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Week 14: Mission: Rescue Life

Randy Robison and Sheila Walsh

Danna Demetre and Robyn Thomson

Randy: So good to have you with us today. We've been talking with some nutritional and what do you call them? Physical fitness experts about diet. Now this is not always the best topic to tease someone with.

Sheila: It's really not so much a diet. It's more like how to live.

Randy: It is how to live. And I'm glad you brought that up because it is a way of thinking, it is a way of living, and it's the habits. And we're going to put some power into your hands today by giving you some things that you can do that will make you look better and feel better.

Would you welcome the authors of *Eat, Live, Thrive*, Danna Demetre and Robyn Thomson?

[Applause]

So good to have you. I do want to say that if anyone did not see the first program with this, you can go on LifeToday.org and watch all of our television programs anytime you like.

But yesterday, we talked about some of the history here. You guys come from very different places in your journey towards healthier lifestyles. Give us a little bit of a recap on what brought you to writing this book together.

Sheila: Because honestly, I can imagine some people watching and thinking, well, excuse me. Look at them. They're stunning and beautiful. When did they ever have to worry about what they weighed?

Danna: Oh my goodness. Well, my story goes back to 1960s because I'm 66 now. When I'm 13, 14, 15 years old where, I think like so many kids, I looked at myself, looked at my friends and thought I was fat and started to diet. I had no eating issues; I had no really true weight issue. I mean what's a healthy weight? I was healthy enough. But it is that whole thing I think that women and men have of do I measure up? Am I good enough? All those things.

What was sad for me because I had no external pressure from parents or anything is I just started to become obsessed that I wasn't going to be good enough if I didn't lose that weight. And it worked itself into a full eating disorder. By the time I was in nursing school, ironically, I was bingeing and purging up to five times a day because I was so desperate to now not only lose weight but I'd been gaining weight because I was doing such unhealthy things. So my weight is creeping up. Now probably I did need to lose 20 or 30 pounds but I was just spiraling out of control.

So my history, Randy is that I just had an unhealthy emotional relationship with food and an unhealthy body image and I didn't know the Lord at the time. And as I shared yesterday, it turned into cycling in and out with diet pills and I started having panic attacks. And God doesn't waste anything because actually it was those panic attacks that led me to the Lord and started me on a journey of change from the inside out, which is so much of what I teach about.

Randy: You've been on that for quite a while now because I know...

Danna: Because I'm old.

[Laughter]

Randy: No. I was not going there. I was just going to say that 14 years ago you were with us, teaching on this, and you looked great then. It doesn't look 14 years later now but that consistency, because it is a way of living, has really paid off. Have you not seen that in your life?

Danna: It's true. What we eat and what we put in our mouth and the lifestyle we live most of the time, and my lifestyle, Robyn will tell you, is not perfect. But what we do consistently really does add up and I think I eat actually better now than I did 14 years ago. Because as we learn things we realize, and as we age we know it becomes even more and more important. And Robyn's story is very different than mine.

Robyn: Right. I was lean for most of my adult years and I found that as I hit my early 40s I was gaining weight. It was those dreaded hormonal pounds that so many women, I think what happens is we get to that point and they just naturally start coming on. And I think a lot of us give up and we just say, "You know what? This is how it is. This is how it is going to be." You just get older, you gain ten pounds every year.

And not only do you gain weight and your physical appearance changes but then all the health problems come along with that. I said no because, of course at the time I was a lifestyle coach, I was a weight loss coach. So I kind of had to say no because I was very much out of integrity with my clients.

But I realized what I was teaching them and what I'd been doing all those years was not working for me anymore so I had to dig in, research and find out what was going to make the change and I had to completely change my lifestyle and my way of eating to drop the weight. It is possible. There is victory on the other side. I'm 52 now. I think the weight started coming on at about 40, maybe even late 30s. And I'm leaner now than I was at that time.

Sheila: We talked a little bit on the first program about the diet but would you break it down even further for us? Because I'm thinking of somebody watching who has a lot of weight to lose. And they're thinking, I just don't even know where to start.

Danna: Plus Sheila, a lot of people hate the word *diet* and diet really is what you do most days. It's not a bad word; it is not -- people say "die is in diet." You're not going to die on this program. But it is three phases and as we said yesterday there is phase one is elimination, phase two is discovery and phase three is lifestyle. So what we're doing is in elimination we're teaching people what it is to eat clean for about 14 days and remove what are really common food culprits, we call them, from many people's diets.

So women don't, and men as well, they don't know that they have food sensitivities. Things they've been eating their whole lives might be holding them back from weight loss. They might be causing disease. We don't know.

Randy: And the things that didn't used to affect us that way.

