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Week 14: Mission: Rescue Life

Randy Robison and Sheila Walsh

Danna Demetre, Robyn Thomson, Debi Dunham

Sheila: Welcome to *LIFE Today*! I'm Sheila Walsh here with Randy Robison and we have another great show for you today. We're continuing talking about this book *Eat, Live, Thrive*. Please will you help me welcome the authors of the book, Danna and Robyn? And also, we have a special guest! Welcome to all of you.

Randy: Debi Dunham joins us. Good to have all of you here.

Danna: Thank you.

Randy: Debi, I'm excited that you're here because the last couple of programs we've been talking to Danna and Robyn and they're sort of the experts, although they've lived all this sort of thing.

By the way, if you missed those programs you can always go get them on LifeToday.org or our Roku channel. And actually, they're on YouTube. So don't miss a program.

But they wrote the book. You are living the book right now and that is exciting. What made you want to go, I want to thrive and I maybe should look at the way I eat and live.

Debi: Well, like some women I struggled with weight most of my life. It started probably after I had children; was more difficult during that time to lose the baby weight. I used to joke and say well, I'm still losing the baby weight. But when my child was 12 I couldn't really blame it on that anymore.

I'd known Danna for I think 25 years and we've done some work together and stuff. So fast forward to 2017 when I found myself separated from a 20-year marriage, and very sad and fearful about the future, and started that emotional eating that some people may do, and found myself in that vicious cycle of being sad and eating, and then being more sad and eating more; just that horrible, horrible cycle that I found myself in. It was just not a good place for me.

So I had been seeing Danna and Robyn's Facebook academy, the Eat, Live, Thrive Academy kind of pop up and I thought, you know what? It's time. I just need to do this. I needed that hope back. So it's obviously spiritually based so that was very important to me.

Sheila: So how did it start?

Debi: Well, I just reached out to Danna and Robyn and I said, "Okay, I'm ready to do something." I felt like it was time and that God was saying it's time. So I then found out about this boot camp they were doing. A boot camp, it started November 4th.

Danna: A kind and gentle boot camp.

Debi: So I joined. I called her up or I texted and said, "I'm coming to the boot camp."

Danna: And she said, "I'm going to be one of your stories."

I said, "You can do this girl."

Sheila: So how many days was your boot camp?

Danna: Just one. One morning really -- half a day. But it was to give them an overview of the book so they knew what they were getting into, and to issue a 90-day challenge. The challenge was just do this for 90 days and see what happens. We're going to coach you every step of the way through the academy, and the online coaching every week.

And Debi said, "I'm in." So she started with phase one.

Sheila: So what was phase one like?

Debi: Phase one was basically taking away sugar and grains.

Sheila: When you say grains, do you mean just like rice or bread? Do you mean like all...

Danna: Corn...

Debi: Legumes, wheat, rice, quinoa, all that. Yes, so I cut out all of that.

Randy: What's left?

[Laughter]

Debi: Vegetables and fruits and meats and fish.

Randy: So plenty of good stuff.

Debi: Plenty of really good stuff. So I did that for 14 days.

Sheila: How did you feel?

Debi: Well, I felt amazing. I'd had a lot of aches, specially this knee. I have a torn meniscus. And it went away! Yes! I promise you. In three months.

Randy: Was that an inflammation thing? Or was it you're losing weight?

Debi: It was both. I think it was a combination of the inflammation and then I dropped about

25 pounds.

Danna: In 90 days. And what about some of the recipes that helped you get through? Because sometimes I think people worry in elimination, can I make it without any grains? What were some of the things that worked for you?

Debi: There were a couple of things. The pumpkin pancakes were amazing. They were made with coconut flour and eggs and stevia and...

Robyn: Pumpkin.

[Laughter]

Sheila: The mystery ingredient!

[Laughter]

Debi: So that helped me. And then of course I love the eggs and all the veggies that go in the scramble. But then the other recipe was the lemon muffins that also have coconut flour in them, and lemon zest and eggs.

Sheila: Oh yeah. I actually have got coconut flour. I have never used it but I've got it.

Danna: Well now you've got some recipes to put them to good use.

Debi: And then a lot of chicken and vegetable recipes with a lot of really good spices. It was never boring. I'm still doing it because it really is not a diet. It's a lifestyle. You're just getting back to clean eating, unprocessed foods and really focusing on that. I don't feel deprived.

Sheila: Did you have that first three days that I always have on some kind of diet where you kind of get headachy and you want to strangle the neighbor's cat?

Don't write to me. I love cats.

[Laughter]

Debi: Probably not. I think I didn't. I hadn't eaten -- I had been eating kind of healthy even before then but when I cut out everything I just felt really good. I felt more energy.

Robyn: Can I mention that she did that through the holidays? She did that through Thanksgiving and through the Christmas season. When most people are saying that's not the time that they want to do it but she had the mind-set to make these changes and look at her.

Sheila: Wow!

Randy: You mentioned that you had a very difficult time personally, in addition to the weight. You started working on the weight, how did that affect your outlook on your personal situation?

