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Week 39: Christmas Shoes and Smiles: Last week

James and Betty Robison

Dr. Don Colbert #2

Betty: Welcome to *LIFE Today*! Thank you so much for joining us. I'm so excited. Here's my husband James. Always excited to see you. I wouldn't be here without you!

James: Thank you.

Betty: But we've got Dr. Don Colbert with us today and he's got a book out talking about the pandemic and the different challenges we can face with all kinds of viruses or health problems that can come along. And this is a good book.

James: Show them the cover of the book.

Betty: This is a good book! You're really going to want to get it.

James: Do you see the *Pandemic Protection*? In other words, he's not just like saying, "Okay, we're going to have one right after another." We didn't expect this one but we do have viruses and we do have illnesses, and a lot of them are self-inflicted. They are lifestyle illnesses.

Billy Graham said, I'm going to say probably at least 50-60 years ago he started saying it, "Too many people" and he said, "Christians are digging their graves with their teeth." And you know, Billy kept himself in pretty good shape, his family did. It is amazing to watch. But he understood that. So he was really saying more than a mouthful, he was saying a heart full, a mind full of potentially transforming truth when he said you dig your grave.

So our diets, what we do eat, what we don't eat are contributing to all illnesses, and actually, sometimes causing them, enhancing them and leading to death. So if we had the audience here, which we can't, we've got Dr. Colbert sitting much farther away from us. We're trying to do everything... He actually says that's actually good counsel. But he wants to help us be prepared, not only for the pandemic that we've been dealing with but all that could come, and actually building up our immune system. Why are people our age more vulnerable? Because the immune system is down and probably, we've wasted a lot of time digging a grave with our teeth. He's trying to help offset it.

Don Colbert, you have blessed people all over the world. You are one of the most respected and appreciated guests we have on *LIFE Today*. Really and truly, you kind of have your own television show here at *LIFE Today*. It's just paid for. You don't have overhead. You know it is paid for by the love of people who love God and love people. And that's you, you love God, you love people, and you really want to help people. You don't write books because you want to sell a book. You're writing books because you want people to be healthy. Am I right about that? And you did a marvelous job doing this. Why did you get so interested? Because we got this big crisis but why did you just focus in to say, I've got to get this across?

Don: So many patients were calling me so full of fear -- so full of fear. So I had to give them a battle plan, what they need. Again, one of the most important things I've been teaching patients for 35 years now is let your food be your medicine. By the way, Hippocrates said that back in around 400 B.C.! But people are saying, "Hey, I've got to give my body what I crave. I've got to give it sugar and ice cream and cake and chips," and all the junk food that is decimating their immune system.

But I simply had a battle plan because I found that most of my patients that are doing this battle plan, even if they get this coronavirus, COVID-19, what happens is usually their immune system takes care of it, even if they're over 60! Because you give the body what it needs, and our body is fearfully and wonderfully made, especially our immune system,

and you give it again the sleep it needs... you know sleep charges our immune system, especially our cell-mediated immunity, which fights viruses? Also decreasing stress. Do you know stress drains our immune system and actually diminishes our natural killer cells by as much as 50 percent? Well, that's our frontline defense against viruses. I call them the Navy Seals of our immune system. Did you know that exercise charges our immune system? Actually helps our T-cell immunity.

James: Would that be walking? It's not necessarily jogging or doing a big long bike run. Just keep moving, keep moving.

Don: Just move! I tell people if they're over 60 I say move at least 20 minutes to 30 minutes five days a week ideally. Now if you can't do it five do it three; if you can't do 20, do ten. So again, if people are over 70 again, again, if they have arthritis, I say get a recumbent bike or go exercise on a cycle. A recumbent bike is great because you just sit there and pedal in front of your TV and watch TV. You're charging your immune system.

But one of the best ways to charge the immune system is belly laughter. I give so many patients a prescription, ten belly laughs a day. When you are belly laughing you are decreasing stress, you're exercising your body and you are increasing these powerful neurotransmitters and endorphins and enkephalins that make you feel really good.

