

6/13/16
Week 25: Medical Cure Partnership
James and Betty Robison
Caroline Leaf

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

James: And we have a guest that came here eight years ago from South Africa and was recommended to us by our mission overseer, Peter Pretorius who covers the whole continent of Africa in oversight. What a tremendous blessing Peter Pretorius and Ann have been; and the millions of lives that have been saved because you cared enough to be the arms and hands that literally enabled them to do the work God calls them to do. You gave them the wherewithal. You gave them the prayer support and the financial support.

Well, they told us about a woman there, a doctor, Dr. Leaf who understood a lot of things about the mind and said, "This lady is captivating! And on television, people just listen to her." They showed us and we listened, and we invited her to come all the way over here. It's like she came over here like she never could go back and stay back because everybody kept bringing her over here.

She talks about the brain. I want you to look at this title right here: *Think and Eat Yourself Smart*. I bet that includes some smarter eating habits. But "Eat yourself small" as though what we eat might have something to do with how we think, how effectively we think.

I'm anxious to find out what she has to tell us even though I have an idea I'm probably going to get some correction about how I eat. You didn't just look down here; did you?

Betty: No, I wouldn't dare do that!

James: Well, just keep your eyes up here. But we're going to...

Betty: But I do have this book now.

James: You do. I know that. It has all kinds of great stuff in it. Would you welcome Dr. Caroline Leaf to *LIFE Today*?

Caroline, glad to have you back. It's been eight years ago that you were here. Did we have to gear you down and ask you to slow down a little bit back then?

Caroline: You did. I've tried and I always think of you when I slow down. And I'm very good at slowing down when I start but then when I get excited I get fast. So I'm going to have to stay calm to talk slow.

James: And you get fahster. Not faster -- fahster.

Caroline: Faster. I can say faster.

James: Can you say some Texas words and everything?

Caroline: I can! Y'all.

James: And we're fixin' to do something. That was very troubling to you.

Caroline: Have a good one!

[Laughter]

I never could work that one out.

James: Let's cut to the chase. This is a new work just now come out.

Caroline: Today.

James: And so here's the thing. You can get it in the bookstores, you can get it online. You can go to any of the online retail book sales, Amazon, wherever. You have a web site. If somebody wanted to go there and said where do we go to get the book from you or to get some other information and want to ask a question, where do they go?

Caroline: Dr.Leaf.com.

James: And it's spelled just like leaf on a tree.

Caroline: Yes.

James: Tell me why the book.

Caroline: Well, for years I've been teaching people about the brain and the mind and we are integrated spirit, soul, and body. So you can't just teach people about the mind, you have to teach people about the body. The mind is separate from the brain. The mind controls the brain. So if your brain is not functioning well and your brain relies on nutrition because you live in a physical body with a physical brain in a physical world, if you don't look after our brain in our body then our mind has to push through a brain and a body that is not working well and then we can't fulfill what we're supposed to be doing on this earth.

So it's very logical to actually look after your brain and look after your body. It is honoring the temple. It's honoring God because he's given us the temple to look after. So it's a form of worship to actually understand and respect and honor the magnificence of our glorious bodies and brains.

So that's driven me to understand that we really need to understand how to think and eat ourselves smart. What also I found fascinating was that thinking and eating are totally intertwined. Eating is a completely, what we would call a metacognitive event; so it's a completely thinking event. So the state of mind that you're in, let's forget about the food choices, just the state of mind you're in is going to completely either enhance nutrition or destroy your brain and your body. So one of the two. So if you're anxious, upset, in any of the toxic, offended, worried, whatever, immediately you've created a chaotic state inside your brain and your body where your body can't get anything from nutrition.

Betty: So your emotions play a lot in the food you eat a lot.

Caroline: Exactly. Mindful eating is the way things are going now. For years people have always thought we've got to eat healthy and there are so many diet fads. One day you could eat this. It is the most confusing thing, what should I be eating every day? And people always ask me, "What should I be eating?" And my answer is very simple. When did eating become so hard? When man stepped in and started making food-like products -- food-like products.

