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Week 29:WFL

Sheila Walsh

James and Betty Robison

Dr. Don Colbert #4

SHEILA: Welcome to *LIFE Today*! I'm Sheila Walsh. I was thinking about something the other night, and I realized I've probably been on a diet for about 40 years. But do you know what I discovered? There is a difference between being on a diet and living in a healthy way. And one of the things that we care about here at *LIFE* is that we want you to be healthy. We want you to be able to be strong and able to serve the Lord with your whole heart.

We love the fact that you have helped us so much fulfill the missions of *LIFE Outreach*. Whether it's Water for LIFE, Mission Feeding, Rescue LIFE, you step up, and you help us. And so that's one of the reasons that James and Betty really are committed to helping you be well and strong. Our good friend, Dr. Don Colbert, was in town recently. He sat down with James and Betty and talked about ways to renew your body to strengthen your body and renew your mind so you're able to be healthy, and strong. I think you're going to enjoy listening to what they have to say. So please, would you watch this?

Begin video clip

JAMES: Dr. Colbert, I'm just so glad you're back. I can't tell you how much I believe you've contributed to changing our lives. Betty and I are now moving toward 80. Do we look decent for this age?

DR. COLBERT: Absolutely! You're in vibrant health. Yes!

JAMES: But yet, we've admitted that we've been really fighting some stuff. I have Type 2 diabetes, which the COVID made me a primary target for death; I didn't ever have to be a diabetic. But the fact is that even on my long-range blood tests where they're looking at what's happened over a period of weeks and even months, I don't spike when I take it. I just know if I cheat and then don't see that brownie as... I can't see brownies as poop. I tried. But if it overpowers me, I might get a spike.

The point is I've listened to you, and you've helped us, and you've helped so many people -- millions of people! I want you to help everybody watching all over the world. If we deal with this the right way, it can minimize what disease can do and how it gets access, right?

DR. COLBERT: Absolutely right. Because the foundation of our health is our gut. I didn't understand this back 35 years ago when I went into medicine. Again, back when I started medicine in 1987, I was in solo practice. I was on call every night. I didn't have time to be sick. But occasionally, I'd get a sinus infection. I thought, no problem, I'll just take antibiotics out of my cupboard because it was chock full of antibiotics.

See, I was practicing conventional medicine back in the '80s. So I'd take them for seven to ten days, felt great, never stopped, never rested my body. But I'd do this about every six months or so and just clear it right up. But then what happened in the early 1990s, one day, I awakened with a rash all over my hands. It was red, it's itching, all over my elbows, all over my knees, all over my thighs, and I wondered, what on earth is this? So I went to my buddy, who is a dermatologist. I'll never forget. He had his glasses down on his nose. And looking over his glasses, he says, "Don, I hate to tell you, but you have the heartbreak of psoriasis."

I said, "Psoriasis, that's impossible. No one in my family has psoriasis."

He said, "Sorry! You've got it." So he whipped out his script really quick and wrote me out this coal tar and Aquaphor aqua that is this old orange ointment. It smelled horrible, stained everything orange, the seats of my car. My wife got sick of it. She said, "I can't stand to be

around you." I'd walk into my exam room, and my patients would say, "What's that smell?" I'd say, "That's this crazy coal tar." My hands were all orange. Finally, I got to a that's-it moment. I said, "That's it! I'm sick of this stuff."

Because I realized, I found out that when I fasted, it went away. But when I was stressed out and when I ate anything fried, when I ate certain foods, it flared up. So finally, after all this investigation, I said I'm going to check my gut. It just so happened that a lot of the foods I ate were actually inflaming my gut. I was highly sensitive. Not allergic -- but I had developed tremendous food sensitivity. I'll explain how it happened in just a minute.

But what I did back then, this is in the early '90s, I identified that gluten was not my friend, which is in wheat. And I was eating wheat at every meal because, after all, Jesus taught us to pray, "Give us this day our daily bread." So I ate wheat cereal in the morning. I ate wheat for lunch. Yes, and wheat for dinner.

