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Week two: Product week: Water for Life

James and Betty Robison

Dr. Don Colbert #2

JAMES: I'm so excited you joined us today. If you didn't see yesterday's program -- by the way, welcome to *LIFE Today*. James Robison, my beautiful wife Betty, we want to live healthily. We're going to pretty soon have 25 grandchildren when you take the grandchildren and the great-grandchildren. And frankly, we want to enjoy them. To be honest with you, we're physically unable to take care of these 14 greats like we did the others coming up. We say, thank God they've got grandparents because man, we can't handle it. Okay. That's not something you apologize for. You're glad you're here to handle it.

We want to enjoy our family. We want to share the love and life of God as long as we live. And we want to live healthy where we can share it. So that's why we have brought so many people in so many areas to help you with the challenges in your life because we do believe Christ is the answer. He has the answer, he knows the answer, and he pours the answers out through yielded vessels -- gifted people filled with love who want to help you. So Dr. Colbert wants to do that.

Well, obesity, overeating, and I said on the program yesterday, I ate my way into diabetes Type 2. But like he has said, I can help balance it to the point where it is really not there. Well, Dr. Colbert, you're here today. Let me just say this to you. I keep getting those tests; you know the little puncture in your finger. I'm sick of punching my finger. It never registers any problem. I keep telling the doctor I don't want to punch my finger anymore! I can't get those things you strap them to stay on. Right? Okay. Thank you. I don't need to punch because it never -- you know to use the tests, the blood tests over several months.

DR. COLBERT: The hemoglobin A1C. Correct.

JAMES: See, I wouldn't know how to say all those things. You got it? But when they do that, it's always right. It never registers up. It will be either prediabetic, but it is not showing as diabetic. That means that you can have a diet that balances even challenging, potentially deadly problems and diseases.

BETTY: Can I say something first? Yesterday, you talked about acid reflux and the keto diet helping that. It just, when you said that, it dawned on me because I had a real challenge with that before I went on the keto diet. So I just realized that I seldom have a problem with that because of my way of eating now, taking care of, and doing the right things for my body.

DR. COLBERT: I see this every day in my practice. It's amazing when people go on the healthy keto diet; what happens is when a woman becomes about six months pregnant, something happens to most 90% of the women, they start to get acid reflux. Why? Because the uterus pushes up on the stomach and causes reflux. A similar thing happens to most Americans. Since over 40% are obese, belly fat starts to push the stomach up and get reflux. What happens on keto? The body starts to burn fat, and usually, it's the belly fat that burns first. So as the belly comes down, many times, the reflux goes away. But also helps to get rid of fatty liver and polycystic ovaries. It's amazing how these patients improve.

So I talk about all of these tremendous changes that occur and especially inflammation. When you cut out the bad fats and eat the healthy fats, cut way down on sugars, carbs, and starches, those are your major causes of inflammation. So when inflammation decreases, so many people, their aches and pains start to go away. That's what I hear every day with my patients. And it is so simple!

JAMES: I actually watched that happen. It was like something was eating away the fat in

our belly, our gut. We also discovered there seemed to be some things about the keto that needed to be adjusted, and I actually cut back on a little bit. And interestingly, my fat that comes first comes right here, belly fat. I'll just go ahead and admit it because I lost 25 pounds. I'm about 5-7 pounds back above what I call my ideal when I feel like I look the best; I'm the healthiest, I don't have fat, I don't have that big belly. But I don't want to have the big chest anymore like I did when I was young and all that. But what I noticed is this is where it hit me. It's like, is that typical? It starts coming back right here.

DR. COLBERT: Absolutely.