James: Dr. Cousins wrote a best-selling book many years ago, probably 35-40 years ago, *Laughing Your Way to Health*. He laughed his way right out of cancer. I mean he had it to the point there was no way he was going to make it. And I preached on it, laughter is a good medicine.

Don: And laughter, belly laughter, not just ha-ha, ho-ho, even though that helps, belly laughter puts you into that deep restorative sleep and sleep is so critical for our immune system. When we go without sleep we are draining our immune system.

James: Do people need this CPAP if they have an oxygen problem? Tell me! I'm

hearing, I have so many people as they've gotten older telling me they don't sleep well. Is there something... How do you determine if that is maybe something you need? Or is it your eating problem that you need that? Or is that just something that actually happens to people sometimes?

Don: Both are true. Well, what happens as we age our soft palate sags, and especially the more weight you've gained, I see this mainly in overweight patients, the bigger the neck, generally, the more susceptible they are for sleep apnea where they have to have a CPAP machine. Also, some people if they snore a lot or eat a lot of cheese at night, they get a lot of congestion and they snore more and they stop breathing. They're waking up and their wife listens to them and they go [snort snort snort snort].

James: Think they're dying!

Don: Yeah! And they're going without oxygen. What happens is they get in a vicious cycle because then that impairs their sleep. They're waking up, 50, 100, 200, 300 times a night so they're exhausted. These people are exhausted. They're weakening their immune system. They're gaining more weight. But also, they're stressing their heart, they're raising their blood pressure. There is a whole bunch of things.

But you say, what's the answer? Again, losing the weight. If a person will lose weight and get closer to their ideal weight many times it goes away. Now some people may still need a CPAP device or a jaw-advancing device that dentists can recommend and that helps. But usually, by losing weight it helps or clears it up. But it is so common in older people, especially over 60 that are obese. We see it so commonly. That's why so many ads are on TV to get these apparatuses that clean their CPAP machine.

James: And the reason you are writing, and it is so in harmony with all the things you've been trying to tell us. How many years you think you've been coming on *LIFE Today*? 20 or more?

Don: Probably 20 years. At least 20.

James: I'd say over 20. I'm beginning to wonder if it's over 30. Are you even 30 years old?

Don: I've been practicing 35 years, James. A long time!

James: You've been coming a long time because you had good things to say. But what you've pointed out again in this book is that what we eat and how we eat, as well as moving, it does build the immune system. So do you feel like you put in this book what would be a complete package? Let's say if you could take all of these people through kind of a seminar, it might take a couple of days. But if they will really absorb and then put in practice the practical principles that you give them that are uncontested, they're proven, they work! They're irrefutable. So if they'll do it can they be prepared for what's coming? Can their whole world change to where they actually can enjoy life?

Don: Absolutely! Again, one of the most important things I tell people, they've got to resist this fear. There are so many people that are in fear. They're watching the news at night, hearing all the bad news and they need to turn on the good news, read the good news, practice belly laughter, practice gratitude, being thankful for our health, being thankful for our family's health, being thankful you have food but eat good food.

And so entering that attitude of gratitude. I'd like to give you a little example. What happened yesterday, my wife and I, we have a little golf cart, when we go up to the restaurants at night from where we live in our condo, we were driving on the golf cart back from the restaurant and all of the sudden this pickup truck with a teenager comes tearing through the stop sign, didn't even look, speeding. And literally, I slammed the brakes on that golf cart. You say a golf cart doesn't go fast. My golf cart goes about 25 miles an hour. And literally, he came speeding through that stop sign and I slammed the brakes on, swerved it. Mary saw her life pass before her. It would have hit her. It would have killed her and probably me too at the rate we were going. So literally I

stopped within a couple of inches from that truck. My heart was beating so fast, her heart was beating so fast.

I said, "Mary, let's just thank God right now. Let's just thank him that praise God he stopped this thing." I was in shock that thing stopped. The kid -- it was a kid, he was a teenager, he sped on through. But again, we have got to be ready, we have got to be listening to the voice of the spirit and he puts his angels in charge. I could have gone and thought about, oh, we almost died! But I shifted right into gratitude. And gratitude is one of the most powerful things to help our immune system.

