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Week 39: Christmas Shoes and Smiles: Last week

James and Betty Robison

Don Colbert #1

James: I'm just really thrilled to welcome you to *LIFE Today*. I feel like I'm coming out of the shoot, I'm so excited. I'm James Robison. Betty and I are thrilled to have Dr. Colbert. We're going to introduce him right now, but he is going to talk. I'm going to wait a minute because I'm going to say something to you. We're going to talk about *Pandemic Protection*. I don't know anyone that's helped our viewers more or us more than Don Colbert -- just an incredible doctor.

I want to say something to you. Look here, we're giving away Christmas Shoes and Smiles. The reason I'm bringing it up right up front is this is the last week. We start way ahead of Christmas. You're saying, why are you talking about Christmas? It is quite a ways off. Well, we want to give shoes, and this is a set of four of these beautiful little Christmas shoes that we want to give. You'll get one for any gift to help give the shoes. And you get all four if you give \$100.

It's \$36 for ten pair. But I want to tell you something else, we're going to give smiles -- cleft palate surgery and those average \$500. They're a lot more than that if you have them typically here but the medical community and the doctors are really sacrificing to do it in challenging places. Just know that we count on all of you. Betty, our viewers are the greatest. And you're going to get God's arms -- I tell you what, you're really doing this, you're getting God's arms around the people he loves so much, the least of these, the most often overlooked.

Well, Dr. Colbert, we normally have this audience just full, just stacked out here. Right now we've got your wife, we've got Bruce and we've got some of our staff. It's just

pandemic problems. We're trying to take care of everything. You see, we measured you. We pushed you away.

Dr. Colbert: Six feet, right?

[Laughter]

James: You and your wife have got a mask on, under the plastic. Here's the deal. You'd be having a big standing applause. You are as popular on our program as anybody and there is a reason for it. Because you really are effective helping people. So when we talk about *Pandemic Protection*, we know you're going to help us.

I want to show you something because you helped us get on the keto diet. I'm very happy to see how much the keto plan actually feeds into a lot of things you want people to see. So it is not a mistake. But I've got to be honest with you, you have kind of a Cheeto on keto when you're having a pandemic because life gets kind of boring.

So I had somebody show me something the other day that wanted, this is kind of how I feel. I want you to see what one of my friends had. That's a giraffe that wants to know if the lock down is... So I have an idea, doc that there is a lot of people that want to know when the lock down is over. Because is it not true that when life gets kind of humdrum or you might say there is some form of boredom setting in that you tend to decide to entertain yourself or medicate with food?

Dr. Colbert: Yes, because these are comfort foods. Again, people love comfort foods that give them that feeling of wellbeing. Like Thanksgiving, when you eat a Thanksgiving dinner you get that surge of serotonin that's that powerful feel-good neurotransmitter but also the sugar increases endorphins, it increases these powerful brain neurotransmitters that make you feel really good. So what's happening, people are many times eating junk food, lots of starches, lots of carbs, tremendous amounts of sugar.

James: Like how about chips? They're so hard to put down!

Dr. Colbert: They're designed, this is a man-made food that's designed, it is almost impossible to eat just one. You cannot say, "I'm going to eat one chip and I'm going to put it away." No! Keep the carbage out of the house! If you get it in the house and you open the bag, you're going to finish the whole bag, I guarantee you!

James: You know what I do? I study them to see if this particular bag might be any better than all the other bags. Are there any chip bags that are any good?

Dr. Colbert: Yes! Let me talk about that. Yes, there is one! A very good question. There are two.

James: There are more people calling in and tuning in from all over the world right now.

Dr. Colbert: Well, what I do to help stimulate the immune system, I use the keto zone. I take it a step further, make it the gut zone. The gut zone helps to repair the gut. That's where literally two thirds of our immune system, 75% is located in our gut. So we start feeding it good healthy carbs like, for example, have you heard of cassava chips?

James: I haven't! How do you spell it?

Dr. Colbert: Cassava chips, it is C-A-S-S-A-V-A. It's a form of starch that's gut friendly. And if you eat -- now don't eat the whole bag.

James: Can you buy them in a store?

