

1/3/22

**Week two: Product week: Water Wells**

**James and Betty Robison**

**Dr. Don Colbert**

**JAMES:** I welcome you to *LIFE Today*. I'm James Robison. Betty and I were just praying with our guest, Dr. Colbert. Many of you know him; if you don't know him, you're going to want to know him, and you'll be glad you met him. But as I was praying, I was praying for God to bless you. Believe me, with all of our hearts, we want to see you blessed because we've discovered there is no greater personal blessing than blessing others. And there is nothing that pleases God any more than his love and his great ability to bless, to flow freely through us so that we're blessing others.

Well, you're going to be blessed. Let me tell you what I think will happen. If you grasp what we're sharing, and it grasps you because it's truth that transforms and produces life, if you're grasped by it and carried by it, your whole world is going to change. But the beautiful thing is, the life and world of many others are going to change because you'll begin to bless others.

Dr. Colbert is here. So right where you are, you can say thank you, Lord, for bringing Dr. Don Colbert back. He is a great medical doctor and serves in Florida and Texas now, in the Dallas/Fort Worth area. He has changed the lives of so many people. Betty and I, you know because I'm always the subject, I'm willing to admit I need help. So every counselor that comes or advisor, you all figure well, Betty prayed those people in to help James.

**BETTY:** How did you know?

**JAMES:** Well, I just think God answers prayer. So I always submit to admit that I may be the neediest person in the whole audience. Well, in the area of eating healthy or fighting to not be overweight, or it doesn't look pleasing, or doesn't look like other people, we think... By the way, please do not become self-conscious about the way you look and let that damage you. The fact is our body is the temple of the Holy Spirit and we should care for it. We should want to avoid anything that damages our health, our life, and hurts our future because of the love our family, children, grandchildren, now great-grandchildren have for us. If we shorten our life... Betty's dad has, I'm sure, way over 100 grandchildren now when you include the greats and the great-greats, but he only saw three of them because he died when he was 49 of cancer. So we want to extend your life so you can continue to bless the people you love.

Well, we found that Dr. Colbert really helped us with the keto diet. Betty and I went on that, as you know, a couple of years ago. Betty didn't look like she needed to lose weight, but she lost 25 pounds. You're like, God! She couldn't have! How could she? She is always looked great! Well, she did. And I did too. We notice, though, that you stick with things, but then you begin to wonder if any of it, perhaps, is not as effective as it should be? The guy that wrote the first book on keto and the importance of it and its effect was Dr. Colbert. It impacted us, changed our lives in so many ways. But we began to detect some things that we wondered were exactly right.

Well, unbeknown to us, Dr. Colbert is seeing it clearly from a medical point of view; scientifically, he's looking at it, nutritionally, he's looking at it. So he came out now with *Beyond Keto*. He's going to tell you how he actually pulled another very popular and effective diet, the Mediterranean diet in. He's going to explain this to us. He also came on our show, and he taught *The Healthy Gut*. Now that doesn't sound very flattering, or it's not just attractive. But you know, no guy looks beautiful with his gut; women do not like their stomach not to be nice. Well, what's going on inside the stomach, in the intestines? That's the real issue.

So what we've got now, you talk about a healing process to give you, and Dr. Colbert is

going to help us. He's going to be with us all this week. His wife is going to join us later in the week, and it's a miracle what happened to her. And she's going to tell you about it.

Dr. Colbert, everybody is not cheering, but they're cheering in heaven that you're here to help the people God loves. So the keto diet really did help a lot of people; is that correct?

**DR. COLBERT:** Yes, it did. Absolutely. But let me explain, back 25 years ago, James, I wrote a book *What Would Jesus Eat?* And this was a Mediterranean diet, back 25 years ago. But then we found that we have so hybridized and crossbred our wheat that wheat is very inflammatory. So then what happened is I started decreasing inflammatory foods. I realized the keto diet is one of the healthiest programs if you do the healthy form of the keto diet. So what I found is most people have weight problems because they're eating too many carbs, sugars, and starches. In fact, the U.S. dietary guidelines recommend we consume 45-65% of our calorie intake as carbs -- carbohydrates! Well, that converts to sugar. We just signed up for pretty much every disease: Type 2 diabetes, heart disease, high blood pressure, but especially weight gain.

