

1/14/19

Week three: WFL

James and Betty Robison

Dr. Don and Mary Colbert

James: I'm smiling. I'm happy. And normally... I'm James Robison, Betty and I, we have someone come on talk about eating and diet. No one likes to hear the word *diet*. We diet and diet and diet and diet again, it looks like. I get sick of dieting. I've had a lot of great teachers; and I believe what they say. I've tried every kind of program.

But I had a problem. I had an appetite problem that seemed to be bigger than my will. Betty said to me one day, just in passing, said, "You have to make a choice. You have to choose." We were talking about even physical exercise, just keep moving. It doesn't mean you go to the gym and be a gym rat; that doesn't hurt if you can do it. But just keep moving. Betty said, "Just make up your mind."

Well, we both went through I don't know I guess I'm 75, she never wants me to tell you how old she is.

Betty: I'm 75.

James: She confessed it. This is amazing!

[Laughter]

Betty: Well, they say confession is good for the soul.

James: Nobody believes it. But here's the thing. Both of us, we're not planning to go

anywhere. We're going to the best place there is in the whole universe and that is eternity in the presence of God, and be there with a lot of people we've said good-bye to, including our daughter. But you see, I'm so full of life and joy that I know what happened to me was so that I can be here as long as he wants me here and be effective. Betty feels the same way.

Well, we know that my appetite controlled me. That's why everybody came here and would direct most of their counsel to me. And I'd always be a good listener and agree with them and I would take some shots at things. But it was only when I got this book from our executive television director, vice president of all of our media, his wife gave this book to Betty.

Now we have Dr. Colbert on. He would come on, he was with our son, Randy and with Sheila, and we know we would have enjoyed it. We just happened to be out when they did the show. This changed our lives, both of us. It is a way to eat. It is called *The Keto Zone Diet*. Dr. Colbert published this book. I've never enjoyed anything so much. I feel better. I have energy. It's just changed everything.

Well, let's talk about it. Dr. Colbert says it's just changing their lives, it's changed their lives and lots of lives. It changed his wife's life, Mary. Would you welcome Dr. Colbert and his wife Mary to *LIFE Today*? Mary. Don, you've been a tremendous blessing. Here's the deal. You know we don't vain glory. I don't believe I'm going to have a problem with my appetite that God gave us to appreciate something good controlling me and hurting me. It was hurting me and I knew that it was.

Mary, you said you believe people need a wake-up moment. We had that wake-up moment when we kept realizing that it looks like old James is never going to be able to control his eating. I'm never going to look like Mr. America. I'm never going to be a big fit Greek god. I understand all that. But boy, you lose 25 pounds, and you do it over a steady period of time, which probably took me a couple of months and maybe I wavered a little bit, not because I changed anything but kind of up and down. But I feel like a new

person. Is that typical of what happens?

Dr. Colbert: That is typical. This book should have been named *The Keto Zone Lifestyle* because it is a lifestyle. People can follow this the rest of their life. See, I got into this over ten years ago when I had advanced cancer patients. I would put them on this keto zone diet years ago and many had Stage 4 cancer and this was the only thing I knew of that could prolong their life, and for some of them, they overcame their cancer. But then I noticed the cancer patients with diabetes, Type 2 diabetes, it started reversing their Type 2 diabetes.

James: I have no sign of it. I've had it, and there's no sign. It never measures. Not in any kind of test, not the long blood test. It's an amazing thing. When you get the highs and the lows you can just almost pass out. When I found out we could damage my eyes, and I had my eye doctor explain to me what's going on and why he is checking so carefully, because of what starts happening to your eyes and it can happen pretty quick. So this is an amazing thing.

Dr. Colbert: It is. But then one of the biggest things I saw was what it did for the weight. What it does, when you enter the keto zone you have a metabolic shift where your body shifts from burning sugar as its fuel, now sugar includes carbohydrates such as grains, wheat, pasta, rice, corn, potatoes and carbs...

James: And you're going to think right off hearing that because you're already telling them right then, you told them that's not healthy. Here's the deal. You'll say, "I can't live without those." That's my first thought. I don't miss any of it. Do you understand? And this is bread. You know what sour dough bread is and butter and all? You can have all the butter you want. You don't have to wait for it to melt.

