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Week 37: Shoes and Smiles
James and Betty Robison
Dr. Francisco Contreras #2

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

James: Yeah, we have a happy audience here because we have a wonderful doctor, Dr. Contreras. He's not contrary, he is just Dr. Contreras. He is a Mexican who has actually gone back to Mexico with the love of God throbbing in his heart. He said he got fed up with watching all the corruption here so he went back to where I think they invented the corruption, back to Mexico.

But the deal is, this man is full of the love of God and he is an amazing -- to me, we all know that he has seen supernatural miracle healings and many very highly visible and wealthy people have taken their family to be with this doc because of the miracles. He just knows what helps us.

He's come here to share something that he's actually put in a book. He titled it, Look Younger, Live Longer. So look young like Betty, not like James. He could have put that down here that I look like I'm old enough to be her dad.

Betty: No, you don't!

James: Well, I'm only one month older than this lady so this is the miracle that Dr. Contreras is talking about right here. But what he is saying is that you can take ten steps to reverse aging and you can live a vibrant life. He really gives sound advice.

We talked on an earlier program which you can go back and see online about diet and exercise and it wasn't something -- it was a fun time talking about it. But he was giving us the real truth that is revealed in the Word of God about what certain foods do to you. It wasn't like this was a religious custom and God put it on the people to see if they loved him enough to do it. The truth was if you care about yourself enough do these things and it's better for you, it will give you health and long life.

So he explains that but then he's going to talk about the spiritual aspect and other things in the book that we're going to talk about today so that we're looking at the whole picture. Would you welcome Dr. Contreras back to *LIFE Today*? We're glad you're here for another program.

Dr. Contreras: Glad to be here.

James: Now I made it another day. So here we are. I want you to touch on the things, I want you to just take like here we are, we've got a room full of people that are prospects for better health, understanding some things, and you want them to understand. You said to me, as a matter of fact, you even said it before we actually came on the air that if people would do certain things that it would totally eliminate many of the health problems, probably most of the health problems and we wouldn't have the health crisis that we've got because there's not enough medicine or money to deal with what we're causing to happen to our bodies. Is that true?

Dr. Contreras: Absolutely.

James: So the only way you solve the problem is dealing with the issues and the cause of the illnesses that are pulling the very life out of us and even killing us. So give us some counsel.

Dr. Contreras: The motivation of this book is that statistically Christians are sicker than non-Christians. I can't fathom that. Just an example, the highest incidence of cancer in the world is the U.S.A. of America -- the United States of America. And it's probably, now it's a little bit shaky but it's probably the most Christian nation in history and the nation that has studied the Bible the most. The lowest incidence of cancer in the world is China. A pagan...

James: Because they're so godly?

Dr. Contreras: A pagan country! But they follow without knowing biblical principles of health while Americans, Christians do not follow biblical principles of health.

James: It is almost like they defy them.

Dr. Contreras: The highest incidence of disease in professionals in America is pastors.

James: Stress?

Dr. Contreras: Stress, not eating correctly, not exercising, too many burdens, all those things together.

James: When you're burdened or you're depressed or you're heavy-laden or you're worried or even fearful, I think you medicate with food. I think it becomes a false --

Dr. Contreras: And that's why we call it comfort food.

James: A false sense of escape. It really is. If they're not in drunkenness and partying and dissipation, somebody said in the world's crowd of partiers and they look at Christians and say, "What do they do?"

The guy said, "Look at them eat! Boy, they eat."

It really is true. We seem to be out of control in the very things that should be probably pretty simple to control.

Dr. Contreras: That's the motivation of the book; that we as Christians should be a light, a shining light of health in the world, and we can achieve it fairly easy.

One of the biggest problems in America today is diabetes and obesity. Both of them have to do with our lifestyle. So by making really simple changes, doable changes -- I don't want people to think that you have to do a diet so harsh that the first verse that comes to mind is: For me to live is Christ and to die is gain.

[Laughter]

That's not the verse I want to come into your minds when you think about diet because that's usually, "Oh, diet! That's the worst thing!"

Betty: "Diet" has such a negative sound to it. It's a new lifestyle.

