

3/9/23

Week 11: WFL

James and Betty Robison

Dr. Don Colbert #2

JAMES: Welcome to *LIFE Today*. James Robison, Betty is here. I'm glancing through Dr. Colbert's book. It is how to restore the brain. It is how to overcome dementia and Alzheimer's; overcome it, deal with it, actually be healed from it. I'm glancing through the book, and as we get older, we're both 79, we're going to have our 60th anniversary this year in ministry; will be having a celebration in August. The 23rd of February is our anniversary; it will be 60 this year. I know she doesn't look that old, but we've been married that long. I'm just so grateful.

I'm sitting here, Betty and this is easy to read. It is only 200 pages. That's a short book. Especially, when you understand all the complexities of what it so effectively deals with. Here's trans fats. Dementogen—

DON: Dementogens.

JAMES: I'm so demented I can't say dementogens.

DON: Well, trans fats are a dementogen or dementia-causing substance that many of us consume every day with every meal. Those donuts, those French fries, the icing on your cake is full of trans fats.

JAMES: I'm just reading the list here: Brownies, cakes, candy, canned frosting, caramels, chicken nuggets, chips, cookies, crackers. We can't eat again! We're through!

DON: Well you're inviting it in. This is the dementogen and the more that you eat your brain becomes partially—

JAMES: Can you find any candy that does not fit there? Does dark chocolate—

DON: Dark chocolate is one of the best. But yes, exactly.

JAMES: But you have to go through the trouble of getting it.

DON: You do. And again, even chocolate can contain two heavy metals that are dementogens which are lead and cadmium.

JAMES: Why are you putting lead in candy?

DON: That's because the chocolate, the bean it comes from generally has more lead in it and more cadmium. These are heavy metals. But again, fortunately, the flavonols in this will counteract the heavy metal too.

JAMES: After we read this thoroughly can we still enjoy eating at all?

DON: Yes, you can. Now again, let me explain. My book that I did the year before, which is *Beyond Keto* is the healthy keto diet. That should have been called the Alzheimer's prevention diet. I talk about it some but the whole book I had on it is the key diet to prevent and reverse Alzheimer's in the—

JAMES: Keto changed my whole world. To say—and I'm going to go ahead and be honest with you. We know Betty doesn't look like she ever ages. I feel like I was aging fast. I felt like I was probably 100. And I got with what you put out and I did it. I've got to be honest. I used to walk by and look at my reflection in the glass of the doors and God, there is an old man! I don't feel that way about myself now. I actually look and I think, something is happening to me. Am I crazy? Do I look younger?

DON: Well, Psalms 103 explains it best. Your youth is being renewed like the eagles, and I'm

convinced with a healthy keto diet. Now 95 percent of keto diets are unhealthy. This is a healthy keto diet. The most powerful things we can do to prevent dementia and reverse dementia are simple things: A healthy keto diet, intermittent fasting, regular exercise, and a good deep sleep that's well-oxygenated.

You see, most Americans are obese, or I should say over 40 percent, it is almost 50 percent now. When you're obese you're inviting in sleep apnea. When a man's neck is 17 inches or greater, they may—they usually have sleep apnea. When a woman's neck circumference is 16 inches or greater, they also, many times has sleep apnea. But as we age, our soft pallet sags. So a lot of people are not getting oxygenated sleep. How do you know if you have that? Number one you wake up in the morning and you're tired. You never recharge. You have a dry mouth. Your spouse will hear you gasping for air, stop breathing. Again, that is a warning sign. That could be your nose. Like when I eat cheese or a lot of dairy, my nose clogs up, and I can't breathe. She'll say, "You were gasping for air!" I'll say, "I know I had some sour cream."

JAMES: You know cheese is on the keto diet.

DON: I know but again, if you have sensitivity like I do, I have to have goat or sheep. Or they have a new Casein A2 cheese that just came out in the grocery store!

JAMES: What is Casein A2?

DON: Casein A2 is non-inflammatory and does not cause mucus.

JAMES: What does it come from?

DON: It comes from special cows that don't—see, the inflammatory process—there are two key proteins in dairy. There is whey and Casein. Casein has two key proteins also. There is Casein A1 that's highly inflammatory and creates congestion in the nasal cavity and creates mucus, and there is Casein A2 that does not or nearly as much.