Dr. Colbert: Yes you can, but you may have to buy it online. Health food stores will have them, usually. But I love the lime flavor cassava chips. Now I'll eat these at night, and I'll get me some guacamole. And that guacamole with cassava chips is amazing!

Betty: What about the cauliflower chips? I have some of those.

Dr. Colbert: Yes, that was my second one. Very good! And the other is the cauliflower chips. Now cauliflower chips -- word of caution -- if you eat that whole bag of chips, you're going to have a lot of gas and a lot of bloating. And you're going to have to clear the house.

James: Go to the other room.

Dr. Colbert: That's right! So caution with cauliflower chips. Only eat maybe five or ten or else you're going to be in trouble.

Betty: And that is the challenge because they're so good. You want to just keep eating them. And James will say, "Well, these don't have very much so..." And I said, "That's for one serving."

James: A lot of them don't have sugar.

Betty: It depends on how many servings of it you eat.

Dr. Colbert: Exactly! And if you could apportion those out with five or ten in a little baggy and then get the lime flavored. Oh my goodness! The lime flavored cauliflower chips, like the lime flavored cassava chips, are delightful!

Betty: That's what I need to do. Get those little lunch Ziploc deals, a lunch size, and hide the big bag but just leave those out.

Dr. Colbert: Put maybe ten in there and then say, that's it! Now let me tell you something that most people don't realize. When you eat about 100 grams of sugar, which is about two sodas, you decrease your immune systems capacity to kill microbes by as

much as 40 percent for about five hours. So sugar does it. Also too many carbohydrates like too much bread and pasta.

James: And that becomes sugar, right?

Dr. Colbert: Yes, it becomes sugar. When you eat white rice, literally that converts right to sugar. It's a very high glycemic carb. So that's why I call too many carbs carbage because it is garbage to our body and garbage to our immune system. But then there is just some of the most amazing foods that strength our immune system by feeding our good bacteria like certain fibers. Now not wheat bran. Wheat bran and gluten is highly damaging to many people's gut. Not everyone, but many. But one type of fiber is very healing for the gut, psyllium husk powder. Dirt cheap! You get it at the health food store. Psyllium --

James: What do you put it on? It's a powder you put on something?

Dr. Colbert: I put mine in water, but a lot of people hate the taste. If you don't mind tree bark it tastes good. I have a fiber called Fiber Zone that's delicious. If you don't mind the taste, I put people on a heaping teaspoon a day in the morning. Amazing! It feeds the good bacteria. What happens is that goes into your system, and it goes into the colon and it starts to feed the good bacteria where the good bacteria will ferment it and feed upon it.

But another super healthy food are polyphenols. Now that's a mouthful -- polyphenols. That's a super antioxidant and it is found in olive oil. But only the olive oils that have that bitter taste that when you take it you feel that burn in the back of the throat. A lot of the Greek olive oils have this.

James: Does it need to be the oil that's in the darker bottles?

Dr. Colbert: Yes, absolutely! Glass bottles -- not in plastic bottles, dark bottles. Very good. You've got to keep it in a dark closet because olive oil is perishable.

But also dark chocolate. Dark chocolate is so good for us but not the one full of sugar.

James: It's good -- not only good for us but its good sugar-free dark chocolate.

Dr. Colbert: Exactly! High in polyphenols as well as berries.

James: And by the way, we love you for telling us that. And I'm a chocoholic! Okay? But it's like a blessing because I'm not hurting myself and I'm actually enjoying a mint.

Betty: You talk about these in your book.

Dr. Colbert: Yes, I do.

James: That's what I really want -- I want to cut in here because I can see people trying to remember these terms. He just talks out like hello, how are you doing? The weather is nice! Temperature is 60. Okay! But it is not that way with us.

But you wrote... now let's just really cut to the chase because they're sitting here saying, "Where do I get all of this?" And so you were wise enough, caring enough, compassionate enough, really, a doctor generally interested in our wellbeing, not just the fact that we might be a paying patient, you actually care about people. So you wrote it.

Let's explain the book. You're going to go over these details because I saw all this gut stuff. It never occurred to me, you're always thinking this is the elimination process but it's actually doing something. Just like when you take the antibiotics, you're hurting good bacteria. There is good and bad bacteria. If you don't have the good, you have problems, just like when you've got the bad that the white blood cells and the other little special forces can't identify and capture and eliminate, they're going to damage you. But you're getting rid of them a lot of times you're getting rid of the good guys, you're killing the good soldiers.

