

1/6/22

Week two: Product week: WFL

James and Betty Robison

Dr. Don Colbert and Mary Colbert

JAMES: I'm smiling because people really do care about their weight, but we don't really care a whole lot about doing anything about it. We kind of wish we're a miracle. Well, the miracle is here.

I'm James Robison, and my wife Betty welcome you to *LIFE Today*. We want you to have a life full of life and years of life, and life added to your years where it is meaningful. That's what Dr. Colbert helps you do. He wants you to be healthy because God does. Our bodies are the temple of the Holy Spirit.

So he wrote about Keto, and Betty and I experienced it miraculously. Because if you watched us over the years, I'm always subjecting myself to being the guy that needs to be helped. And so all of them come in to help me; the counselors, the people that teach us how to eat. But it really never did seem to be where we could just shift it. Everybody thought Betty was fine. She didn't need to worry about her weight. But the point is we went to Keto, and we got the book on Keto from Dr. Colbert sitting over here nodding at me right now.

And his wife is sitting here, and she is going to tell you what happened to her, miraculously. Well, he taught us about Keto, and we could do it easily. As a matter of fact, we could actually eat Keto. I can actually go to a burger, Whataburger, Burger King and eat right. I can actually teach them how to make a hamburger without bread. A hamburger with all the right leafy vegetables and so forth with it, even cheese on it! And they can put it in the little package with no bread. And I tell them no spreads because I'm

going to go home and use olive oil on it.

Are you listening to me? I'm telling you, you can eat keto right. Doc, am I telling the truth?

DR. COLBERT: It's easy! Absolutely, and it is so easy. You can go to, like you say, Whataburger or wherever, get a lettuce wrap burger, and it tastes great with onions and pickles.

BETTY: We love the cooked onions on it.

DR. COLBERT: And tomatoes on it, too. That's great! Excellent. It's so easy.

BETTY: Of course, avocado; you can slice it up.

DR. COLBERT: Sure! Avocado is great to put on it. Sure it is!

JAMES: Well, you can do it easily at home, too. We've explained that. He explains it in the book. We've got another book in the office about healthy intestines. He just goes and cuts to the chase, *The Gut Zone*. Okay. He'll tell you how to keep things healthy because it is so important.

Well, you have a guest here today that's experienced the benefit of Keto. So why don't you introduce this special guest we've got today.

DR. COLBERT: Oh, absolutely! This is my wife. We've been married for many years.

MARY: Forty!

DR. COLBERT: Forty years. Coming up forty.

MARY: No, we just celebrated our 40th. That's okay!

DR. COLBERT: Again, she was having some issues with sugar. She loves chocolate, and she loves carbs.

MARY: Well, what I did is I did do the Keto, and I lost my weight, and it was wonderful, but I started putting it back on. I actually started putting on more than I had before I ever did Keto. So that was frustrating to me. What I loved about the Keto is that it did get me to my weight but what Don saw, and we have a crazy life, we live in two cities. We live in Fort Worth.

JAMES: Not separate cities. You live in two cities together, right?

MARY: Everything we do is together. But Don has two practices. One here in Southlake, and then one in Orlando, Florida. So every two weeks, we bounce back and forth. So I understand what the public is struggling with because I'm always in an airport; we have a fast life in the way we live. So the Keto was becoming difficult for me in the restaurants we're at and airports and everything else. I just found, for me, it just became a real struggle. I don't like to do the same thing over and over and eat the same thing over and over. I like variety. I'm in some ways like you, James, I love, I have a sweet tooth, but I like variety in what I eat, and it was becoming more of a struggle for me.

What *Beyond Keto* has done, and this is where Don was like, Keto is good, but you can't live there. You can't stay there and live on that for your life, but *Beyond Keto*, you can.

