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Week 17: Spring Mission Feeding

James and Betty Robison

Dr. Don Colbert #1

JAMES: If you love life, not just *LIFE Today*, but if you love life, do not--do not take your eyes and ears off of this screen. I'm James Robison. Betty and I welcome you to *LIFE Today*. We're about life today, and your life. Now look, just pause a minute. A medical doctor here is going to help *Healthy Gut Zone*. Don't back off from that because you're going to find out something; that we're talking about something a whole lot more than a potbelly and a gut.

Now please listen to me. One of the greatest killers on the planet is obesity. There is another killer that contributes and the two in many ways probably cross over hand in hand and that is diabetes, and Type 2 diabetes, and then serious diabetes where you have to have insulin.

But now please hear this. Betty, you know this because you watched it. Because there would be times when you might have not been walking as tight as you wanted to in diet but you watched me, and you would try, you never have not tried to help me. You're the greatest helpmeet on the planet.

All right, God began telling me years ago, when you buy a half gallon of Bluebell homemade vanilla, and you sit it on your potbelly and eat it, God's talking to me because he sees how much I like hot fudge. You get hot fudge to put on that Bluebell homemade-- get me. God is speaking to his child that he loves, like he does you, "You're hurting yourself. You're hurting the temple, my temple." Literally speaking to me, "You're developing diabetes."

Betty, he told me that for years. What did this wonderful Christian do? I kept not taking care of God's temple. So I want you to hear this because this is not scolding. I know sometimes I can be pretty forceful, you may even think, overbearing. I don't mean it to be that way. I'm passionate about what God wants for you.

Let me just say this to all of you who watch *LIFE Today*. I believe you're the most caring people on the planet. I believe when you see a need that love can meet and you can have any way of being a part of that, you jump right in. You really do want to get God's arms of love around as many people as possible.

I want to share with you and Dr. Colbert is going to be talking to you in a few minutes. I want to see you be healthy so you can get God's arms around the people he gave his Son to redeem. This world is waiting for the love of God to be manifested to the family of God. We need to be healthy. So we need to take care of ourselves.

Dr. Colbert, welcome to *LIFE Today*. If the audience was here like they are, and we're trying to do things to just be careful, you'd be getting basically what amounts to a standing ovation. Everybody that knows you loves you. This is a very tough thing. The things that you said to me about dieting and about how you could actually literally change diabetes, I began to take that advice. Betty and I together. Here's a girl that's always been trim.

Now think about this. You introduced us to the keto diet which is a very healthy way to eat. I lost 25 pounds; we all knew I needed to. Betty lost 25 pounds that nobody knew she needed to lose. And the amazing thing was, I have no spikes in the long-term blood test or daily... I took it this morning it was 102. Now for a Type 2 diabetic, that's first thing in the morning, that's a good reading, right?

DR. COLBERT: That's great reading. Yes, it is.

JAMES: So I'm saying you helped me. I didn't start listening soon enough but I'm

listening now. So when we talk about gut we're not talking about potbellies, we're talking about what goes on inside. You know that when we have times like this you even medicate, or you want to feel better by eating. But if we'll just realize you can even feel better eating right there is something going on. So we're not talking potbellies, although obesity and potbellies are a problem, we're talking about health and the way we eat. Am I right about that?

DR. COLBERT: Absolutely right. What's interesting is during this COVID, the average weight gain of most of my patients is around 20 pounds of weight gained during the COVID pandemic--20 pounds! And they've been eating and craving sugars, carbs and starches. What I tell people is what Hippocrates, the father of medicine told us around 400 B.C., over 2,000 years ago. He said that all disease begins in the gut and we're just now finding that so.

Now again, all GI diseases like irritable bowel and acid reflux and colitis and Crohn's and diverticulosis and diverticulitis, of course, those all start in the gut. Well, we're finding systemic disease starts in the gut such as autoimmune disease. Most all autoimmune disease starts in the gut, as well as most mental health issues: Depression, anxiety, ADHD, autism, dementia, Alzheimer's, Parkinson's. And the biggest thing they're finding is obesity. And it is all related to these phyla or families of bacteria that should be inhabiting our gut. We have the wrong types that predominating in our gut.

