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Week one: Product week, WFL

James and Betty Robison

Dr. Colbert #1

In the studio

JAMES: Well, I want to welcome you to *Life Today*; James Robison, and Betty. If you listen today, it's going to add years to your life and life to your years. I'm going to promise you this. Dr. Colbert is with us. Now he's been coming a long time. By the way, Betty and I both, don't mind me saying how old I am. We're both 80—80! Okay. 60 years married. So you can imagine what a strong woman she is to live with me for 60 years. No doubt about that. But you pray for her a lot, I'm sure.

Here's what I want you to know. We are about as blessed as any 80-year-old couple on the planet. Nobody can believe looking at her that she's 80. And even people are telling me now, "You don't look 80 either." Okay, good. I don't know what I look like. Maybe you'll say well, you look 100. It doesn't matter. Here's the deal. We are so full of life and we're so full of energy. So if you think we look like we're doing well, we're doing better than it looks. And we're told it doesn't look bad. We're doing good for 80.

Well, here's the key. It is this man named Dr. Don Colbert because he's actually been helping us for 25 years. We'd probably been dead 20 years ago if he hadn't shown up. He's added so much life. Dr. Conard also added a lot of life to our years. The company TriVita, one of our friends that was inspired, you might say through the ministry here has impacted our life.

But here's the deal. Look at this, Health Zone Essentials. The *Healthy Gut Zone*

cookbook. He's talked about *The Gut Zone*, your stomach but now the cookbook. And now get this. This is so important. It looks to me like it should be in a great big cover, *Stretch Your Way to Better Health*. You can actually exercise your way to better health. Isn't it amazing? Is this guy amazing? Do you agree he is one of the reasons that you still look radiant and young?

BETTY: He's helped us both a whole lot. He really has. Sometimes something will come up, I think, I've got to grab this book. Or I've got to grab that, which one I find that gives me the most answers I need for what I might be going through. Because we all face challenges; things will come up that are different. Even though you're doing your best to eat right health-wise, and take care of yourself, there are things that are going to come up. And it's good to know how to treat or take care of your body better.

JAMES: And he not only knows but he presents it in a way that's very clear. Now I want to say this to you and I don't want you to miss it. Every one of you knows how much we care about the overlooked, about those Jesus called "the least of these." How effective we've been at saving lives with food where they're starving, clean water, where contaminated water is killing them. How we've rescued people that are being trafficked. How we've placed children who have no home in a home. How we have trained people in how to live and we've changed nations. It is amazing what love has done.

But you need to understand, that as much as you see us pouring love on the starving and on those that are dying of contaminated water, we love you that much. And what we do when we come with Dr. Colbert and these others, and all of our guests, is to minister life to you. I don't know how old you are, or how young you are, we love you as much as any overlooked child, any person that's hurting. And this is for you. Dr. Colbert, thank you.

DR COLBERT: Absolutely. It is a pleasure being here.

JAMES: You've changed our life. You've added so many years to our life and so much life to our years. It is amazing. Can you not tell that this guy feels good and—

DR COLBERT: Absolutely! You've got vibrant health. And when anyone is 80 years old, to have the energy that you have, the vitality and the longevity that you're going to be having, I'm just ecstatic to see that. Because you're going to get this message out and it is going to continue to resonate for many years to come.

JAMES: All right, tell us about the *Health Zone Essentials*. You broke this out into several key parts.

DR COLBERT: Well, the *Health Zone Essentials* came because so many patients came would come to me and say, "Dr. Colbert, what is the one book I can read that will help me achieve optimal health?" I said you're going to have to read this book, this book, this book. And they say, no, I can only read one book. They said, it is too much! What I did is I said—I finally got to the point where I said I've got to put the four key elements in.

The four keys are simply, number one, restore the gut. We have to start by restoring the GI tract. You see, the gut is the key to health. Hippocrates said over 2,000 years ago, "All disease begins in the gut." And just recently—

JAMES: And by "gut" that's not like a rough word. That's the intestinal tract.

DR COLBERT: That's your stomach, your small intestines and large intestines. But now medical experts are agreeing that Hippocrates was absolutely right.