Debi: Well, part of the program is the healthy self-talk and that involves scripture and telling yourself the truth instead of believing the lies that Satan would like you to believe about the shame and all that goes with loss.

Randy: So it was not just a diet plan. It was a whole changing your thinking, as you say in the book, kind of plan.

How do you feel today? How long has that been by the way?

Debi: It's been since...

Randy: Three or four months?

Debi: Yes. Almost four months.

Randy: So you're not too far past the 90 days as we sit here today. How do you feel?

Debi: Well, I feel just hopeful.

Randy: That's great feeling!

Debi: Like I have this new lease. I'm sorry, I get a little touched. I just feel like God's really just used them and the whole program. [Emotional] Sorry!

Sheila: Don't be sorry! That's beautiful!

Debi: To just bring hope and help.

Danna: What was one of the lies that you believed that you started to work on as you were going through it? And you were deciding, I'm not going to tell myself that anymore. Because that's what we try to tell women. Hear yourself telling yourself these things and just say, "Stop it! That's a lie." Call it out for what it is. That's a lie!

Debi: Comparison. I think comparison is the thief of joy. I had to tell myself, I'm not going to do that anymore because I'm fearfully and wonderfully made. I can be healthy. I don't have to be a stick to be loved and accepted and forgiven, and just flourish in life. So that was probably a big one for me.

Sheila: I think of what it says in Psalm 34: Those who look to him will be radiant with joy. No shadow of shame will touch their faces.

How did it impact your friends and those around you? Were they aware of a big change in you?

Debi: I think so. They saw the weight loss but it was more just the energy and the excitement about life; and just the joy kind of came back. I felt like I came back.

Randy: If some of you right now are going, I need that joy, I need that hope, I need that excitement, pick up the phone and call us. We want to send this to you. We want you to help us, and we'll tell you about that later. But I want you to know, you can get this book. Because it is not just a book, it is not just a plan, it is not just a diet, and it is a whole new way of thinking. And it's like she says, "Hope."

So where do you go from here? Is this the kind of thing that you've got to hang on to your diet for another 30 days or are you good to go?

Debi: No. This is a lifestyle. This really isn't a diet. I said it earlier, it's more just learning what foods you're sensitive to or insensitive to and just working that plan. It's a 90/10, they talk about that in their book. It's not like I can never have sugar again. No. It's not that. I like dark chocolate and go ahead, you interject here.

Danna: No. What I want to say is in fact, we're doing a little personal coaching with Debi and we're encouraging her to eat a little more. She feels so good and she is so satisfied, and she has a goal to lose maybe another 15 pounds or so. We're evaluating going, "You know what, Debi, you can eat a little more." Because we talk a little bit about plateaus and helping. Weight loss is not this downhill thing. It is this thing. We're realizing that she has become so good and transformed in her habits that she actually could eat a little bit more and find ways to notch up muscle mass a little bit. So it's developing that lifestyle; just notching it up one month at a time.

Debi: And Randy suggested I eat more matched potatoes because he really likes mashed potatoes, right?

Randy: Oh!

Sheila: Get thee behind me, Randy!

Randy: Yeah. No, that's funny that you say that. I have my own special diet that I did through

the holidays as well. It was a crash diet where I was in an accident and I still can't feel all my teeth right now. So I used to never eat mashed potatoes – never! And now I've had more in the last few months...

But I don't recommend that diet. Get their book and do it this way. It is much more fun and much healthier.

Sheila: You know what I think is interesting about this, I'm thinking of somebody who thinks, well I really don't have to lose a lot of weight. I just don't feel that great. Is this book for them as well?

Danna: It is so far beyond weight loss. If you need to lose weight, you will naturally because when you eat to nourish your body. But I think it's more about the health and wellness and vitality and prevention of disease, and being able to live out your purpose. Because we live in these physical vehicles; this is the only vehicle we have for this life on earth. I'm not driving the car I drove at 17 years old but I'm still wearing the same body. So it really is about nourishing your body well. And then the weight loss will naturally follow. It is doing the right things for the right reasons and trust God with the results.

Randy: You've said something really good on one of the previous programs. Food, our diet can be the cause of our problems but it also can be the cure. Are you suggesting that you've got foods that will actually give us energy?

Danna: Well, he does. God has created everything that we need and the foods we need and we've corrupted them. Robyn and I are not purists. We have our own share of little 10%. But he has created food that will heal and food that will correct. Our bodies are these wonderful adaptable machines that if we give them what they need, he's programmed us so that they will flourish, no matter what your age. And at 66 I'm standing by that.

Sheila: Amen!

Robyn: I just want to say that I think that when people say the word *diet*, what we've thought of in the past it was kind of like what you were talking about Sheila, you want to strangle the neighbor's cat. A lot of people, if they're losing weight and they're on a diet and they're feeling deprived, a lot of times their energy is very low. They just don't feel great. And it's really hard for them to continue and stay motivated.