Dr. Contreras: It is eating the way God wants us to eat. And we are now basically consuming food made by industry -- by the industry. We don't consume the food the way God put it on this earth. So that would be number one. And then the portions of food that we need to eat. We're eating too much. We usually eat breakfast all of the calories that would be sufficient for the rest of the day. And then we don't move.

So all of these things that are not complicated and would take a little bit of effort but once you get into the hang of it, you can lead a very, very healthy and productive life.

James: I do pretty well on things that I've learned to avoid. But I want you to tell me what happens. I've heard people say if you eat red meat or something it should maybe be a larger

portion than maybe a tight-clinched fist. It shouldn't be like that. You try to eat maybe six or eight ounces rather than 12 to 16 ounces. So cutting the portions down; that helps. Right? And then the colorful vegetables, and at most near or not cooked is better. The more you can eat them in their natural state, the way the Lord gave them to us, all that's better and less salt, all that. Those are just kind of --

Dr. Contreras: Those are the basic things. And if you follow that, you're going to reap the benefit of it for many, many years -- added years to your life.

Betty: Also, we've kind of got it in our minds we eat three meals a day. If we ate smaller portions then you'd eat some healthy things in-between, keeps your metabolism up.

Dr. Contreras: Last month a report was published by JAMMA, the Journal of the American Medical Association, that women who fast for 13 hours, meaning you have dinner and eat nothing until breakfast -- what a concept!

James: Well, but tell me about it. What does it do?

Dr. Contreras: 36% less breast cancer just by -- and eating the worst dinner and the worst breakfast. They were not talking about healthy foods. Just the fact that you allowed your body to rest from those bad foods for 13 hours reduced the incidence of cancer by 36%.

James: You're not cutting them some slack and say go eat junk. Just don't eat in this space.

Dr. Contreras: No, no! Imagine if dinner was healthy and the breakfast was healthy then probably the incidence would drop by 80%.

James: And this is an amazing discovery because I have noticed this. That if I eat the smaller portions but then I'll eat between meals maybe some almonds or maybe some fruit or just a really light snack, then your meal at noon and then maybe in the evening, Betty and I seldom eat out at night and we do not have a big meal at night. It would be almost a rare exception; even very highly visible people who really want to spend time with us, we just won't hardly go. We'll say, "We can go somewhere and just talk, we'll go visit but we don't want to go to a nice restaurant" because we learned it is better for us.

Betty: Well, we don't rest as well when you're so full.

Dr. Contreras: Nobody -- the truth is that nobody, that's why they don't rest is because they have this very, very heavy...

James: Okay but I want to get my question answered here. She doesn't normally cut in.

[Laughter]

I'm proud of you! Keep it up. I want you to.

What I'm saying is that business of -- because some of the skinniest people I know are the healthiest people, they seem like they're always eating. One time I followed that pattern for a few days and lost a bunch of weight and I ate all day long. Is there something to keeping the metabolism up but not putting too much in that can be beneficial?

Dr. Contreras: There is no question about that. Dividing your three meals into six with three light meals and two snacks are very good. Now we're finding out that fasting actually is a very good...

James: In other words fasting of a portion of the 24 hours; not just six or eight hours sleep but extending it like from the noon meal to the breakfast.

Dr. Contreras: No, no -- from dinner. If you have dinner at six and you don't eat breakfast until eight, it is 14 hours.

James: And you're saying that's good.

Dr. Contreras: That's incredibly good.

James: But I've been kind of doing that. What's wrong with me?

Dr. Contreras: Well, you don't have any diseases.

James: Well, I've got one. But I'm dealing with Type 2 Diabetes but I've done all the things they tell me to do and it doesn't look like it shows up but I try to keep doing things right. But here's what I notice. If I just have one of those sugar moments; I think sugar has demonic activity in it because sugar can talk to you from all over the house. You can drive by -- it's just powerful. So here's what I found. If I do let's say indulge, it is like I get sleepy. I lose my energy. Is that one of the affects?

Well, help me with this. I'm going to lay something in front of you. Every now and then, because this used to be my regular meal... As a matter of fact, the first time years ago somebody talked to me, "Why don't you count calories?" The first day I counted calories for an average day was 10,000 and I had one of the highest metabolism rates anybody ever checked. I

was like 4,000 calories a day as my norm. That's pretty good. Right? That was my normal but I'm pretty wound up. So Betty loses weight watching me.