So that's why back in 2016, I wrote the book, *The Keto Zone*. And in *The Keto Zone*, I showed people what to do to get them in the state of ketosis, a metabolic shift that enables your body to burn fat as fuel. When you burn fat as fuel, something amazing happens. When people have those big bellies, usually they have acid reflux. When they go on the keto diet, they burn that fat usually first, and so, many times, symptoms of acid reflux go away. Fatty liver, they start to burn the fat out of their liver. They start to lower their insulin levels, their water weight goes down, and many times blood pressure reduces.

The most amazing thing I see is in blood sugar control. When you decrease those carbs down to about 20 grams a day from about 200 to 500 grams a day, the blood sugar starts to plummet. Now, if a person is on insulin, if you're Type 1, do not stop your insulin. But if you're a Type 2 or have prediabetes, of which approximately 50% of the people in the U.S. are either diabetic or prediabetic, we have an epidemic.

But the biggest thing, like I say, is our obesity epidemic. We have an epidemic of over 40% of Americans being obese. Back in 1960...

**JAMES:** You're talking about something actually dangerous. It could be deadly.

**DR. COLBERT:** Absolutely! Because back in 1960, only 14% were obese. Fast-forward to 2020, 2021, 2022, now over 40% are obese. When you're obese, you sign up for every major diseases, not just diabetes and prediabetes but also heart disease, high blood pressure, fatty liver, neurodegenerative disease, Alzheimer's disease, and even cancer and autoimmune disease. So that's why I wrote the book *Keto Zone*. But then I realized something was happening to my patients. They were coming back to my office, and they'd seen their primary care physician. I look, and all of a sudden, I look and see, well, you're taking a statin medication, a cholesterol-lowering drug. Why is that? "Well, my primary care said my cholesterol went up 100 points."

I said, "What are you eating?" They were eating slabs of butter, slabs of cheese; they were just pouring lard in stuff.

**JAMES:** And that's on the keto diet.

**DR. COLBERT:** Yes. But again, they were taking --

**BETTY:** But just in moderation.

**DR. COLBERT:** Yes! Moderation. Lots of coconut oil, lots of fatty meats, lots of bacon and sausage, and big, huge T-bone steaks!

**JAMES:** And you do eat some of that, but you don't just get consumed by it, right?

**DR. COLBERT:** Correct. So what I found is these people were actually shooting their

cholesterol up, coming in with a statin. Then when they started the statin, they had all the side effects of the statin medication, which were fatigue, brain fog. They had low testosterone, low hormone levels, and decreased libido. And everyone started freaking out, saying, "What's wrong with me? Now I need medicine for this and this and this."

So I said, "Let's back up. Let's decrease your saturated fats. Let's put you on some anti-inflammatory fats that actually lower cholesterol like olive oil, like avocado oil, like seeds and nuts and psyllium husk powder, and things like that. Fiber binds cholesterol and lowers cholesterol naturally by as much as 10-20%.

And so we started changing the keto. I found we needed to make three key additions to the keto diet. Number one, we needed to add more fiber, and most every keto diet doesn't have enough fiber. So I put that piece in, mainly with the psyllium husk powder with the seeds and the nuts. And then I said, also, we're going to have to add more veggies because people were eating bacon, sausage, tons of eggs, and no veggies!

So I said, let's start adding salads. Let's start putting lots of veggies on our salads. Let's pour olive oil on our salads. Let's shift our fats over to these powerful monounsaturated fats, olive oil. And I'm going to talk about this in a minute, it is one of the key reasons why the Mediterranean diet is so heart-healthy. We have so much research over the last few decades that show the tremendous cardiovascular benefits. It actually prevents heart attacks, prevents strokes. So that's when I started blending the two. And then also, what I started doing was adding omega-3. The keto diet doesn't contain enough omega-3.

**JAMES:** Which is what?

**DR. COLBERT:** Omega-3 is fish oil. Fish -- healthy fish, wild salmon. And so most Americans, about 90% of Americans don't take sufficient amounts of omega-3 fats.