James: I find myself thanking God at 70, nearly 77 right now. I'm glad I woke up. I'm glad I can get up. I even stood up! I made it. Oh I can walk. But I literally start looking around. We go outside, we've got our little turtle; a little turtle in a little water feature we've got. He is the cutest little thing. We call him Shelton because that's what my grandkids called all the little turtles Papaw caught for them.

Our grandson Luke said, "Well, we had Shelton one, Shelton two, Shelton three." He said, "Now there's Shelton five, Papaw!" And he had to catch it and hold it in his hand for his little two-year old.

But the deal is, I just rejoice. Betty and I, we had some goldfish and they had babies! We didn't know goldfish had babies! And the little babies were after it. I look at the trees, I look at the birds praising God. I look at the beauty of the butterflies, the plants! I mean this is not just some preacher talk, this is a preacher telling you the truth.

I look at people building a house and I say, "Oh isn't it wonderful? That's their dream." And I say, "O God, let a dream home live in that house. Let a dream family." And then I'll see somebody with a house for sale and I'll say, O God, I hope their dream didn't die. Please give it to them. I rejoice with those who rejoice, I weep with those who weep. I think that's part of health. I know I'm preaching right now but is it the truth?

Don: Yes! And that's charging your immune system. When you practice gratitude you know what you're doing? You're lowering that stress chemical cortisol. Too much cortisol weakens our immune system by as much as 50 percent. So you are literally charging your immune system by practicing gratitude, by practicing hope, and speaking hope and faith, and even more important that belly laughter.

James: But I tell you what, I want you to get this book. It won't cost anything. If people went and bought it online what would they pay to get it online?

Don: I think it is \$14.

James: \$14 -- well, we're going to give it to them free! But you know what we're going to ask them to do? We're going to ask them to give somebody love because you do love them. So we're going to ask you to give shoes and smiles and we're going to send you the book to say thank you, along with other gifts.

Don, give us just a few things that if you say, okay, when you leave this show today, obviously, we'd love for you to help give shoes and smiles to children because we believe in mission outreach but let me give you some things to think about because if you want the book we'll get it to you or you can order it online, but what do you want them to really hear? How do you want them to make an adjustment in their mind that's going to move them toward getting their immune system healthy?

Don: Most importantly, is realize that our immune system is fearfully and wonderfully made but we need to give our body what it needs, the right food, living food! Our body was not meant to eat lots of sugar and carbs and processed food, but give it living food, lots of vegetables, and lots of organic extra virgin olive oil.

James: I loved you saying about the avocado. That's great. You said they were like cauliflower, there's another vegetable. I guess that's cauliflower...

Don: These are living foods!

James: Is it the mixed cauliflower that is like potatoes?

Betty: It is mashed cauliflower. [Talking over each other.]

James: And then you put the organic butter on there that never goes in the fridge, it is incredible!

Don: But these are living foods that feed us like dark chocolate. Our gut, where two thirds of our immune system is in our gut. Our body loves these polyphenols, which are in dark chocolate -- now low-sugar dark chocolate. Olive oil, but the more bitter the more polyphenols, as well as berries. Any kind of berry. They are full of it. But also, organic coffee. Organic coffee is actually good for our gut.

But then also we need to combine this with exercise. Move, our body was meant for movement. When you stop moving your blood flow diminishes but also it affects your immune system because that's where your lymphatics are. Lymphatics are important in fighting infections. As you exercise you're pumping those lymphatics. It's like your garbage collectors of your body is the lymphatics. But also that's where your immune system, a lot of your immune system is in your lymphatic.

But also, you need to sleep. But you don't need restless sleep or you don't need to be gasping for air. You want to get this weight off. You want to go into that deep restful sleep by turning off the bad news and turning on the good news and practicing belly laughter. You want to decrease your stress by practicing gratitude, speaking faith, speaking hope, and again, seal with it with that belly laughter.

And then taking a few key nutrients. You don't need that many. Like vitamin D3, one of the most important for our T-cell function. As well as some zinc, I talk about zinc. I talk all about quercetin and vitamin C. These are real cheap. Pennies a day! Pennies a day!

