

1/4/23 modified 3/23/21

Week two: WFL

Product week: Sheila Walsh

James and Betty Robison

Jordan Rubin #3

SHEILA: Hi! Welcome to *LIFE Today*. I'm Sheila Walsh and I'm so glad that you're joining me here today. One of the things I wanted you to know is that we really care about you here. We care about your relationship with the Lord. If you don't have one, then that's one of the things we love to share with you. But we also care about you and your health. We live in a culture where there are so many messages out there about you don't do this and do that and things seem to come in cycles. They'll tell you, you shouldn't eat fat and then you should eat fat. It can be really, really confusing.

Well, we have a couple of friends at *LIFE* who have a real commitment to their -- people who have been with us quite regularly and shared the things that God has shown them that made a difference in their life. And honestly, I didn't know too much about Jordan Rubin's own story. I knew that James and Betty had interviewed him in the past and so I went online, and I did a little research. His story is absolutely amazing the way that God has used very natural remedies to bring tremendous healing to his body.

And so, James and Betty had a chance to sit down with him not so long ago and bring some fresh information. I'm going to tell you towards the end of the program how you can get hold of a copy of this book for yourself. It is called *Natural Remedies*, Ancient Nutrition. And I find it fascinating. In fact, I went straight out and bought a couple of the things that he was talking about in this book and I'm looking forward to using them. It is a great conversation. I think you're going to enjoy it. So please, watch this.

Begin video clip

JAMES: Well, Jordan Rubin is back with us. I couldn't believe it. He said it was 13 years ago. My goodness! We must have been so young. Hey! Listen. He came in and talked about *The Maker's Diet*. He came back and talked about your journey to wellness. Well, I want to show you something. Before I introduce him, I want to show you this. This is heavy!

[Laughter]

Natural Remedies: Ancient nutrition. Now listen to me. This is the most magnificently laid out beautiful book. Sometimes you see a big book, you think, oh it will be too difficult! No! This jumps off the page. And it's natural remedies. We've just experienced the most unbelievable thing in our lifetime, certainly in 100 years or more, and maybe ever -- and it is not over. And we've got to know what to do. That's what the *Natural Remedies* do. We can begin to build up a resistance. Dr. Colbert talks about that. We can build up our immune system.

And Jordan Rubin is here. Jordan, I'm sorry we don't just have people applauding you everywhere but they're watching. I want you to know we're glad to have you back on *LIFE Today*.

Jordan: I'm so glad to be here.

James: Good memories?

Jordan: Absolutely.

James: It was a wonderful thing to see. You talked about eating. I know you'll be happy to know that Betty and I have come to understand some of the impact possibilities of the keto program and burning some fat. You look really nice. But you're going to tell us since

you've been here you've been through some challenges. But when you were here the first time you talked about a major issue; it was Crohn's disease that led you into this journey that's enabled you to make it through some other challenges. But I feel like you feel like you've learned great things in your journey, and you love to share it and you do it so well. So we're glad you're here!

Jordan: I'm thrilled to be here. And to whom much is given, much is required. So I knew that in the midst of my illness as a 19-year old, when I should have been in the prime of my life, I was desperate, cried out to God. I wanted to be healed instantly but the process, the journey he took me through really allowed me to help other people who were either sick or better yet healthy and can stay that way.

I made a commitment to God, I said, "Lord, if you heal me, if I can just help just one person overcome disease or better yet avoid it, then this living hell will have been all worth it. I tried to describe what I felt like as a teenager, losing what I thought was everything, having to leave university, my friends didn't come around very much. I looked, literally like a skeleton and felt like I was trapped in a prison that was my own body. I felt isolated alone, I didn't know anybody that was sick the way that I was. It was an embarrassing disease. I describe it as having food poisoning for two straight years. Couldn't sleep for more than 30-45 minutes at a time. When I would leave the house it was in a wheelchair and people were sort of moving away from me thinking I was contagious.