Danna: So 14 days, so it's not forever. It is not a life -- this is not part of the lifestyle long-term plan but they can start very simple, eliminating grains and sugar or they can add some other foods. Once they do that their body is really clean and they actually start to feel better so quickly and get a nice jumpstart on weight loss and they're eating lots of food. Lots of good healthy food but also some fun things that we help them make with our recipes. Then they get to test in discovery.

Robyn: Right. In discovery they're testing those foods, they're bringing them back one at a time. Every three days they're testing a few new foods. And when you're testing that food it is only that food that you're testing and you're eating it twice a day generally and you're able to see what's changing. For some people, it can be very subtle. It might be a couple of pound on the scale. It might be a little bit of bloating. For others, it is something that they have to like really pay attention. It can be emotional. Anxiety, depression, from a particular... that is a sign of a food sensitivity.

So we find -- we've coached people through the program and some people have said, "All the sudden I feel like really sad." We'll ask them, "What food are you testing?" Because that is a potential food sensitivity symptom.

Sheila: I'm thinking they're eating cabbage. I'd be sad.

Danna: But I think what's so exciting for women, we had a woman named Melanie who was in so much pain. She had chronic bursitis. She was getting close to having to use a walker and a wheelchair, and she went just two weeks on the elimination and by the end of the two weeks, and then she stayed because she felt so good, but she was out riding a bike. She lost quite a bit of weight. I can't even remember.

See here's the thing. Yes, we want people to reach their weight loss goals. Yes, it is wonderful to feel lean and trim and great in your clothes but as or more importantly women are feeling so good and healthy and they're feeling younger. We don't call the women that we wrote this for, we wrote this -- it's for everybody but 45 plus, we don't call you mature, we call you ageless because we're eternal beings but we want to be our best self. It's not that we don't have any wrinkles anymore or anything but it is that I do feel younger, Randy, than I did 14 years ago because all these things are accumulating.

Robyn: I wanted to mention Sheila, a different Sheila, one of our clients. Sheila said in her 50s she felt like she was aging, getting so tired, didn't have the energy to do anything. Well, she lost 40 plus pounds on our program and says that she feels younger in her 60s now than she did ten years ago. It is just transformed her, not just her physical appearance but her whole life.

Sheila: That's one of the things I love about this program because it's like, and we're going to tell you how to get this book. We're doing some significant things in the life of young people this week and for any gift at all we're going to send you this great book. But it's so much more than just about what you eat or don't eat. It's like having a strong

healthy body to serve the Lord too.

Danna: Absolutely.

Sheila: I went to a trainer once,

[Laughter]

-- but he said to me, "Are you here, is it like you want to get into a little black dress?"

I said, "No. I want a strong body to serve the Lord."

And that's what I get from your book as well.

Danna: When I turned 60 I felt good, I was a good weight and all those things. I was thinking, no matter what, time on this earth is running out. Even if I live to 90, even if I live to 100, it's like you start to notice it. I was like what do I want these decades to feel like?

I believe it is normal for an ageless woman to have high energy. I believe it is normal for her to feel great vitality, to get rid of most her aches and pains. We can't control everything. We talk a lot in the book about 30% of our health is out of our control. It is called genetics and gender. But 70% is in our control, lifestyle. How we eat, how we deal with stress, exercise; all those things we have control over.

It's really, really good news because we tried to create a plan that women can live with and still love their lives, enjoy their lives. We move into what we call a lifestyle phase where they're learning -- they can still lose weight in that phase but they're asking themselves, could I eat this way most days of my life and still enjoy my life? We're helping each woman individually discover what foods are going to work for you. How many grains can you eat and still have the goals of health and weight loss that are

reasonable.

Randy: I think that's key because I admit that one of my push backs against diets is this one size fits all thing. So you're talking about going and eliminating a bunch of food for a short period of time, reintroducing it to see how your body reacts because we don't all react the same. Not just between men and women but woman to woman to woman. Foods affect us differently.

So by going in saying and okay, and the other thing is like I said earlier, what may not have affected me ten years ago may be affecting me today. So this is the kind of thing that we could go through every year or two years or three years, four, five years?

Robyn: I'm still cycling through it. I was discovering things each time I will go through the different phases because I can really get deep in that discovery testing and try different foods even more extensively than what's in the book to say we're testing dairy. We test dairy as a whole. I might go in later on and test goat dairy versus cow dairy because there's a difference. But we don't do that in the beginning but you can continue to learn about your body and what is best going to suit it.

Randy: The other thing is that once you do that you start to go wow. Yeah, I look better but I feel better. I have more energy. I have more clarity of thought and so that really affects the motivation because then you go, "Hey, you want to eat this?" You go, "Not really. I feel so much better when I don't." And you know that about your body.

Danna: Exactly. And so many men and women are struggling with prediabetes and diabetes. We hear the words *insulin resistant*. It is really, really common. Our carbohydrate threshold, how much we can eat healthfully and not store it as fat starts to decrease from about age 30 on. So we think, what's wrong?

