

6/25/13

Week 26

Betty: Welcome to *LIFE Today*! Thank you so much for spending this time with us. I'm Betty and this is James.

James: Well, we've been talking about health because that's a major crisis in our country. We don't just have health bill issues and National Health Care discussions and so forth, and the best way to deal with it.

We had a report come out in our local Dallas Fort Worth newspapers that the difference between the charges for the very same situation, like say in one hospital, if a person is in with pneumonia for an extended period, they would leave with a \$14,000 bill; 15 miles away at another hospital they would leave with a \$35 to \$1,000 bill for the exact same procedures. They had some of them where at one end of town the amount would vary as much as \$50,000 to \$75,000 for the very same procedure. Something is going on. We're saying we're losing our mind.

I want to tell you one thing. Once you make people believe that the government (Pharaoh) is going to take care of the needs, you have just been digging a very rapid pit, ditch, grave and you've taken people into bondage ultimately. Now believe that because it is the truth.

Now, do we need to find ways to assist people who have very serious health problems? Do we need to try to retrain people's thinking so that we're not all eating the wrong things, the wrong way and too much and destroying the temple of God? We need to.

I'm going to ask some very specific questions about the challenges that I know I have. I have been revolutionized by the mistakes that I've made and the fact that I had to turn from them and be redirected. So I know what it is to feel the pain, I know what it is to fail. I know what it is to be so depressed and stressed out you pray to die. I know what it is to feel like you're so weak you can't resist anything. Your attitude is totally out of control. I understand all of those things.

Then I understand what happens when God miraculously intervenes, but also when you get good wise counsel from good physicians, not only the great physician but good physicians.

We have one of them with us today, Dr. Don Colbert. You're going to hear from him in a moment. He is contributing to this series, *Heaven & Health*: discovering the blessings of Heaven right here while we're living on this earth. The kingdom of God and its effect on us right now right here.

Sheila Walsh contributes to the series because she totally understands what it is to be depressed to the point of despairing of life. She also understands what guilt and shame does to destroy health and her teaching is superb.

Dr. Colbert teaches in three areas of healing that are critically important. He talks about the importance of joy. He talks about how you deal with stress and how you overcome it. And burnout -- he talks about how you deal with that. Today he's going to talk about what would Jesus eat?

Our Pastor Robert Morris at Gateway contributes two messages on healing by the power of God and the wisdom God gives us to take care of his temple, our body.

And Beth Moore contributes with a teaching on affliction and we all know what that's like.

Welcome Dr. Don Colbert to *LIFE Today*.

Doc, we're glad you're here.

Dr. Colbert: Thank you!

James: We really have appreciated you in this series. We've really enjoyed talking to you. Now, we're going to talk about what would Jesus eat? I guess he knew what to eat; right?

Dr. Colbert: Absolutely. It's interesting that by first of all sin was introduced in the world by choosing the wrong food. But Jesus passed the food test because the spirit led him into the wilderness where he fasted for 40 days. And then the Word of God says, "And he hungered." And who would come but Satan would come to Jesus and said, "If you be the son of God, turn these stones into bread." So most likely, bread was his favorite food. But Jesus passed the food test because he said, "It is written, man

shall not live by bread alone but by every word that proceeds out of the mouth of God."

I tell Christians and people all over; I say, "You catch a cold or you catch a flu but you develop obesity, belly fat. You develop Type 2 Diabetes. You develop most heart disease and most cancer by wrong food choices."

I tell people too, if we can't resist a donut or a candy bar or a fudge brownie or a piece of cake, how are we going to resist the devil who is trying to kill us? But when we pass the food test, and that's a test we've got to pass.

James: It really is a big test. Don't you agree, the natural appetites are the ones, the supernatural powers of darkness play off of the most? Because we can actually justify, "Well, God gave me this appetite. I really like this appetite." And then it tends to control us rather than us control it.

Dr. Colbert: But realize hunger is different from appetite. Hunger is our physiologic need for food. Your hunger... see the hunger center in the brain is in the hypothalamus of the brain. And the hunger center... Once the blood sugar goes low, the hunger center releases powerful hormones that stimulate our hunger. But appetite is different; it is usually based on an unmet emotional need such as stress, loneliness, grief, anxiety. It is like -- appetite is like people searching for food to be their Holy Ghost comforter. Instead of seeking the Holy Ghost --

James: That really is true and that is well stated.

