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Week 11: WFL

James and Betty Robison

Dr. Don Colbert #1

In the studio

JAMES: James and Betty Robison welcome you to *Life Today*. I want you to kind of zero in and zoom in. We don't come on the air because we look for something to do. We're both going to be 80 years old this year. I'm sorry. I know she looks like she could be my daughter. I'm just saying. But here's the deal. We're here for one reason. Okay, I think God just corrected me, he said two. You're here for me and them—and I'm for them. And I have put the "I'm for them" in you and Betty, and your guests, you're here for them. Well, we are.

I want to tell you something. I want to help you. I've got a doctor here who can help all of us. He's been doing it for years effectively, not wishful thinking. Many times miraculous reality. I want to help you with the mental deterioration that we're experiencing as we get older. Frankly, when people are very young now and there are causes of it but there's also cures.

This is the *Healthy Brain Zone*; "Reverse memory loss, reduce your risk of dementia and Alzheimer's." This is climbing rapidly. Please hear me. We are losing our friends. Betty lost her mother to it. We've lost close friends. I've lost my closest friends to it. We've got closest friends' spouses right now that have it. They don't know what's going on. We're dealing with and playing with all the kids and grandkids. So much of this is happening. It doesn't have to happen, and it can be reversed.

We have a doctor here who really, really loves his patients the way physicians and doctors and surgeons are supposed to—and many have, and many do. I'm telling you,

Betty and I are here because God put a love in our hearts for you. Don Colbert is here because of it.

Dr. Colbert, you've been here, just like a tell a lot of my friends, we sponsor your television airtime.

[Laughter]

We put on the air what's best and I know you love coming here. I know you're excited because you did something to help your mother, who's 87. It was kind of like a resurrection of the dead. I don't think we're going to stay there. But you're seeing something happen that you've already even seen do what looked like the impossible. Now you want to tell us some things. And then there are even some other things that he's discovering that there is something that you put in your system that looks like it is indescribably, biblically miraculous. We're going to talk about that in the very near future when we can illustrate it and demonstrate it for everybody.

Here are the cures you believe you put in this book. I want you to take us through this book that is laid out fabulously and just tell us why this is so big to you, beyond your mother, and why you think this will be so helpful to our viewers.

DON: First of all, it started with my dad back over 30 years ago. He started developing dementia; he was in his 50s. He died at 81. He was in a nursing home for over ten years. He had severe Alzheimer's where he couldn't even live at home. And then, my mother who worked until she was 82 in a bank full time started developing dementia. Now, my father had a genetic cause of his dementia; 25 percent of us have the genes that cause Alzheimer's yet very few doctors check. If you have those genes, don't worry. If you're on the right diet, and the right nutrition, then we can prevent it. As long as you don't drink alcohol and don't get brain trauma or head trauma, we can prevent it. So no problem.

But with my mom, she was dying back last year. She was dying. They called us and the

hospice nurse says, "Your mom only has a few days to live. She's gone." She had had COVID and was not eating or drinking and in a comatose state. I told my brother, let's start doing this regimen because I've been working on a book and I know what works to start turning the brain on.

I started giving her these vitamins that lower homocysteine levels. I started—and lots of them. I gave her lots of vitamin D because vitamin D turns on over 900 genes and helps to repair synapsis in the brain. One of the key things I did is I put her on testosterone. Testosterone is a powerful hormone but to get a lot in her I had to give an injection. So I gave her this injection. My brother, I taught him how to do it but we started on testosterone injections, a good hefty dose. Testosterone starts to repair neurons and prevent shrinkage of the brain. Also, some are converted to estrogen, and estrogen and testosterone increase the most powerful protein in the body for growing brain cells called brain-derived neurotrophic factors. Like Miracle Grow for the brain, where you start to grow new brain cells, you start to repair old brain cells and synapsis.

Something miraculous happened within just a few weeks. The hospice nurses couldn't believe it. I did a few other things I discuss in the book. They said they thought she was going to die in the next few days. They said we're going to have to move her at least to hospice because she wasn't able to communicate or anything. Within a few weeks, she was talking again. Her personality was back. Her mind was back. She was enjoying life, interacting, and she was back to normal. We couldn't believe it!

JAMES: Were you getting her to do much of what you say in here?

DON: Yes, we were. Because we had full control of what she ate, what she drank, and what supplements she was on. Now we were having to open the capsules, and stir them up because she couldn't swallow pills. We got her some dissolvable pills that she could take. And we lowered her homocysteine level, which I talk about which is so important because homocysteine is a toxic amino acid.

I check it on most of my patients now that are 60 and over because if your level is high, it is causing inflammation of the brain and brain degeneration. Now the key is this. In the lab, normal values are between zero and some labs say 19.2. If it's over ten, you're getting inflammation in the brain and brain degeneration, usually. If you have the Alzheimer's gene or the ApoE4 gene, which by the way, 25 percent of you have it. If you have it, then you need to get your homocysteine level seven or below, or else you're inflaming and degenerating your brain.