JAMES: All right. Now then, what you've done because he understands people tend to change when they see something not quite doing what it should do, or maybe you're just tired of the process and you're not convinced how critically important it is because you're seeing something that might not be quite right, well, he's watching this all the time. And Dr. Colbert watches this because he loves you. He's not just a doctor fulfilling a job; he's on a divine assignment. He's called and gifted by God to bless people with God's blessing and God's truth, and the help and the health that God offers. So he went into *Beyond Keto*. And you took the Mediterranean diet, which you actually knew had many benefits. Many people knew it; it was very popular. What happened when you looked at him blending the two together?

DR. COLBERT: Oh my goodness! The most amazing thing happened. First of all, when people went on the healthy keto diet and achieved their weight loss, we shifted them over to the Mediterranean keto diet with lower carbs and lots of healthy fats, and an amazing thing happened. They maintained their weight loss, but they got to expand their healthy carb intake from 20 grams of carbs to about 75-100, which means they can include healthy beans, peas, lentils, preferably cooked in a pressure cooker, so it keeps the gut healthy, as well as some other healthy carbs, an occasional small sweet potato.

JAMES: By the way, I'm going to cut this in right here. This is one of the books you're going to get when you talk about keeping the gut healthy. He is talking about the

intestines, what happens inside. He actually explains that. Doctor Colbert is inviting you into a seminar with somebody that loves you that you can attend and learn on your own timeframe. But he's actually putting all this down. He breaks it out and presents it in ways that you can see clearly. It's almost like I can come up with a question, and here it is. And then when he talks about these things you do, like even certain foods you eat, certain ways you mix them, there's the list. The man has invited you -- like we talk about inviting the family into the family room to get to know the Father. Well, this doctor wants you to know the Father's wisdom and ways because it changes your life; it benefits you. That's what he's sold out to. So he talks about the Gut Zone and clarity. Excuse me, Doc.

DR. COLBERT: Now what I had to do, I had to literally make, and I did this years ago, I made the shift from the healthy keto to the Mediterranean keto. Because of my weight, literally, I got a little underweight. And I had to do that. If they follow the keto, then they'll eventually need to make the shift. Now the advantages of the Mediterranean keto are amazing. Number one, it's anti-inflammatory. The root cause of every chronic disease is inflammation. So we have the most powerful fire extinguisher diet there is, which is the Mediterranean. And then make it lower carb, not real low carb, just a little, on the low side of carbs so that we can have our healthy carbs again, our healthy fruits. We add those back in. And so it gives us more satiety. It gives us also that long-lasting feeling where our appetites are in control; we're not craving. So many people after keto just want to go out and eat something that crunches or something to get their different textures and all.

But also, what it does, it keeps the sugar balanced because you're using those high fiber carbs like peas, beans, lentils, and hummus. But it also does cardiovascular benefits. Remember, the major cause of death in this country and throughout the world is cardiovascular disease. The Mediterranean diet is the best program there is for preventing heart disease. The PREDIMED study back in early 2000 found that those people that followed the Mediterranean diet and had a liter -- not a tablespoon -- a liter of olive oil per week had 30% less risk of all cardiac events and strokes. And then the other Mediterranean diet group that had the Mediterranean diet with an ounce of nuts a day had

the same benefits. They had a 30% reduction in all cardiovascular events and strokes!
That's as good as a statin drug -- without any side effects!

But also, what we know about the Mediterranean diet, it helps with healthy aging. The Nurses' Health Study of thousands of nurses found that those nurses that followed a Mediterranean diet had a 46% chance of having healthy aging, as defined as living over age 70 without chronic disease. They've shown the Mediterranean diet actually prevents the telomeres from shortening. The telomeres are on the ends of your chromosomes, and with age, they shorten. It helps to reduce the shortening of the telomeres by following the Mediterranean diet.

The other thing it does, it helps so much with preventing the deadly diseases: Alzheimer's, cancers. When I was in Greece, and this is where I had the epiphany, was when I was in Greece, I was in Crete. We went to local restaurants there, and I could not believe how many people smoked over there. So I -- 39.1 percent of the population of Greece smokes. I looked, and I said, well, they must have a ton of lung cancer and heart disease. They have a much lower risk of lung cancer and cancers across the board and heart disease as we have, and only about 13% of Americans smoke! So I said, what is it about what they're eating?