For example there are four main phyla or families of bacteria living in most people's gut. The most common or the Firmicutes and the Bacteroidetes. The Firmicutes, I know it sounds crazy, you think Firmicutes will make you firm, no! They make you fat.

[LAUGHTER]

Now what happens just so happens when you have a predominance of Firmicutes you crave sugars, carbs, and starches. I've been wondering over the years why does so many people on the keto diet, they don't lose weight. Some people don't. Now most do but

some don't. That's because they have too many Firmicutes. These literally cause your body to extract more calories out of the foods and they cause you to crave more foods.

JAMES: How did those things get in there?

DR. COLBERT: They got in there from usually their doctors prescribing antibiotics, anti-inflammatories like aspirin and ibuprofen and other anti-inflammatories.

JAMES: Even medical pharmaceutical prescription drugs.

DR. COLBERT: Exactly. Especially our acid blocking meds, and the foods we eat. These G.M.O. foods that came out in the '90s, well, they have natural pesticides in them in the form of Round Up, or glyphosate as part of the plant that we're eating in many of these foods. And they can cause this condition called increased intestinal permeability where we have these tight junctions between our intestinal cells, and when we take these anti-inflammatories or antibiotics and acid-blocking drugs and genetically modified foods, many times this intestinal barrier, these cells are pried open between them.

So we get predigested food going into our intestinal tract and into our blood stream. And that in turn causes inflammation which starts the whole stage of a condition that eventually leads to diabetes, Alzheimer's, because that inflammation eventually reaches the brain, the blood-brain barrier that goes into the brain and starts inflammation in the brain. But it also causes inflammation throughout the body and eventually can lead to autoimmune disease. But it all starts usually with the meds that we're taking or the foods that we've engineered thinking we're going to be able to feed the whole world with these genetically modified foods.

But then there are certain foods that literally perpetuate the problem. They keep those increasing intestinal permeability, those openings, they pry those cells apart so the foods that is not digested literally goes into the bloodstream. And we find once that's been compromised, certain foods make it worse. They say, what does this have to do with

anything? Well, it starts to feed those Firmicutes; it starts to cause those to overpopulate the gut, which causes us to sign up for all these diseases, but it also creates tremendous inflammation.

But those foods include number one, gluten, which is in three main grains: Wheat, barley, and rye but especially wheat. So you think, what is made of wheat? Well, all bread, all pasta, all pretzels and most all cereals.

JAMES: Chips?

DR. COLBERT: Well, chips is usually corn, which is another genetically modified grain or it is a grain. But that's just one. Now another common one is lectin. Now lectins are something very few people know about. Most doctors have never heard of lectins. But lectins are proteins in the fiber of grains like wheat, as well as corn, as well as brown rice and these proteins are not digested. But what they do is they go into the intestinal tract and they pry these cells apart creating tremendous inflammation throughout the gut. And they're highest...

JAMES: Do you feel that inflammation?

DR. COLBERT: You don't initially.

JAMES: It doesn't necessarily mean fever.

DR. COLBERT: No, it doesn't mean fever. But what you start to have is you start to have bloating and gas, irritable bowel type symptoms, abdominal cramping, pain, constipation or diarrhea, brain fog, fatigue. These are all symptoms, especially after eating. All of the sudden someone's belly will bloat up, it will swell, they'll have gas, and belching and bloating and discomfort.

JAMES: Not pleasant people to be around. Let me interject here because this sounds

like, it's almost like a death sentence you're hearing. Actually, it is. It is a slow process. In the medical community and even in the pharmaceuticals, they're trying to help but what they do to help is just like, we've learned that antibiotics, it kills the bacteria and you'll notice if you don't take something to offset that effect because the good bacteria, as well as the damaging bacteria, is being destroyed at the same time.

And if you don't have the good bacteria, you normally will move into long periods of diarrhea, even after you go off the antibiotics, I know these things, I've learned. I didn't learn them from you, I learned from experience. I didn't know what was causing it, most people don't. But what I want to say is it is even the medical community and the pharmaceuticals trying to help that actually contribute. Is that right?