[Laughter]

That's why she stays nice.

But here's what I found. I gave up the chicken fried steak and I got to be a really godly guy one time, I went to chicken fried chicken rather than steak; it was a real step forward from chicken fried beef. Now here it is, and it is cream gravy. Cream gravy, you've seen it right?

Dr. Contreras: Yes.

James: Good old cream gravy all over it. And hey, if you're smart you get the creamy gravy and you get another cup on the side. You wouldn't want any part of it not to be soaked. Now I'll see that thing, it's so beautiful. It's like a masterpiece.

Betty: It looks like a heart attack!

[Laughter]

James: You don't want to see it that way. But every now and then I just indulge in this wonderful thing then I go home and pass out.

What I'm asking is because I've told Betty, "Okay, I did that. I had that deal."

Remember me telling you this?

And I weigh every day. Betty, she doesn't want to see a scale. She doesn't want to know if there is a scale.

Betty: I do not believe in scales.

James: They all lie. But I weigh every day. And so I did this. Man, I lost about half a pound. I said, "Man, that's progress." So I started trying to justify this. Now tell me because I'm not doing it. By the way, I'm not doing it maybe like twice a year; you get that. What's that doing to me?

Dr. Contreras: Well, that is increasing the production of insulin in your body.

James: Is that what gives the high and low feeling?

Dr. Contreras: Exactly. When you have an overflow of insulin your cells, the rest of the cells in your body are getting saturated with insulin and then it doesn't work. And that's why when you eat sugar it is not metabolized and you get diabetes.

So what you need to do is stop the intake of sugar to stop the production of insulin so that your actual insulin in your cells get out there and leave. It's a process that will take months. But you can reverse diabetes.

James: Okay by stopping to eat those things and exercise too.

Dr. Contreras: If you exercise then you do it faster.

James: And you really think that most Type 2 Diabetes can be cured by just that simple way and you deal with that here in the book in simple terms.

Dr. Contreras: In very simple terms.

James: Okay, are you saying to me that I must never ever have that chicken fried steak again?

Dr. Contreras: No, no. If you have it twice a year it's fine. Again, I mentioned...

James: But you're telling me it has a negative effect on me.

Dr. Contreras: There's no question. Every time you do it it's going to have a negative effect. But if you limit it, obviously, the negative effect is also going to be...

James: So the loss of energy or the reversal, getting groggy, your mind kind of shutting down...

Dr. Contreras: All of that is because you're saturated with insulin and insulin doesn't work anymore and doesn't get the sugar metabolized.

James: You've messed up the whole system the way God designed it. So I don't want anybody watching to throw away their future. That's the reason you wrote the book. I care about people.

Dr. Contreras: And it affects you not only physically which is bad enough but it effects you emotionally and spiritually. Your walk with the Lord is going to be impeded because of the

things that you eat. Sugar is the most addictive substance on earth; much more than heroin or crack cocaine. We're virtually all addicted to sugar.

James: It doesn't have the noticeable immediate effect that those things have, the immediate change but it is more addictive.

Dr. Contreras: Yes. That's why I don't know if you knew this but they put sugar on cigarettes.

James: Let me ask you this, sugar alcohol. It's a substitute.

Dr. Contreras: Well, it's the same.

James: Same as sugar. You really hurt my feelings there.

Dr. Contreras: The best substitute for sugar is Stevia. That's completely natural, it's zero glycemic index and it has no impact on your pancreas to produce insulin and zero calories.

James: Lord, give us all a desire for the Stevia rather than the sugar. We can find it today.

Now I want to say to all of you right here. Here's help. You know how we ask you to help us help others? Do you know how often you hear me say, "If you want your prayers answered, be an answer to somebody else's prayer?"

Do you know what I heard today from the Lord? I want you to think about this. All of you here, think about this. I really believe this was just downloaded on me when I left lunch today that I had with Dudley Hall; and we ate relatively healthy. When I left I said, "If church leaders and church members would become an answer to Jesus' prayer in John 17, perhaps we would see our prayers for our nation's leaders and congress answered." Does that make sense? If we have that relationship.

