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Week three: WFL

James and Betty Robison

Dr. Don Colbert

James: Do you want welcome everybody?

Betty: Thank you so much for joining us on *LIFE Today*. I'm Betty and this is James. We're going to have a little lesson here today.

James: Yeah! Dr. Don Colbert is back. Go ahead and welcome Dr. Colbert. Would you? Don, good to see you. Now listen to me. Here's what we were talking about. Doc came here and he shared this. Our executive producer's wife gave this book that he talked about to Betty. We love Dr. Colbert. We've been good friends for a long time.

We believe people need to be healthy because this body is a temple of God. But I never could control my eating because I couldn't control my appetite. This changed everything for us. I lost 25 pounds in just a matter of months and kept it off and will keep it off by the grace of God. I know you say, "Well, we'll see you next year about this time." You will. God willing, unless we're up here.

Anyway, it changed our life. Betty said she could never lose weight. She'd try everything to lose weight and she's always been very much disciplined. She started this and the girl that would never go near a scale actually got where she liked to go to the scale because every time it talked to her it said something she wanted to hear rather than what she didn't want to hear.

I think Betty has lost probably more than 20 pounds. And you say, "Wow! She didn't

need to lose." Well, her body said otherwise. When she got healthy as Dr. Colbert said she started burning her own fat, her own belly fat is where it starts. It is amazing what happens. This can save your life. So go to LifeToday.org and go back and watch the program where we talked about it.

But now he's here to talk about *The Hormone Zone*. This was *The Keto Zone*, this is how you changed to where you're using your own body fat for energy rather than all the sugar and all the other stuff that just shuts your system down and damages us. *The Hormone Zone*, you say, "Well, I guess you're going to talk about sex." No, we're not or Betty would have already left. But the deal is, if our hormones... see I believe a healthy sex life helps us stay healthy. Would that be true, doctor?

Dr. Colbert: Absolutely. It does.

James: It contributes to the whole system. Right?

Dr. Colbert: It does.

James: What is the big deal that you feel like you want everybody to hear? Because it is like if they get this everything is going to be better in their life, including their sex life, which is where most people think. And honestly, the two of us, that's not mostly what we're thinking. We mostly want to help people because we love people. And we love life. So you're telling me because you said it to me, this helps everything and it doesn't have to be drug-type help, it can be natural health. The way it would be if we weren't having so much in our system that shouldn't possibly be there.

Dr. Colbert: An interesting thing happens to women. Once they reach 40 the hormones start to go down, decrease; starting with testosterone, then five years later, progesterone, and then five years later, estrogen. Then all the hormones pretty much bottom out.

And men, it starts around age 50. And also you add to that low thyroid or a sluggish

thyroid function. So as we age so many people get tired, they have brain fog, they have no energy, vigor. They start to gain belly fat. They start to get grumpy and irritable and depressed. And then they start developing disease. They go to their doctor. Their cholesterol goes up, they get on a statin drug, which lowers their testosterone even more. And then with all these symptoms they're being treated with medications, when in reality, usually all they need is to optimize their hormone function with bioidentical hormones or to use natural supplements to help balance their hormones, when they're younger, and then that brings their hormone levels up to an optimized level to a 25-year old person's hormones. And then all of the sudden you start to reverse disease and/or prevent disease.

For example, when I get men's testosterone up to around 750, 800, all of the sudden insulin resistance starts to go. Their body starts to lower, the blood sugar starts to be lowered. You add that to the keto zone and you get a huge beneficial effect.

Also, what happens is it protects the brain. Testosterone is especially protective to the brain. It also increases muscle mass. As we age our muscles start to melt away because of suboptimal testosterone levels, and we start to develop what we call sarcopenia, frailty or feebleness. You've seen people in their late 70s, 80s, and 90s. They get real feeble, frail, and then they fracture a hip and what happens? They end up in a nursing home. I tell patients the best nursing home insurance, to keep you out of a nursing home, is to get your testosterone level optimized to that of a young person.