DR. COLBERT: Absolutely. Well, let me explain too, realize that approximately 70 to 80 percent of our immune system is right here in this gut. Now I'm not against antibiotics. If a person has pneumonia or kidney infections, we need them. But what happens, the majority of the doctors do not prescribe probiotics after taking those antibiotics. So they leave the gut and the microbiome decimated. And they don't feed it the foods that bring the population of good bacteria back. So we have to give the body both probiotics and prebiotics, and not the sugars, carbs and starches that feed the bad bacteria, to restore the immune function of the body.

JAMES: Well, here's what I want to get across to every viewer. This is not like hearing a slow death sentence. This is the cure. This is getting these cells back where they're not open to the invader, to the trespasser, the destroyer, the very unhealthy alien. This is showing people how we can turn this around.

So now, realistically because you've written the whole book, when Dr. Colbert writes a book, he's very detailed. You can tell. You and I cannot repeat the words he said. Not only do we not know what they mean, we do not know how to pronounce them. But he's telling us the truth. He's pronouncing the sentence and it is damaging and potentially deadly. So what he's doing here, now this is the deal. We're going to hit it a little bit

harder here. We're going to come back in the next program and we're going to more thoroughly go into showing how it works.

Now just so people get it because we're going to let them go into great detail here. They need to. We're going to give it to you. I'm telling you. You know what? We're going to ask you to feed hungry starving children. They don't have a gut. Their gut is simply diseased for lack of nourishment. You know what you're going to say? We can fix that! Well, Dr. Colbert is here to join with me and Betty and all of us learn how we can help you fix it.

This is about your life today. This is about taking care of your future. So I'm just going to say to you, James, please help us. We'll send it to you. Now I'm going to ask you to do this. Would you consider doing for someone else? Providing the miracle you're looking for in health that you would at least give them life by giving them healthy nourishment? So we will ask you to do that.

But I want so much to help your life, I want you to get this. I want you to listen to what he says because he's here for you. Betty and I are here for you. We don't look for something to do. We have 20, soon to be 22 grandchildren, we're not looking for something to do. I've had 60 years of public ministry and you've been right there beside me. We've been nearly 30 years now just sitting together, and we've been all over the world. So we care about you. You understand? That's why we're here! We're here because we love you. We're in your home because we love you. As much as we want children that are starving or children and people that are thirsty to have clean non-contaminated water, we want you to have a life that is full of meaning and joy, and the joy and peace of God so you can share it with others.

Doc, tell us what you want us to hear today and set up what we're going to go into in the next program just a little bit. Would you?

DR. COLBERT: Well, first of all, you're going to learn how food becomes your

medicine. And we build on the *Keto Zone* program, but we find that certain foods on the *Keto Zone* actually can hurt the gut. But number one, foods that hurt the gut that are keto friendly is the dairy. Now again I'm not going to take all your dairy away but I'm going to show you what dairy you can have. Instead of regular cheese, feta cheese. Feta cheese is 70 percent sheep cheese, 30 percent goat cheese. And feta cheese doesn't have the casein A1 that inflames the gut.

JAMES: Is it sharp or mild? Because Betty and I don't like sharp tasting cheese. I don't like blue cheese.

DR. COLBERT: That's fine. But I'm just saying for those cheese lovers I give them a healthy alternative, low fat cheese. We don't eat feta cheese by the...

BETTY: That's good because we weren't really aware of that.

DR. COLBERT: Right! But feta, sheep and goat cheese are generally healthy for the gut but casein, especially A-1 actually usually inflames the gut. The other thing that inflames the gut are excessive saturated fats of which most people weren't aware of before. We now have scientific evidence. So all the butter and the cheese and the cream and the coconut oil and the fatty meats and the fried food, we try and cut those down to heal the gut. I tell my patients, lay them on the altar 'til the gut heals and then just in moderation these foods.

So I teach them how to let their food be their medicine so that we can heal and restore the gut which is the foundation of health. You never build a house starting with the walls or the roof, you always start on the foundation and the gut is the foundation for our health.

