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Week 27: Medical Cure Partnership
Randy Robison and Sheila Walsh
Dr. Don Colbert #1

Randy: Welcome to *LIFE Today*. I'm Randy Robison. Sheila Walsh is with me. We've got a great guest for you, especially if you deal with any kind of health issue because there are a lot of people out there that deal with a lot of the stuff.

Sheila: And this is a fantastic book. I've just had a chance to flip through it but it made me so hungry to ask the author questions because he is one of the best out there.

Randy: Yes! Would you please welcome the Medical Director of the Divine Health Wellness Center Dr. Don Colbert? Good to have you, man! Good to see you again.

Dr. Colbert: Great being here.

Randy: We always get great feedback when you're on the program because you hit people right where they live. And your new book called, *Let Food be Your Medicine* sounds great to me because I like food. I don't really like medicine but I like food. Let's get into this because man, there is a lot of stuff we can fix if we'll just adjust the things we're eating.

Dr. Colbert: Exactly! And again, in medical school and in residency I was taught with every disease that all they need, typically, is a prescription. For high blood pressure, give them a high blood pressure medication. For high cholesterol: high cholesterol medication. Diabetes, Type 2 Diabetes: give them a sugar medication. Depression: An anti-depressant. Anxiety: Anti-anxiety.

Again, it gets to the point where I said, "Wait!" I had to go through some health challenges in order to change my thinking because what I found is the best thing for God's best is let your food be your medicine. What I've learned and what I ask on my physical exam questionnaire for everyone; when they come in I have a comprehensive medical history I have them fill out.

One of the key questions I look at, I do a dietary analysis. I want to know consistently what they eat for breakfast, lunch, and dinner and snacking and I want to know what food they crave because invariably the very foods they typically crave are the very foods that are inviting the diseases into their bodies.

Sheila: One of the things that was interesting though about this book because I have lots of your books at home and I've found them so helpful, I did not know your own back story of how this came to be your passion. Would you tell our viewers a little bit about your own absolute crisis of health?

Dr. Colbert: Well, sure. When I was in my third year of medical school, it was in August, we were required to run a three mile run. Now that's no problem. I was in real good condition. But the day we had to run it was in the high 90s with high humidity, and it was in the middle of the day, around noon. So here I am running around the track. But then in the last hundred yards or so of the race, I was doing good -- because if you score a real good time you only have to run it once a year which is great. I needed to go ahead and run a fast time so I'd check it off of my list.

Randy: Is this at O.R.U.?

Dr. Colbert: This is at O.R.U. Correct!

Randy: You only had to do it once a year? Nobody told me that! I must not have ever been close. You're one of those guys.

Dr. Colbert: Yes. So I was going; simply followed one of my med school partners who also ran really good so I stayed right behind him. I knew he'd run it in real fast time and if I could do that I would only have to run it once.

Well, it just so happened about a hundred yards from the finish line all of the sudden my legs, I felt my legs literally, it was like someone punctured a balloon. It felt like someone ruptured a balloon in my legs. My legs, I had no control over them. Literally, for about one hundred yards I forced myself over that finish line. As soon as I crossed that finish line, I had that finish line but Mary was under a tree reading the Bible, (my wife, Mary) and she said she looked up at me and she says, "I thought you had been hit by a car." She said, "Your legs had no structure. You're running on, it looked like, sticks or stilts because there was no form in your legs; there was no muscle in your leg."

As soon as I crossed that finish line, I willed myself over, I fell to the ground and I was foaming at the mouth. Well, the coach recognized that something major had happened. They thought I had heat exhaustion, so they pulled me over to where the sprinklers were and they sprinkled me off. Well, then I got worse. My heart was beating so fast, my mouth was so dry, and they said, "We've got to take him to the emergency room" which was across the street. So they put me in the back of a station wagon and they took me to the City of Faith across the street.

And at this time, that high humidity and high temperature had caused a huge storm cell and tornado sirens were going off. So the E.R. doc and all the nurses are standing outside the E.R. looking up at the sky when I come rolling in. They see me drenched. They said, "Oh, this guy just has heat exhaustion. He's no problem." But then the nurse screams after she took my vitals and says, "His temperature is 108 degrees!"