DR. COLBERT: Yeah, right. Unless a person has an advanced cancer, like I've had patients for years with advanced cancers that are still alive because they've been on the healthy Keto. Also, people with neurodegenerative diseases such as Alzheimer's, Parkinson's seem to do really good with Keto -- also, Type 2 diabetics. But then the majority, 80%, can transition on over to the Mediterranean Keto, which is a wonderfully healthy lifestyle.

JAMES: You actually whipped cancer, and did you think that the Keto helped in that process at the time?

MARY: Well, what I had, I was diagnosed with breast cancer. I had a very small tumor the size of a pea that I detected. Mine came from -- Don does natural hormones, and I thought if a little progesterone is good, a lot is better. Because it would make me sleep, and it makes your hair thick.

[Laughter]

And so hair was very important to me. This is my hair; I don't have a wig. But I overdosed on progesterone, which is what I did to my body. And they said that that's what triggered it.

DR. COLBERT: The cancer was estrogen receptor-positive and progesterone receptor-positive. I said, "Mary, you did cut your progesterone out?" "No!" "How much are you taking?"

MARY: No! I'm taking a lot!

DR. COLBERT: I said, "My goodness! You've got to stop that right away!"

MARY: Well, I didn't know. I didn't run it by him, so I did it to myself. We were talking earlier about things that we do to ourselves sometimes. It's ignorance that we're harming ourselves. But anyway, they did a simple lumpectomy, removed it, and I'm fine. That was years ago, so I'm good. But what Don did do is he developed this *Beyond Keto* because I'd become like a guinea pig for him on anything he does.

JAMES: Well, he comes and uses me too. I understand.

DR. COLBERT: Well, it works on my patients -- it works!

MARY: It does. This is the life. When he and I went to Greece, I saw the people and the way they were eating, and it was so satisfying. I was like, "Don, Keto is good, but this is amazing. The Mediterranean with the Keto, and the merger of the two." I was like, I can do this. I can live here. Because the variety is amazing! I love pumpkin seeds. I love the seeds; I like the crunch and the salt and that sort of thing. The Keto, I didn't feel like I could do that, so it's been amazing. It's been amazing, and it works.

Now I've plateaued. I'm not going to be a yo-yo. I was a yo-yo. I'm up and then down, up and then down.

DR. COLBERT: Tell them how much you've lost now.

MARY: No! I'm not going to go there.

DR. COLBERT: Okay. She's done really well.

MARY: It's like my age. It's a number, and it's unlisted.

DR. COLBERT: But also, what's amazing to me is her activity level has increased dramatically. She has all this energy and exercises. And she exercises five to 7 days a week -- some days, seven days a week. I say, Mary, take a day off. She said, no, I want to exercise. I feel good.

MARY: It feels good to sweat. I do three miles elliptical every day, and it just feels really good.

JAMES: And do you find in the book that he shared it where anybody watching could get it?

MARY: Oh, absolutely! See like in the airport, I go to Wendy's, and I get their grilled -- no, listen. This is part of it.

BETTY: Tell me, I want to know!

MARY: I love it! It's incredible. I go to Wendy's -- I don't own Wendy's.

[Laughter]

And I get the grilled chicken apple pecan salad. They have a vinaigrette salad dressing, and I'm on the go, and I can carry it on the plane. It's tasty, and it tastes good.

BETTY: It sounds good to me. Let's go there!

DR. COLBERT: Also, what we do, James, is I'll many times carry a little bottle of olive oil, my organic robust olive oil. You can get an inexpensive one like even Pompeian. It has that burn. And I can stick it in my pocket, she can put it in her purse. You don't want to bring a big old bottle of olive oil in there. It's a little pocket-size; I just stick it in my pocket and bring it in there. And it's great! I can just add it to my salad because I'll pour it on my salad. I don't just put a little teaspoon here and there.

MARY: I don't recommend that.

DR. COLBERT: But I do that. It's great, and it fills me up.

JAMES: Yes, sir. Let's put it on there.

BETTY: Any kind of dressing on there heavy.