I think what happens on our program is when you go on that first phase, which is really only two weeks, and you're eliminating quite a few foods but you have such a transformation in how you feel, I really think it affects, you're changing your mind-set by renewing the mind but also the physical chemistry that's changing in your body, that energy, that vitality and the mental outlook, it really just takes you to the whole next level of health, and that will continue to just propel.

That's what we see in the people that do our program. They come in vibrant like Debi. We did that boot camp and I remember when we did the follow-up, there was people walking into the room and I was doing like triple takes looking at them going who is that person? Because it's not just about that body transformation its vitality that you're seeing.

Sheila: You told us on one of the other programs about one or two women but are there any other stories that come to mind that you just think this was amazing?

Danna: You know who is coming to my mind? One of our younger clients because we talk about this being for women in midlife. Well, she is in her early 40s. Nicole, and she walked in and it was such an obvious transformation. But she said, "*We* lost 50 pounds."

I said, "Oh, you and your mom?" Because she was with her.

She goes, "No. My husband and I. I lost 25 and we were using all the recipes in the book and he was just going along with me. He lost 25 too."

So it's like yes, we wrote it with mature ageless women in mind but it is changing families, mothers and daughters, sisters. We have stories of sisters that I think Jeanne in 30 days lost

20 pounds and her sister lost 12. But they came in, their skin glowing. We listened to their testimonies as they were sharing with the new women. We host these sometimes in San Diego where we live and they're just excited.

That is the greatest reward for Robyn and I to watch these women just on fire for life because they've accomplished something. I don't think they knew it was as easy as it was. It's really not hard.

Sheila: I think one of the things that would be really beautiful is when God's daughters begin to really value themselves according to how the Father values us. I think, sometimes because we think we don't do this and we don't do that so our big indulgence is where two or three are gathered in his name there is a casserole in the midst.

[Laughter]

So often that's -- that's how we end up in...

So I think for us to be able to, as you said, to replace the lies with the truth of God's word. To re-wallpaper your mind and your heart and your soul with what scripture says. I'm going on and on but that's why I'm so excited about this book because it cares for every single aspect, your body, your soul, your mind and your spiritual life, and your relationships with others. Because sometimes when you're overweight you're kind of cranky. Just speaking personally.

Danna: We don't feel our best. We start kind of inward gazing. When we start to take good care of ourselves we start to look up and look out and engage in the world. That's why I think Robyn and I were so excited about writing the book and sharing the message is we want God's girls just to celebrate life together. Yes, we talk about the pounds lost and all of that but it is so much more. It's about the vitality and the purpose-driven energy that comes from taking good care of yourself.

Randy: Well, it is not just the purpose-driven energy. You guys have a definite calling on your

life to help other women, and really men as well, everyone. When did that come about? What's kind of driving that whole ministry aspect?

Danna: I think when you come out of bondage, when you have breakthroughs yourself. I remember as a young woman, I sat up in bed at 18 years old. I woke myself up talking in my sleep and I said, "You just eat when you're hungry!"

I was so mad at myself because I was constantly binging and purging and all that. I thought in my 20s and into my early 30s, I will always have to fight this thing. I'll always be struggling not to gain weight and to lose weight, and to not care what everybody else looks like. I just worked at it and studied scriptural truth.

I think the reason the calling is there is God knew I was in bondage and through the journey of applying its principles to my life both the health principles as well as the biblical and renewing the mind principles, he's like pass that on girl. Pass it on.

For the last 30 years he just keeps bringing me back to this subject. Now with Robyn, we get to share some varied experience and skills. And she can carry the torch when I'm gone.

Robyn: I want to be just like Danna when I grow up.

[Laughter]

Sheila: I think we all do. Let me just ask you one final question, Debi. Has it been hard for you to keep the weight off?

Debi: No. It hasn't. I think I've plateaued. I haven't really gained. I've just kind of stayed for the last couple of weeks but it really hasn't. I was at some events and I had some things that weren't necessarily in line with the program. I weighed the next day, and I was like, okay, I didn't gain weight. So I think my body has gotten used to the healthy clean eating and it's more of a lifestyle like I said. So I might have the ten percent of off the program but then I get right back on it.

Sheila: Well done you!

Randy: We want to help you as well. I hope you'll call and pick up *Eat, Live, Thrive*. It was for freedom that Christ set us free, one of my favorite scriptures. And we want to help set you free from the bondage of poor diets and over eating and all those kind of issues.

But Sheila, you know there is another kind of bondage where we can really go in and set some people free.

Sheila: Yeah! And I had the privilege of seeing just exactly what we can do recently. Randy and I would love you to just take a look at 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**

Randy: You can help save lives right now. I hope you're going to the phone or going online. Give the best gift you can. When you do, don't forget if you want eat live thrive we want to send it to you or any of the wonderful gifts we have. Just ask, we'll gladly send it to you.

Would you thank Debi and Robyn and Danna for being here on *LIFE Today* and sharing some fabulous information on how to *Eat, Live, and Thrive*? Thank you so much for being with us. Thank you for being with us.

Sheila: Yep! We'll see you next time. God bless!