Dr. Colbert: So instead of seeking the Holy Ghost they seek after food. But when we seek after that food, that sweet, or that coke or that sweetened coffee or ice cream.

James: And people really do get hooked on all that stuff. Everything you just said, people are just absolutely hooked on. I know I've been hooked on it so I understand what it's like. And I know what it is like not to be hooked on it.

Dr. Colbert: But when we do choose those foods consistently, we are unknowingly inviting disease into our body. We're inviting Type 2 Diabetes and obesity and most heart disease and most cancers into our body because these, at the root, are inflammatory diseases and these types of foods create inflammation in the body. Arthritis is simply inflammation in the joint. Most heart disease is simply inflammation in the arteries. Most autoimmune disease is inflammation.

I had psoriasis, which is an autoimmune disease of the skin. My skin was like it was on fire; it itched like crazy. So again, when we start eating the way Jesus ate -- and he passed the food test! We as Christians have got to pass the food test by learning to choose the best foods.

James: Would you tell us what that's like? I heard you say something that I really didn't know anything about at all. You said something about a Mediterranean diet. You said it in a commendable way like hey, this is really -- this is so much better than the protein diet. You acted like this might be a pretty sound way of thinking or eating. Is it?

Dr. Colbert: It is the best diet, I'm convinced, in the world.

James: It must be a best kept secret too because not many people find it.

Dr. Colbert: Very few people follow it but there was just a recent landmark study that came out and showed that people on the Mediterranean diet had 30% decrease risk of developing heart attack, stroke, and early death from heart disease. And the Mediterranean diet is simply choosing certain types of food on a regular basis such as extra virgin olive oil.

James: By the way, would this be what Jesus -- when you do, in the series you talk about -- because that's one part you teach on: How would Jesus eat? What would Jesus eat? Would this be what would be there?

Dr. Colbert: Yes, Jesus ate a Mediterranean diet, which is a powerful anti-inflammatory diet. Realize, Hippocrates said in 400 B.C. "Let your medicine be your food and let your food be your medicine." I put most of my patients on a modified version of the Mediterranean diet, or what would Jesus eat program, and it is amazing how most inflammatory diseases start to go away.

James: Now I told you before we walked out. I actually brought a little pad and roller pen out and I said I want to write some things down because Betty and I are going to have a little time, a little extended time to be able to focus very specifically on certain areas where we'll meditate and pray and really ask the Lord to direct in a lot of ways.

But also, we felt very impressed that we want him to specifically teach us more and more about how to eat. You've been a master at doing things right. And you know, you've got a whole lot more self-control and discipline than I have.

Betty: At the same time, even though I have, most of my life been able to control what I eat, and mostly eat the right things, there are things that come at us like stress, like heartache and all these things that really can affect your body physically -- and we've been through some of that.

Dr. Colbert: Absolutely. And then when we go through those emotions, again, the appetite turns on and the body is looking for something to relieve the stress so it is searching for a stress relieving food, which is usually sugar or ice cream or starches that is going to invite disease into our bodies.

James: When we lost Robin, I medicated, I found myself just wanting to sit around and I would eat something. I didn't eat the sweets and all that but I found myself wanting like chips and cheese or more of it than you would need. I said I want you to tell me something of the specific things that I can start on. I'm going to go through the whole series, I want everybody to listen well because it's not just this, but I was so interested in some of these specifics.

When he said there was a diet where there are certain things in that diet that people understood when Jesus was there, he understood it, and there's people today still practicing it, and it's great. They may have some areas of it that are too extreme. That's why he said, "I want to talk to you from a totally Christian perspective and I want you to understand why it is good."

So what we brought up when I was talking to you, and I said I'm going to go ahead and admit it... you've heard me joke about me telling Betty, "Okay, Betty, I've got this little bitty belly fat." He keeps saying that word; it's just really very insulting to me -- belly fat. The only place I've got fat is belly fat. I told Betty, "I keep this because I don't want any women lusting after me."

She said, "Why don't you go ahead and risk it?"

What I want to do -- I want to get rid of it. I'm going to risk it but I need to know, how do you -- is there a way to attack the belly fat? Can you tell us some things that will help you burn that because I think there are a lot -- don't you think women would want to know that too?