And then, I also found that tomatoes and peppers were highly inflammatory to my gut. I didn't know why back then, but I found out on this food sensitivity test. So I was eating tomatoes and peppers every day. It just so happened -- the flesh is dumb. It craves the very foods that inflame us, usually. And every day, I ate grilled chicken, which was healthy, and beans. I would have some bread, some wheat bread, and then a huge bowl of salsa. I would dip my chicken in that salsa and eat it. And then, when I was finished with this big old bowl, I drank the salsa; I loved it so much. But then I stopped eating...

JAMES: What's wrong with salsa?

DR. COLBERT: Well, again, if you have leaky gut, you've got to understand, I had leaky gut. It is nothing if you have a healthy gut, but I didn't have a healthy gut. The antibiotics had decimated my gut, and I'd failed to plant the good bacteria back. I was trained like regular doctors; we didn't give probiotics back then! This was in the '80s.

So what I did, I started healing my gut. I started taking probiotics. I started taking some fiber,

some healthy fiber -- not wheat bran. Wheat bran would decimate my gut. But I started taking psyllium husk powder that contained prebiotics that fed the good bacteria. I cut out the foods that were harming my body. And I kept eating the beans, which I shouldn't have because beans are high in lectins, which can damage the gut.

But what had happened within three months, the psoriasis was totally gone. My dermatologist friend couldn't believe it. He says, "I've never seen anyone get over psoriasis." But I learned that it was coming from the gut. And from then on, I started learning more and more about the gut, and I started putting the pieces together.

But the whole key is I developed a condition termed "leaky gut," which means increased intestinal permeability. Which means, now when you have leaky gut, it's not that you're soiling your undergarments. Okay? It's simply that you've got to understand the way our intestinal cells are in our small intestine, which is about 20 feet long. That's where we absorb our nutrients, and it's one cell thick and has these finger-like projections called villi. And what happens is certain meds, usually, it's the meds that doctors prescribe, like antibiotics, anti-inflammatories like aspirin, ibuprofen, these meds that we take commonly for headaches, as well as acid-blocking meds, as well as G.M.O. foods, start to damage these.

And see, we absorb our foods. So we have this wonderful -- we're fearfully and wonderfully made. We have this wonderful, semi-permeable membrane in our gut, which means we absorb the beneficial parts of the food, the glucose, and the simple sugars, the simple fats, and the simple protein, and amino acids.

But what happens is it starts to break down the intestinal barrier; it literally pries open these cells and causes increased permeability or leaky gut. So instead of working as a barrier to keep out the bad, it lets in the bad; predigested, undigested food starts to be absorbed, along with bacteria, yeast, toxins, and chemicals. So what happens is it creates tremendous inflammation. That process continues and leads eventually to systemic disease, autoimmune disease, brain diseases, anxiety, depression, ADHD, dementia, problems remembering, diabetes, and obesity. So it literally fuels obesity.

So we start to heal the gut. You say, what's the answer? The answer is first the diet and then restoring the integrity of the gut. Restoring those tight junctions in the gut. So we remove the foods that damage the gut. Once the gut is compromised, we find that gluten is usually the main enemy to the gut. Then, of course, the meds, we've got to stop the meds, the antibiotics. A lot of people have been on antibiotics for years, especially acne sufferers. Or people who have had recurrent infections and always on antibiotics; it decimates the gut and causes the bad bacteria to grow. So we've got to leave those, and I teach people how to search for the natural cure instead of the chemical cure.

And then, we start to manipulate the diet and give the body what it needs to heal those tight junctions. Wheat is the number one food that damages those tight junctions, pries the gut open, increases zonulin, which helps maintain tight junctions. It increases that, so we lose the tight junctions. So literally, it is similar to this.

A great analogy, picture taking a tea strainer and an ice pick and poking holes in it. Or a coffee strainer that strains coffee grounds, picture taking an ice pick and punching holes in it and then pouring the coffee in there. Well, the coffee grounds are going to enter into the coffee pot. It is not going to filter the grounds out. So when you drink that coffee, it's going to be full of grounds. That's really similar to a leaky gut.