And we do that with either creams, we have some new creams that work amazing that you put behind your legs. Women say, "Does that mean I'm going to get a beard?" No! You're not. Or some people need a little higher. We reverse osteoporosis with this, without the bisphosphate meds. It starts to build muscle. It starts to build bone. It protects the brain. Women, it protects your breasts. And it also helps so many disease processes.

And then add that with the suboptimal thyroid. People say, "How do you know my thyroid is suboptimal? I went to my doctor. He checked my T.S.H. and it is normal. He said my thyroid is normal. But I've got cold hands, cold feet. I take my temperature and

it is less than 98," -- that's your sign. If your temperature is less than 98, you've got low thyroid most likely. But cold hands, cold feet, that's your sign. You're tired. Not just tired. They say, "I'm bone tired." And then your hair starts falling out, women especially. And then your hair get wispy and thin, and then you lose your lateral part of your eye brow. And then your skin dries out. You say, "What's going on? My skin is dry. My elbows and knees are dry. My hands and feet are dry."

So all these weird symptoms. You go to your doctor and he says, "Oh, let's just give you a regular medicine to treat this symptom and this symptom." It doesn't work.

But what we do is we check the test that needs to be checked, your T3. Then we put you on not the synthetic thyroid, we put you on a natural desiccated thyroid; that's the closest thing to your own thyroid. As we age, because we're inundated, everyone with hormone disrupting chemicals; it is in our food, it is in our water. When you get credit card receipts, you get that bisphenol A and that's a hormone disruptor. It is like estrogen, men. Who wants to be estrogenized? We're estrogenizing our men from all these hormone disruptors, especially phthalates from plastics, especially bisphenol A that's in our canned foods; 75% of canned food contains bisphenol A. It is an atrazine which is commonly in our drinking water. Atrazine is similar to Roundup; it is a weed killer. But what it does is, it feminizes men. It turns male frogs into female frogs.

[Laughter]

Who wants to be like that?

So as we're getting older, men are producing more estrogen, less testosterone. They're developing man boobs. They cry a lot. They're super emotional. That's not you, James! That's the spirit of God on you. Praise God! They're losing their muscle, they're getting belly fat and they're feeling horrible. They've got brain fog; they're walking around in a fog. And they're grumpy and irritable.

James: You know what I want? How about we take note. He hasn't talked about sex. And every time you hear about testosterone or hormones, that's where people go. And anybody that's trying to sell you some of that, they're talking about hormones, testosterone and all that but you touched on it. You said, "That's reality. It's supposed to be healthy." But that's not where you went. Are you a real medical doctor?

Dr. Colbert: Well, I use testosterone every day.

James: Do you have a medical degree? We're not talking to somebody that doesn't have a medical degree.

Dr. Colbert: I'm a medical doctor. Let me tell you something. I have found that if I can treat these hormones with bioidentical hormones then what I do commonly, we start preventing disease and reversing disease. Add to that *The Keto Zone Diet* and a few key anti-inflammatory nutrients and vitamin D. It is amazing how simple it is. It is not expensive. When you get the bioidentical hormones and optimize them, you don't need that many supplements. So that's what I like to put my patients on, natural things that cause no harm.

James: Is this in here, the different things that contribute along with the hormones? Do you talk about them?

Dr. Colbert: Yes! I talk about some of the key nutrients that people need.

James: So if someone got the book, would it be like hearing from you if they came in and sat down and had a lengthy time to go over all this? So it's like you're trying to save yourself all these hours and hours and hours by seeing thousands and thousands of people and giving them the same counsel and the same advice and the same direction you would give them if they came to see you for weeks?

Dr. Colbert: Absolutely. James, I've been practicing, prescribing bioidentical hormones

now for approximately 30 years. This is the knowledge I have gleaned over 30 years of practicing medicine. I used to simply balance the hormones. Now I upped it a notch. I optimize the hormones. I talk about testosterone in men and women. Women need testosterone just as much as men.

James: And they won't grow a beard?