So if we go back to basics and we start eating real food the way God gave it to us, he gave us everything we need, and if you start looking at it you'll see that your brain and your body are wired for love because we're made in God's image. He is love. We're not wired for anything toxic. That's what I spoke about in my first few books. In fact, I've done so many shows with

you and we focused a lot on the fact that our bodies aren't designed for toxic thinking nor were they designed for toxic eating. So God's given us everything that we need.

So food is also wired for love and complementary to our body. So when we eat real food and we don't go for these diet fads and we don't get confused by all this nutritional advice out there that what should I be buying, eating, cooking with? And if we just go for the basic principles of real food you actually start teaching people how to fish instead of giving them a fish.

We're also completely unique. The Bible says we're uniquely, fearfully, and wonderfully made. We know that. So unique means stand alone, set apart. We see that in food. We see that in each one of us. Some people can only eat a vegan way. Some people can eat meat. Some people can't. There's no one way of eating for people. What we've got to find is that what you eat, eat the way that suits you in your unique design but make sure it is real food, not man-made food-like products. That's the concern.

So if you look at the top seven addictions, I'm just going to talk about the top two. The top addiction and you're going to love this is love. The top addiction that man cannot quit is love, which makes so much sense because you're made in God's image, he is love, we're wired for love. So we see the wired for love design in our brain and our body, we see it in the earth, we see it in the food that God has given us to give us nutrition.

James: And you'll want it even if you have a hard time finding it; right? But you're still looking for that love. Everybody wants it.

Caroline: Exactly! So the way we're craving God, designed to be addicted to God and to the love that God gives us, we need food to live. So the second top addiction is the modern American diet. The acronym for that is MAD. It is more addictive than --

James: Say it again: Mad, M-A-D.

Caroline: Stands for the Modern American Diet.

James: Which would not be so good necessarily.

Caroline: It's not so good. From there we go from love being the top addiction being a good thing, to the second addiction that people battle to quit; love they can't quit.

The second one is the Modern American Diet. So in other words, that is a global term and it is, by the way, one of the United States most successful exports because you can find in the middle of nowhere, tiny little town of 300 people and you'll find one supermarket and you'll find it

filled with a modern American diet. Before that supermarket came there, those people were healthy, happy, not sick. The minute the supermarket arrived with all the modern American food suddenly now they've got diabetes and chronic illnesses. Babies are being weaned in Africa from breast milk on to Coke because it is cheaper than water. So we've got a problem.

So your modern American diet is a global thing. And what is it? It is a basically food-like substances. It's taken away the uniqueness of food. It's taken away the uniqueness -- what I mean by the uniqueness of food, if you think of all the different types of varieties of vegetables and fruits and for example, wheat. There used to be 30,000 different types of wheat -- 30,000! We're now down to about four or five hybrid versions that people are growing field to field as far as the eye can see; generally G.M.O. versions that are now reduced.

So we've taken diversity out. We've brought in monoculture and then that's taken as a base and food-like products are made from that base. So in foods made in a laboratory we start distorting things, we start interfering with the natural, the normal what God gave us. Then things last longer.

So if you think of manna. Manna -- when they ate manna God told them, "Don't keep it. The next day it will go rotten." So real food is like manna. Real food will give you everything you need, wired for love. Fresh, local, sustainable farm-to-table diverse --

James: You can actually find this food without having to go to a health food store.

Caroline: Everywhere! James, it's changed so much now.

James: You don't have to go to an organic store to find it. You can find it in the big supermarkets.

Caroline: Exactly because immediately when we taught this, it's immediately, "Where do I find it? Is it going to be too expensive?"

But we have to look at the fact that it is now much more accessible because people vote with their forks. The consumer creates the demand. So when we start wanting more, when purchases of organic food substances and farm-to-table type substances, foods will go -- real food goes up, then they're going to make money. They're going to say, "Hey, that's where the consumer is putting their money. Let's start having those..." They'll go with that. So we have a huge amount of say as consumers in what we put into our body by just voting with our fork. Where are you going to spend your money?

Betty: Do you kind of have to wean yourself off of all of this fast-food and stuff? Because it is addictive!

Caroline: It is totally addictive.

Betty: So when you're starting a new diet and everything, it's not like you suddenly are off all of the foods?