So what I want to say to all of you, listen to me now, I love you like family. You say, "If you knew me you wouldn't like me." I might not like some ways but I would love you. I would love you if you were in the pit of defeat and despair and addiction. I would do my best to lift you up just like I pulled my daddy up out of the gutter. I'm driving home from college and there's a man laying in the gutter. I got over and it was my real father. A sot, drunk, alcoholic; took him to our house, had people help me and sat him in a chair outside the house because I couldn't trust him to go in the house with my wife and my little girl. Picked him up.

I love you no matter where you're laying or what you've done. But I want to help you get past that which holds you captive and Jesus died and was raised to help you. So I'm going to ask the Lord to give us all an attraction to that which is healthy as it pertains to food, and that we will want to get moving. Just get up out of the chair.

I want you to meet Michael Ellison. He loves to help people's health. He said to me, "While you're watching TV just do knee bends." And said, "Grab a couple of dumbbells and do it with that. Just do it." He said, "James, you're sitting there watching a sporting event, you're watching the news, just start doing them." Is that good advice? -- And so simple anybody can do it. So I want to pray for you.

Father, I'm asking to you to plant in the heart of all of the people in this studio, people watching us around the world, Lord, I want it to be different. Life can be so meaningful with you, Father. I want them to live it a long time and I want them to share it freely; in Jesus' name. Set people free from the damaging controlling appetites that have actually addicted them and is destroying their health; in Jesus' name.

I believe this book will be a blessing to you. We'll be glad to send it to you. You can get it online or you can go to a bookstore and get it. But we'd like to help you. If you will help us give some children some little Christmas shoes and some cleft palate surgeries, Christmas Shoes and Smiles that we want to offer them.

I want you to watch what Betty and I are doing just exactly what I'm talking about but we couldn't do it if we didn't have your help. You're the ones that give the shoes and smiles because you've got God's love in your heart and you meet a need. And boy, is it fun. It is the best way to spend Christmas. Watch closely.

On the mission field

James: Betty, all these people have wondered why we're here. How are you? And we have told them through translators that we're here because we love them and because we want to give them a better life. We came in the name of the Lord Jesus but we didn't just come to talk about God's love, we came to share it and demonstrate it.

I'm kneeling here in Central America by a contaminated water source and we love to give water wells. But we found out something else. Because of contaminated water, and even contaminations and problems in the soil, children get little cuts in their feet and they pick up hookworms. And as I understand it that ultimately gets into their intestines and it is a horrible

sickness. But it is a disease that not only brings incredible pain and discomfort but in so many instances death.

Betty: I'm sitting here with Berta and her eight children that she loves very, very much. She would do anything to take care of them health wise. She's just one example of one family that needs our help. We want to be able to put some shoes on the feet of these children -- precious feet! Jesus loves these children all over the world.

So as this example, as she sits here with her children, just visualize, just picture families, children all over the world that need to have shoes on their little feet. So I hope you will join with us. This is a great opportunity to bless these families that just barely get by from day-to-day. Please join with us.

End of clip

In the studio

James: I want to know if our television people can cut back to that mother with eight children around her. I've often said I can see a duck with her little ducklings. A beautiful Facebook post not long ago, millions of people watched it where these firemen were getting these little baby ducks out of the drain. And the momma duck with one baby is waiting there until she got every one of them. They had to go across the street to another drain to get all of them. That mom wouldn't leave until she got them all around her. It was the biggest bunch of smiles on those firemen and police officers that helped that little duck. But what I saw was a mother duck that seemed to show more intention and concern and gratitude for her babies than a lot of parents seem to focus on theirs.

That mother there with those eight children around her, Betty, if we would have gotten every one of those little kids' faces up close I'd have loved it. But what I saw, that mom, you don't understand this, all those little eight children, that's the greatest source of joy in her life. And you let one of those little sources of joy, they don't have entertainment, they don't have a television, they don't have electricity but they have a life and they love their little family. And when you go and put little shoes like this on their feet and you bless that family, boy, you have blessed the Lord.

Jesus said, "You do it to me, you do it to me. You directly ministered to me, Jesus when you did that."