Dr. Colbert: Exactly right, and you're hurting your immune system. That's why so many people, when they've been on lots of antibiotics, they've decimated their good bacteria where two thirds of our immune system is located right in our guts. That's why we've got to also realize that not only is our diet super important, I discuss that in detail but also we learn from past pandemics, like most people don't realize the Black Death killed, decimated about 20% of London and Europe about every 20 years for 300 years.

James: A cycle! And the Spanish flu, I heard about it here, I had no idea. Just throw some of the numbers out. It is staggering.

Dr. Colbert: Well, the Spanish flu of 1918 that killed at least around 50 million worldwide but some estimate as many as 100 million! This thing decimated the youth. This was when they started instituting masks. Now the masks back in 1918 were mainly made of gauze. Now can you imagine? But it still decreased the infectivity of the virus.

James: Even though it was more...

Dr. Colbert: It was more porous. Now our masks are superior to that, but we actually learn from these pandemics. The pandemics of the Black Plague or the Bubonic plague we learned quarantine, isolation, separation. Literally, they identified homes that had a plague person in there by a bale of hay attached to a pole. And any family member had to walk -- if they went in public, they had to walk around with a white pole that identified them that they had a plague member in their home. And they had to paint on the door a red cross and an inscription on a piece of paper...

James: Is this telling you to keep a certain distance from the person that had that pole.

Dr. Colbert: Yes, exactly! Because that was more isolation.

James: So in other words, when we're hearing, we kind of joked around about the

distance here. In other words, that's a very meaningful suggestion, recommendation.

Dr. Colbert: It absolutely is. And that was actually in the early 1500s. But on the door of a house that had an infected person in that house they had a red cross on that door with an inscription on a piece of paper that said, "Lord, have mercy on us." But then after 40 days they painted over the red cross with a white cross and then they commanded them to clean their house with Lyme. Now Lyme is a basic mineral that's in Lyme stone and it kills viruses and bacteria which is interesting. So literally, they established cleaning back then.

James: Are we right to assume that because we did take seriously the keto diet, you still believe it is an effective eating plan, that we took seriously, that we actually at the same time unknowingly, and here we are in the vulnerable age group, Betty and I, will be 77 around the time these programs air. So we're kind of the center of that zone of vulnerability so to speak, but in the keto plan have we actually strengthened our immune system?

Dr. Colbert: Absolutely you have. And again, what happens is we have two main arms of our immune system. We have our innate immune system that has our macrophages, our poly neutrophils, it has our dendritic cells, it has our complement, and it has the most powerful cells, the natural killer cells. I call them the Navy Seals of our immune system that literally patrol the bloodstream looking for viruses, bacteria and cancer cells and destroying them.

And then we have our acquired immune system. Our acquired immune system is based on our B cells and our T cells, which once we're exposed to a virus our body remembers the virus and launches an attack against it.

But by following the keto diet, you keep your innate system strong. You keep those natural killer cells strong. They're on patrol. They're the Navy Seals patrolling our bodies looking for viruses, looking for cancer cells, and along with other important nutrients,

like I talk about the importance of vitamin D3, the importance of zinc, also a bioflavonoid called quercetin is very important.

So again I talk about these key nutrients. When you give the body the food it needs, the basic nutrition it needs, you keep your immune system strong. And even though a lot of my patients have caught the viruses, I'm amazed how many people say, "I tested for the virus, I had it but I had no symptoms!" Because our immune system is fearfully and wonderfully made. I describe that in detail in the book.

Betty: That's what I liked about the book. It is pretty easy to read coming from a doctor. You know? But I find it interesting to know more about how my body functions and how it can function badly or very good because I've done my part to take care of it. A lot of times, I know years back we'd just go to the doctor and say, "Fix me!"

Dr. Colbert: Yeah! And they would give you antibiotics which is the worst thing for you.

Betty: They treated the symptom not necessarily what was going on. So I feel like this is power that, knowledge that I can take and learn from to take better care of my body. Not to say we won't get something but if we do, we have a better chance of battling it.