Here's the deal... the right kind of butter. Right! The deal is this. That none of that do I miss. Can you imagine, cauliflower with real butter, it tastes as good as any potatoes that you crave. [Jumbled conversation]

I don't miss any of it! Zero!

Dr. Colbert: James, let me tell you what's happened because people say the mind goes tilt, how can this happen? Well, what happens when you go from burning sugar to burning fat as your fuel, your body undergoes a metabolic shift where you start burning fat as fuel. Now when this happens, you enter what I call the "keto zone." The keto zone is a state in which your appetite is almost gone because you're on 70% healthy fat.

James: Yeah, you don't eat as much but you don't get hungry. Go, honey.

Betty: That's the thing I noticed pretty quick was I wasn't getting hungry. You know so many other diets you just feel like you're starving yourself. But because you're using the good kind of fat, there are some good fats.

Dr. Colbert: Yes, but what it does, when you eat this fat, it controls these appetite hormones, the ghrelin, the ghrelin goes off and causes us a ravenous appetite that you have to have food every three to four hours. It shuts that down. And also, the leptin, so many people are leptin resistant. Leptin causes us to shut off the appetite but so many people are leptin resistant that it doesn't work. So it re-sensitizes the leptin so it works again. So it starts shutting off the appetite.

But not only that, the mind thinks clearer, the energy level increases, the sleep improves. And then something amazing happens. All of the sudden the people say, "I don't feel like I used to. I used to have aches and pains." It's anti-inflammatory. Inflammation starts to subside. The belly fat, literally is being burned as fuel and people are ecstatic because what has happened is this. Your body has shifted from burning sugar to burning fat, similar to shifting from a diesel burning energy to an electric engine. All of the sudden everything just runs better. Inflammation, you're not producing all those inflammatory mediators that are damaging your mitochondria, that is affecting your energy, affecting your brain. The brain fog clears. All the sudden the cobwebs start to go. You feel good

again.

James: This is not an environmental speech on electrical transportation. This is making a point. All of that exhaust and all of it, it's not really best. So this is not pushing for everybody to get them a golf cart, the faster the better. The deal is he is trying to give you an example.

Now Mary, you had, what you'd call a spiritual confrontation where you saw reality and I need to do something. You live with a guy that is talking about it all the time. But what shifted your mind to make you say that and did it work? Did it change something?

Mary: Oh, it definitely changed something. It was what I call "my aha moment." I saw myself on another television program and I just didn't see myself in reality, as to how far I had just let myself go. I'm busy and I just kind of put Mary on the back burner. I thought, I'll get to her eventually because I have everything else I've got to do and take care of.

I saw myself on a television program and I just went, "That is not me!" And he goes, "Yes, it is you!" I just at that moment I said, "That's it! I'm going to take care of me. I've got to take care of me because if I don't take care of me nobody will." That was my aha moment.

James: We're here and I know how you feel. I know how much you have people praying for our country. You don't just love your family and your friends or your church group, you love everybody. You want everybody to have life. And you know this man is helping people have life. So here he is helping you.

Doc, this is an amazing thing. You know what I eat most of the time during the week at night? I eat berries. I never thought I'd eat berries. There's certain berries, it is incredible! I can actually put real whipped cream on it. You've got to be a crazy doctor!

[Laughter]

And it is actually working and I lose weight eating that and I'm not hungry, and I rest well, and I have energy. This is the most amazing thing.

Is this typical? Or are Betty and I just the odd people that have this wonderful experience? Or is this actually, if they will take it seriously what happens?

Dr. Colbert: It is absolutely true and I've heard this thousands of times. Again, you can make the most wonderful whipped cream with nice grass-fed cream, add some stevia to it, and whip it up. And then dip those berries in it and it's great! Numbs your appetite right off.

Mary: Once I started on the program he says now Mary, because I coffee drink in the morning. I'm a coffee drinker. He says, "I want you to put the heavy whipping cream in." I looked at him and I thought, are you trying to blow me up? He goes, "Just trust me, Mary. It is going to kill your appetite. You're not going to be hungry until probably one or two in the afternoon." I thought, right! It worked! It worked!