**JAMES:** You know we did. That was something that we actually went to...

**BETTY:** Yeah. We take the omega-3, and we eat a lot of wild salmon.

**DR. COLBERT:** Very good! That's the most anti-inflammatory fat we have.

**JAMES:** Basically, the keto diet seemed to work well for us. We noticed very little of the concerns. But we did finally see them, as I said even in the opening. Now then to see you come along and balance it. A lot of times, we find something that works, and we tend to go to seed on it. In other words, we make that the whole focal point. We will then exaggerate the parts that we really like and throw them out of balance. And what Doc has realized is I've got to help these patients. They're doing something right, but you can also do right wrong by overdoing certain aspects of it, which our basic taste and appetite is a driving force.

I think the reason, too, that we have such a problem with obesity is that God gave us the appetites and the taste buds to recognize what's really good. And really, he's not against what's really good. He gave us these taste buds.

**DR. COLBERT:** But what has happened is our taste buds have become accustomed to super sweetness. And so, the manufacturing companies have capitalized upon this. They're creating all these artificial sweeteners to get us hooked to super sweetness. We have to break that habit. Let me tell you something that's happening. When a person goes on a keto diet with all the healthy fats, it suppresses appetite and especially...

**JAMES:** It definitely does.

**DR. COLBERT:** And especially when combined with the fiber, that's a one-two punch.

**JAMES:** Describe fiber in an item so they can understand.

**DR. COLBERT:** Your foods that are the highest in fiber are your beans, peas, lentils; we don't allow these on the keto diet until we hit the Mediterranean phase of the keto diet,

once you achieve your weight loss.

**BETTY:** What about broccoli?

**DR. COLBERT:** Now broccoli is good. It has some fiber in it. Now berries have some fiber. And grains -- again, grains have a lot of fiber. We've got to cut those out; they're full of carbs. I call them carbage. There are so many carbs in the diet. It is like garbage to our bodies because it spikes our sugar, creates a runaway appetite, and we never shift into the fat-burning zone, which is *The Keto Zone*.

So that's why again, we've got to learn what to do, what to eat. That's why I made it so simple. We've taken out all the issues that were tripping people up. We've added the fiber. We've increased our healthy fats to control our appetite because that's the big thing about keto. It controls the appetite, shifts you into the fat-burning zone, so your body starts burning fat. And usually, it starts by burning belly fat, which is the most toxic fat in the body.

But also, it controls the blood sugar. This is what is so exciting for me because I see at least 50% of my patients with either diabetes or prediabetes -- either one. I have some type ones, but they have to stay on their insulin. So I always emphasize, do not stop your insulin. But with my Type 2's and prediabetics, it's amazing how we're usually able to control their blood sugars with just their diet. I see those hemoglobin A1C's drop from 7.0, 7.5 down to 5.5, sometimes 5.2! Their doctors can't believe it. They say, how can you do this?

Because when you lower those sugars, carbs, and starches and burn fat as fuel, that blood sugar usually comes down dramatically. Now it may take them three to six months, just be patient, and again, they need to add that fiber. Fiber adds another layer of protection to help them in lowering their sugar.

But one of the most powerful effects of this new healthy keto diet is the

anti-inflammatory effects. Realize sugar, carbs and starches are inflammatory to the body. Why? Because of a hormone that is produced called insulin. When you eat a lot of sugar, you're raising insulin levels. Insulin, excessive insulin, is inflammatory to the body. It literally, your body shifts to burning sugar as fuel. It breaks those carbs and starches down to sugar, and sugar is a dirty fuel; just think of an exhaust engine. Just think of a big old 18-wheeler and that big old plume of smoke that comes out of the exhaust. Well, sugar is similar to that because when you burn sugar as fuel, you produce a lot of free radicals.

But when you shift over to burning fat as fuel, especially healthy fats, not inflammatory fats, I discuss all of that in detail; you are literally what I call clean fuel. It is like having a hybrid car where you can shift from burning gas or electricity, battery-operated power. It's a clean fuel. When you burn fat, it's a clean fuel. So when you do that, literally, you can go for hours without being hungry.

