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Week two: Product week: WFL

Sheila Walsh

James and Betty Robison

Dr. Don Colbert

SHEILA: Welcome to *LIFE Today*! I'm Sheila Walsh. I'm really glad that you've joined us for this program, and I think you will be, too. One of the things I love about our viewers is the way that you respond whenever we present appeals for either Mission Feeding or Water for LIFE or Rescue LIFE. You step up, and you step in, and you make a difference to people all over the world. We're so grateful! James and Betty are very aware of the fact that many of you who call in are struggling with issues of your own health issues! We just wanted you to know, we really, really care about that.

One of the biggest things in America is always trying to lose weight but trying to do it in a healthy way, trying to have a strong immune system. We know that inflammation causes all sorts of damage to the body, but we determined that we want to help you make a difference so you can serve the Lord for longer.

Recently, Dr. Don Colbert was in town, and he sat down with James and Betty and shared some new information that I think will make a huge difference. He has a fantastic new book, and he wants to be able to share this with you in this new year. So I want you to watch this, and then I'll come back and let you know how you can get a hold of these potentially life-changing books. Watch this.

Begin video clip

JAMES: This world is waiting for the love of God to be manifested in the family of God. We need to be healthy, so we need to take care of ourselves. Dr. Colbert, welcome to

LIFE Today.

DR. COLBERT: Thank you.

JAMES: 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 you said to me about dieting and 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. The amazing thing was that I had 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 a 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 when we have times like this that you even medicate or you want to feel better by eating, but if we'll just realize we 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. I tell people 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 G.I. diseases like irritable bowel and acid reflux and colitis

and Crohn's and diverticulosis, diverticulitis, of course, those all start in the gut. But 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 are predominating in our gut.

For example, there are four main phyla or families of bacteria living in most people's guts. The most common are the firmicutes and the bacteroides. The firmicutes, I know it sounds crazy, you think firmicutes will make you firm. No, they make you fat.

[Laughter]

Now, what happens when you have a predominance of firmicutes is you crave sugars, carbs, and starches. I've been wondering over the years, why do so many people on the keto diet not 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: Or even medical, pharmaceutical, prescription drugs.

DR. COLBERT: Exactly! Especially our acid-blocking meds. And then the foods we eat, the 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; this part of the plant that we're eating in many of these foods. They can cause this condition called Increased Intestinal Permeability. We have 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, these intestinal barriers are pried, these cells are pried open between them, so we get predigested food going into our intestinal tract and into our bloodstream. That, in turn, causes inflammation, which sets the 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 usually all starts with the meds we're taking or the foods we've engineered, thinking we're going to be able to feed the whole world with these genetically modified foods.

But then certain foods literally perpetuate the problem. They keep those increasing intestinal permeability, those openings, they pry those cells apart so that the foods that are not digested literally go 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's made of wheat? Well, all bread, all pasta, all pretzels, and most of all cereals. Well, chips are usually corn, which is another genetically modified grain or a grain. But that's just one.

Now another common one is lectins. 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 their highest...

JAMES: Do you feel that inflammation? Inflammation 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 a sudden, somebody's belly will bloat up. It will swell. They 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. And the medical community, and even the pharmaceuticals, they're trying to help, but what they do to help is just like we've learned that antibiotics kill the bacteria. You'll notice if you don't take something to offset that effect because the good bacteria, as well as the damaging bacteria being destroyed at the same time. If you don't have the good bacteria, you normally move into long periods of diarrhea, even after you go off the antibiotics. I know these things; I've learned. I didn't learn it from you; I learned it 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 contributes; is that correct?