I knew that God had a plan. It wasn't until I really understood what faith was, the substance of things hoped for, like this table being real, that's how real my faith had to be, the evidence of things not seen. And I began to spend time thinking about the future God had for me, not the present valley of the shadow of death that I was walking through. I knew somehow that what God would use to heal me, I could share with others.

So it's been an amazing journey. It's been 26 years since the Lord healed me. I've not looked back, and I've been able to help that one person time and time again, including

through your broadcast and others. So it's been a real blessing.

Betty: Can you give us just kind of a quick definition or describe what Crohn's disease is for those who might not know?

Jordan: It's so interesting. Back when I was diagnosed, it was really uncommon but today, Crohn's disease, which is one of two inflammatory bowel diseases, ulcerative colitis being the other, it is essentially, inflammation of the digestive tract. But I was in such severe peril. I had rheumatoid arthritis, diabetes, chronic fatigue. I had wasting disease. I went down to 104 pounds and I'm a little over six feet tall. I had issues with my eyes, I had kidney and bladder and prostate issues. I counted 19 different illnesses. Doctor after doctor would say, "You're the worst case I've ever seen." And I visited 69 medical experts around the world trying to get well. And it wasn't until a man told me that if I would eat and live the way the Bible says, I could be well. And I'm a Bible reader at this time. I'm a young man of faith and I never knew that the Bible had anything to do with my physical health.

But when I realized that God didn't just want to heal me, he wanted to give me a platform that I could glorify him by sharing this message, it all made sense. I knew the reason that I went through this. People would ask me, "Why did you get sick? What did you eat that was wrong? Did you get an infection?" They always want to know what caused you to get sick. The answer to why I got sick was someone watching today. And 13 years later, there is a new person in the audience whose child has Crohn's disease, whose sister has rheumatoid arthritis, whose friend is going through asthma. I believe that God created our bodies to heal. But I also believe that he gave us wisdom and he gave us powerful substances in the form of foods and herbs and spices.

So what we're going to talk about today is not just the fact that you can be healed, but a road map to do it. And really, *Natural Remedies* is a reference guide. You will use it every day. I've used the principles several times today just traveling here, and it is really powerful because it is simple.

James: You know that God gave you the journey with what you learned, *The Maker's Diet* changed millions of people's lives. Not only watching here but getting the book and practicing and passing on the information. But you didn't stop there. You came back and talked about the journey to wellness, which included so many aspects of wellness. Which moving is very important to being healthy, don't be a couch potato, eating potatoes and potato chips but moving.

Now then, you were already into this before the pandemic hit but it becomes that much more important to know that if we practice these things that you say are ancient, there are things that are absolutely proven. And aren't you grateful that much of the medical community today, it's like they finally pulled their head out of the sand and recognized that an adjustment doesn't hurt you? It is not chiropractic against medicine, medicine -- it is nonsense when you fight each other so foolishly.

But also, the *Natural Remedies* and food, that much of the medical community now is acknowledging that, thank God. But what you've done is you've gone back, it's kind of like irrefutable evidence. It's like you put God's principles in place, prosperity is a result of it. It's a Promised Land life. So great that you can begin to worship the blessings and benefits of the principles' positive effect. So what you've done is you've taken irrefutable evidence that is not just biblically confirmed it is historically confirmed. And not doing it and ignoring these things, the catastrophic results are also undeniable. Tell us about this and tell us about your journey now.

Jordan: Absolutely. First of all, if you're dealing with a cold or a flu, if you're dealing with cancer, if you're dealing with arthritis or other types of inflammation, gum disease, you name it, if you want to lose weight, if you want more energy, you want to reduce stress, you want to sleep better, there is a natural remedy or multiple natural remedies that was designed just for you. We look back through history, we even hear Jesus in what we call "the woes." He says, "Woe to you teachers of the law and Pharisees. You tithe dill, mint, and cumin but you leave out the weightier issues of the law."