JAMES: Can you find that in this book? I've got to know.

DON: Well, that's in my *Beyond Keto* book. Yes, it is in the book.

JAMES: Some of you are going to have to buy this.

DON: Well, the books that go together, this book was *Beyond Keto*. But I go into detail in my keto book on Casein A1 and A2. And they just came out with Casein A2 cheese.

JAMES: But you can find them, okay?

BETTY: Like in the natural food store?

DON: Yeah, I believe Whole Foods has it now. But soon Walmart will have it. Walmart has Casein A2 milk, I go there and get it for my boys. I don't drink milk that much because it doesn't agree with my body.

But what I'm saying is there are natural things we can do that are powerful to protect us from Alzheimer's, like regular exercise. Both aerobic exercise and anaerobic, weightlifting, cycling or elliptical, or just walking 20 minutes.

JAMES: It shouldn't be wishful thinking that we would like to feel good, that we would like to be able to keep our memory. That should be reality. And you're saying, because what I've always found you to say and I found it effective, it is with simplicity that you can communicate this. And a commitment and determination to take care of the temple of God, to fulfill the kingdom purpose of God, not just to exist. And God didn't leave us here to get us out of here. Why would you do that? Why would you leave kids here just to leave them in hell on earth? No, you can have an impact like the kingdom of heaven on earth. Right, doc?

DON: Amen! Yes.

JAMES: And that's what you're trying to do.

DON: When you start practicing this, and by practicing, I mean exercising, with your wife, five days a week, four or five days a week, at least 20 minutes. What it does is unleashes that powerful process again where it boosts your brain-derived neurotrophic factor that's like Miracle Grow for your brain.

But when you combine these factors, well-oxygenated sleep on your side, and you don't have sleep apnea. Many of you need to go get checked for sleep apnea. See your doctor because many of you have sleep apnea and don't know it and that's why you're exhausted.

JAMES: Can you cure that pretty easily?

DON: Lose 20 pounds, follow my *Beyond Keto* and you're going to lose that weight. It is easy but you've got to crucify the flesh. But the one thing that we allow in the church is a spirit of gluttony. Again, that's okay for most churches.

JAMES: We almost encourage it, to be honest with you.

DON: We do, because you can't drink, you can't use drugs. Which goodness, thank goodness you don't drink alcohol. But my golly, the church is going to eat and they eat way too much, and way too late at night and they never fast or do intermittent fasting. Just skip one meal a day. It is one of the healthiest things we can do for our bodies!

BETTY: We found the keto diet not hard to go on. And I didn't feel like I was being deprived of anything once I got it into my system, and it made me feel better about myself.

JAMES: You can go to a burger joint now and get nothing but the meat and come back with the vegetables and they'll put it in a box. They don't even wrap it up. They actually now—

BETTY: I fix it at home like that without the bread.

JAMES: It is so much easier than you think you could go to a restaurant. You can go home with good food. We know, we did it, we proved it.

DON: I tell people, get those healthy fats. Stock your cupboards full of nuts, healthy nuts. All nuts are healthy by the way, except for peanuts are not nuts. Olive oil, avocado oil, if you're going to cook, cook with olive oil.

JAMES: It was a simple switch.

BETTY: What about the ghee butter? We use that.

DON: I little ghee is okay; not too much or it is going to raise your cholesterol and then the doctor will say, oh, let's put you on a statin drug. So minimum.

JAMES: What do you use in place of butter if you want some kind of a spread?

DON: Okay, what I use is—

JAMES: Don't be mean to us!

DON: Well, what I'm doing is this. I'm telling you what I do. What I do is I get my pastured organic eggs, my wife does this every morning, she puts avocado oil in there and just a little pat of butter just to give it the butter flavor. You can create some of the most gorgeous, wonderful, tasty eggs ever! And again, when you do make your syrup or whatever, you can put a little pat of butter, put some avocado oil, put—

JAMES: Now you said peanuts aren't good. Is peanut butter bad for you?

BETTY: A peanut is not a nut.

DON: It's not a nut. Some are okay. It is a legume; it is from the bean family.

JAMES: But can you eat peanut butter?