[Laughter]

DR. COLBERT: Because it fills you up. For men, I tell people, especially on the keto portion of the diet, women need about three tablespoons of healthy fat per meal and men need about as much as five. Their brain goes tilt when you tell them that much because they have a fat phobia. But I explain all the tremendous anti-inflammatory benefits of this olive oil plus the appetite control. Then it turns down the hunger; it turns it off most of the time, especially when combined with the fiber; that's the one-two punch. And that's what most keto diets are missing: the healthy fats and the healthy fibers that did not increase carbs.

MARY: And it works! I mean, I am not hungry. I'm satisfied. I don't feel like I'm being denied anything. I think that's the biggie.

BETTY: And you don't have to feel guilty because you know you're eating right.

MARY: It works! The Keto Mediterranean, I can live here, and this is amazing.

JAMES: What made the Mediterranean diet so popular with people? Why? Because we know we had, was it the Atkins diet that was mostly meat? It had benefits, but it also had some setbacks. I actually experienced both the positive and the negative. But when Keto seemed more positive across the board, you saw it, a lot of people saw it. Then when you learn the negative —.

By the way, this is like you don't find, let's say the solution to everything in one necessary thing, and oftentimes you put too much emphasis there, you get out of balance, you've got to be willing to balance and learn. Amazingly, this doctor right here is continually learning. He may have found something great. He might have even have sold a lot of books -- millions of books sold on the very things that he shared, like the keto diet.

Well, then why would he keep going? Because he is a medical doctor that actually cares about your health, not just doping you up, giving you a bunch of prescription medicine. He wants to stop the need for prescription medicine, and he believes in most instances,

you can actually do it. That's why he went to Keto, that's why when he saw something that wasn't right, Dr. Colbert, and we've known him a long time, we've appreciated and we've loved him, we've watched him help people and change their lives, save their lives. So he went in and brought it in. Now, the Mediterranean diet was really great as itself, just one thing. Why was it so good?

DR. COLBERT: Well, again, that's why approximately 25 years ago, I wrote the book, *What Would Jesus Eat*, which is the Mediterranean diet. We have so much evidence with huge studies, tens of thousands of patients showing the cardiovascular benefits, how it protects you against heart disease, against stroke, helps protect your brain, and helps prolong your aging, so you have healthy aging. Also, it helps with the prevention of cancer. So we have tremendous studies showing the benefits of the Mediterranean. However, we also have tremendous benefits from Keto, especially with fat burning, weight loss, and blood sugar control.

And so again, what I did is I wrote 25 years ago a book on the Mediterranean diet, *What Would Jesus Eat?* And then, about ten years ago, I wrote another book on the Mediterranean diet, *Let Your Food Be Your Medicine*. But then what I did is I took the carbs, a lot of the bad carbs like bread and wheat and corn, inflammatory carbs, out of that program.

But then I learned the tremendous value of Keto. But then on the Keto, there is a bad keto, in which you eat too many saturated fats, too much farm-raised fish, too much meat, and it creates inflammation.

So then I came up with a Mediterranean Keto. This is the sweet spot. It takes the best of the Mediterranean, the best and healthiest of the Keto because there is a healthy keto and a very unhealthy keto long-term. But what I found is when you marry the two together, the Mediterranean Keto, you can follow this program for life. And you not only get tremendous cardiovascular benefits, but you also get the brain benefits, the anti-inflammatory benefits, the longevity benefits, and the immune protective benefits.

But also, you get the fat-burning benefits. You get to lock your weight in.

So that's why I say, let's start a healthy keto, transfer over to the Mediterranean Keto, make it a lifestyle, and enjoy it! It's a diet we can follow and enjoy.

BETTY: What are some of the foods in the Mediterranean that you added to this?

DR. COLBERT: Well, again, those big salads. I start a meal almost every day, usually lunch and dinner, and my girl knows this; I start with that big colorful salad with my olive oil. You can add vinegar, you can add a little feta; make it nice and tasty. And then also, what you do is add those extra veggies. And the veggies are so critical. But then, when you get the Mediterranean, you can add the low glycemic fruits. Not just your berries, but also you can add some cantaloupes and some melons and things like that.