Sheila: Wow!

Randy: Bad sign!

Dr. Colbert: Because at that temperature you start to cook your brain. So what happened then is I said, "Put an I.V. in now." So they put an I.V. in, and the E.R. doctor agreed. And I said, "Put one in the other arm." And they did, which he agreed to too.

Now the strangest thing happened. As soon as they put those I.V.'s in my body was so hot, when the I.V.'s went through my circulation, literally, the perspiration shot up about an inch, it looked like a fountain all over my body and my wife was intrigued. She says it looked like something out of an Alfred Hitchcock movie.

Sheila: Just thinking about that, it is like a sci-fi thriller!

Dr. Colbert: She said, "Out of every pore in your body" because they had my shirt off, she said, "Literally, the perspiration was shooting up about an inch all over my body." She said -- I remember her saying, "That is the strangest thing," she was looking at me, "I've ever seen in my life!"

But then what happened is my urine turned to the color of coffee. I started literally, the muscles in my thighs had ruptured and I started excreting the myoglobin muscle pigment through my urine, which caused acute kidney failure, which then caused my muscles to literally shrivel up. And over the next couple of weeks I was in the hospital on high dose I.V.'s around the clock to save my kidneys from the poison, which is the myoglobin. The muscle that ruptured, the pigment was spilling out and poisoning my kidneys.

Randy: How did you not die?

Dr. Colbert: I almost did! I almost did. But what was so strange was the severe pain I had in my legs. The pain was excruciating. I literally watched as my legs shrunk to where my arms were bigger than my legs.

Then confused and confounded, the doctors said, "We've never seen this!" I had a neurologist, I had a kidney specialist, I had an internal medicine specialist. And so they said, "We need to biopsy his muscles. We can't understand what's going on. We've never seen this!" So they said they wanted to biopsy each leg, each thigh, and each shoulder.

My wife said, "No! We're not doing that. We're only going to do one area."

We agreed. I told my wife, "I'm not going to let them."

So they just did my thigh. They biopsied a thigh; the whole muscle all the way from the top to the bone.

I'll never forget when those doctors came in. My wife had told them, "Tell me first. Do not say anything in front of my husband."

Well, they came in, the surgeon came in, and he gave the pathology report. And he said, "I've got bad news." He said, "You will never walk again." He says, "Your muscles are dead from the surface of the muscle all the way to the bone. They're necrose. They're dead and you'll never walk again."

Randy: You can't grow that kind of thing back at least naturally.

Sheila: So what happened?

Dr. Colbert: So my wife, she said, "I told you not to tell him that. You're all fired! Now get out of here." She fired my doctors!

So I was all upset. I said, "Wait a sec. Not only am I not going to walk again but now you've fired my doctors. Now I want to finish medical school." I was in my hardest rotation in medical school and now I said, "I probably won't finish because how am I going to finish now?" The hardest rotation when I've been out already for a few weeks.

So my wife and I had a major argument. She stormed out of the room crying and went down the elevator. As she went down the elevator she heard that voice on the inside and that voice says, "He shall run and not be weary. He shall walk and not faint." And then she immediately pushed that elevator going up and she came back to my room. And she shook her finger at me and she says, "Man has spoken this to you but God says, 'You shall run and not be weary. You shall walk and not faint.'"

[Applause]

Sheila: That's awesome! I think it's fascinating, obviously, the enemy knew that God had his hand on you because you have literally impacted the health of hundreds of thousands of believers. And to me that's clearly a demonic attack on your life to try to take you out before you could bring health and healing to the body of Christ.

Dr. Colbert: Because I firmly believe if I'd been in that wheelchair, who would have listened to a doctor in a wheelchair writing books? But what happened a few weeks later, and I was in my room and I wasn't back in med school yet but literally, I used to listen to R.W. Schambach. He says, "You don't need to worry, all you need is faith in God." So he would come on every morning around 8:00 there in Tulsa and I would listen to him. And wow! He inspired that faith and that belief and that expectancy.