Betty: Absolutely!

James: Cut to the chase and help us.

Dr. Colbert: There are key components in this lifestyle that we need. So we need to simply go to the grocery store and buy some key components to start with. So I'm going to go over some of these with you. Then I can go through and again, I go in much more detail in Heaven & Health in the teaching, I go in much detail for an hour on that teaching. But let's talk about the key components. First, extra virgin olive oil -- that is a key component. But how much do you need?

James: Say that?

Dr. Colbert: Extra virgin olive oil and not in the big plastic clear containers. It needs to be in the glass containers, the dark bottles, it is perishable. It will rancidify if it's in -- I used to get the big plastic containers and again, I was eating, many times, after a year, I'd still be taking it. I'd wonder why it tastes terrible. It was because it was rancid. So it is a perishable food. So a lot of people say, "I hate olive oil!" Because they're eating rancid olive oil! So you don't want to get a giant bottle, you want to get a little bottle that's glass and you put it in the back of your cupboard in a dark area because sunlight will cause it --

James: And you use it; right? You don't put it in the cabinet. What do you use it for? You don't just drink it!

[Laughter]

What do we do with it? Because we don't do a lot of fried foods and stuff, but what do you do?

Dr. Colbert: No, no. Here's what you do with it. You use it as a salad dressing. You can also lightly stir fry with it, under low heat, not deep frying with that -- please! And not pan frying with that but you can lightly stir fry under low heat. But the best way and how I use it is my salad dressing. Again, it is critical the amount of extra virgin olive oil.

James: Does it taste good?

Dr. Colbert: Yes! It is delicious! See, this is --

James: Does it taste a little bit like olives?

Dr. Colbert: A little bit.

James: Most of it we've used, we've used it with some kind of a cooking deal. Where else have we used it? Because I know you've got it and we've had the wrong kind but she came after you mentioned this she went home and got it out of the cabinets. Here it is, in the dark bottle in the -- dark kind -- here it is.

Dr. Colbert: But make sure it is not rancid; okay? It may not have been used for two or three years.

[Laughter]

Look at the expiration date!

[Laughter]

James: What do you do with it? What do you use it for? You do fry some stuff with it. I know. We fry up venison.

Betty: We use it more for a salad dressing.

Dr. Colbert: Use it for a salad dressing. You can use any vinegar with it.

Betty: No more ranch dressing.

James: Do you do eggs in it if you have eggs?

Dr. Colbert: Absolutely! I'll cook my eggs. I'll use -- first, free-range or pastured or organic eggs. I'll use one yolk and three whites and I'll scramble them in olive oil and add vegetables to it.

James: Do you hear all this trouble he is assigning to you? You've got to separate the yolk out of them? You can use one yolk. Are you getting all of this? Because this would be terrible if I have to go cook this stuff because it would be bad.

Betty: I won't let you in my kitchen.

[Laughter]

James: Except to go get food and eat it.

Dr. Colbert: But you want to combine vinegar with it. Some people, if you're trying to lose weight, don't be having 10 tablespoons of olive oil a day. Each tablespoon has 120 calories so if we're trying to lose, you need about -- usually in the study it used four tablespoons of olive oil a day.

James: But is olive oil good for you, period? Not that you're substituting it for something awful. It actually --

Dr. Colbert: It's good for you. It fills you up. It provides the right fuel mixture as well as it's an anti-inflammatory fat. And it is one of the reasons why the Mediterranean diet is so healthy. So olive oil is the fat. We need to start with olive oil, especially on our salad dressings, with some type of vinegar.

If you're trying to lose weight, use two parts vinegar, one part olive oil and twice the amount of vinegar.

Any type of balsamic vinegar, red wine vinegar, apple cider vinegar, Bragg's Liquid Aminos; whatever -- it doesn't matter. But don't be... and your salad...

James: Get me something else past oil. I don't want to just have oil.

[Laughter]

Dr. Colbert: Okay, then nuts, nuts, nuts! But not salted nuts. Especially the raw nuts.

James: I love almonds!

Dr. Colbert: Almonds are one of the best nuts you can eat.

Betty: But raw almonds.

James: That's what I try to eat.

Betty: No, yours are the roasted.

James: No, but wait a minute. What are the --

Betty: Yes, they're roasted.