DR. COLBERT: Absolutely. Let me explain, too. Realize that approximately 70-80% of our immune system is right here in this gut. Now not against antibiotics; if a person has pneumonia or kidney infections, we need them. But what happens, the majority of doctors do not prescribe probiotics after taking those antibiotics. So they leave the gut and the microbiome decimated, and they don't feed at 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, okay. 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, 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 is very detailed. You

can tell he's said -- you and I cannot repeat the words he said. Not only do we not know what they mean, but we also do not know how to pronounce them. But he's telling us the truth. He is pronouncing the sentence, and it is damaging and potentially deadly. So what he's doing here is 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 him go into great detail here. They need to! 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. You have 20, soon-to-be 22 grandchildren; we ain't looking for something to do. We have -- I've had 60 years of public ministry, and you've been right there beside me. We have been nearly 30 years of just sitting together and been all over the world. So we care about you. Do 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.

DR. COLBERT: Well, first of all, you're going to learn how food becomes your medicine. We build on the keto zone program, but we find that certain foods on the keto zone actually can hurt the gut. The number one food that hurts the gut that is keto-friendly is 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 is 70% sheep cheese, 30% goat cheese. And feta cheese doesn't have the casein A1 that inflames the gut.

JAMES: Is it sharp or mild? Can you get the mild? Betty and I don't like sharp-tasting

cheese. We 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. A little feta cheese. Most people need feta cheese.

BETTY: That's good! Because we weren't really aware of that cheese.

DR. COLBERT: But feta, sheep, and goat cheese are generally healthy for the gut. But casein, especially A1, actually usually inflames the gut. The other thing that inflames the gut is excessive saturated fats, 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 to cut those down to heal the gut. I tell my patients to lay them on the altar until their gut heals. 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 just a matter of just cutting out all fats. You do need -- there are some good fats that your body needs.

DR. COLBERT: Betty, what I do, when I go to a restaurant, I carry my own bottle of high phenolic olive oil in a bag. When I go to a restaurant, I start with a huge salad, lots of green, green veggies; full of veggies and onions and mushrooms that 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 finish, just like...

JAMES: That's the only oil we use now. Period! By the way, the butter, can't you get healthy butter?

DR. COLBERT: Yes, you can.

JAMES: We use what they call this; you don't ever put it in the refrigerator.

DR. COLBERT: Yes, ghee is the best! It's grass-fed ghee, but just don't use huge amounts, just a small amount. Because we have new research, I can talk about later but the lipopolysaccharide gram bacteria cells that are in the gut; literally, we all have them in our guts, but they ride and hide on saturated fats, excessive butter. And they go through those little increased 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 just want to 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 have enjoyed sharing your love and your life all over the world, to the least of these. 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 shares, what Betty and I are trying to share with precious people. If they just hear your truth, it can change everything, in Jesus' name.

End of video

In the studio

SHEILA: Isn't that powerful? Absolutely! We care about you, and we love the fact that you care about the fact that so many people have no access to clean drinking water. So I'm going to tell you how you can get hold of these books. In fact, for any gift at all, we're

going to send you this *Beyond Keto* book. But if you're able to give \$75 or more to help drill a well, then we have the whole package. It's called the "Health and Hope Package."

What you see, the tremendous need right now is for those around the world who don't have access to clean drinking water. They're not even able to think about making dietary changes that could be life-changing because their very basic need is clean drinking water. Do you know that 800 million people around the world have no access to clean drinking water? And James and Betty have had that on their heart for 23 years. We've been able to drill 7,000 wells. That's provided clean drinking water for seven million people. But the need is still so great. So we've made a commitment this year to drill 350 new wells in over 20 nations, and we're asking you to help.

For any gift at all, we will send you *Beyond Keto*. And if you're able to give a gift of \$75, we will send you the entire "Health and Hope Package." So please go to your phone. Make the best gift possible. We want to take care of you as you take care of others, in Jesus' name.

On the mission field

SHEILA: Globally, contaminated water extinguishes hundreds of thousands of lives every year and nearly half of those lost are children under the age of five.

In Angola, mothers face an awful choice between giving their children dangerous contaminated water or watching them suffer from dehydration.

In Cambodia, waterborne diseases are wiping out entire families. Our team encountered parents who have lost as many as seven children.

In the Amazon, disease-causing organisms are not the only danger families face in their daily quest to quench their thirst. In this village, sending your child to the only available

source of water means exposing them to a dangerous array of deadly creatures that lurk in and around the water.

