My urine turned the color of coffee and I went into acute renal failure. My muscles shrank down in my legs to the size to where my arms were actually bigger than my legs. And then they biopsied -- they took a large biopsy out of my thigh, my left thigh, I have this huge scar here and they took the muscle -- they took a biopsy of the muscle all the way from the top to the bone, and they sent it to pathology. And they said, "Your muscle is necrose to the bone" -- necrose. Now necrose means dead. And they said... they came and told my wife. They said, "You will never walk again. Your muscles are dead to the bone."

Talking about stress, I had tremendous stress because I was in my hardest rotation. I didn't know if I would finish medical school. Here before I even finished, I had my legs literally knocked out from under me.

But then, what happened is as soon as the doctor said that, my wife said, "You are fired." She immediately cancelled out those words and she says, "Let me tell you. Man's spoken but God has spoken, you shall run and not be weary. You shall walk and you shall not faint."

What I did is I had a choice to make then. I could agree with the doctors or I could agree with God's Word. I decided to agree with God's Word and start in all things give thanks for this is the will of God in Christ Jesus concerning you.

In practicing gratitude, in practicing the attitude of gratitude literally sparked faith. I didn't realize that gratitude is one of the greatest examples of faith that we can start simply giving thanksgiving. And that's why it says in Philippians 4:6: Be anxious for nothing but in all things through prayer and supplication, yes, make your petition with thanksgiving, let your requests be made known unto God, and then the peace of God that passes all understanding will keep your heart and your mind -- see both. You've got to get the heart and mind in agreement.

So what I did is I entered into that attitude of gratitude and literally, my mind came in agreement with my heart, it sparked faith and then one day, boom! I felt the presence of God come on me. I literally stood up and started walking. When I went back into the hospital, they couldn't believe it because literally, my muscles regenerated right before my eyes -- it was a miracle.

But then what happened, that was a miracle but then... I got into practice, went through med school, got through med school, went through residency, went into private practice and then I started burning out. I didn't know at age 35 I was burned out and didn't even know it because I was seeing 40-70 patients a day working 12 hours a day on call every night, receiving calls almost every night and I burned out. I was so burned out I would literally sit at a traffic light and I would have to put my car in park for fear I'd fall asleep -- that was how burned out I was. I was exhausted.

Then I started developing all these problems. I didn't know what was the matter with me. Here I was 35 and I was developing chronic sinus infections. Then I developed irritable bowel syndrome. Then I developed chronic fatigue. Then one morning I woke up with a rash all over my body and I thought I had scabies. And after self treating myself I finally went to one of my buddies who is one of the top dermatologists in Central Florida and he looked at me -- he is a buddy of mine -- and I remember him pulling his glasses down, he's about 20 years older than me. He pulled his head down; he kind of grinned and shook his head. He said, "I'm sorry, Don. You have the heartbreak of psoriasis."

So what burnout had done is it had literally burnt my system out and it opened my system up for disease. What I did is I learned I had to get into God's rhythm, I had to think God's thoughts, I had to apply some key nutritional and lifestyle and dietary principles and it restored my health. That's what I talk about and that's what I teach.

James: Let me interrupt right here because I want you to key on -- I want to insert something here. What he is talking about is the extreme end result of the stress and burnout. And many of you may be there but it is likely you are on your way there or you're experiencing some of it. What he's talking about is reaching the point from which you see there is no return. Now he is showing you miraculously, supernaturally, yes, but also there was a natural healing that doctors would recommend you apply to get these things in order which he's going to try to show you, and the supernatural effect.

The point I'm trying to make is, he took it to the extreme. And I was sitting here listening to you talk about burnout because you said 35 and between 35 and 37, I totally burned out. I was so burned out, I prayed to die. I did not want to live. I did not feel like I could overcome anything. I was a person out of control because I had no capacity to resist anything. I was just that weak. And it was because I had gone nonstop speaking five to nine times a day, five to eight days in a row all over the country up to 40 weeks a year for many years.