James: Are those bad?

Dr. Colbert: Well, it's not bad but there's a better one.

James: I want you to find one thing I do right before we leave the show.

Betty: You like raw almonds.

James: I like raw almonds.

Dr. Colbert: But almonds are very good. Macadamia nuts are good. Pecans, cashews -
-

James: Those really have a lot of fat in them now.

Dr. Colbert: But again, I'm not saying eat a container.

James: I liked them so much I gained 10 pounds in one week.

Dr. Colbert: I'm saying, you eat a handful or a fistful, that's all! -- Just a fistful. Also some walnuts or hazelnuts --

James: They just kept bringing them to me.

Dr. Colbert: That's why you've got to say no. Okay?

James: Are you learning anything? Okay? Hey, we are having fun. I'm getting the belly laughs in. That's part of what he's saying. But I'm telling you --

Betty: It's still serious.

James: The thing that I hear and I pray everybody hears it. I'm laughing, I'm smiling and I don't have near the obesity problem like most people who are letting it kill them but I've got enough I want to address it and I want to learn. The thing we keep hearing over and over is we have a tendency to do it in excess. Even the good things, we have a tendency to do in excess.

Dr. Colbert: But these are just the fats; the olive oil, the nuts are the fats. Then we get

into the beans. This is the starch, the healthy starch that helps you lose weight because you're not getting that sugar spike.

James: Any particular type?

Dr. Colbert: Well, black beans, red beans, pinto beans, lima beans, peas, chickpeas, garbanzo beans, lentils -- lentil soup. I tell people, "Eat lentil soup, eat black bean soup before your meal." Its chuck full of fiber, soluble fiber, which lowers cholesterol, lowers triglycerides, lowers blood sugar! Makes you full, fills you up, satisfies you; that's the best starch for losing weight.

I tell people, have a big salad with a extra virgin olive oil then have you some bean soup or lentil soup. If you can't have it then -- not for breakfast but again, lunch and dinner; okay? You can have some beans for breakfast if you want to.

James: I'm laughing too because I've heard a lot of people say, "You've been eating beans?"

Dr. Colbert: I know I was going to say take you some beano, and more than just one if you start eating beans.

Betty: A whole bottle of beano!

James: What did you say?

[Laughter]

Dr. Colbert: Now this is the key. I tell people when they start eating beans, ideally, I would like to get people eventually up to one to four cups of beans a day. There are actually bean diets. But if you start on four cups a day you'll have to be eating a whole bottle of beano a day.

[Laughter]

So you better be careful. But you will get your belly laughs too.

James: When you're on this diet, can other people stay in the room with you, doc?

Dr. Colbert: Well, that's why you've got to start out slow or you're not going to have very many friends with you. They're not going to want to be around you.

James: You see how healthy we're getting with the belly laughs? I mean that's his first teaching is the belly laughs.

Betty: I can see it --

[Laughter]

James: I'm going to go out of here so skinny --

Dr. Colbert: Oh, I have to tell you this too. One study found that 20-second belly laughter is equivalent to three minutes on a rowing machine as far as exercise.

Betty: Oh, we can do that easier than a rowing machine.

James: That's right! Sell that machine! Give me a couple more. We don't have a lot of time. They're over here signaling me come on. You've got to -- hey, it's all in here. The whole thing and I'm not in it messing it up. It's just all here. I'm the target audience. All the teachers come in and say, "How do we help James?" That's their project. Give me a couple more.

Dr. Colbert: Now the other key component is this: protein. We want to eat fish at least three times a week, but not farm raised fish and not fish high or moderate in mercury. A lot of people are eating fish high in mercury.

James: Can you find this out pretty easily how it is raised and so forth? Do you have to interrogate the restaurant and the waiter?

Dr. Colbert: No, it says it on the menu. They are required to say that. Plus when you go to the supermarket choose "wild fish."

James: This fish will kill you -- this fish will help you. Is that what it says on the menu?

Dr. Colbert: No, it doesn't!

James: Every time you give somebody medicine, you have to spend the next five minutes telling them how it is going to kill them.

Dr. Colbert: The side effects, that's right! But not belly laughter!

Betty: What are some fish that's better for us? -- Like salmon or tilapia?