So that was a key thing I did. I go in detail on how to do it. It's really simple but most of your doctors don't know this. If you go ask your doctor for a homocysteine level you'll get the answer and it will be like 13 or 14. They'll say, "Your level is normal. It is in the normal parameters." No! If it is greater than ten, you're developing inflammation in the brain, and usually degeneration in the brain.

So again, what I did is we combined all of this, the right diet because my mom had Type 2 diabetes. So she chose, unfortunately, Alzheimer's because most Alzheimer's is Type 3 diabetes of the brain or insulin resistance to the brain. The brain is starving for sugar but it can't get it in the brain because the cells are resistant to the action of insulin.

So all I did is I put her on a few key nutrients that help to reverse insulin resistance. Her diabetes improved. Not meds—I didn't have to use meds. I used mainly nutritional supplements and diet, a special healthy ketogenic-type diet that you're taking.

And again, my mom had suffered a hip fracture so she couldn't walk. So exercise was out of the question. I couldn't do that. But at least we were able to get her a good night's sleep, a comfortable night's sleep. Sleeping is one of the best ways to help the brain; deep, well-oxygenated sleep on your side. When you sleep with your head on the side, it activates one of the most powerful processes in the body, which is the glymphatic system of the brain. Now, this is the waste disposal system of the brain where our brain starts to eliminate beta amyloids; that's the goo that causes Alzheimer's, that is associated with Alzheimer's.

So deep sleep is important and intermittent fasting. When you skip a meal, for instance, breakfast or dinner, and you fast for 14 hours a day and eat in a ten-hour window, you unleash a process called autophagy. Your body starts to self-digest and eliminate beta-amyloid, the goo associated with Alzheimer's disease. You also boost this powerful protein, a brain-derived neurotrophic factor that starts to repair the brain and restore and renew the brain.

And so what happens when you're intermittent fasting and you're sleeping well and eating a keto diet, and then enjoying life and exercising, these powerful things, lifestyle factors all boost brain-derived neurotrophic factor, which starts to repair and regenerate and renew the brain. It's so easy. Then you combine the nutrients and the hormones and I talk about what hormones. Hormones are critical—

JAMES: When you say I talk about, we talk about it in here.

DON: Yeah, it's in the book.

JAMES: Because he's covering a lot of ground. Let's face it. I can talk pretty swiftly, but we're not in the same league. I can't use these words, don't understand what they mean. He explains them here. I'm trying to tell you that what you're hearing is rapid fire from someone who has spent his life trying to get people well.

Now he's giving a testimony of a miraculous, like almost a resurrection from the dead of his mother. When he begins to be able to put some of these things very deliberately in place, which she wasn't able to do, they did it for her, you're saying that if we will begin and you looked at all this, Betty. You are very fanatical about trying to do what's best.

Now, Betty and I have told you that it's been how many years ago that we lost 25 pounds on keto together. They couldn't believe you lost that. You looked like—

BETTY: It's been about three years.

JAMES: We've basically stayed there. We've just stayed there. I have had a little fluctuation. If I ever get a little tiny bit right here that's the only place. I don't carry fat. I don't allow this spike stuff to go on. I don't just stay away from sugar. I'm sorry, excuse me, I'm confessing. Here's the deal. I'm not letting anything control me like that. I don't want anything in the world to control me but God. And we go through—by the way, he's not angry at you when he loses control, he just loves you. That's what we're sitting here talking about. We're not trying to scold you, beat you up, beat you down, make you feel small, or like you just don't have enough sense to do what's right. That's all we're saying. We don't know what to do. We don't know what's best. He's trying to help. And he's put it in a book. I mean the man's spent a tremendous amount of time not only with patients, he's trying to help—he's broken all of this down. You've got—what is going on? Tell me what's happening? The top ten demento—how do you say it?

DON: Dementogens. You see a carcinogen is a cancer-causing agent. A dementogen is a dementia-causing agent such as many fish that are high in mercury like orange roughy and shark.

JAMES: How about salmon? We love salmon.

DON: Salmon is great! It is low in mercury, especially Alaska wild-caught salmon. But dementogens are simply mercury, arsenic, lead, cadmium, and anticholinergic meds that block—

JAMES: Again, can you tell what these things you're saying mean in here?

DON: Yes.

JAMES: So you go down to ten and then you've got a "Healthy Brain Zone Plan." All of this is just amazing here. He's not only a good talker, he is a good writer, and he puts this

down for us. Would you say what he's taught us has changed and maybe even saved our lives?

BETTY: Absolutely! I've got his books at home and I'll pick them up. If I've forgotten something, I'll grab it again and refresh my thoughts and memory on it. Now I've got one on memory!