Dr. Colbert: They will not! It will save your marriage. I tell women, and men, do not get divorce until we balance and optimize your hormones -- especially testosterone. And we can do it with creams, shots, pellets. It doesn't matter. I can do it now with creams, which is amazing. Also, I talk about estrogen. Estrogen was vilified in 2002 in the Women's Health Initiative, and from that point on the majority of doctors quit prescribing estrogen.

And from that point one study found that over 91,000 women died prematurely from osteoporotic fractures and other things over a ten-year period when those hormones would be seen by most doctors. But again, I talk about the problems with the study, how you shouldn't be concerned, what to look for because some estrogen is okay provided you don't have breast cancer.

I also talk about progesterone. Progesterone is one of the most amazing hormones for women. But not synthetic! It has to be the natural bioidentical micronized progesterone. I had one lady with fibromyalgia, hadn't been hugged for 25 years. She came to see me. I notice she wasn't sleeping. What did I put her on? Micronized progesterone, 200 milligrams. I optimized her testosterone. I checked it, optimized it. And then the same with her thyroid. Her thyroid was sluggish so I put her on a little thyroid. Within three months, her pains were gone. She said, "That's the first time I've had a hug in 25 years." Just by optimizing her hormones, getting her sleeping again. It shut off that pain response. These are powerful natural anti-inflammatories.

I've talked about adrenal hormones. Adrenal hormones are so important but doctors never

check adrenal hormones. So again, we've had patients here, I've treated, and we balance their adrenals and wow! But now we have other things we use. So testosterone is one of the best ways to balance the adrenal hormones.

James: You keep coming back to this, and he's not talking about sex. Can you please get that into your head? There is nothing wrong with sex. There is nothing wrong with great sex. God makes everything great. So what he did, it's good. It's great. He didn't make something bad. He made some great stuff. But we're not talking about that. Everything you're talking about is helping the entire body. It helps all the organs in the body.

Dr. Colbert: When we optimize these hormones, it is amazing how people are able to come off medications. Now I don't just take them off all at once. I'm able to gradually wean them off many of their medications, along with the keto zone diet, and a few key anti-inflammatory nutrients. It is that simple. But I also talk about growth hormone. I talk about thyroid hormone. Thyroid is so important. So many people, as many as 40% of the population have suboptimal or low thyroid.

James: What is the hormone there? What is the tablet or the hormone?

Dr. Colbert: It is natural desiccated thyroid. It works amazing!

James: What is that? Is that a tablet?

Dr. Colbert: It is a tablet. You can take it sublingual or you can take it in a tab and swallow it. I take it myself. Now years ago, I didn't think I had low thyroid but I started developing cold hands and cold feet. I started having just fatigue, fatigue -- bone tired! I was so tired. Then I finally checked my T_3 and it was 2.5. To optimize -- that's the active form of thyroid. I then optimized it, brought it up to 4.0. My energy returned. The cold hands, cold feet went away. I said, "Why didn't I do this before?" I didn't know.

I'm sharing information that most doctors don't know, unfortunately. I didn't know this,

but that was a few years ago. Now I take the bioidentical or excuse me, the natural desiccated thyroid. My wife, the same problem; this is one of the reasons why she was able to lose the weight because I boosted her thyroid with a natural desiccated thyroid.

So again, a lot of people have a normal thyroid test, T.S.H. but when you dig a little deeper, run some other tests, do a reverse t3, do a 3t3, and do thyroid auto anabolize to make sure they don't have Hashimoto's thyroiditis which is autoimmune thyroiditis.

James: But where in the world is the average person going to do all that?

Dr. Colbert: I describe it in the book, where to go. What to ask your doctor for. You can ask him for these tests.

James: Will doctors cooperate? Do they think you're just some kind of nutrition guy that doesn't understand the importance of all the pharmaceutical drugs we put everybody on.

Dr. Colbert: Now that is the case, yeah, in some. But I put different organizations of doctors that are open minded that actually endorse what I do. So they can contact these, the anti-aging doctors, the age management doctors and different organizations that have thousands of doctors throughout the country that they can go and see.