James: It really will. Tell us what's going on. We have about five minutes here for you to really take us through. I want everybody to get the book. That's one thing about it, get the book. You've got a lot of good recipes in here. And some day, just when we have time to talk, I'll tell you what Betty and I have learned to do. We can go to any fast food place and get good food. I mean we can go in. By the way, to give you one example for instance, let's just Whataburger, which is a burger place. You go there and get their apple cranberry salad with balsamic vinaigrette -- and their balsamic is really good. They may have it at Burger King, they may have one at all of them.

Betty: Leave the apples off, and leave the croutons off, and put the right kind of dressing on it.

James: Fabulous! Just fabulous!

Dr. Colbert: You can have the burger without the bun.

James: The burger without the bun and with no spread.

Betty: That's the neat thing I have found real quick is how it doesn't take long to fix a good meal. Not long at all! Not as long as the other stuff I used to fix that wasn't so good for me.

James: And you can have real heavy bacon, fatty bacon, you describe what it is, uncured. Or cured or uncured?

Betty: Uncured.

James: And with the eggs and you can fix them several different ways. Fabulous meal!

Dr. Colbert: Yes. What I also tell patients, if people have high cholesterol, if you read the chapter on cholesterol, this will lower your pattern B L.D.L. Bad cholesterol. For doctors who want to put patients on statin drugs, I have a section, appendix D, that shows you how to get your cholesterol down using *The Keto Zone Diet*.

James: I want to say something right here. First of all, thanks, both of you. Thank you and we're going to talk again. You have another very important message. We're going to talk about this a little bit. But you're going to talk about what happens with natural hormones and what happens when our hormones change. You don't want to miss this.

Here's what I want to say to you. Now please listen up. We didn't do this program to try to talk about body size or if there is somebody overweight because the worst thing that can happen to anyone of us is to feel like we're unqualified or we're failing or we don't feel good about ourselves. That is not God putting that on us.

What I found, this is what really brought me to conviction. It wasn't well, James is a little bit bigger. He's got to buy bigger pants every time he goes to the store, and all that. Well, you don't look good. But I didn't feel it. The main thing was inside I knew something was controlling me other than God and other than my ability to say, "Let's take care of the temple of God." When the Lord really got a hold of my heart, this is the one thing I knew, nobody made me feel like boy, you're sure getting big. You're sure big! They're sure big. He's big. She's big.

If you have anything happen to you to get you down on yourself, you will never find the hope that God's offering you, the help. All the Lord wants to do is help us take care of the body that he made that is the dwelling place of his Holy Spirit. Jesus said, "I'm sending someone just like me, me -- just like me. Not kind of like me, just like me to live in you" in this body. And the Lord really began to make it clear as I'm in my 70s, hitting this 75th birthday. James, I'm not through. These may be last days but you're going to be what I want you to be until the day I come or you go to be with me, and you're going to be doing what I've designed you to do; not feeling bad, pulled down, wishing you didn't feel so bad, not able to do what I want you to do. I mean I'm more alive right now than I feel like I was in my 20s and my 30s.

You say, "You mean it happened because of this diet?"

No, it happened because I said, "Lord, I'm going to take care of this house." And somebody handed me some help. To think that I have the fuel in my own body fat to give me the energy. I don't have to eat all this stuff, substitutes for it and shuts down what God made.

When I saw this from a gift of God point of view, it changed everything. Betty said, "There is no way, no way I want to keep -- I just want to be a grandma. I'm just --"

And boy, honey, you're the finest grandma on the planet. You are a great grandmother.

You're not only a great grandma, you're a great great-grandma!

[Laughter]

Here's the dial. It works. You don't know, for the girl who thought scales were some kind of attack system, for her to be able to walk out and say, "I weighed." And she knew, I'm burning my own fat. Something's happened. This doctor told us the truth because he loved us.