What that tells us is that dill, mint and cumin are as valuable in biblical times as gold and silver. So I actually studied dill, mint, and cumin. Dill is amazing for digestion. Mint is great for the brain. Cumin is great just for overall wellness, aches, and pains, etc. But there are hundreds of herbs and spices that your viewers and partners have in their pantry. They use them occasionally when they flavor food, but these herbs and spices are more powerful than fruits and vegetables. They are more powerful than vitamins and minerals. And we've known this for thousands of years, but we've lost a little bit about that wisdom. Turmeric is one of the most powerful spices on the planet. Everything from your joints to your brain.

James: Where do you get that?

Jordan: It's just at the grocery store. That's the great thing is if you pick up this book, *Natural Remedies*, you can get these herbs and spices anywhere.

James: You know all this stuff?

Betty: I know a little bit about it.

James: You go to your spices and you're thinking this way?

Betty: I have.

James: You didn't even know about the book.

Jordan: All of the countries that you've traveled to and that your ministry reaches, they have natural remedies in the forms of herbs and spices that they cook with. You go to their little shops, you smell aromas.

James: Do they know they are natural remedies?

Jordan: They really do. They absolutely do. It's been handed down for generations. But we are one of the first generations here in America that rely on so many other medicines when God gave us these natural remedies. Ginger, cinnamon! Cinnamon tastes good, people like the taste. It is wonderful for blood sugar. Cinnamon is wonderful for yeast infections. Cinnamon is also antimicrobial. That's just cinnamon. Everybody has it but it sits there and gets caked up because we don't use it enough. Parsley is amazing. Thyme -- I used to have this bad joke, "Thyme heals all wounds." But it really is amazing. Thyme has a compound that is antibacterial and antifungal.

James: This is a product called thyme?

Jordan: T-H-Y-M-E. Just the spice.

James: And all that's in this book? And with pictures for people like me.

Jordan: Yes! It is a picture book.

Betty: Now cinnamon doesn't mean that... that's not what you put on top of your toast with all the sugar and butter.

Jordan: Well, the cinnamon and honey though you can use. Cinnamon toast -- one gram of cinnamon has been shown to lower blood sugar in diabetics tremendously. Just what we've got in our cupboard.

James: Honey ever okay because it has sugar?

Jordan: Honey is okay. The best honey to consume is unheated honey. "A little bit of honey is great, too much rots the bones," according to the Bible.

James: Can you get it from the straight from the beehive?

Jordan: That's the best way. That's the comb.

James: Because we have access to that in places, I know.

Jordan: And the honeycomb, it is interesting, actually has an amino acid when consume it with the comb that helps to build your joints and connective tissue; it is called Proline. So absolutely, make some cinnamon toast. If you do, use some whole grain sprouted bread.

Oregano! Oregano is a spice that is amazing. It is great as a natural antibiotic. So when my kids come down with a cold or a flu, I use oregano oil, a couple of drops, in about eight ounces of water. Say, take a little swig. When you have that tooth pain, clove oil. Clove is the most powerful antioxidant spice on the planet; 18 times more powerful than blueberries.

If somebody were to go online and look at turmeric, N.C.B.I. that shows the National Database of Published Research. I looked yesterday. I saw studies on depression, Alzheimer's. I saw studies with turmeric on other brain issues, inflammation. But that's just one spice. You go to Ginger. There is a spice in Thailand called galangal that we have in soups sometimes at Thai restaurants. This is the past, present, and future of healing.

James: Okay, let's face it though most likely it is in the stores because it's a product that enhances flavor in food. They're not even thinking about what it might do for their wellbeing.

Jordan: Absolutely.

James: So you're trying to wake people up. Is it going to make, when people become aware, is it going to make that product more difficult to get? Is it possible to harvest it

and keep it coming where when people decide, I want to start practicing these things that I can see will apply to challenges that I face, are they going to be able to get the product? Or now is it going to be some secret new place that all these things are flowing through? Are they going to be able to get it? You're telling me that you're not just giving people wishful hope, wishful thinking, rather than positive possibilities?