JAMES: I'm just sitting here looking at her. And everybody knows I like to look at her. Does she look like she's going to be 80? I mean, I don't think I even look so bad.

DON: You don't. Y'all look great!

JAMES: I was going downhill until we got—then I started getting more like Betty.

BETTY: But you know, we basically don't eat an evening meal. We just don't.

JAMES: No. We don't.

DON: Can I tell you that one thing, you unleash one of the most powerful healing processes in your body by intermittent fasting. But that is one of the most powerful things you can do. I had a patient or a person that I just talked to, a minister from Russia and he says that he never sees an Alzheimer's patient in Russia. I said never? He says they walk everywhere. And he says also what they do is they eat natural foods. But many of them will skip a meal. He says I'll eat one meal a day! And he has sharp, sharp memory—
incredible memory.

JAMES: This is so different from what the western way has taught us. It is the world's way; it is anything but God's. And I've got to be honest with you because I love to eat. I love what tastes good and feels good. Do you understand that? I think natural appetites are our biggest test and biggest challenge. Not the unnatural appetites—those are big enough that you get sick to get there. But the natural has the tendency to overpower us

and overwhelm us. If we can bring them under control, then nature begins to work with what God naturally made us to do. And it is miraculous!

Betty and I, okay, we're going to be 80. We're not planning on going anywhere. All right? We're going to heaven. We're already in heaven. But I wish all of you could understand. I'm living the kingdom of heaven. The kingdom of heaven is here in us. Why wait? Let's get started. Why don't we start overseeing God's earth like it's his place, his kingdom? Well, we need to do it healthy.

Okay, doc. Now we're going to talk a whole lot more in the next program. But wrap some things up.

BETTY: I have one more question. Do you recommend that everybody get that test to see if they have that gene?

DON: I do. Especially if they're having short-term memory issues or a family history of Alzheimer's or dementia. Please get the ApoE4 gene test, a simple blood test, we do it every day at my office. And get the homocysteine levels. Now I have a page of all, there's like—I have like four or five pages of all the blood tests recommended. But two of the most important, I would say are the ApoE gene test and the homocysteine test. Homocysteine, H-O-M-O-C-Y-S-T-E-I-N-E level, and Apo, A-P-O-E gene test. That's it! E- the letter E.

BETTY: The gene test.

JAMES: Haven't we had—we did.

BETTY: When my mother passed away, we did. We both had it and we did not have the gene. But can that change? I mean—

DON: No! Thank goodness you don't have the gene. Twenty-five percent of the people in

this country have the Alzheimer's gene. 25 percent! That's huge!

JAMES: So they need to start dealing with it with a real focus.

DON: Yes! Because they need to follow my chapter on the ApoE gene because if you have the ApoE gene your cholesterol is usually high, your sugar is usually high, you develop insulin resistance younger, and you should avoid alcohol or at least minimize alcohol, and you need to avoid head trauma. You should not—and especially your kids. If your kids are doing full-contact sports like football, lacrosse, soccer, motorcycle riding, Karate or Judo and have head injuries, they're much more prone to develop Alzheimer's. So I go a whole chapter on that.

JAMES: Let me tell you something. He's going to be back in another program, either tomorrow or the next day because we're going to deal with this more. I know you're wanting to ask questions. There is no way we can get all the questions that would come in and say, here they are.

Now I don't know how I can do anything better than to set you in front of a doctor that will shoot straight with you. Well, he is sitting straight in front of you. He's putting it down. He'll spell it for you. I don't know if you'll pronounce it right but at least you'll know what you're looking for. You'll know what to discuss with somebody you trust or your own doctor. But you're going to find the truth here. And can people find at pharmaceuticals or at a drugstore where they sell nutritional things, can they go and get the pharmacist—or the people at the desk to tell them where they can find these if they can buy over the counter that will help offset this?

DON: I've got a list in the index and the appendix of the book of what supplements I recommend. I have the Brain Zone products, for example. They can go to my website at [Dr. Colbert.com](http://Dr.Colbert.com), D-R-C-o-l-b-e-r-t.com to take what my mother took which pulled her out of this. And I've helped many patients with this. We have the key products, one that lowers homocysteine, two products that help to boost the brain-derived neurotrophic

factor, and the nerve growth factor that helps restore the brain. And three, a product called Brain Zone Focus which helps focus the brain.

JAMES: And we're going to have you back and talk more specifically about that. Let me tell you what we're doing for you right now. The questions that you would ask, I'm going to send you the answers here if you want them. Now you can go online and order the book. We're giving away a book today to anybody who helps us give water to the thirsty, *The Birthright*. It is tremendous. We have an incredible bronze for those of you who will help us drill a well. This is a bronze of cardinals, which our baby girl who went to heaven ten years ago at Christmas, and obviously, it reminds us of her but it shows the beauty of God. We're sending this to everybody as a gift if you will help us drill water wells.