What happens when you eat that food, and especially because most people don't chew adequately, you're supposed to chew at least 20 to 30 times. Most people chew their food a couple of times and swallow it. That food, literally, is undigested and is absorbed in the gut creating food sensitivities, inflammation in the gut, and becomes food for the bad bacteria.

JAMES: Let me ask you this. Sometimes God speaks things to you. He really does. But I just heard, "It is like a poison pocket." Is that what it becomes?

DR. COLBERT: It becomes thousands and eventually millions of little, teeny, microscopic holes working like that ice pick in the coffee filter; it's literally not providing the barrier function.

And so you see, the membrane that God created is so amazing. It allows in the nutrients that we need but it filters out all the bad: the bad bacteria, the bad yeast, the undigested foods that will damage your gut.

JAMES: If that's not filtered out and it gets in, it is like disease pockets.

DR. COLBERT: Yes! It literally starts to cause disease and inflammation that eventually can spread throughout the body. So you say, what do you do? How do you heal this? Well, first, we have to lay on the altar the foods that perpetuate that problem to keep that leaky gut, those microscopic holes open. We want to close the gates, close the gates! And how we do this is we avoid, for a season, and some people have to avoid it forever, gluten is the number one.

The thing that really creates dysbiosis, which is excessive amounts of these bad bacteria, so the gut never heals, is mainly sugar. It feeds on sugar, carbs, and starches. So when we lower that sugar, carb, and starch way down like a healthy keto -- I didn't call it a healthy keto, I called it *The Gut Zone* because it is a little different. It's keto, but we've got to remove certain things for a season, just like I said, the regular cheese and things like that and certain creams because they have lipopolysaccharides.

JAMES: You said it yesterday. What's the kind of cheese?

DR. COLBERT: Feta cheese is a good one.

JAMES: And I asked you because we don't like sharp cheese, we like mild cheese. Is it mild?

DR. COLBERT: Yes, absolutely. Feta cheese is great.

JAMES: What about cream cheese?

DR. COLBERT: Cream cheese, again, that's altar food for a season. Later, once the gut heals, you can add some of that back. But here are the foods. The lectins are the key. Remember when I

had my problem, I was eating beans every day. Beans and peas and lentils are...

JAMES: Are you talking about green beans?

DR. COLBERT: Well, green beans are not so bad. It's mainly the...

JAMES: We eat a lot of green beans and a lot of asparagus.

DR. COLBERT: Those are wonderful. But I'm talking about the pinto beans, the lima beans, the black-eyed peas, the black beans, the brown beans, baked beans.

JAMES: A lot of people that are here, they're just going to starve flat to death!

DR. COLBERT: No, they won't! Because I give them the answer. Now what's interesting is those beans are full of lectins, especially it's in the outer coating of the beans, but it's also in every grass like wheat and corn and brown rice. That's why we take the lectins out, and the lectins damage the gut.

Now, most of our food is harvested early and shipped across the country when most of these foods have the highest lectin content. Lectin is simply a protein in the skins of potatoes and tomatoes and seeds and peppers. But it's also in beans, peas, lentils, and wheat and corn, and soybean. We feed most of our chickens corn or soybeans; our cattle and our pigs soybeans and corn to fatten them up for market. High lectin food. So it's in the meat. So we want to get pasture-raised, pasture-finished chickens, hens, eggs...

BETTY: Organic?

DR. COLBERT: Yes, organic is best, or that are fed flaxseeds, which are high in omega-3. So I go through what to choose to heal the gut. But the key food we want to do is those good healthy fats. So I talk about my gut power tools, but the most important thing is the diet. It is a gut zone keto diet. So the same principles as keto, we carry it into the *Gut Zone* with a few little

modifications.

JAMES: Okay, I want to close by saying to the viewer, we've learned to walk through a big supermarket and shop wisely. Can you shop wisely walking through an average store? Are you telling people they need to move to strictly health food stores? Because they can pitch stuff that is not healthy. We already know that. That's what you try to show us. You've corrected yourself with what you've written. You correct me continually, and everybody in the world knows it. We send every psychiatrist and counselor up there to *LIFE Today*, James, to try to help you. Thank you! I appreciate it.