Betty, if we can just bless that mom and so many mothers with little children by putting these shoes on their feet. We want 150,000 kids to have shoes for Christmas this year.

Betty: Absolutely! I hope you will join us and let's put some shoes on the feet of these precious children. We've been there and we've handed them the shoes just as you saw. And one thing I noticed when I was over there is when we would put the shoes on the feet of the children, you look back and that mom is just smiling as big as she can. Because like James said, she loves her children. She wants them to be healthy. She wants them to be able to run around and play without the danger of their feet getting infected and that infection going through their whole body, James. So join with us, if you will and let's put some shoes on the feet of these children.

James: Well, we have actually been in some of those little places out there in the rural areas where we were giving shoes and trying to help them where we actually saw the doctors fighting for the life of babies, little children that had gotten contamination because of what gets in their little system, oftentimes through their feet.

So we're sending you this little Christmas ornament. These are beautiful little shoes that are just beautifully artistically designed. But help us give 50 children shoes, 50 pairs of shoes, and make a gift, it takes \$180. You can give a \$36 gift and give ten children shoes. But if you make a \$180 and I'm really praying you'll do it, we're going to send you all the shoes that we ever designed and made for the children, and you put all those little Christmas ornaments on your tree.

And I want to promise you something. Everybody that comes and looks at your tree is going to ask you about those shoes and you're going to talk about the greatest gift of all, at Christmas is not only what Jesus gave when he gave us life but when we share his love with others.

And when you give children shoes and then the cleft palate surgeries, the smiles, takes \$500 for a surgery. We're asking you to pray about giving \$1,000 for two surgeries for two little children. We're talking about shoes and smiles for Christmas. This is a gift that lasts them so long and doing it lasts for eternity.

Jesus said, "When you do it to them, the little ones, the overlooked, you've done it to me."

Let's give Jesus a great gift for Christmas by giving love to those he loves so deeply. Would you right now go to LifeToday.org, take your bankcard and make the best gift you can? Please go there now. Take the time to do it. Or dial the number, use your bankcard and make the gift. If you want to make a check, make it to LIFE. But call us -- please! Call us and tell us what

you're sending because 150,000 pairs of shoes is a lot. And then the smiles that we give with the surgeries is so important to so many precious children.

Thank you right now from the bottom of my heart for what you're led to do. Please make that call or go online. Thanks for doing it!

Begin video clip

Announcer: Poverty is a killer and because of it children needlessly suffer; not only from a lack of food and clean water but also from a lack of things we take for granted such as a healthy smile or a simple pair of shoes.

Far too many children living in poverty have never owned a new pair of shoes. And while that may seem minor in light of all their needs, walking with bare feet puts them at risk of life-threatening infections and disease that could lead to crippling consequences -- and even death.

By responding today you can help immediately secure and begin shipping Christmas shoes to 150,000 children around the world just in time for the holidays. Your gift of \$36 will help provide ten pairs of shoes. A gift of \$72 will help provide 20 pairs. And the gift of \$180 will help provide 50 pairs of Christmas shoes for children in need.

With your gift of any amount, be sure to request this beautifully crafted crystal shoe ornament, a treasure to place on your tree each holiday season. With your gift of \$180 or more you may also request this keepsake boxed set of LIFE's Christmas shoe ornaments.

Finally, please consider a gift of \$1,000 or more to help provide over 275 pairs of shoes or two children with corrective cleft palate surgeries and you may request our "Determined Eagle" bronze sculpture. Please call, write, or make your gift online today.

End of clip

In the studio

James: Well, Betty and I just say in behalf of all these families and these precious children you're going to bless, thank you so much.

If you help us bless those children and you'd like to have this book, we'll be glad to send it to you. You can get it online or you can go to a bookstore and get it but we'd like to help you with

your health, with your life, with how you feel. So you can enjoy life, live longer, feel better while you're doing it.

Do you all agree that what Dr. Contreras shared is important? Do you appreciate what he is sharing? Doc, I really appreciate you. I think we've had a lot of fun with a serious subject. And I hope that you will take his advice.

Again, thanks for watching. Encourage your friends to watch *LIFE Today*. Encourage them to share life every day.