Betty: Let me ask, because we're both 75. There's no...

James: She admitted that. She must be taking some hormone stuff.

[Laughter]

Dr. Colbert: Yes! There's no age limit. I have little 90-year old women on testosterone; either cream, injection, or pellets. This one little 90-year old woman comes to see me every three months. And the daughter brings her in, the daughter who is 60-something,

brings her in and says, "When her pellets run out -- she's just like a little energizer bunny when she is on her pellets but when she runs out she just sits all the time."

[Laughter]

So I said, "Well, let's get her pellets out. Check her levels." I said, "Sure enough. Her pellets are gone. Let's put her pellets in." Because she forgets to take her medicine so I just put a pellet in, give it to her every three to four months. And she is like the energizer bunny on the pellets.

James: Do y'all like this doctor? Do you appreciate somebody who will come in and talk to us like this? The book is available; it is in the bookstores. You can get it from Amazon, or any of the other online book sellers, and they've got them in bookstores. I think, did Charisma...

Dr. Colbert: And DrColbert.com. Yes, Charisma did that book. Steve, thank you. Doc, I'm so grateful for everything the scientists and the pharmaceutical companies have done to help us. Sometimes, you can actually get so big you can get in the way. Sometimes you make people depend on something to make you feel better without making you better. I feel like you're talking about not just feeling better, get to the root. Listen. You know how much we love you and appreciate you.

Dr. Colbert: That's likewise.

James: Thank you, Mary for your prayers. She leads the prayer counsel that is great. What's it called? Her prayer website, what's it called?

Dr. Colbert: It's NationBuilders.com.

James: It is a prayer group. Well, I want you to know that from the bottom of our heart we appreciate your friendship. We appreciate what you're doing for people. And if you

didn't hear the program yesterday, get it. This in so many ways, would you say has changed our life?

Betty: Absolutely!

James: It's hard to believe we can enjoy eating right all the time. We don't feel like we're being punished. We don't feel like we're in some kind of boot camp. It is just a way to eat and it is just amazing and you feel good. And it is good food; it is not bad food. And then to find out with *The Hormone Zone*. We're liable to have you back on after we've had opportunity to know all this. We have the biggest smile and we're the happiest, energetic guys you've ever seen.

Dr. Colbert: Just like Moses. Here was Moses at 120 that says his eyesight was not dim nor his natural strength abated. He could climb Mount Nebo -- strong!

James: I'm for all that. Would you just say thanks to Dr. Colbert? What a blessing. Don, you're a blessing.

Don, you know what we do because I know you've helped us. We love to give people what they need and especially clean water because isn't that the perfect cure where you have nothing but disease-ridden contaminated water?

Dr. Colbert: It is one of my seven pillars of health.

James: And this works, when you have nothing but contaminated water, you're sunk. We can give them the miracle. This is a life-giving miracle. I want you to just listen. Just bear witness with what this woman is saying to you. Just listen to her and know, listen to me, right now today, right where you are -- now we're hoping we help you experience a miracle in your own life. We've tried to share that even when we talk about learning to eat, so much more than a diet. We want to help you. But look at this. Today, you're the miracle that everyone longs for, in the very area that you're going to see addressed, you

are that miracle. Watch closely.

On the mission field

>> Marie, I know it is very difficult to talk about these things. I know you're heartbroken and I'm sorry I can't do anything today to change that. But we want to share your story back with people who want to help. Can you tell me about that?

Open Captions:

>> This year I have lost many family members. Three of my grandchildren, as well as my son have died.

They had skin ulcers and bloated bellies. I'm certain they got sick from drinking our water. I'm feeling very sad. I'm feeling very sad. It's very painful.

I think about giving children a bath and putting them to bed each night. I feel like dying so I could be with them.

As my son was dying he asked me to care for the other children. I have two grandchildren that are still alive. We have no choice but to drink this bad water, the same water that killed my family.