And people say, how do you do it? You can go for six to eight hours without eating. So you can literally start practicing intermittent fasting. When you do that, literally, you are able to go all day. Some people just eat one or two meals a day, and they're able to burn the fat right off. And they have lots of energy to spend. Because of fat, you've got tens of thousands of calories of fat stored in your body, so your body starts to burn that. And your body is burning the fat that you're taking in, your healthy, clean fuel fat. So you're burning olive oil, you're burning avocado oil, seeds, and nuts, and other nut oils. Now you can still have a little saturated fat, a little ghee. I like ghee. Now people say, "What is ghee?"

[Laughter]

**BETTY:** James always calls it gee!

**JAMES:** But it's good butter that you don't have to put in the refrigerator. It's nice; it spreads easy. It's really, really good. It's okay.

**DR. COLBERT:** It's amazing. A little ghee, a pat or two of ghee is fine because ghee is clarified butter. What they've done is they've removed all the casing out of the butter. Casing is inflammatory to so many people. And so we cut that out, and it is amazing how inflammation subsides. I'll put a little ghee with some avocado oil, and I'll cook my eggs in that. Tastes delicious. So again, we make it taste really good. I have recipes in the back that are really good tasting.

**JAMES:** I want to cut in here because we don't have -- I've always told my guests, we don't have Oprah's time or Dr. Phil's and others. What I want you to know is you've heard him say several times, I explain, and I show, and I do. So you say, where? When do you show? That's what we're talking about. In other words, you've got this guy sitting here. He's captured your attention, but while he is talking, I know your mind is saying, yeah, but. Well, what about that? Okay, here. Here are all the "yeah buts" answered. Here are all the other angles that you have to look at. And here's what you do. And if something gets a little out of whack, you feed it. He tells you when you see it or says this, here's how you balance it. It's like he's invited you into the room, like a doctor is going to spend like hours with you, but you control the time of that hour that's spent. And you go through the instructions and teaching, as well as the explanation as to why these things matter.

So Doc is going to be here with us this week. You really should get *Beyond Keto*. Because what he's done is he's made something good better, even more effective. And I can promise you, you already know I like this guy. I think this guy is actually trying to help us, which we want our medical doctors to do. We want to believe in them. Well, you can believe Dr. Colbert wants to help you because we've known him for a long time. He's impacted our life.

It's so amazing to me, Doc. Do you believe we can hear God's voice? If we know his word, we can know his voice? Well, God told me over the years that I'm a sugar addict, the taste and appetites that can really get you. I ate so much sugar. I used to laugh about it. I'd get half a gallon of Bluebell and put it on my belly. Betty says, "Well, you've

developed a table there to set your gallon on." I'd eat at least half of it. If I didn't eat half of it, I didn't feel like I had anything. I could actually eat the whole thing. I would get a dozen Krispy Kreme donuts right after they came off of that little warmer, and I could eat the whole dozen. God forgive me! Don't fuss at me! Don't chew on me!

Because here's what God told me, his voice, he said, "You're causing diabetes." He said, "You're causing diabetes." It is not genetically in the family, but I did. And the beautiful thing about when I went on keto is what happened to my blood sugar levels and all the things. I got so tired of sticking my finger, but it never registered up anymore. So I told the doctor I was getting sick and tired of punching this. So when you say you can level it out, you're not exaggerating.

Here's what I want you to do. I want you to get the book. You know that we have put God's arms around the overlooked all over the world. Right now, the very next stage in *LIFE Outreach* is drilling more wells. So you can help us do that. You make any gift to help us help others, we'll send you *Beyond Keto*. If you'd like to have all three books that we're offering right now, *The Healthy Gut*, *Keto Zone*, this is important, and *40 Days of Healing Promises*, here's what I want you to do. I want you to look at a very real scene that you don't need a book to cure. All you need is love and a desire to bless somebody very effectively. I want you to watch this. Then I want you to decide, do you want to change somebody's life forever? You watch. You be the miracle.

### **On the mission field**

**ANNOUNCER:** With your help *LIFE Outreach* has drilled over 7,000 water wells in villages around the world for children in need. But the sad reality is that many still lack access to clean and safe drinking water. Out of desperation some people have dug their own wells to try and quench their thirst.