DON: Yes, you can. You can eat peanut butter. But not every day. Peanuts are high in mold.

JAMES: I don't eat it every day.

DON: Well, that's okay, you can have some peanuts. No problem.

JAMES: I don't eat peanuts, I eat peanut butter.

DON: That's okay.

JAMES: Franklin Graham gives away peanuts every year. Franklin, you grow peanuts that are good.

BETTY: He said just don't go overboard on them.

DON: Right. Just don't go overboard on them. Peanuts are okay. They're not as healthy as almonds and avocados. Those are really good for you. Pecans—

BETTY: Oh, I love pecans.

DON: Pistachios are good and macadamia nuts are good.

JAMES: Macadamia nuts make you fat.

DON: Well, again, not if you're following the healthy keto diet, they won't. Now if you eat them by the bottle full, yes, they will. But if you eat them by the handful, that's it. Just a handful a day. I'm not saying don't eat a bottle.

JAMES: If you've ever been to Hawaii, you would have seen all the macadamia nuts. You don't get out of your room without them.

DON: You don't need that much.

JAMES: Okay, let's wrap this up. I want you to get the book. So we're going to send it to you. All we're asking you to do is help us drill water wells.

Doc, I want you to take the last five, six, seven minutes and just tell everybody if they will get this book, start going through it, what do you expect to pop out at them that's going to impact them very quickly?

DON: Well, first of all, they're going to learn that this is a lifestyle we have to do. Every day, I can't do this for you but you have to crucify your flesh. I'm going to teach you what foods to choose. If you start making a commitment to eat these foods on a regular basis, these foods reverse insulin resistance which is the root cause of most Alzheimer's. These foods are also anti-inflammatory.

The two key things that invite Alzheimer's into our brains: Inflammation and sugar. Those two things. And the healthy keto diet, which is in this book, by the way, helps to reverse it. It's getting you in the right habit. The body needs to be put into subjection. Start fasting the body, one meal a day. Not every day, start with one time a week and work up to it, I try to do it five days a week. I do intermittent fasting; I try 14 hours, sometimes 16 hours a night. Exercise, start exercising with your spouse. Just walking, just start making a habit to get out and walk.

JAMES: Some people don't know they're saving their own lives walking their dog. That dog needs to be walked, that dog wants to be walked, he's ready to go and when they go with them, it's saving their lives too.

DON: Again, if you're not a walker, get a dog. Not a cat! Get a dog. You don't walk a cat but

you have to walk a dog. It is the cutest—but get a dog with some size to it that pushes you see, pulls you. So you have that leash on, you're just out there, you're going to brisk walk with a medium to large size dog.

But also, get in the habit of getting a good night's sleep. So many people are going to bed watching the bad news. And they sleep horribly, and their brain, again, sleep is when our brain, literally, is able to regenerate. When you sleep on your side you're activating the glymphatic system.

JAMES: We both do. We didn't know we were doing something so medically proper. I'm sure you told us.

DON: Oh, my goodness. When you sleep on your side and you enter that deep sleep you're removing 10-20 times more beta-amyloid, the goo associated with Alzheimer's disease. But it needs to be well-oxygenated sleep. Here's the key, if you're waking up in the morning and you're exhausted, you most likely have sleep apnea. If you wake up in the morning and your mouth is dry or you just feel super dry, that you have to drink water like crazy, you have sleep apnea most likely. You need a sleep study. Tell your doctor you need one. It will save your life. There is no supplement that will replace oxygen. Many brains are starving for oxygen because they're literally their neck is so big, their palate is sagging, they're aging, and it is blocking their breathing passages.

So simple things we can do. The most important, start giving your brain what it needs. Most of us have high homocysteine. When your homocysteine is high, you're inviting inflammation and degeneration of the brain. It is so simple.

JAMES: Define it again, homocysteine.

DON: Homocysteine is that toxic amino acid that doctors rarely check. And if they check it, and if it is over ten they say it is normal. No, it's not. If it is over ten, your brain is getting inflamed and degenerating.

JAMES: What causes the homocysteine?

DON: It is because we're not getting enough folic acid, the active form of B 12 and other nutrients, other B vitamins that lower it. It is so easy to lower and so inexpensive.