And that's the way I went because everybody had to have this preacher that had this special touch of God to come in like a big harvest combine and win their city and win their community to Christ so we could just be so glad they got saved before Jesus came back. And I just ran -- let me tell you, I nearly destroyed my life.

So I was -- so I had the chronic fatigue, I had the sinus infections, I had throat rashes, I had sick stomach, uncontrollable, that's the way I lived. As a matter of fact, my nervous -- the hair follicles became inflamed to where I couldn't stand for a long-sleeved shirt to touch my arms, they were on fire. So we reached that point.

Dr. Colbert: Well, you know what happened and it is so simple! And I didn't realize it because we're not taught this in med school. And what happens is --

James: You're sure not taught it in Bible school either -- you're not taught it in business school -- you're not taught it in any school.

Dr. Colbert: They don't, but again, this is the stress response. This is a response that

God has built into us to save our lives, and there are three key stages. There is the alarm stage, the first stage, where this powerful hormone, adrenaline goes through our body and it literally causes us to feel great. In fact, some people get hooked on adrenaline because adrenaline, when we're in a fight or when we're in an argument or an accident or if you're upset or angry or anxious, literally this hormone is secreted from the body that enables you to fight or flee -- simply that.

James: I think that's what kept me going. I was like a fighter or an athlete, a home run hitter that had to hit a home run in front of the big crowd. The only difference was, I felt that pressure. I wasn't just trying to hit a home run to win a ball game for everybody, I was trying to win souls and lives for eternity. So I went up with an enormous pressure to deliver in a way that was effective so that we win not a game but we win lives. So that pressure was huge.

Dr. Colbert: Now here's the key. That's just the first stage of stress -- that's the good stage of stress. That enables you to fight or flee because what it does, it constricts the blood vessels, raising the pressure, speeding the heart up, dilating the lungs so you can breathe deeper. It also dumps sugar and triglycerides in the bloodstream to give you energy.

But all that's good but if that continues more frequently it leads to the second stage, which is the resistance stage, which is a stage of stress that is hard wired into every one of us that enables us to survive long term stress. It is a chronic survival mechanism for long term stress; unremitting stress like the loss of a job, unemployment, or foreclosure, a sick spouse, a sick child, a child in rebellion, a child on drugs --

James: Broken relationships.

Dr. Colbert: Right, a divorce -- a separation or it could be chronic pain or it could be depression or like in my case, lack of sleep. And then eventually that will lead to other health problems but the key hormone here is cortisol. During alarm stage or stage one adrenaline goes up, which makes us feel good. But then at stage two cortisol goes up, which causes us to gain belly fat and causes us to crave salt and sugar and starches, feel good foods that again, causes the pressure to rise, the cholesterol to rise.

James: You said "feel good food." Food does tend to medicate; doesn't it? And yet at the same time it is in the process of assassinating and destroying us. But it is a form of medication but it is an improper form of medication.

Dr. Colbert: Absolutely! And what sugar and starches do, those high glycemic starches, the white flour, the white rice, the potatoes, all that pasta and breads and stuff, it raises the serotonin levels. Serotonin makes you feel good. You can literally get addicted to -- it's a feel good hormone. But then what happens in this stage two, stage two you can still stay in stage two and be okay, but then at stage three is what I got stuck in, the exhaustion stage. In the exhaustion stage people are burned out mentally, emotionally, physically, and spiritually.

I tell them it is an analogy like this. Figuratively speaking, it's similar to an accelerator on a car stuck to the floor and you're out of gas. What happens is this, physiologically what happens is our cortisol that used to be high and caused us to gain all that belly fat and decreasing our immune system and causing us to be irritable and lowering our hormones, eventually, the cortisol level crashes. Cortisol is a double-edged sword. You know when you take cortisone or prednisone, it caused people to gain belly fat, but also what cortisone does is we give it in emergency room if people have allergies, it is one of the most powerful anti-inflammatories.