With the gut, what happens is because of a lot of medicines we take, the anti-inflammatories, the antibiotics, the ulcer meds that we take, they harm the gut. And the foods we eat—a lot of foods we eat harm the gut, like the lectins and the wheat. The soy that we eat. Anybody that eats processed food out of a box, it contains soy or corn. Also the sugars; the sugars really damage the gut. They cause bad bacteria to overgrow.

So what I've done is I've shown them which foods heal the gut, which supplements heal

the gut, and especially, olive oil. I call them the five gut power tools to heal the gut. So I talk about that and which harm the gut.

JAMES: You have an olive oil now, tell me what it is.

DR COLBERT: Olive oil, there is a new olive oil. There are different olive oils. There is just extra virgin olive oil. And now, there's a new class of olive oils called high polyphenol olive oils. I'm so excited because—

JAMES: Can you get it in most grocery stores?

DR COLBERT: No. You can't. You have to order it online. It is called high polyphenol, p-o-l-y-p-h-e-n-o-l olive oil.

JAMES: Do you get it in the pint, or how does it come?

DR COLBERT: It comes in a quart jar. I buy it in bulk.

JAMES: It is actually oil? It is not something that's mixed?

DR COLBERT: No, no, no. It's a really high-quality oil.

BETTY: What makes it better?

DR COLBERT: Well, it is high in these polyphenols. Polyphenols are antioxidants, and they are especially important for blood vessel health. It helps prevent plaque in your arteries. It helps restore blood flow. It helps to clear—it helps the liver to function better. It helps the brain to function better. It helps to clear beta amyloid out of the brain. So what I do is I consume a lot of high-polyphenol olive oil.

For example, you had a lunch here today. They brought it in and I had my bottle of olive

oil and I poured like at least four or five tablespoons of olive oil on it, because it keeps you full for hours.

JAMES: You use it like a salad dressing.

DR COLBERT: Exactly. I didn't use any salad—I just used my olive oil. Now again, I do this for breakfast, I do some for dinner. And I actually take a couple of teaspoons of the super high-polyphenol called Atsas Oleocanthal olive oil in the morning, and you just swish it between your teeth for a few minutes and it takes the tartar off your teeth.

So again, this olive oil is different. These are new classes of olive oil. And what it does, when you take it, it is going to burn the back of your throat. You may cough and you'll say, oh it is bad olive oil. No! It's good olive oil because it has what we call the ibuprofen effect. There are ibuprofen receptors, and when you take this olive oil it will burn the back of your throat a little. You think it's got pepper in it and it doesn't. It doesn't have pepper. It is the oleocanths and the high polyphenols. They are so powerful for brain health. So powerful for longevity and disease prevention and cardiovascular health.

So that's why I encourage people to do it. Don't freak out if you get a little hot or a little warmth or a little cough or it burns the back of your throat; that means it is a good thing.

JAMES: All right. Any other things you want to tell us about?

DR COLBERT: Yes! Now the other thing after gut, the next step we've got to do is shift to a keto or keto/Mediterranean, a healthy keto and/or a healthy keto Mediterranean diet to achieve weight loss and to prevent and reverse most diseases. Because we find that most Americans eat way too much sugar, way too many carbohydrates that convert to sugar. As a result, we have an epidemic of diabetes and prediabetes in this country with about 50 percent having that.

And so this program will reverse many diabetes and most prediabetics. And if you add

some nutrients to it, it will usually reverse it. What it does is it literally will program your body for a long healthy vibrant life where you won't end up being in a nursing home if you follow this type of program. You will achieve and maintain a healthy weight, and you'll prevent or reverse most diseases.

And then the next part of it I add to it is optimizing the hormones. The hormones are like are the spark plugs of life. So when you bring hormone levels to the level of a 20-year-old, even if you're 80, you'll start to feel like a 20-year-old. So what I do for my patients, I check all their hormone levels. I check their active form of thyroid, which is their free T3 level. I check their total testosterone, their free testosterone, estrogen.

Even men need estrogen. Did you know that? But you need the right amount. It helps turn the brain on. But you get your estrogen from testosterone. So testosterone converts to estrogen but you want it in a certain amount: 20 to 40, not over that or else you'll be more prone to blood clots.