Betty: I think too, it's mainly because I started feeling better. I could tell the difference. And even I could tell a difference with my blood pressure. Eating the right kind of nuts is really good. I found that walnuts are good for your blood pressure, and other nuts and stuff. Just feeling like I was treating my body like God created me to be able to do.

Dr. Colbert: And we're eating mainly living foods see because they're God's living foods and his living oils, olive oil, avocado oil; then nuts!

James: That's what we use. And avocados are so good! Avocado -- my goodness.

Betty: And the book is really, we're not doctors like you are but the book is really easy to read and to follow for the layperson. You can read it real fast like that but you're going to find yourself marking places in it, folding back so you can back to a recipe or something. It really is a good guide.

James: If we find people responding saying I'm trying this, what we'll do, is I'm going to pass them back by you. But I'm going to tell you some of the things that we've learned to do on the go because we're busy people. I'm telling you, it's amazing. One of the things, when you watch your habits and the weight maintains the same, does that mean you're likely not going back and picking up bad habits? You don't start putting on the inches. Is that a pretty good measure that can at least give you a good test?

Dr. Colbert: Yes. That's good. If your weight is stabilized, because once you get to a healthy weight and you stabilize it, that weight, that's good for most people. If they go back to eating sugars, carbs, starches, the weight will creep back up and they will go out of the zone and then they'll start...

James: It's telling you something. It's a barometer.

Dr. Colbert: So again, it's good to weigh, some people like to weigh daily, some people once a week, and that way if they stray too far, then they can get right back on the program. But I encourage people, it is not a diet! It is a lifestyle. Start following the lifestyle. And then I think this is what's going to help so many Christians prevent disease, reverse disease, and live to be a ripe old healthy age.

James: What I found when something pegs the wrong way, then I've got to adjust something or probably I haven't been moving. I've been reading, on the phone, I've been too much in the recliner. I've never found a work out recliner.

[Laughter]

Dr. Colbert: That's true!

James: You'll be very wealthy if you'll come up with that work out recliner.

Now listen, please. What we've shared is to help you find God's will for you in your life. You are so special. If I thought for one second your feelings were hurt, I would literally get on this floor and weep. I would look you straight in the eyes and say, "Please forgive me." We're not talking about body size. We're talking about the temple of God. And I love you and he loves you. I want you to be healthy and I want you to have the joy that I believe is available to you and for you to spread that joy.

Would you say thanks to Mary and to Don Colbert for being with us? The book is

available in the bookstores. I'll tell you what. You help us give somebody water for life, knowing we're going to tell them about the water of life, and we'll send you this book.

But here's what I want you to do. I want you to look right now with that other person like Jesus living in you, and I want you to look and then I want you to listen to what that person, Jesus, his spirit in you tells you to do because you're going to find great joy when you do it and it's going to totally change everything. Not just for a few people, it's going to change things for many people. You watch.

On the mission field

Tammy: The first time we came to Burundi we brought you a story from what used to be a tiny little church right here in this village.

Open Captions:

>> All of us in Gatabo share the same fear. Every time we drink the water, we risk a death like my husband's. I fear this will be my children's fate.

Tammy: Forced to rely solely on unclean water for survival, this community suffered a severe cholera outbreak that took the lives of many, nearly destroying their legacy. Since then, your support has allowed us to drill them a well. And with every new drop of clean, healthy water life began to return, hope began to bloom.

Open Captions:

>> Before we got the well, many were going to the hospital. There were many beds for those suffering from cholera. But now the hospital is almost empty.

Tammy: It is astonishing what transpires when new life is breathed into a community. Not only are the existing families healthier, stronger, and able to focus on more than just

survival, clean water attracts new people. And as a village grows, so do the available resources.

Today, this community is full of hope and flourishing in ways they never thought possible. And this is their church now, just two short years later.

[Singing]

I'm so grateful to come into a place like this and see the impact of our giving and how it has changed everything! Something so simple! Water! Water that has given them life.

Open Captions:

>> We praise you today, God, for the things we have here. It's you who blessed us with what we have today!

Tammy: And thank you to you, the ones who have given to make this possible.

Open Captions:

>> Thank you so much for giving us clean water. And I would like to ask you to keep bringing clean water to those around us who don't have this blessing.