And then real important, I talk about living and walking in faith and hope because it is impossible to please God without faith. So we need to activate our faith by speaking and declaring our future, speaking Psalm 91 over ourselves, over our children, over our families so that we can walk in that divine health that God has given us. But we have to speak out and we've got to thank him for the health that we have.

James: By the way, you put that in your book. That's not just like talk here on TV or like it is up in the pulpit giving some kind of message somewhere to a church. He's given you the medical, scientific understanding. He's given you the nutritional aspects. Many of you probably wouldn't -- you were stunned a minute ago when he said something good about chocolate. That's like saying something good about instant death. Well, it can be but mainly because of the sugar. It's like now you have the dark chocolate that has stevia sweetener in it. And stevia is not unhealthy for you. By the way, we learned this from people like you.

Betty: This excites me too just like the book on the keto diet. We have to make a commitment to want to do this, not just to lose weight, but it comes from deep within, within our hearts. To say I want to take responsibility for the way my body feels, the way I feel, the energy that I have. I think you can use this book as a guideline.

Your book on the keto diet, I mean I marked through it and I go back until I got it deep down inside of me. It's just like God's word. We have to feed on God's word until we get it deep down inside of us. Same thing with this -- take the responsibility of this temple that God created. He wants you to take care of it. He's trying to show you ways you can take care of it through Dr. Colbert.

And I hope you will take it seriously because you will feel better, the energy, you'll feel better about yourself because you know you're treating your body right.

James: I've been watching Betty here on the monitor. I want y'all to come back on that

face. You smile at me. You smile a lot now. It got me. I'm just done the minute she smiled. But I know a lot of you are looking at her. Keep the camera on Betty. I want to talk about her. Here's the thing. A lot of you look at her and say, Betty is 77 years old. That's what...

Betty: Well, not yet!

James: Just really quick, but 77 in just a very short time. She always have to tell them you're 77 now, and I'll be 77 a few weeks later. This is the truth. Okay. But here's the thing, I know they're looking at her and thinking, gosh, that can't -- do you want to know why it is this way? Because the joy of the Lord. And because she rejoices with those who rejoice and weeps with those who weep. And she takes it seriously.

When she listens to Dr. Colbert, that she doesn't think is some inherent shyster, you know a snake oil salesman, but somebody who loves people. And we know he loves people. And Betty loves truth, and she's -- I'm alive because of you. I wouldn't have made it. If she didn't love me with unconditional love, I'm toast. I guarantee it. You may say, well, you're gifted! I was toast. It's the love of God flowing through her.

And this is what you're talking about. It's the life and love of God. I don't know where you are in your journey but every time I see a person out walking, a lot of times they're walking their dog, I rejoice that they have a dog because I know that dog loves them unconditionally and you love that dog! But I just say, Lord, bless them. Even if it's because I think they're a little overweight and they're trying lose it, I say, Lord, bless them. This is a challenge. I'm so proud of them. I rejoice with the people that are out there that are able to walk! I watch the older people and I say, praise God for them. I see somebody really dedicated a say, make me more like that.

This is what Don's talking about. And the reason I'm bringing it up in testimony, is I heard what they said. I didn't just be a hearer of the truth and the word, a doer, we're trying to help you.

Don, thank you. I wish we had this studio full, but right now we're trying to obey all the requests in trying to take care of people. But we'd be giving you a standing ovation.

Doc, we're going to be giving little children shoes, and we're going to give them smiles. You're going to look with me and our viewers, I want you to really keep your seatbelt buckled and focused. I want you to look at these little faces. See we have 11 grandchildren, all of them are out of their teens. They're in their 20s or up. Now we have seven, soon to have nine great grandchildren. The oldest one is five. Several of them are just several months, six months and on the way to being a year.

Think about it, your grandchild, great-grandchild, your child, your neighbor, somebody you love, look at these little faces! How would you like to be their miracle? You can be their miracle today! And what about little feet that have never had shoes? You can shod them with love and ultimately the gospel of peace. Watch closely.

On the mission field:

James: I love you!