So when people get burned out -- I didn't realize this -- all of the sudden you've just invited in every inflammatory disease into your body. Psoriasis is an inflammatory disease -- most rashes are inflammatory. Allergies are inflammatory. Aches and pains are inflammatory. Arthritis is inflammatory. 90% of heart disease is inflammatory. Cancer is inflammatory. So literally you're unknowingly inviting in inflammatory disease and plus you're out of energy. You're so fatigued -- you're past fatigued, you're exhausted! And you have brain fog, you can't think, you can't remember. And people think, oh, my goodness, I'm developing Alzheimer's.

But that's what happens because when your cortisol literally goes to extremely low, you invite inflammation in, you invite allergies in. Your body... these hormones crash, the testosterone goes down in men, the progesterone in women, all the adrenal hormones go low and so we lose that feeling of well-being. Our neurotransmitters, our feel good chemicals crash so we get literally stuck in a pit. We invite depression in. We invite immune dysfunction in. We invite almost every kind of disease in when we're stuck here.

James: You've just laid out a horrible analysis of the situation and nothing looks good. Now when we offer the *Heaven & Health* series, in that series you explain how you stop creating these issues but you also talk about how to deal with them. So now you've painted a bleak picture. If I were listening to you tell me all that's going on, I would just say, "Where is the nearest funeral home?" I wouldn't even ask about

a hospital or a nursing care or hospice, "Just take me home." Because you have painted a picture, it is a real picture, it is what's happening -- it's why the health crisis is very real. It is why there is not enough money on planet earth to pay for the problems that we are actually contributing to by the very things you've talked about.

Are there solutions? You've talked about the miracle of your change, are they accessible to everyone who is watching? Can they turn it around?

Dr. Colbert: Absolutely! Because I've been down this. It is like going through a mine field. What I had to do is I had to get into God's rhythm. I was in my own rhythm; I was my own worst enemy. What I found is generally speaking, God won't do what you can do. And I was literally inviting the disease into my body because I was literally, I didn't understand that I was part of the problem because of my scheduling. I had to slow down. I had to literally -- Jesus never got in a hurry. And I had to get into his rhythm, I had to think his thoughts and I had to also learn to apply some key nutritional dietary and lifestyle principles, which I talk about in this program. And when you start incorporating this, it literally pulls you out of the exhaustion stage, out of the resistance stage, and out of the alarm stage. You learn how to cope with stress and how to come out of burnout. You still live where you could have those same things. I want to ask you point-blank, how are you doing? How are you handling and how do you feel? In all honesty, do you feel good now? Like are you living what you preached and the point that it's made a difference?

Dr. Colbert: Absolutely! First of all, one of the greatest things I do now is I don't take call the invitations that I have to go places.

James: I've been anointed to say "no."

Dr. Colbert: Yes, I learned how to say "no." I also, one of the most important things I did is get eight hours of sleep a night. I used to not sleep. I literally quit taking calls, because it was part of my problem. I quit seeing 40 to 70 patients a day. See, what I did is I implemented a very important concept that I talk about is margin, which is breathing room.

But I was way out of balance, I was a workaholic. I was working 12 hours a day. I was sacrificing my sleep. I was sacrificing my time with God. I was sacrificing family time. I literally, my son, growing up, he didn't hardly see me because I was so busy. I became a human doing instead of a being. God had to show me to slow down, get in his rhythm, think his thoughts, and apply these key principles of nutrition, lifestyle, and diet, and it restored my health.

Betty: And that is key, we have to allow God to capture our thoughts and to renew our minds. And then with that, also, ask God to help us with a healthy lifestyle -- that includes eating right.

Dr. Colbert: Amen! And one thing, Betty, I didn't realize but even as a Christian, I had a lot of what I call stinking thinking, distortional thinking. And I had thinking like "what if" thinking. I had "should" thinking and I had to literally clear up some irrational thought processes, and in doing so, most all the stress went away. It is amazing how the devil attacks us in our mind but many times it is our own thoughts that need to be reprogrammed according to God's Word.