BETTY: So it gives you a balance of all of the differences -- that's key.

MARY: That's what I needed.

DR. COLBERT: Right, and then your beans and peas and lentils, a little hummus, as long as we talk about gut health. And once your gut is healthy, we can add those in or pressure cook them. So again --

JAMES: And this is not so complicated. We talk about it here, and you hear so much about it. Every new year, with all the new resolutions to do what you said you were going to do last year and the year before, but you never do, so it often has to do with eating. What Doc has done for us, I want you to just let me read this title, *Beyond Keto*: "Burn fat, heal your gut." He thinks that's important enough he's dedicated a whole book to that, which we'll send you if you'd like to have it. "And reverse disease." Reverse it! That's talking about getting healed and healthy. "With a Mediterranean Keto lifestyle." Combining the two.

I also have an idea, and we need to have this. It's really easy to grasp, not difficult to do. That was the amazing thing. Betty and I found the moment we committed to this lifestyle, and we believed the Keto made sense; it was so much simpler. Betty actually, she really doesn't even want to go out anymore. So I'll go pick it up and bring it in. But she says she can do it, "I can fix it and have it faster than you can get it, and they can make it." And I'm telling you, she can.

BETTY: Well, and I know what's going into it. A lot of times, when you're eating out, you don't know exactly how they prepared it?

MARY: The bad oils.

BETTY: Yeah, or preservatives, or whatever. So I have control of that, and I like that. People might say, well, what about a family? I have a family. It's just me and James. It's pretty easy. Is this possible with a family?

DR. COLBERT: Absolutely! Again, with kids, kids are getting so much sugar, carbs, and starches. We're giving them good carbohydrates, good starches, that are healthy. They've got to grow. You can't keep kids on Keto. Now, once they're over 18, they can do Keto. But what I do for them, I put them on the Mediterranean Keto. We see so many kids with fatty liver now. It literally burns the fat right out of the liver. Olive oil is the best thing for fatty liver and cutting out their sodas and sugar.

MARY: We eat pizza. And the pizza we have, the crust is made from cauliflower.

DR. COLBERT: And I use feta cheese.

MARY: Craft pizza! Craft pies. Pizza place.

DR. COLBERT: It's a keto pizza. You go through, and we'll put olive oil.

JAMES: They don't do it at the pizza stores, do they?

MARY: Yeah! They do. That's where we buy it.

DR. COLBERT: So we'll get it with gluten-free crust; it's made of cauliflower. I cover it with olive oil.

JAMES: Half our audience just left headed to the pizza store. They're gone! They're out of here.

BETTY: What do you have them put on it?

MARY: I load it up with all kinds of veggies. I do all of the cherry tomatoes.

DR. COLBERT: Now she does a little part-skim mozzarella, which is okay. A little cheese is okay. She doesn't coat it, but it's got a little bit. I use feta. And then she puts all these veggies. I'll put mushrooms.

JAMES: We love mushrooms!

MARY: I love artichokes.

JAMES: We have fallen in love with the keto stuff but we recognized before you started telling us about the Mediterranean and all this, we realized we had to make some adjustments. I'm telling you, what you're sharing with us is going to help us. It will help me take care of about five to seven pounds. It always goes with me in one spot. I don't know what the deal is! And everybody can see it. Well, I thought you had lost weight. Okay, I was naughty. I'm so sorry! But the point is you're showing us something where we can do it right.

Father, we're talking about serious stuff. You tell us that our body is your temple. Man,

we would want to take care of the church building. We wouldn't want people doing ugly there, dishonoring it, and tearing it up. Lord, we don't want to tear up this temple, and that's what we're thanking you for. We can learn and adjust and change and repent and be restored. We want that for all our viewers; in Jesus' name.