JAMES: And we take all that every day. For me, it is a routine, a ritual with me. I'm very dedicated to it. Is that smart? Let me ask you something, how long do you think you've been either listening to me preach or you've been coming and being with us?

DON: About 12-15 years.

JAMES: Do we look like we're holding up okay?

DON: Absolutely!

JAMES: Okay, we're going to be 80 this year. Do you feel like it really is? You felt like you've seen progress in us?

DON: I have absolutely seen progress because I've seen your belly melt over the years.

JAMES: You used to couldn't see me.

DON: I know. But let me tell you this, this is really important. So many people are out there with chronic infections. When you have fever blisters, chronic fever blisters, when you have chronic bronchitis, when you have any chronic infection like chronic sinus infection or chronic Lyme disease, or chronic EBV, your body is inflamed. You create inflammatory mediators like HS Suppurativa. I pick it up on blood tests every day. I check every patient for it.

When that's high, your brain is forming beta-amyloid. It's a goo that collects in the brain, that's associated with Alzheimer's, that helps to seal off infection. So when you're infected it is critical

to use natural means to clear the infection. Now again, I'm not against antibiotics for lifesaving things but the antibiotics many times create more problems than they help.

So I talk about natural things we can do to snuff out infections and those fever blisters because I use Lysine. Lysine is an amino acid. It will stop them most of the time. But if you have chronic inflammation or chronic infections, you're inviting in Alzheimer's into your brain.

JAMES: Okay, you heard me tell you years ago, 12 years ago, I was cured of chronic arthritis and bursitis where I couldn't even pick up a glass of tea. I took the Nopal Cactus juice, the Nopal Cactus and it totally drove inflammation out. You know the—power of that, the anti-inflammatory that's there and it's been a miracle worker. TriVita has Nopales, the Nopal Cactus plant, which has kept people in the southern part of, south of our border in the Sonoran Desert free of, basically arthritis, cancer of things because they major on that. You have something that you also put out that fights inflammation. What is that?

DON: It's Brain Zone. We have the Brain Zone products. These products contain powerful nutrients that protect the brain from Alzheimer's.

JAMES: Okay, and they would go to Dr. Colbert?

DON: Just D-R-Colbert.com. But also the foods we eat, like fish!

JAMES: And we're giving you the menu. And the keto diet, what do you call it? You have a stronger name for that.

DON: *Beyond Keto.*

JAMES: This is where we live. We've had doctors that love us and help us so much, and you've taken us to some other levels. That's what we're trying to do. You understand we're here, listen—we're not trying to sell you something. You can go buy it online. I want to give it to you. You say, aren't you going to ask us? You're not ever going to watch me that I'm going to fail to ask

you to notice the unnoticed and the overlooked. That's what we do. So we're going to ask you to drill water wells. We're going to ask you to give water. We're going to ask you to become somebody's miracle today.

Doctor Colbert wants to be your miracle and we want to put a miracle in your hand because your body is the temple of God, and you're here for kingdom purposes. You're not here to get out of here. You're here to get him here in the fullness of His glory and grace. That's why we're here! We weren't left here to get out of here. You got it? You hear me.

I'm going to ask you to put God's arms around somebody. That's what his body, his church does. So we're going to ask you to drill some water wells, but we're going to send you some help. Now 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

Open Captions

>> How old is she?

>> 68.

TAMMY: We're out in the middle of absolutely nowhere. I was amazed when we came to this water source to find this precious older lady washing her clothes. But then also to find out that this is also their source of water. This is also what they drink.

In the sixth chapter of Galatians we are advised not to grow weary in well-doing. In my years of travel with *LIFE Today*, I've witnessed firsthand the well-doing of compassionate followers of Christ. Like this well in Eastern Europe. Or this well in South Asia. Or this well in East Africa.

James and Betty, the legacy you started has impacted the lives of millions around the world. I

know because I've seen the wells of life-giving water in communities that had been plagued with death. And you have been their advocate even in the midst of your own pain and grief. Contaminated water continues to be a dangerous reality for some of the most vulnerable people on earth.

Open Captions

>> The sickness starts with runny noses, then a bad flu disease with diarrhea and vomiting. Even us old people get stomach pains.