Well, our bodies are handling not just specific foods differently but food categories, macro nutrients like carbohydrates differently. So you start to learn things. And it is not

about you can't have this, you can't have that. It is I'm choosing, I'm choosing to eat this way because I feel so good. It is so much easier to lose the weight and keep it off. All the sudden, and it is learning how to have substitutions. We do so many fun recipes.

Sheila: Talk about that because you talk about in the book about some of the things you can substitute.

Robyn: For example, for the grains and the white flour we'll use coconut flour, we'll use almond flour, we use tapioca, cassava flour. For dairy we use coconut milk. Instead of butter, we'll use a little bit of ghee. And by the way, if you haven't put ghee on your vegetables it is delicious.

Sheila: What is ghee?

Robyn: Ghee is clarified butter so it has no...

Danna: Like you dump your lobster in.

Sheila: I don't like lobster.

[Laughter]

Danna: Well, whatever you like.

Sheila: Well, yeah. That's fantastic. But not only the book, you've got some other great resources. Tell us a little bit about this whole kind of community you're opening up.

Danna: We have a community called *Eat, Live, Thrive Academy*. It is like we're all going to school together. We coach women through the nuances of the diet because we are trying to help them customize. It is a great plan that everybody can go through but everybody is discovering different things. And so we do life coaching calls on like zoom

video meetings.

They always say, "Let's just pretend we're all sitting around a giant table." We've got our coffee cups or our tea or whatever we're drinking and we're just discussing with all these people from all over the country and even the English speaking world what's going on with you. We have a Facebook page that we're interacting with them all day long and answering questions by email.

Robyn: What I love about that is women, they share from their heart what's going on and so we address a lot of the things we talk about in the beginning of the book which is changing the mind-set, renewing the mind, those healthy self-talk statements, and support them in that way. It really makes a difference.

Danna: And body image too. Women, it really is a hard thing. We get stuck in the less than and comparison. If we're really honest and we look at it through the lens of scripture and truth, it helps us go, I'm not getting any younger. I'm always going to be 14 years older than her. But I can embrace who I am and who God made me to be and see myself accurately. And so it's just really a community of women striving to honor God with their bodies, be their healthiest selves and accept what we can't change.

Sheila: I love that! I'm going to join. We can all sit around with our cup of coffee. I'm so glad I still get that.

Randy: You put the cake off camera so they don't see it.

Sheila: No, no.

Danna: There's no shame. It is a no shame zone.

Randy: I like that. Here's a little bit of a tough question for you. Why do you think Christians have such a hard time controlling our appetites?

Danna: I think everybody does but I do think with Christians it is our acceptable addiction. It is the thing that... and food is so good. I mean.

Randy: God made it and I can eat it! Right?

Danna: But it is one of the wonderful pleasures of life. The thing I think we need women to know though is you can still enjoy food. We kind of have a 90/10 rule. You want to tell them what that is.

Robyn: Well, it is eating on your plan 90% of the time and saving that 10% for fun foods and going off plan and enjoying. And sometimes it is even 20%.

[Laughter]

Danna: It is about finding the balance and it is about learning what your body can take. There are certain foods I just don't ever eat because I have a little arthritis. It makes me feel lousy. I don't like being low energy. But for Christians I think, it is a battle that I think sometimes gets buried in shame. God doesn't want us in shame.

I feel like one of my callings is to help set the captives free in this area. They're captive to some of their habits and feeling shameful because I haven't been able to break through. I know what it was like. I was in bondage to food. I felt like I will never have victory over this. But God want us to have victory. But it is a journey and it takes time. We just need to do it together.

Sheila: This really is, honestly this is a great book. It's fantastic. I found it so helpful. I'm going to let you know how you can get hold of it.

But there are all different types of bondage. Some of us are in bondage to alcohol abuse or to eating, to food, to anything. But here at *LIFE* we are very concerned about a

physical bondage that is going on around the world.

The prophet Isaiah said in Isaiah 61, and then Christ himself stood up in the temple and read from the prophet Isaiah when he said, "The spirit of the Lord God is upon me because the Lord has anointed me to bring good news to the afflicted. He has sent me to bind up the broken hearted, to proclaim liberty to the captives." And that's what we want to do in Jesus' name. Would you watch this?

Begin video clip

Sheila: Every time I see a little girl... hello! How are you? Big smile. ...like that, I just wonder what her future is.

Announcer: When we began bringing you the stories of girls trapped in human trafficking over a decade ago, you responded in a big way. Through the work of Rescue Life we began to shine God's light in the very darkest places on earth. And when that light appeared, the evil one scattered like cockroaches back into the crevices and corners they came from. But they never stopped their terrible crimes. There is too much money involved. Instead, they've continued underground.