Jordan: It is absolutely available. If I just think of one easy to grow plant that can do probably 50 things for you, pepper, hot pepper, cayenne pepper. Cayenne pepper improves circulation. Cayenne pepper can help your brain. Cayenne pepper can help heart challenges even in acute situations.

James: I don't like real hot spicy stuff.

Jordan: I don't either, but you can use a little bit.

James: Can you tone it down some?

Jordan: Absolutely.

James: Do you tell people how to tone down a hot spice?

Jordan: We do. You can combine it with other oils such as coconut oil or olive oil. We call it "a carrier oil." We've heard of frankincense, obviously from the story of Jesus' birth. Frankincense in an oil is one of the most powerful substances on the planet for your brain and your body. Lavender, we love the smell, lavender is one of the best substances to help you sleep, to reduce stress. You can dab some lavender oil on your forehead when you have a headache.

Every single condition you can think of from headaches to allergies to colds and flus, to toenail fungus is covered in *Natural Remedies*. That's why I'm saying this isn't a book you read and put on the shelf. You're going to keep it right near all of your food, you'll

keep it in your pantry, you'll keep it on your kitchen counter. There are dozens of recipes here and you'll learn how to use herbs, spices, essential oils. It's truly a reference guide to wellness.

James: It's not cost prohibitive.

Jordan: No. Not at all.

End of video

In the studio

SHEILA: Pretty interesting stuff. I think it will make a real difference. And for any gift at all, we will be happy to send you Jordan's book, *Natural Remedies: Ancient Nutrition*.

But one of the things that I'm very aware of because I've been given the privilege of being on so many of our Water for LIFE trips is what it is like for moms, for families in an area of the world where there is no access to clean water. You think of it as the most basic human need, and yet, I've watched these mothers who will get up at 4:00 in the morning and walk for a long, long distance only to be able to get water from a hand-dug well.

I had no idea how bad these wells were until I saw my first two or three there, probably only about six feet deep, and the water is filthy. And watching the moms bring this water up, and that's the only thing they have to offer to their children, it was just horrifying. So many of the places that I've watched children drink from, it takes everything in me to hold back and not want to stop them. But I realize I have no right to stop them unless I have something better to give them.

That's been a passionate concern at *LIFE* for many, many years. We want to be able to drill 350 new wells this year. Now many of you have helped us in the past and we're so, so grateful. Because I can tell you when you've been to a village where there is no clean water and then you get to drive to a village and I'll never forget the first time I saw this

pump given by viewers of *LIFE Outreach International*. It was like I just wanted to dance. So I want you to be part of it. We all get to do this together. So please watch this and then I'm going to tell you how you and I can make a difference.

On the mission field

ANNOUNCER: The far corners of the world frame a beautiful picture of God's creation and the new unique people created in his own image. And as you visit different countries, you're sure to see many different cultures and customs.

But even in the midst of this diversity, there is one commonality shared by all. The need for water! We need water to grow our food. We need water to care for our animals. And we ourselves need to drink water to survive. But unfortunately, many people around the world don't have access to clean water. The only water they have available is contaminated and it is the children that suffer the most from waterborne diseases.

Open Captions

>> My daughter died from an infection from diarrhea. Our water is contaminated but it's the only source around here.

Everyone who lives in this village has gotten sick from the water. We have never had an option for clean drinking water.

ANNOUNCER: Just as the problem of contamination is the same around the world so is the solution. You can help drill new water wells in many different countries and provide clean water to hundreds of thousands of people. Clean water changes everything! Clean water saves lives.

End of video

In the studio

SHEILA: Wow! Beautiful! But the contrast, because I've been in both, I've seen both. I've seen what it looks like when these children -- and you saw that in that spot. That kind of water that you literally would not give to your dog, and that's all these children have. And sometimes it is hard where we live to get a perspective of what it really is like. Because I'll think of like the flight to DFW airport and I'll go into the store, and I'll buy a bottle of water and I'll stick it in my backpack. And within a few hours, well, quite a few hours, I'm landing in another country. And we're drilling water wells in over 20 nations but so often we'll get into some kind of truck and drive for hours. And suddenly, you realize how drastic the situation is because there is nothing. There is no clean water.