Dr. Colbert: And let your food be your medicine. Don't depend on an antibiotic, which does not treat viruses, it treats bacteria! And so many doctors still prescribe antibiotics for viruses. I'm amazed at how many patients come in with antibiotics, "Oh I've had this virus but I'm taking this antibiotic." I say, "No! We've got to repair the gut now."

Betty: Well, our bodies are the temple of God. We have a responsibility to take care of them.

Dr. Colbert: Exactly! But I'm not against antibiotics. If you have pneumonia, you better believe it, you need an antibiotic but we just over-prescribe antibiotics.

James: The quick fix without ever adjusting to the real problem. I find myself grinning inside while you were talking about all these things because I'm listening to these different names and I take them in precise supplement pills.

Betty: He's very good about it.

James: Many people tell me that you've got to be the most disciplined... And I'm so undisciplined! But for some reason, I bought the truth. I just believed it. Even though I didn't understand it, I believed you, I believed others who understood nutrition contributes, what we eat contributes to our wellbeing, the temple. God said a lot in the Bible about how we eat, what we don't eat. He taught us sanitation, he taught us things most of the world in the darkness didn't know. But what you do is you put all this in...

Here's the deal. You can't keep up with everything he is saying. He is a good communicator. He's a very effective communicator. He could probably stand here with a chalkboard. It may be a little easier. What he did, he put the chalkboard here in a very small container. Yes, you'll have to read. And I've got to be honest, one of the greatest problems we have today in taking care of the body is we don't read for education and enlightenment. Most people don't read at all. They just read headlines. They don't even read the articles. They just react to the headlines.

This is nonsense! If you will read, that goes for the Bible! It goes for everything, read it. Don't just listen to somebody talk about it. If you'll get in here and read, he's going to walk you through the plan. You say, man, he's got my attention. I think he cares. I think he wants to help me. You're saying he helps you and Betty. She got so on this plan and you were so amazing because she is very disciplined. Gosh, I pray so much, God, I would like to be more like Betty. I don't want to look like a girl, but I want to be more like Betty.

[Laughter]

Here's the thing. She's taken what Colbert has says, it's like it became a school book, a technical guide to just doing it right. Betty, you've just been a miracle worker. So she's taken this seriously. But I was so happy I'm doing what you said but didn't realize it. Because a lot of people look at me and Betty at 77 and say, "You don't look like that." They say she looks, you kidnapped her or something. The deal is, we're trying to do what's best. This is why, the book. We just faced a horrible thing.

Father, I pray for everyone that's lost someone. Boy, that's an empty place. Lord, help us to help others to know how we can stop that process, what Dr. Colbert is doing, in Jesus' name.

You want the book? We'll send it to you. Here's what we're asking all of you to do. We're asking you to become somebody's miracle. I want you to correct a little cleft pallet of somebody's grandbaby, somebody's child. Give them a miracle. I want you to give some little feet their first pair of shoes. We call it "Christmas Shoes and Smiles."

Dr. Colbert, this is the last week, but we just need an outpouring of love to give thousands and thousands of little kids their first pair of shoes. These are adjustable. They can usually wear them for a few years, and they are very durable. And the smiles... Can you imagine what that would mean if it was your family?

We'll be glad to send you Dr. Colbert's book because we want to help you and everybody you love. We want you to take care of the temple of God. Doc, I would be asking everybody in this audience to thank you for what you've already shared. We're going to be back in a few minutes. But all of you at home, if you want to make Dr. Colbert happy, do what he suggests for your own good. But I know what else he and his wife would say, give some smiles and shoes. Watch closely.

On the mission field:

Announcer: The sounds of children running and playing and having a good time often give way to sounds of pain and suffering because they have never had a pair of shoes to protect their feet.

Janice: Is he saying something? It's pain -- it's paining. Oh my gosh!

I'm in a village in Angola and came upon this child. This little boy is Augusto, and this breaks my heart. His little feet are in some of the worse shape I've ever seen. There were many in this village with horrible conditions on their feet.

Announcer: As our mission teams travel throughout the world, they see the unsanitary conditions that children like Augusto must cope with. Conditions that can lead to a lifetime of misery simply because their feet are not protected.