Announcer: For a child living in poverty in a developing country their smile may be the most valuable thing they own. But imagine if that child was born without a big beautiful smile.

People told me not to dream
To live in their reality
But I am walking through those doors
Because I am sure
There's something more
Than what I've been told
Oh, I know I found my way

Oh, tomorrow is a brand-new day
And the whole world is going know my name

Announcer: More than a decade ago, *LIFE Outreach* started an annual mission campaign called, "Christmas Shoes and Smiles." In addition to providing over two million children with a new pair of shoes, *LIFE* and its mission partners have also changed the lives of over 2,000 children born with a cleft lip or cleft palate by providing the surgery needed to give them their very own brand-new smile.

Tony: A big thank you to the *LIFE Outreach* family. It's a privilege to serve with you as we share the gospel of Christ and as we provide life-changing surgeries in our part of the world. Our partnership has resulted in children's lives being transformed; from disfigured faces to faces beaming with smiles all because of your generosity in providing these surgeries.

Our world is going to know my name.

End of video

In the studio:

James: How could any parent, grandparent, family member see those little children with those challenges and not want to be the miracle?

I want to show you again, just look. Here's just a few of those that first came up. And when you saw the tremendous deformity, the challenge, did you realize that you could be a miracle? Would you say I'm going to be a miracle for one of those children and their family? I'm going to give them a smile. Maybe you could do it for two. Look at these little children. Here's what they look like before the miracle and after. You're the miracle.

You know what you've been as viewers of *LIFE Today*? You've shared *LIFE Today* all over the world. You've shared God's love, not just in word only but in demonstration and

deed. Well, this week we're asking for the greatest outpouring we've ever seen to give shoes, \$36 gives ten pairs of shoes. Could you give \$100 towards that and give several pairs of shoes? Quite a few? Could you do that? Would you please? Could you give a smile -- \$500? Wouldn't it be great if you gave two? There's some of you that can do that. Say you know what I'm going to do? I'm going to be a miracle for two children and their families! Would you right now go online, take your bankcard, use it like a check? I wish you'd call and you'd write a check. Well, make it to *LIFE* but call us and tell us you're mailing it.

We just thank you so much for sharing God's love. Not just in word, but in action, in deed. This is the last week. We've got some gifts to send you that will put a smile on your face but you're going to give a lot people a reason to smile when you correct that cleft palate, that challenge. Thank you for sharing God's love. Let it flow freely.

Begin video clip

Announcer: Poverty is a killer and because of it children needlessly suffer, not only from a lack of food and clean water, but also from a lack of things we often take for granted like a simple pair of shoes. Far too many children living in extreme poverty have never owned a new pair of shoes. And while that may seem minor in light of all their needs, walking with bare feet puts them at risk of life-threatening infections and disease that could lead to crippling consequences and even death.

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

As a thank you for your gift of support, be sure to request this beautifully crafted blue crystal shoe ornament. A treasure to display at each Christmas. With your gift of \$100 or

more, you may also request this keepsake boxed set of all *LIFE*'s Christmas shoe ornaments.

Finally, please consider a gift of \$1,000 or more to help provide 275 pairs of shoes or two children with corrective cleft lip or palate surgeries. And you may request the beautiful "A Mother's Strength" bronze sculpture.

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

End of video

In the studio:

James: We're sending these beautiful little shoes for a gift of \$100. Gosh, I wish it would be several hundred -- I wish it would be \$500, maybe \$1,000 for two smiles. Or just lots of shoes, put nice shoes on little precious feet. Betty, we're going to hang more of these on the Christmas tree. They are beautiful! They just catch everybody's eye. "Where did those come from?" And we tell them. We give shoes and smiles so you can do it.

If you'd like to have doc's book, *Pandemic Protection* we'll send it to you. All you do, just give somebody a shoe, give them a pair of shoes; would you? Just say, "I've got to share love." And we're going to share love by giving you this book that will help you build your immune system and live life more fully.

Don, thank you for sharing. Thank you for all you do. We love you. You come back any time. This is your television ministry and your television studio when you want it. Thank all of you for watching and thanks so much for sharing shoes and smiles.