The women get up and walk for an hour or two in the morning just to get to the kind of waterhole that you saw in that spot with water that they know potentially could kill their children. It is a horrible choice. Nobody in this day and age should have to struggle with the fact that they cannot provide their children with clean drinking water. It is just like a basic human need.

And that's why I'm so grateful to be able to tell you that we can do something to change it. It is our prayer, with Jordan's book, with -- we pray that God is going to bless you this year, perhaps with some of the greatest health you've had in your life. That's our prayer for you. We want you to be well and strong, to be able to serve Jesus for all the days of your life.

But our other prayer is out of that. That a compassionate heart would spring where you would say I'm not just saved for myself, I'm saved to make a difference. We are Christ's hands and feet on the earth at this moment. He said, "I was thirsty and you gave me something to drink." Sometimes I've heard people say, "I wish there was something I could do for the Lord, but I can't travel overseas." Here's something you can do for the Lord. You could reach out and help.

Do you know that \$48 would provide clean drinking water for about ten people for their

life? Perhaps you could do something more. Maybe you could do \$144 and that will provide 30 people with clean drinking water. Some of you might be able to drill a whole well. Wouldn't that be amazing? It is very -- \$4800, that will provide clean drinking water for about a thousand people, about a whole village for their whole life.

For any gift at all, please request your copy of *Natural Remedies: Ancient Nutrition*. For your gift of \$48, we will send you *The Blessing of Taking Communion*. This is a fabulous book and it talks about the blessings of remembering the sacrifice that Jesus made.

We want you to be well but we want to answer the cries of these moms. So please, go to your phone, call that number on your screen, and give the very best gift you can. 350 wells in over 20 nations -- that's what we want to do. Let's go beyond that. Let's make a difference in Jesus' name.

Begin video clip

ANNOUNCER: *Across the globe, hundreds of thousands of lives are lost each year to waterborne disease, and nearly half of those are children under the age of five. Through Mission: Water for LIFE you can give mothers hope and children a future as we provide clean, life-giving water for thousands of children and their families before it's too late.*

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 a gift of any amount, we'll send you Natural Remedies. This beautifully illustrated book explores ancient nutrition and the health benefits found in God's creation. A valuable reference with biblical insight to help you live your best life.

For your gift of \$48 or more, we'll also send you The Blessing of Taking Communion, a companion book to help feed your soul and remind you of the transformative power of receiving the Lord's supper.

Finally, please consider a gift of \$1200 to help provide water for 250 people. Or a gift of \$4800 to help sponsor a complete well. And request our new inspiring bronze sculpture, "Consider the Birds" inspired by Jesus' words in Matthew 6:26.

Please call, write, or make your gift online today.

End of video

On the mission field

>> 14 years ago, God brought Jordan Rubin into my life. His principles are real, they're proven. I'm the evidence of it.

>> And within about a week, I noticed a huge inflammation reduction. I noticed I wasn't stiff after my morning hike. It was amazing.

>> Following Jordan Rubin's principles has transformed our health and our immune system.

>> His teaching and his guidance have made an incredible change in my life and my family's life.

End of video

In the studio

SHEILA: Thank you so, so much! And if the lines are busy, please keep calling. Let's do this. Let's determine this year we're going to make a difference in Jesus' name. We can choose something every week that we can skip so that we can make a difference to be

able to provide clean water in a village. Literally, it's giving life. That's why we call it Water for LIFE because that's what it brings.

And for any gift at all, ask for your copy of Jordan's book. For your gift of \$48, we will send you *The Blessing of Taking Communion*.

So from all of us here at *LIFE*, thank you so much. We love you. We'll see you next time!