End of clip

In the studio

James: Lord, I just want to thank you for all the people who gave. I want that to be the typical sight.

Thank all of you. Betty and I asked God when the wells were \$3600, and at that time, years ago, it was a push on us at the time. But when we started we said, "We want to drill them every time the missionaries bring us the need and have another emphasis."

And we did it. And then it went to \$4800 and we've been doing it. So boy, we've helped contribute to a lot of places like that.

But the deal is, 6,000 places like that, you just turned everything around. There are so many places where it was total death -- nothing but burial grounds. Betty, now the church looks like it's doubled in size. I'd love to have a picture of them when they're all there on Sunday. Our mission team keeps moving and they were there during the week. But isn't that just beautiful to see that?

Betty: This is the part I love. The smiles on the children's faces, they're jumping up and down like its Christmastime, just because they have fresh clean water -- because it is saving their lives. And the mothers are so grateful that we have come to help their children to live. Thank you so much for everything that you do to contribute and to bring life to these children.

James: Well, I just want to ask you right now, would you dial that number that's there as a prayer line? You have a broken heart? Here's the thing, we could be facing an unbelievable crisis and asking for help and 80% of the calls, at least, 80% of them would still be people calling that number saying, "Would you pray for me? I've got a problem." A health problem maybe. I've got a family problem, a child, a grandchild; would you pray? You better believe it because we know God answers prayer and we know God comforts you.

But right now I want you to look at that number and think of it this way. It is always a prayer line. Right now it is literally a life line. It is a water line. We're going to give them Water for LIFE. You can rest assured we'll be pointing to the water of life.

Would you please right now just go and dial that number? Please do it and see it as a help line, a life line. And take your bankcard, use it like a check. Would you do it right now? And say, "I want to give a well. I want to give toward a well."

Most of the gifts that come are \$48; that gives ten people water the rest of their life. \$144 will give 30 people water for the rest of their life. The wells are \$4800. Could you give one? Could you give \$1200 toward it or \$2400 and pray others join you? Would you please right now dial that number, take that card, it becomes a life card.

We have some gifts to send you to say thank you for giving the great gift of God's love in an absolutely undeniable expression. Thank you for doing it!

Begin video clip

Announcer: Today, a mother living in extreme poverty will do the unthinkable -- give her children dirty, diseased-filled water that she knows could kill them. With no other choice what's a mother to do?

With your help, clean water is on the way. Mission Water for LIFE provides a way for parents to save the lives of their children, to offer them a bright future free from the fear of death. With your gift today, you can help drill and establish the first 200 water wells of the year. Your gift of \$24 will help provide clean water for five children, a gift of \$48 will help provide for 10, \$72 will provide for 15, and \$144 will help provide life-giving water for 30 people for a lifetime.

With your gift, we'll send you the *Praying Grace* 55-day devotional. This new devotional will help you renew your mind to the realities of God's grace and help you pray powerful grace-based prayers for each day.

With your gift of \$100 or more, request the "Praying Grace" tumbler. This reusable 16-ounce container is constructed with insulated stainless steel, perfect for hot or cold beverages.

Finally, please consider a gift of \$1200 to help provide water for 250 people, or a gift of \$4800 to help sponsor a complete well and you may request the beautiful, new

commemorative bronze sculpture, “Safe in the Shepherd’s Arms.”

Please call, write, or make your gift online.

End of clip

In the studio

James: Help us give a drink of water, give a well of water, give toward it. Dr. Colbert's book, you can get it online, get it in the bookstores. You help us give someone water and you want this book, just ask for it. We'll send it to you.

Dr. Colbert is going to be back and he's going to talk to us about something he thinks in many ways is just as important. Actually, in a way, they flow hand in hand, and especially, well-being. We're going to talk about hormones in a very positive and power, he says life-enriching way.

Would you join Betty and me in saying thanks to Dr. Don Colbert and his wife Mary? Thank you both for blessing us. Thank you for being a blessing. Thank you for your prayer ministry, all that you're doing.

Thank you for watching. Thanks for helping us share life. Tell your friends Dr. Colbert will be here the next show!