And literally, I felt the power of God. I got up. I started walking. It hurt like crazy. I had hardly any strength but I started walking, I started pushing myself. And then eventually, within a couple of weeks I was able to walk into the City of Faith. When I walked in, they couldn't believe it. The nurses came out, the doctors came out and said, "This is absolutely amazing! This is a miracle! Because we have the path report, those muscles are dead." And they were all shriveled up before but literally, I started getting the muscle back in my legs, the muscles coming back and now I mean I do squats and everything. I've been doing squats for years, which I wasn't ever supposed to do.

Randy: No medical explanation -- just God.

Sheila: Do you know what I love about that though? It is the combination of the Word of God and your determination. Sometimes we just want God to heal us. But the fact that you worked with the Lord, you engaged.

Dr. Colbert: You've got to do something. Even though it hurt, even though I was weak, I had to act and I had to expect.

Randy: Now that wasn't the first health challenge although it's enough for a lifetime. Later you developed a condition that was a little bit of a challenge as well.

Dr. Colbert: Exactly! Back about -- first of all, I went through residency, did great, and then I went and opened my own solo practice. And I was in solo practice for a few years and then all of the sudden I awaken one morning with a rash over most of my body that itched like crazy. So finally I thought it was something like scabies because I'd treated a patient the week before and I put this medicine on from my chin all the way down. It was worst the next day.

Finally, I went to see my dermatologist buddy who is one of the top dermatologists in central Florida. And I'll never forget the way he looked at me. He had these glasses down on his nose. He peered over his glasses and he shook his head and he says, "Don, I'm sorry to inform you that you have the *heartbreak*" -- and he emphasized the *heartbreak* -- "of psoriasis."

I said, "What? Psoriasis? That's impossible! First of all my heart hasn't been broken. Second of all, it doesn't run in my family. It can't be!"

He says, "I don't care. You have it."

So he whipped his script pad out and he wrote out a prescription, coal tar with aquaphor aqua, which is an orange ointment that smelled like the asphalt that they would repave roads with.

Sheila: And you're supposed to cover your whole body with that?

Dr. Colbert: Cover my body with asphalt-smelling ointment.

Sheila: That's not much of a future.

Randy: For those of us who don't know, what exactly is psoriasis and how do you get it?

Dr. Colbert: Psoriasis is an autoimmune disease; that means the body is attacking itself. But psoriasis generally affects the scalp and the elbows and the knees, but in my case it was all over my hands, my arms, my elbows, my knees, my legs -- all over. It was like I was on fire.

Randy: What caused it?

Dr. Colbert: Well, it's an autoimmune disease. My body was attacking itself and I didn't know what caused it at that time but I had to figure it out. So what happened I put the ointment on; it didn't help at all. I stunk and I stained everything orange. Everything I touched stained orange.

Sheila: What a life! Wow!

Dr. Colbert: So I did this for a few months and finally I had a "that's it" moment. "That's it" moment says -- I literally said to myself, "That's it! God healed me of a massive heat stroke, of rhabdomyolysis, where my legs were literally dead, necrosed."

And then I realized that there was a major thing that I had to understand and had to find and it says, "Seek and you shall find. Ask and it will be given unto you. And knock and keep on knocking." But it says, "Keep on seeking. Seek on asking, keep on knocking." I then received

an insatiable desire to learn the truth. And I learned that there was -- okay the epiphany I'm going to tell you, the "ahah" moment but the key is this. I had an incredible appetite to learn what the answer was. I knew it was nutritionally speaking or dietarily. Finally, I got to the point where when I ate certain foods, literally, within an hour, my hands were on fire. I'd show my wife. I'd say, "Look at my hands." They were blistering up. I said, "It feels like someone is burning my fingers with cigarettes."

So from doing this, I was able to identify the foods that inflamed my body and the foods that quenched the inflammation. Eventually I got to the point where I was able to identify the two key foods that -- certain foods inflame everyone but then two foods that are healthy for the majority were very inflammatory to my body.