James: I want to ask all of you who are watching to really take seriously what we've shared. I have acknowledged that I nearly threw my life away, doing good things but doing it in the wrong way, doing it too much. Dr. Colbert said the same thing. We are miracle recipients not only of the grace of God but understanding and putting it in place.

Now when I find someone that has the truth, if I see anything good, I want to share it. Why do I talk about our Pastor Robert Morris? Why am I excited about Robert? Because the touch of God is on his life to bless people, that's why he teaches on the Blessed Life. Well, Robert teaches on being healed, body and soul. Robert contributes to this, how you can glorify God with this body, which is his temple, and that's a very important part of living in health.

Sheila Walsh talks about how you can overcome the effects of depression to the place it affected her to the extent that she had to go to the psychiatric ward; she had to basically be put in a padded cell. No one knew if she would make it. She didn't even want to make it but God changed her life. That's when she was a highly visible singer in the Billy Graham crusades, co-host of the most visible Christian television program at the time, co-hosting the 700 Club and continually blessing people. And she's been a marvelous speaker with the Women of faith after the change that came in her life. She shares how you can overcome.

Beth Moore teaches on affliction because many are the afflictions even of the righteous. We are in continual battles.

I want you to get this material. Dr. Colbert talks about joy, how that is a healer. He talks about dealing with the stress and the burnout. But he then also talks about what did Jesus eat? What does he tell us about how to eat? All this material is in the series,

Heaven & Health: Discover the blessings of Heaven right here right now. That's the kingdom of God -- not the kingdom to come, that's thy kingdom come, thy will be done on earth in us right now for the glory of God -- that's kingdom living, and that's what God wants for us. In Heaven, no disease, no enemy, no Satan, no death, but in this lifetime, God wants us to have Heaven in us, experience the joy of Heaven and the power of Heaven in our lives, the power of the Holy Spirit.

Get this series. 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' teaching, all of it together we're asking you for a gift of \$129. Go to the phone, go to LifeToday.org and reach out and get a whole handful and heart full and mind full of health right now because God wants us to have it.

And he has sent us some people who have experienced the challenges but they have come away with some answers, and they want to pass them on to you. I encourage you to go to LifeToday.org or dial the number, take your bankcard, and say, "I want that material." I believe it can totally change your life. It may in fact save your life. So ask for the material. I think you'll be so glad, not only because of what it does for you, but because you're going to pass the insight and inspiration and information on to other people you care about.

Begin video clip

Announcer: Introducing *Heaven and 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 guest, 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*.

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

>> 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!"

>> We've already been healed in our spirit. 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 and 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 pray you get the teaching series because I really believe you can experience Heaven and the health God wants you to have right now. You talked about all the things that came to you, you brought on yourself, however they got there, but what you share is what you learned and you overcame them; right?

Dr. Colbert: Every one of them! Chronic sinusitis gone, hasn't returned. Irritable bowel -- gone! As well as the chronic fatigue syndrome -- gone! And most importantly, the heartbreak of psoriasis is gone! Praise God!

James: Praise -- do y'all like that? Isn't that good? Let's just say thanks to God! Thanks to Dr. Colbert for the testimony but also for the insight and the inspiration. Get the series.

Betty and I want to thank you for watching *LIFE Today*. Keep this in mind, we are asking God to let us provide houses for people in Central America in desperate need. We're talking about health.

Betty, some of these people just need some shelter for them and their families so we can provide that. If you would like to help, ask for the series, just tack on a gift and say, "You know what? I'm going to help you provide some of those homes." They're just over \$4000 each. Somebody may say, "I want to give one. I can do it." What a joy that would be. You can give toward it if you like. We want you to live "thy will be done, thy kingdom come" right now.

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 author and neurosurgeon Dr. Ben Carson, international Bible teacher and author, Beth Moore, Pastor Robert Morris, author and speaker Christine Caine, 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.