BETTY: It is not a matter of just cutting out all fats. You do need... There are some good fats your body needs.

DR. COLBERT: Absolutely. Betty, what I do when I go to a restaurant, I carry my own

bottle of high phenolic olive oil in a bag. I go in the restaurant, I start with a huge salad. Lots of green, green veggies, and just full of veggies and onions and mushrooms, which are gut healthy. Then I pour my olive oil all over it. I don't pour just a teaspoon, I pour like three to four tablespoons. And then when I finished...

JAMES: By the way, that's the only oil we use now. Period! By the way, butter, can't you get healthy butter? We use what they call this, you don't ever put it in the refrigerator.

DR. COLBERT: Yes, ghee is the best. Ghee, just don't use huge amounts. Just a small amount because we have new research, I can talk about later, about the lipopolysaccharide gram bacteria cells that are in the gut that literally, we all have them in our gut, but they ride and hide on saturated fats, excessive butter. And they go through those little increasing intestinal permeability and then they inflame the body and inflame the brain. And Alzheimer's patients have three times as much lipopolysaccharide as normal brains. So we know they inflame the brain, they set the stage for Alzheimer's, dementia, Parkinson's. So I discuss all this in detail.

JAMES: All right. Here's what I want to do. I want to just take this time. I don't just want to pray for you, I want to pray for everyone you love in your family, your spouse, your children, your parents, your neighbors.

Father, Betty and I are 77 years old, married 58 years. We've enjoyed our grandchildren, our great grandchildren. We've enjoyed helping other people enjoy life. We've enjoyed sharing your love and your life all over the world to the least of these. But Lord, I'm praying right now for people watching us all over the advanced world, some in third world countries, we want the best for them. We want them to be able to love those you've given them to love. We want them to live to be loved by the people who long to continue loving them. We want you to give us a long, meaningful life making kingdom impact. So you use what Dr. Colbert is sharing, what Betty and I are trying to share with precious people. If they'll just hear your truth, it can change everything, in Jesus' name.

You want this book? We'll send it to you. Betty, we have been feeding hundreds of thousands of children now for nearly 30 years and we have seen millions of lives saved--millions of them! I want you to know right now that you're going to see long lines. You have become their miracle. We've got 350,000 of them rounded up right now and organized. Many times those lines explode in length when people find out what's there. That's why it is like Betty prayed, "James, I want the line to feed these precious hungry malnourished children to always be longer than the ones standing in line to be fed." You're the answer to that prayer.

I want you to watch and we're going to try to help you with your life, but you're going to become the miracle of life itself for the ones you're looking at.

On the mission field:

Open Captions:

Malnutrition contributes to the death of over three million children under the age of five every year.

>> It is not a new problem. And it is easy to be overwhelmed by its size, so many statistics laid before us. Of course, they're important but as we look at numbers, we can sometimes lose sight of what's behind them. So what is behind these numbers, among those masses? Well, there is Martino, Branco, Vida, Idalena, Antonia, Rusadya, Victoria, Maria, Sabena, Anna Paula, Mateo, Jenerosa, Adriana, Dinanona, Nasa, Paula, Azikia, Gendenia, Fernanda, Esperanza, Alena, Myodi, Estari, Myosa, Cecilia, Tatinia, Roberto, Thomas, Immanuel, Jenny.

When it comes to numbers the most important of all may be one. Just start by helping one.

End of video

In the studio:

JAMES: You may wonder, James, do you all connect and really interact with these precious little children? You have no idea. Because see, when you got basically soon, we have 20 grandchildren, now soon 22, in just a few months. You know who they are and they're precious. You see we look at those little children, because Betty and I went there and held so many of them. As a matter of fact, we held some of them the last time they got held because they died before the next sunrise.

But we watched so many of these little children totally turned around. One of the greatest things, one of our viewers did, one of our friends did, was said, "When you get them healthy and then you all want to get them in school, and then you just feeding them at school." And you said, "They won't have anything to play with." He started giving them a soccer field and he actually helped them develop some soccer playgrounds, and actually put up what was the first bleachers for soccer in Mozambique out in the remote areas. And then it multiplied. It's just these little children being happy.