All right. I want to say to our viewers, you give guidelines here. If you hadn't explained keto and others, we wouldn't have known how to shop. We wouldn't have seen the miracles that took place. We may have come through, let's say, with greater resistance to some of these trespassers that want to destroy our lives. Are you showing people here how they can walk through the supermarket and shop wisely and not feel like nothing tastes good? Are you going to show people how stuff can just taste really good?

DR. COLBERT: Absolutely. The key is this. If they're following keto, they're 90-95% there. What we have to do is we have to add the fiber. And the key fiber in this is the psyllium husk powder. Now the psyllium husk is simply a soluble/insoluble fiber that provides wonderful fuel for the cells of the gut as well as for the good bacteria. You are literally empowering the good bacteria. You are healing your leaky gut when you take this fiber. It is dirt cheap. I tell people, start low, go slow. Start with maybe a half teaspoon to a teaspoon a day in water. It is best with cold water, just a little bit.

JAMES: You explain this clearly. Can they go to the index and find that? Find these different subject matters?

DR. COLBERT: Absolutely. They stir it up in cold water. Start with a half teaspoon, teaspoon, work up to a heaping teaspoon. Take your probiotics, follow your diet with lots of olive oil, avocado oil, lots of healthy fats I talk about. I start every morning off with half an avocado with

some eggs. I have the gluten-free toast made with rice or cassava, and I pour my olive oil on top. And then I have a little bowl of berries. It's really simple.

BETTY: It sounds good!

DR. COLBERT: And I'm full.

In the studio

SHEILA: I think I'm going to go to Dr. Colbert's for breakfast! That sounded really, really good. And honestly, we care about you. I think there is so much in our diet here in the western world that is just so unhealthy. So many of you call, and then you share with us that you're struggling in your health, and that's one of the reasons that James and Betty wanted Dr. Colbert to be with us to talk about the ways that we can take care of the temple of the Lord, the temple of the Holy Spirit, our body.

And that's why we're offering this "Health and Hope Package" for a gift of \$75 or more, we will send you these three books. For any gift at all, we will send you *Beyond Keto*. But if you can give \$75 or more, we will send these to you, and I believe they will make a significant impact on your life.

But one of the things that we would really love for you to help us with is there are people in the world who have no access at all to clean, drinking water. The very thought of trying to eat a healthier diet doesn't even come into the picture for them because the one concern these mothers have every morning when they wake up is, how am I going to find water for my children today? And when they do walk, perhaps for an hour or more, the water source they have is filthy and contaminated. It's all they have! What a terrible choice to think I either give them this water, which could kill them because it has taken the lives of other children or no water at all, which is a devastating way to die.

So we made a commitment that just as we want you to be healthy and strong, we want these

children to have a healthy, strong future. Would you watch this? Let me share with you exactly what we're asking you to do. And why the need is so great right now. Thank you.

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

SHEILA: I'm here on the beautiful continent of Africa. And in this village, like so many other villages that I've been to, there are children dying all the time simply because there is no clean water source.

But the situation here is dire. I've talked to so many mothers since I've been here who have

buried one, two —. One mother has buried three children simply because they have no clean water source. There are hand dug wells, but I've looked at the water. It's filthy. It doesn't have to happen.

When we drill a fresh water well, it goes deep down to water that will not run out during the dry season like we have here. It will be sustainable. It's sealed in and the water is fresh.

I want to thank our partners for what you've done, but there is so much more that we need to do. Let's change this, in Jesus' name, and bring a cup of water, clean water, water for life! In the name of Christ!

End of video

In the studio

SHEILA: Thank you so much. I hope you found this program helpful. I know these books are going to be a huge help in moving you forward to a healthier body. And remember, for any gift of \$75 or more, we will send you this "Health and Hope Package." For any gift at all, we will send you *Beyond Keto*. I really believe this is like the mist clearing, and where do I go from here? And being able to see how to make good healthy choices. In doing that, you will also be helping us give clean drinking water to people in over 20 nations this year.

So please, would you keep calling? We want to help you, and we want you to help us help them. So from all of us here at *LIFE Today*, God bless you, and we'll see you next time!