**JAMES:** Here is a well right here for a family, it's a hand-dug well. They've got a container like this that they lower down into the well. Again, you look at this water and it looks pretty clean but it's actually got sewage in it.

**ANNOUNCER:** The problem with these hand-dug wells is that they're exposed to outside contaminants which threaten their very lives. The proven solution is to drill a well that's sealed off from this contamination. But it can't be implemented without your help.

**BETTY:** I would not want to give this dirty water to our beloved little pet, Princess. They drink it because it's all that they have. You know as a mother I want to fix it right now, but we can't do it by ourselves. We need your help to join with others. Let's give these people some fresh water; just give them a chance to watch their children grow up.

**ANNOUNCER:** Clean water is more than a luxury. Clean water is life.

**End of video**

### **In the studio**

**JAMES:** It's a real simple thing to give them a well that is non-contaminated. I want you to notice. Every time you'll see where we drill a well, we put in a mechanic pump mechanism in some areas where we begin to give food and care at schools to keep the kids in school; they actually make the pump merry-go-round. And as the kids play on it, they're pumping water up into a storage tank.

In other words, we work to give people life, and it all comes because somebody wants to bless them because of the love of God in our hearts. When you look at those children, and you see how happy they were playing.

**BETTY:** I love that part of it.

**JAMES:** Well, they actually, it's clean water -- play in it. Do you know what they're saying? We know where it came from! Because when the missionaries come driving up or they bring us in when we came from the United States and these people in the U.S. and around the world love them, they're so happy to see us. They just rejoice.

Would you help us drill water wells? Here's what we're asking you to do. You make any gift to help us share life, and we're going to send you the *Beyond Keto* book. And if you would like to have the others, you make a gift of \$75 or more to help, and we'll send you all three books to say thank you and to bless you and give you the opportunity of blessing others by sharing what you learned and what you experienced.

Would you right now prayerfully consider going online, making a phone call where people are calling right now saying, I want the book. I want the information, and I'm going to help you. Would you do that? And then use your bank card like a check. Or if you write a check, make it to *LIFE* but call us and tell us you're sending it in. Then we'll send you the book or the books, the material that we promised. Thank you for doing it.

### **Begin video clip**

**ANNOUNCER:** Waterborne illness is a killer that strikes the most vulnerable. For many impoverished families, the death of a child is the tragic result of having no choice but to drink contaminated water. But with your help, they won't have to make this choice ever again. Mission Water for LIFE provides clean, fresh drinking water for thousands of children and their families, giving them a life free from the fear of death.

With your gift today, you can help drill and establish 350 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 provide for 15. And \$144 will help provide life-giving water for 30 people for a lifetime!

With your gift of any amount, we'll send you Dr. Don Colbert's book, *Beyond Keto*, filled with advice and delicious recipes on how to begin a Mediterranean/Keto lifestyle. This book will give you the tools you need to conquer disease and lose weight for good! With your gift of \$75 or more, please request the "Health and Hope" package. This three-book set includes *Beyond Keto*, as well as Dr. Colbert's *Healthy Gut Zone: A practical guide*

for healing your digestive system. You'll also receive *40 Days of Healing Promises*, an inspiring leather-bound devotional that will encourage your faith as you dive deep into God's healing promises available to you.

Please call, write, or make your gift online.

**End of video**

**In the studio**

**JAMES:** I not only pray that you get *Beyond Keto*, in the next program, you're going to hear Dr. Colbert work in the Mediterranean, which many people really know that has helped them. When you mix the two, it seems like you get the best approach to total health, as well as weight loss, as well as balancing your blood sugar. Just really getting your system healthy. And it can happen very rapidly, can't it?

**DR. COLBERT:** Absolutely! Absolutely!

**JAMES:** That's what we're going to help people do. So in the next program, and then later in the week, you're going to hear Dr. Colbert's wife talk about the miracle she's experienced by listening to her husband as a medical doctor and listening to the Lord. So I hope you get the book.

Thank you so much for helping us share love with people all over the world, the unnoticed, the least of these, and giving them water. What a blessing! Thanks so much for watching. Thanks for helping us.