When we were eating the foods at the local restaurants, the mom-and-pop restaurants, we had a friend from Crete; we went there, and we stayed there with them and ate their food. We would have a big bottle of fresh-pressed olive oil come out.

The difference in this olive oil is different from most any olive oil you get from the store. It's fresh-pressed; it's high in these polyphenols. One of the most powerful is oleocanthal. I call it the king of polyphenols, one of the most powerful nutrients on the earth. When you take it in, it gives a little burn in the back of the throat, and you get a little cough. You think, oh my. Something is wrong with this olive oil. No! This is the most powerful olive oil in the world. This is what protects you against cancer, against Alzheimer's, against heart disease. It literally prevents oxidation of the cholesterol that forms plaque.

So there we were, eating a ton of veggies. We started out with a big old salad, colorful salad, cucumbers -- everything on that salad. We poured, we didn't put a little sprinkle of olive oil, we got a big old bottle, we poured it all over. We had a little feta cheese, which is okay; that's an anti-inflammatory cheese. Doesn't have the casein A1. I talk all about that in my book. We literally poured that olive oil on everything we ate. By the time we were finished, that whole bottle of olive oil, a quart, was gone!

[Laughter]

I said this is unreal. I said I cannot believe it! We sat there for three hours telling stories, laughing. What bugged my wife, everyone around us was smoking. So she said, "I've got to leave this room." She had to go outside. She couldn't take the smoke.

BETTY: Can you find anything similar to that over here? That kind of olive oil?

DR. COLBERT: Well, yes you can. I talk about that.

JAMES: You know, telling people that they're not going to be able to do a Mediterranean diet without that olive oil.

DR. COLBERT: Yeah! You've got to have that olive oil.

JAMES: But can you get it?

DR. COLBERT: Yes, you can get it. Absolutely! You can. No, no, no. You don't. There is a high phenolic or polyphenol olive oil we have now. One is a cheap one, Pompeian over the counter. You can get it at Walmart. You've got to get the "Robust Organic."

JAMES: By the way, do you tell those things in the book?

DR. COLBERT: Yes! I tell that in the book.

BETTY: We're already doing that right. I have the organic.

JAMES: You're downloading so much on us, people are saying, now you're telling me we can go on this diet so my husband can start smoking again?

DR. COLBERT: No! No! No! No! I'm saying even though they smoke, many don't get cancer, which is unbelievable.

JAMES: The point is you're doing something to help you be healthy. We want you to be healthy so that you can be a channel, a channel of blessing, a vessel of honor through which God flows his life, his love, and his transforming truth. That's why we're here. That's the blessed life! The blessed life blesses others. That's really what it's all about. I know you. I know you well. I know your family. I know what you want. I know how you've helped people. I know how you've helped us.

So please, the questions that you have, I mean, you were using terms that people could wonder if you were speaking in tongues. They don't know all these things. I'm thinking, my goodness! That's actually what these things are called in the medical book. What he does here is he explains it. We've got so many questions, but if you want to live healthily, he's helping you. And God wants you to live healthily.

We're giving away this book if you'd like to have it: *40 Days of Healing Promises*. Do you know that when you're praying for healing but you're feeding the disease, it's really a little bit hypocritical if you're doing things causing what you're praying to be healed of? When you pray, confess your sins. When you pray for the sick. When you ask for prayer. He's trying to help. Dr. Colbert is trying to help you adjust everything. Betty, I wanted a while ago to say, do you have to hire a cook to do this?

BETTY: I wanted to say this because...

JAMES: She did it.

BETTY: This has been, the keto diet has been the easiest way for me in the kitchen. I thought, oh, this is going to take a lot of preparation. But James gets amazed. I can cook a whole meal in 30 minutes!