Millions of precious children throughout the world must depend upon dangerous and contaminated water sources for survival. They constantly risk their lives just for a drink of water.

Yet, parents reluctantly run this terrible risk with their little ones day after day because there is simply no alternative.

At LIFE Outreach International we can provide them an alternative, one that will give them clean, clear, life-giving water, but only if you act with compassion today before it's too late.

In the studio

SHEILA: I remember on so many of these Water for LIFE trips, I had two extreme reactions. Number one, how devastating this is to walk with mothers to the places where they've buried their little ones. Because the trouble is waterborne disease is one of the leading causes of death in children five and under because they've got no strength. Their immune system is weak. And when they drink some of this contaminated water, they are just not able to fight it.

I would watch them taking water from these hand-dug wells, which are only about six feet deep, and the water is filthy. And you saw there on that piece that they're drinking the same water as the animals are walking in. So it's clearly not a healthy source. But it is the only thing they have. So the first time I was there, I just felt overwhelmed by how hopeless things seemed until I was able to see where *LIFE Outreach International*, through you, our partners, have helped us to put a water well in a village. It literally is going from death to life. It is from darkness to light, from children who are sick and have no resistance, to children running and playing and being children.

So that's what we're asking you to do. Would you help us make a difference? Our prayer for this year, our commitment is to drill 350 wells in over 20 nations. So when you walk with these moms, when you see the tears on their faces, and you hear their faithful prayers that God will send someone to help, we get to be the wonderful blessing of being an answer to somebody's prayer. And if we do it together, we can do this.

If you're able to give \$75 or more, we will send you all three of these books. It's called the "Health and Hope Package." For any gift at all, we will send you Dr. Colbert's book *Beyond Keto*, such a helpful transition book if perhaps you've been following this diet for a while and you're thinking, I'm not sure I can maintain this for a lifetime. There is some really good news, good information in both of these books. And then *40 Days of Healing Promises* from the Word of God. So if you're able to give us \$75 or more to help us drill these wells, we'll send you the whole "Health and Hope Package." But for any gift at all, we will send you *Beyond Keto*.

One of the things I love so much about James and Betty, and about their hearts, is yes, they care for people all around the world who are struggling -- 23 years of drilling water wells. But they want you to know, they care about you, too. They care about your health. They want you to be well and healthy and strong and be able to serve the Lord for as long as you can. So please, will you go to your phone? Make the best gift possible. Thank you.

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

On the mission field:

Isak: These ladies have told us this is their only water source. This river that flows through next to their village here is the only place they can get water from. I think you might be watching this as a mother and you're saying, "How can those mothers give their children that water? I would never give my child water like that!"

Yeah, you wouldn't unless that water was the only water that your child could have. Because without water that child is definitely going to die. So mothers come down here. They collect contaminated water in the hopes that it will give them the hydration they need but not take their lives. Yet, all too often that is exactly what happens.

But it is so easy for us to change that. You see, if we put a water well here, if we bring Mission: Water for LIFE to this village and we drill a water well, we've got drilling rigs in the area. We have the ability to put water wells in. What we can do is instantly change

the condition in this village and save the lives of children that will be contracting waterborne diseases, stop mothers from having to come down and take dirty diseased-filled water back to their families.

So please, go to the phone right now. Dial that number on your screen and give the best gift that you can give. You give the gift of life. Give the gift of water.

End of video

In the studio:

SHEILA: Thank you for watching with us. We're praying here at *LIFE Today* that these books, this whole "Health and Hope Package," will make a significant difference in your life. But please help us drill these water wells. For any gift of \$75 or more, we'll send you the whole package. And for any gift at all, we will send you *Beyond Keto* by Dr. Don Colbert. We want you to be healthy and well and strong to be able to serve the Lord with everything you have.

If you tried to get through and the lines have been busy, please persevere. Keep calling until you get through. Wouldn't it be wonderful that we get to bring you the stories of lives that have been changed through clean drinking water? Always remember that we love you, and we'll see you next time on *LIFE Today*.