Caroline: I'm so glad you asked that and it's incredibly insightful question because basically, because the modern American diet is second in terms of addictions -- addiction means something hard to quit. So it's more addictive than heroin, cocaine, psychotropic drugs, cigarettes, alcohol -- those all go down in the list of seven.

Now we know if someone is trying to get off cocaine or heroin we know drug addicts go through withdrawal, that's lower down on the list, which means that if you go through withdrawal coming off heroin or cocaine or cigarettes or alcohol or psychotropic drugs, you're going to go through withdrawal when you come off food.

James: Sugar!

Caroline: Yes! Sugar has been manipulated. When we talk about food-like products, they have been manipulated to confuse your brain so that you don't know when you've had enough; so you eat too much. They actually have a laboratory set up where they actually think how can we overcome the basic biology of a person getting a full stomach? And that's sending the message to the brain saying, "Hey, you've eaten enough. Stop eating." They've designed food to overcome that.

James: When you eat like one chip, you can't just stop with one chip because there's another chip in the bag. Isn't that right?

Caroline: Exactly. Then there's another bag in the pantry.

James: Or at the store and its close.

Caroline: Exactly. And then you play the sugar-salt-sweets.

James: You broke some of this down in three parts. Give it to me right now because earlier when we were talking you gave us three things. What was number one?

Caroline: The first one is: Admit it. Admit that there's a dysfunctional food system that we're going to have to...

James: We've got to agree with that. Do you agree we've got a problem? And we can see the problems; they manifest. It's not like some secret demon that you never see the results of.

What was the second one?

Caroline: The second one is: Quit! Quit it! So get out of it.

James: In other words, make up your mind I'm not going to be controlled by these addictive substances.

Caroline: Exactly! So I teach on like withdrawal. I teach on if it takes you 21 days to get into an addiction, and as we repeat those 21 days, it works on cycles of seven.

James: It takes that to get out?

Caroline: It takes that to get out.

James: In other words, you've got to be willing to change for at least 21 days.

Caroline: Well, 63; three cycles minimum -- so three minimum cycles.

James: My goodness. This is getting complicated now. Because we like a quick fix too. You don't have a quick fix chapter?

Caroline: It's like renewing of the mind. It is like getting in the word. This is renewing the mind.

James: I want instant.

Caroline: I know! So does everyone else.

Betty: And that's why we're in the trouble we are. We want instant. We eat on the go. We eat fast. I can also see this making...

James: You're joining her side.

Betty: I know I am! I can also see that it's not only affecting our eating and how we take care of our body but even affecting our relationships in our families because we're going to slow down a little bit. We're going to have to take time to eat right.

Caroline: I have a whole chapter on that, on the busy-ness of life. How we've fallen into hurry sickness. How when you don't eat sitting down in a loving environment you create an incorrect environment which also affects your digestion which also affects functioning.

So in terms of the quit at the second section of the book which relates to what you've just said, this is the first time in recorded history that we have people that are starving and obese at exactly the same time. So we have a billion people starving -- we have two billion people starving, we have a billion obese, overweight. But we have this phenomenon of obesity where they are starving. So someone who is huge but they're actually completely starving. First time ever in recorded history! If you put the wrong kind of food in your body, you destroy the way that the brain functions and you destroy the way the ability your body can recognize when I've had enough.

It's the same pathway that gets destroyed when you're actually thinking; the same pathway in your brain that is building a thought is the same pathway that literally that gets attacked as you eat the wrong kinds of foods. It is a frightening dilemma.

Betty: Also, I think it is important to understand that yes, you would help the obesity problem but we've met a lot of people that are thin but they eat wrong. The quest is not just to lose weight.

James: It is not size, it is shape.

Betty: It is about lifestyle and the way you eat healthy for your body.

Caroline: I love what you're saying, Betty. You've really got it. That's what my third section of the book "beat it" section, the B-E-A-T -- beat it. Did I say that right? Beat it! That is all about the lifestyle tips. So yes, the quest to have the perfect body and the perfect, that's not the quest. The quest is don't even think about that. Think about eating real food.