JAMES: She can cook a whole meal in 15!

[Laughter]

BETTY: It really is. After you've eaten, you can feel good about yourself; that's what I want to emphasize. So it's a yes; it will be fun to lose weight, get in shape, and feel good about how you look. But most of all, it will be good to know that you are healthy. God gave us these bodies; we're responsible for them. So let's take care of them. Just like we're responsible for our children when they're small, we have to clothe them, we have to feed them, we have to give them water to drink. Well, let's take that same responsibility for ourselves. Sometimes we forget about self. We have to start here so we can do what God wants us to do here on this earth. So I'd like to encourage you, take care of your bodies, please, for God. He wants it for you. So please want it for yourself.

JAMES: You're sitting here looking at my sweet wife, and I always tell people when I have, like I had my 78th birthday. She says, "Why is it that you have to tell them that one month later I'm going to be 78? Why do you have to do that?" People tell me, I don't -- Betty, I can't believe it. This is not facial surgery on this girl. The two of us are just exactly the way God made us. The messes we've made, we don't blame God for. But the point is we can live healthily. Betty and I are soon going to be married 60 years, about a year and a half from now. We really enjoy life. We enjoy one another.

Doc, you've been a big part of that. It's easy for people to do this. You don't have to have a cook. Can you order these things in the restaurant easily?

DR. COLBERT: Yes, you can. That's the exciting thing about it. And just to add a little caveat to this, another island in Greece called Ikaria, they have more centenarians, people that live to be over 100 and are healthy, than almost any other place in the world. Why? They live this lifestyle. It is a lifestyle that you live. Part of it is getting together and laughing, enjoying life, spending time with family. Don't just sit and eat and eat and eat; where you're in front of a TV eating, but you actually talk with your family, you tell funny stories, you engage in conversation, and you make dining a pleasant experience. We don't talk, turn the news off, turn off anything and just engage in good healthy conversation.

JAMES: Let me just be sure you understand that we do what we do here on television because we love you. And we want to love people that have been overlooked, the least of these, the unnoticed. The people who watch our show know we're going to point your attention to the least of these, the unnoticed. You become the miracle in their life. You become the answer to their prayer and their heart cry, and you find joy in it.

In order for us to be the blessing God has left us here to be, to fulfill his kingdom purpose and see his will done on earth, which it can be, should be, and is being done through so many of you, through so many of us, we need to be healthy. So we'd like to send you *Beyond Keto*. We'd like to send you *The Healthy Gut Zone*, would like to send you the book *40 Days of Healing Promises*. You make a gift of \$75; all three of them are coming to you if you'll just help us change people's lives and give them life now because of the water of life, which they're going to come to know. Because when you see the love of God, you're ready to hear about it and receive it and experience it.

So I want you to watch a heart cry of a mother. This is going to touch you deeply. And you're going to see the perfect cure, the perfect answer to her heart cry, to her prayer. And you'll take joy in doing it. We're going to send you these books to bless you. But we're asking you to put God's arms around the very people you're going to see in just a moment. Watch.

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: Well, you're going to be hearing from Dr. Colbert all this week. Later, his wife

is going to join us and tell you what a miracle occurred for her. She acknowledges she had a real challenge. There is no need to apologize for finding some things difficult or challenging. But when you experience the miracle of it, you want to talk about it. So she's going to talk about it. Are you happy for her?

DR. COLBERT: Oh, very happy! Yes!

JAMES: It's a miracle, isn't it?

DR. COLBERT: It is. Because again, she loves sweets and carbs and starches. And literally, she had a transformation when she laid those on the altar and started following keto. You're going to hear the rest of the story.

JAMES: Thank you for sharing love, not just listening to something that will help you, but rejoicing in the fact that you can help somebody else. Don't miss the next program. Tell your friends to watch. Tell them that they can actually eat healthily, and it is not that difficult.