Doc, thank you. Mary, thank you. Thank you for watching. Here's what I want you to do. I want you to get the book. You just help us reach out and put God's loving arms around the unnoticed, the least of these, and even those who are dying, and you become the miracle they need. And you become the answer to many prayers, the answer to mothers' prayers. So I want you to watch. I want you to be the answer and the miracle.

On the mission field

ANNOUNCER: How can she forget the loss of a child? Then another? A third and a fourth?

OPEN CAPTIONS

>> When my kids were born, they were healthy. But then our bad water caused vomiting, weakness, and diarrhea. And even though we took them to the hospital, my children died. Our village gets water from here, but it's making us all sick. Because of this water, my children died. I have felt so bad over the loss of my children. I have at times spent a month without eating. Can you imagine losing one child, then another, then another, and another...

ANNOUNCER: Day after day, she is haunted by her loss. Her time with her four children was cut tragically short. Reflections of them are all she has left.

OPEN CAPTIONS

>> It's hard to cope with this life.

End of video

In the studio

JAMES: It's not actually life she's coping with; it's death. Betty, the sad thing is, and yet, the great thing is that that sadness can be healed because of the greatness of love when we express it. And our viewers seem to love to do that.

BETTY: That's right. James, we've been sitting here talking about our physical health today. And I listen to this dear, sweet mother, and she wishes and prays that she could have her four children back again in her arms. They're gone! They're gone! She will not see them again. Yet, at the same time, we're talking about taking care of our bodies. We have the resources to take care of our bodies. There is no excuse for us not taking care of our bodies.

But this woman, all she knew was to offer water to her children. She needed the resources. We can make a difference; you and I can join together with these precious ones, people that watch us and contribute to *LIFE Today*. We can make a difference in the lives of these families that are losing their children because they don't have enough clean water to offer them.

JAMES: Yeah, I want you to hear the amazing miraculous truth: \$4800 will give that village a well -- \$4800! Because people like you provided the drilling equipment. It was very expensive but viewers of *LIFE Today* bought it, three or four drilling rigs. You've also kept them maintained. For \$4800, we can drill a well. Somebody is watching right now that says, "I can do it!"

Many people tell us that the greatest joy they have each year is drilling a well, not even just a part of one. And everybody tells us there is nothing more fun than helping drill the wells because it changes everything. So we can give villages like that a well. You may want to do it. You may say, well, I know I'm going to give to *LIFE* because I know you're going to invest it in giving life and sharing life. You better believe we will.

So if you'd like to have *Beyond Keto*, any gift you make, just to help us put God's loving arms around people, any gift you give. I've told people to always remember, \$48 gives ten people, basically, water the rest of their life; that's how simply you can break it down for a village. The *Gut Zone*, the *40 Days of Healing Promises*, all three of these books will be sent to you to help you in your health so you can bless others and experience blessings, and share blessings. You make a gift of \$75; all three of them are coming to you.

Thank you for what you are doing. God bless everybody watching and give them health. If you want to help others, you want to bless them and answer the prayers of people you see like that mother. You make the gift right now. Go online or dial the number. Use your bank card like a check. If you mail a check, make it to *LIFE* but tell us what you're sending because we do need to know because we depend upon you to fulfill the missionaries' desires and dreams. Thank you so much for making the gift God put on your heart.

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'm so glad you watched. I'm so glad you're going to be the answer to someone's prayer. This can change your life. I tell you what, it might change the lives of some people you know, some people you love, like family. Like Betty asked, can it work for everybody? Sure it can! *40 Days of Healing Promises*, *The Healthy Gut Zone*, and you're going to be putting God's arms around people.

Dr. Colbert, Mary, thank you for being here. You're a real blessing to so many people. I'm glad you go to Florida and back to Texas.

DR. COLBERT: Yes, every two weeks.

JAMES: But have you noticed those two states, in many ways, are doing remarkably well. And I hope so health-wise.

Thank you for watching *LIFE Today*. And thank you for sharing life. Virtually every day, you help put God's arms around the least of these. God bless you.