The epiphany is this: Generally speaking, what you can do God will not do. Let me repeat that because it is so powerfully transformed my life: Generally speaking what you can do God will not do.

I was unknowingly craving and eating the very foods every single day that were mainly inflaming my body. Now certain foods inflame everybody like deep fried foods, French fries, onion rings -- they inflame everybody. Sugar inflames everybody! Hydrogenated fats inflame everybody.

But the two foods that were inflaming me are healthy for the majority of people.

Sheila: What were they?

Dr. Colbert: Number one was gluten, which is the protein in wheat. And number two was peppers.

Sheila: Peppers?

Dr. Colbert: Yes! Peppers.

Sheila: You'd think those were healthy because they're a vegetable.

Dr. Colbert: And I craved them every day. Jalapeno, cayenne peppers, bell peppers, banana peppers -- any kind of pepper. I loved it and I ate it. And literally, it set my body on fire. Now what happened, God had to show me this and literally, I removed all the key inflammatory foods that inflame everyone. Then I removed the foods that inflamed just me. And it just so happens the very food that you usually crave is usually the food that invites the disease into

your body. When I got rid of those two foods and I said, "I'm not going to eat them for six months," when I did that within a few months the psoriasis was gone.

Sheila: And that shouldn't have been really? Should it? Once you have that kind of --

Dr. Colbert: Once you have it that's it. Now what happened after six months was I was able to eat peppers. But I learned the key, and this is what I want to share with people. I had to rotate them every three to four days in moderation, no problem -- no psoriasis at all. Wheat and gluten, not so good for my body; when I eat that, if I continue to eat it, literally, I'm going to flare up, even to this day. So I had to remove all gluten, all wheat, and I've done that now for almost 20 years and no psoriasis.

Sheila: So that's back to what you said about what you can do God will not do because you did your part.

Dr. Colbert: Right! Now I've been practicing medicine now since -- actually I became a doctor in 1984, solo practice since 1987. So I said this was so miraculous for me, I said, could it be that this program, if we modify it for each major inflammatory disease, which most diseases at the very root of the disease is inflammation, could it be that this could help with most diseases? -- And it's absolutely true. It worked with most every disease but with a few little tweaks or modifications.

So that's what I've done. I've put together a program for most diseases from weight loss and obesity to depression, to high blood pressure, high cholesterol, Type 2 Diabetes, cardiovascular disease, dementia, cancer, autoimmune disease, arthritis -- you name it, we can treat it. Certain diseases are just real easy like for example, when people have sinus problems and allergies, it is almost always dairy -- dairy!

You know what I do? I ask them what food they crave and invariably cheese, ice cream, yogurt. They say, "Wait! Yogurt is good for me; isn't it?"

I say, "It is good for most people but in your case, it's inviting the disease into your body."

Randy: So we've got about 30 seconds left with you. What would be the bottom line thing you would want to tell people in our audience when it comes to what they put in their bodies and how it affects their health?

Dr. Colbert: Again, the Word of God is clear. It says God is not mocked. He says, "Whatsoever seed you sow that will you also reap. He who sows to the flesh will of the flesh

reap corruption, which is disease. But he who sows to the spirit shall reap life and everlasting life."

So again, it's important to realize -- and I'm not saying we can never eat sugar, we can never eat wheat, we can never eat ice cream or whatever, but what we want to do is start eating anti-inflammatory foods that invite health into our bodies instead of eating the wrong food that is inviting disease into the body.

Randy: I suspect if you're like me, you're wondering, okay, what do I do next? What can I eat? How do I find out what I can eat? There are a lot of questions. I want to show you how you can get Dr. Colbert's book, *Let Food be Your Medicine*. But I'm going to do that by asking you to help us with something. Dr. Colbert says what you can do God generally won't do for you. I think that's because he is waiting on us to act. And Sheila, you recently went on a trip where you saw a situation where we can do something.

Sheila: Yeah! And it is not a responsibility, it is a joy and a privilege. Watch this!

On the mission field

Sheila: So here we are in a Barrio in Santo Domingo in the Dominican Republic. We're in the home of Ingrid and this is her son, Nelsario.