Janice: They're completely infected. He said there are insects that have gotten into his feet. I'll be surprised if he doesn't lose his toe. Disease comes in through their feet and just goes throughout their body. It can actually kill them.

Announcer: Augusto's condition is not unique. Thousands of children suffer every day from painful injuries or infestations such as hookworms that enter their bare feet. This can lead to diseases that cause chronic blood loss that leads to anemia, malnutrition, and sometimes, even death.

Janice: Please! Do what you can. Help bring shoes to little children like Augusto all over the world. You can be a part of something big and something even fun. But this is the reason we do it.

End of video

In the studio:

James: Do you know that one of the strongest messages I hear from God when I just get real close to him and he lets me know I love you to come, not just to share your heart, James, but to hear mine. And one of the things I hear the Father saying is, "James, you're helping me get my arms around the world I gave my son so redeem."

By bringing the church together as a body, a healthy body, the family of God, Betty, we're putting God's arms around children like that, like you saw Janice, the arms of Jesus right there. And Betty, we've been going all over the world doing this because our viewers have enabled us to. And they are the ones that provide the hope and the help for those challenges like you just saw.

And also, for the cleft palate surgery that we do. This is "Christmas Shoes and Smiles." I know God touched your heart when you were looking at that precious little boy.

Betty: That precious little boy! I get a blister on my toe and boy, it hurts really bad. I have to doctor it, I have to get it well before I can really put any pressure in a shoe or anything. Well, this little boy needs some shoes and many more like him. That disease starts in their feet but it can go all through their body, and eventually, they can die from it.

So I pray that your heart was really, really touched as you watched this little boy that's weeping because that's the only way he knows how to express his pain. He's hurting. And also for the precious children that want to smile so bad. We have precious great grandchildren and it makes my day when I get to see one of them and them smile. Let's give these children some smiles. They deserve it. They deserve to live like normal little children.

So please join with us and be the miracle in their lives that they need. They need a miracle. Let's be a part of those miracles.

James: Betty, I not only heard your heart, but I heard the loving heart of God. I know

you are so able to share God's heart.

This is the last week. We need a miracle. Think about this, now just think with me, \$36 will give ten children a pair of shoes. They can usually wear them because they do adjust. They are very durable. They can normally last a few years for those children. Could you give ten pairs of shoes, \$36? Could you give \$72 and give 20? Could you do more than that? And then what about the smiles? \$500 for a smile. It would cost far more than that in most hospitals around the world. These are medical teams that are willing to do it. This is the cost there. Could you give a couple of smiles with a \$1,000 gift?

Father, I know that that's a stretch for some but it's not for everybody. And nearly everybody watching, Lord could give ten children shoes for \$36. Would you please, Lord, move their heart?

Would you right now go online, take your bankcard, use it like a check? Make the best gift you can. We need it now because we're going to get the gifts, the shoes there by Christmas and they're going to know they're going to have a miracle smile. Would you please do it? We have got some gifts to send you. So beautiful! I'm hoping you'll give \$100 or more and get four of these beautiful little shoes. Betty, how many did you say you had?

Betty: I have 28 so if I get these, I'm going to have to get a bigger tree!

[Laughter]

James: You'll have 32. And everybody comments on them. They're so beautiful! You know what? They do inspire other people to give too. So please right now online if you want to mail your check in, make it to *LIFE* but call us and tell us what you're sending in. Would you do that?

Last week cause spot: This is the last week! Please call, write, or make your gift online

today.

James: Well, I want to remind you it is the last week. Father, please move on people's hearts, in Jesus' name. You're going to really bless a lot of people.

Dr. Colbert came to bless you. We never dreamed we'd be having a total worldwide shut down. But we can build our immune system to deal with it if it hits us, to be prepared, and to just change our wellbeing. Phenomenal! You'll want to get it and you'll want to share with others and have a smile on your face when you hear about, this works! And know, hey, you know what? I'm putting that in place.

And I say thanks to God and thanks to Betty and thanks to Dr. Colbert. Dr. Colbert, we love you and your wife Marion. We appreciate you. Thanks for sharing truth that changes people's lives.

Dr. Colbert: Well, thank you. Praise God!

James: We're going to do another show. Hey listen. We're going to be with you again tomorrow and follow-up and get you even more healthy than you ever imagined. Thanks for watching.