But if you say, James, I'm going to help you give water. I'm going to give people water that never had it. I'm going to be their miracle and their answer to prayer. But would you send me that? You better believe it. It's like I'm sending Dr. Colbert to your home. Let's get after it.

And Lord, let's see people's brains and minds healed. Help us start doing things right because our body is your temple. It's your temple to do your kingdom, and fulfill your kingdom will and purpose. So God, work a miracle.

I want to help you. Dr. Colbert is going to be back. In a way, you can just have him in your home. Would you help us become someone's miracle? I want you to watch very closely and I want you to be thinking this, can I make their miracle happen? Can I be their answer to prayer? Yes, you can! Watch.

On the mission field

Announcer: The far corners of the world frame a beautiful picture of God's creation and the 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's the children that have suffered the most from waterborne diseases.

Open captions

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

Open captions

>> 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 contaminated water 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

JAMES: Do you think that Betty and I could travel 30 years to 50 countries and just watch people die? No! We couldn't watch children starve if we didn't know we could save them. Betty, we started feeding, and I say we—there's the “we.” We said could we feed them? 18 million lives have been saved that we know of by those foreign governments telling us—not the missionaries, the governments.

We have drilled over 7,000 water wells. There are 70,000 places that need water in those villages. People like you have said, I can give a village water. And Betty, those wells are \$4800. That's a miracle! And that's water for that village. \$48 gives ten people water the rest of their life. Where could you better put \$48? \$144, 30 people. I know you want to do it.

I have a doctor sitting here. Every doctor on the planet that cares anything about a patient wishes they had the perfect cure. We have the perfect cure. This isn't wishful thinking. This is the miracle they long for. It is clean fresh water we have access to. We won't tell you we can drill if we don't know. Because of boreholes, when it gets dirty, and filthy, and contaminated, the water is down there, we can reach it. Would you please help us drill another 350? Did you know last year they helped us go past that? They didn't know it but they did it. I tell you what, I just think you can do it again.

Let me ask you a question. I said can you drill a well? I had a question I wanted to ask. I haven't asked this. I bet I haven't asked this since we started maybe once or twice ever, could you drill ten? You say \$50,000? \$48,000? I just asked you, could you? Why would you ask me? Because they're ten villages that need it. Somebody could say, I can get God's arms around those. So go ahead and do it. God has given the older people on this planet, the majority, the resources that are substantial and solid on this planet, especially in the United States.

So whatever you can do, do it. I mean do it big. Because a water well in a village where they have no clean water is big. I mean it is bigger than any entertainment park. It is the greatest thing they ever imagined happening to them. It's a miracle answer to prayer.

Betty, we're praying together, every single person watching that can give a well will. That can give ten people water the rest of their life with a \$48 gift, or \$144, for 30 people. Go right now and get your bank card. Use it like a check. Write a check, make it to *LIFE*, that's what you're giving. We're going to send gifts to you that will bless you including how to help your mind and the minds of the people you love get healthy and stay healthy.

Because you are the temple of God. You're the miracle worker. You're the answer to prayer for so many people.

Thank you! This is our last week now. Go online, dial that number, take your bank card, and use it like a check. If you write a check, tell us what you're mailing. Call us. Tell us what you're putting in the mail. We're believing God for a miracle for them and for you.

Begin video clip

ANNOUNCER: *Every day thousands of lives are lost to waterborne diseases, 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 The Birthright. This book is a liberating and life-changing celebration of your birthright as a child of the King. Discover the joy of coming home to your Father's warm embrace.

With your gift of \$100 or more, we'll also send you the "Moments With Him" mug set. These two beautifully crafted coffee mugs feature scripture on the side, the perfect way to start your day and reflect on the goodness of God.

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.

This is the last week! Please call, write, or make your gift online.

End of video

In the studio

JAMES: I think it is really important that I remind you, this is our last week of this emphasis and we're believing God for these wells. Let's get as far as we can for all of them this year. You see what we're going to send you. By the way, these cups are beautiful.

BETTY: They really are!

JAMES: I know you don't believe this, but Betty and I are taking four more home today. Not because we drink that many cups of coffee, we just like the cups. And some of ours are worn out and we got them here. We've got them at *LIFE*. These are nice and beautiful. The beautiful bronze. And then *Healthy Brain Zone*. There is a zone we can reverse that memory loss, even Alzheimer's.

Thank you for watching. Thank you for sharing life. Dr. Colbert, you know we love you. We feel like you're part of our family. We're kind of physicians together trying to touch the broken hearts and broken lives and the needs of people all over the world, and we do it together. Thank you for being such a big help. Thank you for helping us put God's arms around so many people all over the world. Thank you.