Dr. Colbert: Wild salmon is one of the best. Also, sardines, herring, haddock, tilapia --

Betty: Something else besides sardines?

James: You put the sardines with the beans and you're going to live a lonely life!

[Laughter]

You'll soon be healthy but nobody is going to be around.

Dr. Colbert: Okay, let me give you one you can eat: Tongol tuna. How's this? This is baby tuna -- baby tuna. Now listen. The albacore tuna is high in mercury. The E.P.A. only recommends we eat that three times a month -- it's high in mercury. Let me give you something else.

James: There is no way you're going to know any of this if you don't get the series; that's what he is telling you.

Dr. Colbert: Let me tell you this, now most people don't realize, a lot of people are eating sushi and they're eating ahi tuna. Ahi tuna is one of the highest Mercury fish. They recommend... E.P.A. recommends we don't even eat ahi tuna because they're a large predatory fish. The larger the fish, the more predatory, the more mercury like king mackerel, sword fish, orange roughy --

James: That's good?

Dr. Colbert: They're high in mercury -- no! They're not good. E.P.A. recommends we don't eat those fish!

James: You mean the E.P.A. does something worthwhile?

Dr. Colbert: Yes, they do, as far as Mercury and fish is concerned.

James: No, it's good to know. I'm being serious about that.

Dr. Colbert: Now again, we don't want a little meat, but we want small portions. A man should have at most --

James: Can you eat some red meat?

Dr. Colbert: Yes, twice a week.

James: And that's what I usually eat once a week.

Dr. Colbert: That's fine but you're allowed twice but only six ounces or less, and women three ounces.

James: My goodness! What kind of steak is that?

Dr. Colbert: Well, you're going to have to split it with Betty.

[Laughing]

And again, you can have chicken is fine, peel the skin off. Don't deep fry it.

James: This diet you're giving me is killing me. Do you know, really and truly, is it not a matter of preprogramming?

Dr. Colbert: It is. Once you start doing this, your appetite will be turned -- your hunger is turned off. Your appetite is satisfied. You're not hungry. You're eating living foods that are going to prevent disease from occurring in your body.

James: Let me do something right here because I know we need to show you how you can get the information, but let me just pray for you. Listen to me.

Father, I'm glad that we can sit here and we can laugh. We feel good enough to laugh. Lord, I want to thank you for the incredible adjustments that I've made and the lifetime practices that have nearly destroyed me. And I want to thank you for doctors like Dr. Colbert and other doctors I know who are truly great, great loving doctors who love their patients.

Father, I just pray people listening will understand we're really trying to help them. We've laughed but it is because we feel good enough to laugh. We want everybody watching us to be able to laugh and to smile and live a life that's filled with meaning and joy and the peace of Jesus.

Now listen to me. The series that we're asking you to get, we literally, prayerfully were led together to try to bring people together that you would respect and who could communicate, who would package for you the teaching, the information, the instructions and the direction that could save your life, improve your life, and enable you to take care of God's temple.

Do you know you're precious to God and the people that love you? And you could really enjoy life if you can control what goes on rather than the things in life, including our appetites, controlling us. Call now and ask for the series. Here is the information on how you can get it. I pray with all my heart that you'll not only get the CD's but you get the DVD's and get the teaching by Beth Moore on affliction because we all go through it. It affects us and oftentimes we treat it the wrong way to our own demise. Get this material.

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

Betty: Dr. Colbert, I think one question that everybody wants to know because we have busy lives, is this doable for families?

Dr. Colbert: Betty, it is so simple. A big salad with extra virgin olive oil and vinegar on it; you can cut up your chicken, cut up your wild salmon on top of it, your turkey on top of it. You can eat some beans and wild rice.

James: And you talk in the series, I think it is critically important people hear this. You talk about fruit, all the different fruits --

Dr. Colbert: Fruits and vegetables -- yes! Absolutely!

James: All of them, the more color that's in it, the better it is.

Dr. Colbert: And healthy deserts. Absolutely!

James: And watch the desserts.

Dr. Colbert: But choose berries, and dark chocolate, low in sugar, it's good for you, in moderation.

James: You heard that! Get the series. Would you like to say thanks to Dr. Colbert for being with us? We have spent a lot of time -- a lot of time trying to prepare for you something that could change your life and enhance and improve your life. Thanks for giving us this time.