Because of the traffickers have been chased out of committing their crimes in the open, there is fresh fear among the girls to speak with us. Many don't want their faces shown because they're scared for their families if someone finds out they're helping end this industry. But I want you to know that these girls, even the ones we can't show, they are real. Their pain is real.

Our tears have fallen together on the same floor as they've told me over and over that they want freedom but don't know how. Well, we know how. Our partners all over the world are reaching these girls, in many cases preventing trafficking altogether through education and border intervention. We're rescuing them through investigations and SWAT raids. And we're restoring them through safe houses and skills training so they

can have a life and an income when they leave our care.

It is ironic that our success has made our work more difficult but we will not be stopped, not until the last girl is freed. We need your help today more than ever. We need you to speak up for these precious ones who cannot speak for themselves. They're waiting and hoping for rescue. We can't let them hope in vain.

End of clip

In the studio

Sheila: Randy, it is hard to even -- it is hard to even put into words what it is like. The last trip that we took they were so young. The girls were so little. They were like your daughter or your niece. They were just little girls 9, 10, 11 years old. I remember going back to, we were staying in a little hotel and I remember going back and closing the door and literally laying down on the carpet and sobbing. I just felt so overwhelmed and so helpless.

After I had cried for a while I really felt the Lord say, "Sheila, get up. You get up and you dry your face, and you come up with a plan."

We have some amazing people at *LIFE Today* that partner with us in these countries. And to be able to say, "Listen. How can we help you?"

The people that are working at the moment with us in Southeast Asia, they're phenomenal. They will drive -- we went with them mile after mile into the worse kind of areas with the trucks to get to little remote villages because that's where the traffickers go. Because these little girls have never heard of trafficking. And they'll get them. They'll say, "We'll get you a job. You can take money back to your parents."

And then they're given a meal and the meal is drugged. They wake up beside some older

man and then they're locked... the thing that blew me away was he showed me the room where some of these girls are held and there's a lock on the outside. That little girl is shoved into that room, expected to sleep with up to 15 men a night. And this could be my daughter.

We are the body of Christ on the planet at this moment. This is our watch and we have to do something. And we have to do something now, Randy.

Randy: And we have something we can do. You can't put a price on one of those child's lives. It just doesn't work that way. They're all so valuable and priceless in God's eyes. But we have work within financial constraints to do something. We can. What we found is that we spend about an average of \$128 to rescue one child.

We've got some friends of that have offered a matching gift right now; meaning that if you give \$64 today it will be combined with the matching gift, I will be doubled in impact and it will help to save one child. \$128 will save two. Some of you could give \$1280, and that will save not just ten children but because of the doubling of the gift, 20 children.

But again, I kind of don't like to put numbers on lives because it is so much more important than that. It is so much bigger than that. We have to be the arms of Christ and reach into these places. We have the people there. They're doing it right now but there is more that we need to do. We have to have your support to do it and that's essentially what I'm asking for.

Will you stand with us? Will you reach with us into these places and rescue these children? We want to help you. If you ask for this book today, whatever gift you give towards Rescue Life we'll send you *Eat, Live, Thrive* just to help you so you can live longer and healthier and stronger so that you can join us in rescuing even more. Go to the phones, go online, give the best gift you can today and know that you will be reaching out and rescuing children.

Begin video clip

Announcer: Behind the bright lights there is a darkness where a world of innocence is lost and abuse runs rampant scarring the souls of children with no one and nowhere to turn for help. With bodies broken and hopes crushed, these young victims are trapped in a never-ending nightmare.

Today, you can shine the light of God's love in this dark world to reach, rescue, and restore these young ones to the life God designed for them to live. With a generous \$320,000 matching gift, now your gift of \$128 to help rescue a child can be doubled to help two children. Your \$64 gift will be matched to help rescue one child from the horrors of human trafficking. And a \$32 mission rescue gift will be doubled to \$64.

And with your donation of any amount, we'll send you *The Promises of Christ* gift book filled with beautiful photographs, scriptures, stories, and commentary from James Robison.

With your gift of \$128 or more you'll receive "The Names of Jesus" throw. This beautifully woven blanket features the names of Jesus in many languages. It will make a lovely addition to your home and serve as a beautiful reminder and spiritual comfort to the Lordship of our savior.

Finally, please consider a gift of \$1280 which will now help rescue 20 children. And you may request our beautiful new bronze sculpture, "Safe in the Shepherd's Arms."

Please call, write, or make your gift online.

End of clip

In the studio

Sheila: Thank you so much. You are changing lives forever. We want to help you change yours. So we're going to send you Danna and Robyn's book for any gift.

We're so grateful that you guys have been with us. Thank you so so much for the tremendous wisdom. I look forward to our partners getting a hold of your book. Will you help me thank Robyn and Danna for being here?

Randy: On the next program we're going to have someone who is living this right now. You don't want to miss it. Thank you guys!