Think about worshipping God while honoring the fact that we need to look after the brain and body he's given us. If you're feeling awful and sick and have all these things wrong, because eating the wrong foods you can't think straight. You don't have clarity in your minds. Your neurons can't work properly; your brain tissue you're can't work properly. So you can't think. If you're so busy focusing on feeling terrible how are you going to hear God? How are you going

to serve like we're supposed to do? So it is a responsibility that we have to actually overcome this lazy kind of convenient way of eating.

James: Here's the thing. This woman has her doctor's degree basically studying the mind, the brain and trying to help us get healthy. It's been so effective that she actually goes back home to South Africa but this is home because there's such a great need here. And there's such a desire and people are reaching out and saying, "Help us!" So that's what she has done when she put all this material in the book.

But also you do speak and they can go to Dr. Caroline Leaf, Dr. Leaf -- say it again?

Caroline: Dr.Leaf.com.

James: If they wanted to find out if you could come and teach somewhere for a few hours or a day or whatever, you can be communicated with there. If they have questions, let's say they get the book, then they have some questions or they're in the process of making these changes, can they communicate with you on the same web site?

Caroline: Yes, on the same web site.

James: And you'll do your best to see that their questions are answered. That's something you're offering as ministry because I've always known you to basically say, "I'm trying to minister life to the family of God, to the people that really want to know the truth and practice it."

So get the book. Let me just say this to you. You can go online and get it, you can go to the bookstores and get it. I am going to say this to you because I want you to know this. We don't just sell things here on *LIFE Today* but we give things to people. Let me tell you who we give something to. We're giving you her heart, her insight, her wisdom by you listening. We're offering you something that will help.

But what we're really giving you is an opportunity to become a miracle in someone's life; to become that what seems to be an impossible dream coming true. In other words, be a part of the miracle many people long for but never really expect to see. That's what our viewers do. It's what *LIFE Outreach* does. It's what people who watch *LIFE Today* do. We see a need; it's a legitimate, undeniable need. We see a perfectly effective way to meet it and we say, "We're in." And we do it.

I want you to look. I want you to see a need, a prayer, a miracle that can occur and you really are the delivery system. You deliver that and you say, "James, would you send us that book just

to help us in our journey?" You better believe it! -- Because you've become a miracle in someone's life. I think you're going to be very excited about it. Watch closely.

On the mission field

Announcer: Our mission teams travel the world helping families who have great needs. While in the Dominican Republic, Jeanne Rogers met a young mother, Daniela and her newborn daughter Elizabeth. The sight of Elizabeth's twisted feet brought back painful memories for Jeanne whose first child suffered from the same condition as Elizabeth; a condition known as clubfoot.

Jeanne: When I unfolded the blanket around him, I saw his feet and I was like, "What's wrong? What's wrong with him?" I cried. I was so brokenhearted. What will he do? How will that limit him?

So I know -- I know some of the feelings that she's experiencing. She didn't know either. Nothing in her pregnancy was indicating that she would go through this.

Yesterday we were driving in the city here and we had to stop at a light. The moment we stopped there were some young men in wheelchairs that came up to our car and we looked down and we saw that their feet were like this. These boys, who are now young men, have had no hope of being anything but beggars. I'm telling you that if this little girl doesn't get the treatment she needs and others just like her, that's their future.

We can make a difference in her life and so many like her that have no way to get the kind of help they need without our help.

End of clip

In the studio

James: I'd just like for us to freeze frame again on that little child there at the very last. Then to just think for a moment about what Jeanne was saying when that mother was showing her the feet of her precious little child. You've seen Jeanne's son that she talked about. He is an incredible father and husband -- incredible leader. He's been to the mission field all around the world with us. You've seen him with a camera. You've seen him helping people. It's as great a joy as he has in his life. He was an outstanding athlete; just a wonderful person that had the problem Jeanne was talking about but they were able to address it.

You know what will correct it for these children, Betty? It's just a little set of braces like this. This is one that will go on a young child and here's one that will go on a baby. These little braces call \$17 each. When a child is an infant their bones can be bent straight. They can be corrected. Our oldest daughter had to sleep in heavy braces because she was so pigeon toed she couldn't walk without tripping. It wasn't clubfoot but it was a very big challenge. It's such a simple solution.