Do you realize that the mothers of those children you were looking at and hearing all those sweet little names, boy, you're precious. Do you realize that's the greatest treasure those parents have? They don't have all the entertainment opportunities we have in the more advanced nations of the world. That little child is, that's their greatest joy. You know what a joy it is to us and we're surrounded by opportunity to find something to make you smile. They're not. This is their life.

You're the ones that can give them life, meaningful life. So when we ask you to help us feed 350,000 children would you just say count me in. I mean I saw some of them. Boy, I'd want to be sure they were okay. That's the way we want to identify because that's the way God sees them. He loves them like that.

So here's what I want you to do. I want you to go online, I want you to dial that number

that's a prayer line. Or people call in and say, "James, would y'all send me that book help me get healthy?" You better believe it because we love you. Okay? And love is going to pay for that somehow.

But here's what I want you to do. You call that number and say, I'm going to feed three, five or ten children. Now let me break it down. This is not total childcare. This is emergency malnutrition remedy. This is food--healthy food. Especially designed with the nutritional needs met in each precise area because of the research that goes into it. You make all that possible. You made the food production factories. You did all that--the delivery systems, the trucks.

But right now we need your support: \$30, \$50, \$100 feeds three, five or ten children for the next months. Will you care for ten? Could you give \$100 to give them a miracle that lasts a lifetime? A miracle of God's grace and love. Would you do it? By the way, if you give \$1,000 you feed 100 kids. We need to rebuild some malnutrition clinics which is the last place they go to try to find life. Sixteen of them have been destroyed by floods, by other problems, and they need to be rebuilt. They're \$24,000, maybe a little over that, a piece. It's right at \$400,000 total.

God, we need some big gifts to rebuild those clinics. We want these children to live, in Jesus' name.

Would you go online? Would you dial that number and make the gift? We've got some very special gifts to send you, Dr. Colbert's book. But we also have a tremendous "It is Well" Quiet Time Bundle. This is fabulous! And then the picture of Jesus, the portrait; it just captures his compassion and his love that we're sharing right now. And if you'd like to have "The Divine Servant" bronze, which is such a beautiful picture of kingdom servanthood we'll send it to you; you make that gift of \$1,000. Go right now to the phone or go online, make the gift God put on your heart. You're giving life.

On the mission field:

Announcer: Across the continent of Africa, children are suffering facing severe malnutrition and even death. With food reserves gone and many areas experiencing severe famine, we urgently need to replenish supplies to keep feeding the 350,000 children who are counting on us.

Call now with your life-saving gift of \$30, \$50, or \$100 to help feed and care for three, five or ten children for three full months. Also, please consider an extra gift to help immediately rebuild malnutrition clinics destroyed by record flooding in South Sudan. The urgent need is \$392,000 above our normal feeding budget and is critical to help save the lives of those who are suffering most.

With your gift of any amount we will send you "It is Well" Quiet Time Bundle featuring an instrumental music CD with 12 classic hymns and a 31-day prayer booklet to help renew your soul.

With your gift of \$100 or more, request the "No Greater Love" framed print. This portrait is a reminder of our Savior's love and the price that was paid for our salvation.

Finally with your gift of \$1,000 or more to help feed and care for 100 children be sure to request our inspiring bronze sculpture, "Divine Servant." Please call, write, or make your gift online today!

End of video**In the studio:**

JAMES: You know Betty, we've often prayed that someday everybody watching, everybody who heard would heed, and not just be a hearer of God's word but a doer of it. I believe everybody's helping. If you say, would you help me and you think this would

help you or someone you love, you just ask for it and we'll send it to you. Thank you for helping us share life.

Dr. Colbert is going to be back with us on the next program. Dr. Colbert, thank you so much for being here. I look forward to hearing more of this. Even though you're talking about the gut. You're talking about a whole lot more than just a belly. You're talking about health and we'll be talking to you about it. Thanks so much for watching.