TAMMY: Grandmothers like Petronas must either give their grandchildren filthy drinking water or watch them die from dehydration.

So I appeal to you, James, to you, Betty, and to your viewers, please do not grow weary in well-doing because clean water changes everything! But only if we choose to give it.

End of video

In the studio

JAMES: Betty, when we saw the water and those precious people, it was never an effort for me to love those precious little ones or those people like her that were then much older than we were when we went there because we were late 30s, early 40s. We marched into hell for the most heavenly cause. When we saw those people, we wanted so much to see their cure and their miracle.

BETTY: We really did. There is no greater joy that I have is on those mission trips when we were drilling the water wells; to know that those precious little ones are going to get a fresh, clean taste of good water.

I think that contaminated water doesn't even satisfy their thirst or their bodies, they keep wanting more and more. But if you ever really just been so thirsty you said I'm so thirsty and you get a drink of water and you say, oh that tasted so good. There is nothing like good water! We want

them to experience that too. These precious mothers and grandmothers care for their children. They know what the problem is, they don't have the solution. But we do. We can be a part of that.

So I hope you will join with us. Let's do it again and again and again. Drill those water wells and give them a fresh cup of water.

JAMES: Those people have no water—zero! And they're dying. There is no greater killer on the earth than contaminated water. More children die of the disease of contaminated water. Tremendous numbers die of hunger and starvation. But there is nothing that kills like contaminated water. And there is nothing, Betty, easier to cure when you know you have subsurface water because they dug to it. But then it gets filled in with all kinds of contamination as they're trying to dip it up. But we know it's there, and we know we can encase it, and we know we can protect it. And then we can hopefully refurbish it.

We're giving them Water for LIFE, and it is \$4800 per village. Could you drill a well? A lot of people say, James, I live every year to drill a well! Thank God! We've got churches that say we want to help! Businesses that do. Thank you so much! But most water comes by people giving \$48, not the \$4800. Sometimes people say, I can give \$1200. Three join me or \$2400 and another person join me, and I've got a well. I can give a well, but the majority give \$48. Could you do that? \$144, think about this, see \$48 give ten people water the rest of their life, and \$144 gives 30. Where could you better spend money than giving life? You become the miracle their heart longs for, the prayer they've prayed for long. You're the answer.

This is our last week now. Would you go get your bank card right now and use it like a check? Please! Get up and get it now. It is so easy to put it off. If you intend to do it, do it now. Call the number that's there always as a prayer line paid for by love. Call it. Make the gift with that card like a check. If you write a check, make it to *LIFE*, that's what you're giving, okay? You can go online and make the gift.

We have gifts to send you and we'll send you Dr. Colbert's book. Could save not only your life

but the life of a lot of loved ones and a lot of people you love. It could be to give them their minds, maybe get them back. Thank you for making that gift.

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'm asking you to give Water for LIFE and we want to give you this beautiful Cardinal bronze. And we will never look at cardinals that we don't think about our little Cardinal fan daughter who kept every score sheet on the St. Louis Cardinals. Cancer seven years—seemed wasn't going to win but she said, "I win" even as she left. Ten years ago she left. Well, we can't look at these cardinals and not think about our sweetheart, and all the seeds that she sowed in the kingdom of heaven.

So I do hope many of you will ask for the bronze, and you'll pray for God to comfort those with broken hearts. Betty and I will live with broken hearts. But we will spend our lives trying to heal broken hearts all over the world, and we're able to do it because you join us.

Dr. Colbert wants to heal broken hearts and lives, broken minds. He's gifted to do it. We'll gladly send you the book if you help us give a drink of water and drill a well; would you? The other gifts that we have, we'll gladly send you. And I do hope all of you who can, will help us drill a well.

Dr. Colbert, you come back anytime. I want you to come back and we'll talk some more about that incredible product that you've come out with. Let's just discuss it. Do you know how much I believe in what works? I have a wonderful friend, Michael Ellison that you love and appreciate so much who wants people to live with kingdom purpose and health. Thank you for being with us. Thank your wife Mary for being such a prayer warrior. Thank you.

Thank you so much for helping Betty and me put the arms of Jesus around so many people. This is our last week now. So if you're going to help us drill these wells, get started right now. We need to hear from you—the last week! Thank you!