>> Our goal is to bring clean water to this village so that your two grandchildren that are still with you will survive.

Open Captions:

>> Thank you.

End of clip

In the studio

James: Well, grandmother, great-grandmother, what do you say to our viewers? One

moment she said, "I just want to go be with them." I know, with the daughter in heaven, we could say, "Robin, we're going to be there, sweetheart." But I know you would say, "Mom and dad, stay there and make sure everybody who can will get here." And you'd say, "Keep helping people." Wouldn't she?

Betty: Absolutely. And how can your heart not hurt along with this mother and this grandmother that has two grandchildren left? She so dearly wants to keep them alive. She's lost most of her family. How can we not want to reach out and help this mother and grandmother?

Let's give them the water they need. That's a very simple solution but very difficult for them to find that solution without our help. They can't. So please join with us and let's drill the water wells so we can save these children's lives.

James: I pray, dear God, that everyone who can help will do so; in Jesus' name.

You know we've drilled 6,000 wells. We -- you! You who watch *LIFE Today*. But she needs a well. And we found hundreds of other areas that the missionaries have shown us, just like that, just like what you saw, and the situations the same. And we have an absolute 100% perfect cure. We can't walk in and cure cancer everywhere, I think that's coming. I honestly believe we're going to learn a lot.

As a matter of fact, we'll talk some this week about how we actually find help miraculously, just with wisdom. But we can cure this problem and we can do it immediately. We can drill a well. So I'm asking, let's start. We've already found and located and started on 200 wells. They're still \$4800 apiece. I don't know how long that's going to stay there.

But could you give a well? Could you give half a well? Because some of you say \$4800? What about \$2400, \$1200? By the way, if you give the \$1200 or \$2400 you immediately say, "God, here's my \$1200, please raise up three more and we'll have a

well." "Here's my \$2400. Lord, raise up somebody who can do this." It's at the level that God has blessed you that out of that blessing you're able to reach out and touch others.

Keep this in mind. The majority of the income for drilling wells comes from people who give \$48. When you break that out, we found that average is giving ten people water the rest of their life; \$144 gives 30 people. There is a level at which everyone can participate.

We have some beautiful gifts to send you. You're going to love it. *Praying Grace* -- boy! I'm telling you. You talk about a devotional, a prayer devotional, this will bless you. And I think you're going to like the tumbler, hot or cold. And the beautiful bronze that we have, and boy, do I love this! Because I feel like a shepherd, the Lord holds me. Here's a shepherd holding a little lamb. That's how we reach out.

We send these gifts to you to simply say we want to bless you and say thank you because you've blessed others. And they become a conversation piece. People will ask you, "Where did you get that?" And then you can encourage them to give somebody some water.

Would you go online right now or dial that number? Take your bankcard and use it like a check to make the gift God puts on your heart. Please, right now, just take the time to do it now and thank you so much.

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 else can she 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 400 water wells this year. Your gift of \$24 will help provide clean water for five children. A gift of \$48 will help provide for ten. \$72 will provided for 15. And \$144 will help provide life-giving water for 30 people for a lifetime!

With your gift, we'll send you the "New Mercies Each Day" desk calendar. This 17-month calendar will not only help you keep track of important dates but also remind you of the Father's love and goodness with scripture quotes and encouragement from all the hosts on *LIFE Today*.

With your gift of \$100 or more, request the "Fruit of the Spirit" bowl. This beautiful and decorative ceramic bowl features scripture revealing the "Fruit of the Spirit," a lovely addition to your table or home.

Finally, please consider a gift of \$1200 to help provided water for 250 people or a gift of \$4800 to help sponsor a complete well. And you may request our "Safe in the Shepherd's Arms" bronze sculpture.

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

End of video

In the studio:

James: 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.

Thank you for being someone's miracle today. Join Betty and me in saying thanks again

to Dr. Colbert. Would you, all of you? Thank you!

Thank you for what you share and just know you've changed a lot of lives today.

Thank all of you for watching Life Today. Tell your friends to watch and thank you for helping us give life today.