I remember when my son was born. The first thing I did was count every finger, every toe. Just like any mom you just want to make sure he's perfect. And for Ingrid, when she looked down at Nelsario's feet she could tell that something was seriously wrong. The doctors tried to explain to her that he had clubfoot and what she said to me earlier was just the shock of thinking, what am I going to do? What is my boy's future going to look like? Is he going to end up in a wheelchair? How can I afford a wheelchair? I think it is just every mother's nightmare. You just want your kids to be okay. You want your kids to be like every other kid.

And this darling four-year-old boy needs help. He needs help so he can live the kind of life that my boy got to live where he can go out and kick a football and run with the other boys. He just needs our help.

I didn't know this. Did you know that one out of every 750 live births the children have clubfeet? But the amazing thing is fixing it is really simple. Our darling Nelsario will have to wear a plaster cast for a time. Then he'll have to wear braces for a time. But all of those simple things are none invasive, will mean that this boy, this beautiful boy and this mom, this mom might get to see her son grow up to have a normal life.

End of clip

In the studio

Randy: Hard to watch.

Sheila: I asked Nelsario through an interpreter, I said, "What's your biggest dream? What would you love to do?" And his eyes got really big and he said, "I'd love to play baseball." That's all he wanted.

And it's not just Nelsario, there's hundreds and hundreds and hundreds of these children around the world that are waiting. There is hundreds of mothers on their knees right now. And what they want is not the latest iPhone for their child, they're not looking for something like that; all they want is for their child to be able to walk, to run.

I asked Nelsario, "Have you ever played on a baseball team?"

And he said, "I showed up once for practice and they wouldn't let me join because they saw my feet."

As a mum, that would have killed me for my son. And the great news is we can do something and it doesn't cost that much: \$17 provides what Randy's holding right here, these braces, \$17; \$34 for two pairs of braces and \$68 for four.

We can do this, people. We can do this. Whatever you can do, you might be able to do a surgery, which is \$400, which is still not much. Or maybe you're a kid watching. You've probably got \$17 bucks tucked away somewhere. Maybe you're saving up for the next big movie; it's probably not going to be that great. This would be great!

Randy: It would be great. Sheila, you mentioned that there are hundreds of kids with this need. It surprised me when we got into this to find out how many children this did affect because here in the United States we fix it at an early age and it's not a big deal.

The need is big but for those hundreds and even thousands of kids that need help, I know there is one person watching right now who wants to reach out and help. Do it! Do it! What are you waiting for?

This is the last week we're going to be asking you to do this but it takes you actually doing something. God is not going to do it for you. He's waiting on you to do it for him. So go to the phone, pick up the phone and call the number on the screen. Go to the web site. Give the best gift you can. Let God lead you. I don't want to guilt trip you into something. Some of you, \$17 is a lot, \$34 is a lot. Some of you, it is nothing. It's not the amount, it's the obedience. It is that

widow's mite that is blessed whether that equals a few cents or maybe \$10,000, \$15,000 if that's you. Listen to God when he speaks. Do what he says. He loves obedience better than sacrifice. I'm not asking you to sacrifice as much as I'm asking you to obey. We can make a difference. We can change lives. We can give children a future.

Sheila, I want to ask you, what will it do not only for the children but for those mothers that you sat with?

Sheila: I said to those moms. I said, "I'm coming back to the America. I'm going to tell our family your prayer requests and I know, I promise you, they're going to respond."

When you do, we're also going to send you Don's amazing book, *Let Food be Your Medicine*. From what I've seen already, this is going to change your life. So if you change the lives for other children, we're going to send you something that's going to change your life.

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.

This is the last week! Please call, write, or make your gift online today.

End of clip

In the studio

Randy: This is the last week we're offering this. Ask for Dr. Colbert's book when you support the medical mission outreach.

Dr. Colbert, can I ask you a question? Would you come back later this week so we can talk about some specific diseases and how we can prevent them?

Dr. Colbert: Absolutely! I'd love to.

Randy: Well, we welcome you back. Thank you for being here today and thank you for joining us on *LIFE Today*!