Think about this. That mother, Betty, for somebody to reach out and say, "I'll give your child the braces." That's a \$17 gift and I think most of our viewers would say, "I could give \$34 to give two children a set of braces."

Betty: James, this is exciting to me because we can start before they are even walking. We can straighten their little feet up, James so that when they get ready to walk they'll even know that they weren't going to be able to walk. We saw some that had become very dependent on just a handout, James because they can't function, they can't walk. They're in wheelchairs because they didn't get the help they needed when they were small. This is an opportunity to start when they're born and then we can help them to have a normal life again.

James: Let me just say that this is an opportunity that you can meet. We have a lot of viewers who sometimes say, "I can't drill a water well. I can help with it but I can do that. I can give two braces."

Would you do that? Would you go to LifeToday.org and just use your bankcard and make a \$34 gift or \$68 and give a miracle to four little children?

By the way, the doctors that we work with, and many of them who are volunteers will go over and do serious surgery where the little braces won't work and those are available at \$400. We're asking God to give us people who will pay for three of those; that's \$1200.

In other words, there is a level at which every one of us can have a part. We have some gifts that we want to send you to say thank you for giving this precious gift, for being the miracle that mothers are hoping for and children need. Would you right now go to LifeToday.org? Would you go to the trouble? Thank God you can walk over and get your bankcard, go online, or you can pick up the phone and dial the number that's paid for by love. Love pays for the call in case you need someone to pray for you, you need someone to talk to. Love pays for that call. But would you call that number today and take your bankcard and say, "I want to be a miracle in two children's lives or four children's lives?" "I want to provide one of those surgeries for the more serious issues; maybe on some that are older and it will take serious work but I want

to be a part of that miracle." Would you do it today? Thank you so much! Thank you for going to the phone or going online and making the gift God put on your heart.

Begin video clip

Announcer: Children born with birth defects in underdeveloped nations are often overlooked, uncared for, and even abandoned. For tens of thousands every year born with a condition known as clubfoot, their deformity leads to a struggle to just survive. The good news is there is a simple and life-changing solution. This summer with your support, *LIFE Outreach* will provide 10,000 children with corrective braces that will give them a chance to walk like any normal child.

With the cost of \$17 per brace your gift of \$34 will help provide two children with corrective braces, \$68 will provide for four children, and \$102 will help give six children braces and the opportunity to walk. And for children with a much more severe need gifts of \$400, \$800, or even \$1200 will help provide life-changing corrective surgery for one, two, or three children in need.

With your gift of any amount we'll send you Beth Moore's devotional, *Blessed Mornings and Restful Nights*. With your gift of \$102 or more to provide six children with corrective braces you'll also receive the journal edition N.I.V. Bible.

Finally with your gift of \$1200 or more, you may receive "Majesty," our 2016 commemorative bronze sculpture. This summer join with us to give children hope for a future. Let's give them a chance to walk.

Please call, write, or make your gift online today.

End of clip

On the mission field

Sheila: I know it's very much on the heart of James and Betty. If they see anyone -- anyone around the world that's hurting, their immediate response is, "We want to do something."

We want boys whether they're two months old or six months old to be able to go out and run and play. We can fix this really quickly but we need you to stand with us. Would you do that? Would you go to LifeToday.org and make the best possible gift you can? -- Even just in honor of your children who can run and play or your grandchildren.

It's such an encouragement when you call and say, "Listen, I'm going to help. I'm going to stand with you." Because we want the next time we come back that we can see boys like Dariel and so many other children who need help up and running.

End of clip

In the studio

James: We are sending the beautiful study Bible to say thank you if you're able to make a gift of \$100 or more; and the beautiful bronze if you'll help us with some of those surgeries. We're sending Beth Moore's book, the devotional book *Blessed Mornings, Restful Nights*.

If you'd like to have Dr. Caroline Leaf's book, *Think and Eat Yourself Smart*, well, I'll tell you what, it's a challenge to eat right, but when we know it affects so many things in a positive way, isn't it worth the challenge? I think it is.

Would you join Betty and me in saying thanks to Dr. Leaf? Thank you. You're a real blessing. The book is in the bookstores. You may want to get one for a friend.

Thank you! Thank you for helping us.