JAMES: Can they get these things easily? Did they get it at a pharmacy? How do you get it?

DR COLBERT: Well, you get it mainly by having your doctor check your blood. In my book, I talk about where to go to certain doctors that they can check it and tests that they can have done. If you're less than 55, many times they can take a supplement. Like I have the testosterone zone; you take three pills in the morning and it helps to raise naturally the testosterone levels.

So again, mostly if you're over 55, most people need testosterone. Now the good news, you don't have to take a shot. We can now—

JAMES: That help men and women you're talking about?

DR COLBERT: Yes! Men and women. Testosterone is the most important hormone for

a woman, too, because as a woman ages, she gets frail, feeble, osteoporosis. They get brain fog. They get all kinds of problems with stress incontinence, where they cough or sneeze and have to urinate. So again, this will help to prevent that. This will keep their bones strong, their muscles strong, and they won't get feeble, and they most likely won't end up in a nursing home.

Again, with women I use usually testosterone creams. Now our testosterone creams can now give the levels of a testosterone injection. There are also testosterone pellets.

JAMES: Where do you get the creams?

DR COLBERT: Well, from the pharmacy, the compounded pharmacy. You can't get it from a regular pharmacy. There are not testosterone pills for women so we have to put them in creams and only a few pharmacists know how to do it. They're generally compounded pharmacies. So that's a major key.

JAMES: Okay, do you give us information in the books that answer these questions?

DR COLBERT: Yes. The answers are in the book in the back in the appendix.

JAMES: So when we looking at the *Gut Zone*, and we've talked about this one, but we're offering you these three because, like I said, we care as much about your life and your health as we do those who are starving and those who are being affected adversely and even killed, sick, or killed because of contaminated water, unclean water. We do our best to notice everybody. But we do notice you. You're not a donor. Your life, you're part of our body, you're family, you're team. And we want to be a blessing to you. I'm telling you, we've been blessed.

Imagine, we've had 60 years married and we went together four years. And now, I want you to know this is one really strong woman. And I mean we stayed exactly like God says you're supposed to stay. There's a big reason for it. I'm sorry. I'm not always what I

ought to be. But the point is, we're giving you something that will bless your life and give you joy and strength. So that's what we're doing.

Everything you're talking about they can find here; correct?

DR COLBERT: Yes. Now the last thing, the last piece of the puzzle is you've got to optimize brain health. We've got to get the nutrients, the foods, the hormones and the lifestyle modifications that protect the brain. So many Christians as they age, they develop dementia. They develop Alzheimer's and they end up in a nursing home. We have a program that can prevent dementia, and it is simple. By following this program, by going to your doctor, doing the tests that we recommend in the back, especially checking homocysteine levels, check to see if you have the Alzheimer's gene, check your hsCRP to see if you're inflamed. If you have inflammation or high levels of C-reactive protein in your blood, your brain is forming beta amyloid which is plaque, and it's literally cutting off the brain's neurons. It is destroying neurons in the brain. If your homocysteine is high, you're destroying neurons.

It is so easy to lower. We lower it simply with some B vitamins, active forms of the B vitamins, active form of folic acid, active form of B12. We also use curcumin. It is that yellow curry, that yellow curry that you take. It is in our brain zone basic. You say, it stains my fingers.

BETTY: Yeah! It does get on my fingers.

DR COLBERT: It also stains, grabs on to beta amyloid in your brain and it pulls it out.

BETTY: So that's the reason for that.

DR COLBERT: So that's good. You want that. That's okay. But again, curcumin is really good for the brain. What we find is 40 percent of the population here in the U.S. have a mutation in the MTHFR gene that can cause an elevation of homocysteine, which

literally is a toxin in the brain which causes beta amyloid to accumulate. So we want to identify that.

The biggest thing that is so rampant in this country is sleep apnea from obesity. People over—especially men over 50, a lot of them have sleep apnea and it is not recognized. If your neck is 17 inches or bigger, you probably have sleep apnea. In a woman, if it is 16 inches or bigger, you have sleep apnea. You are starving your brain cells. You've got to have oxygen. So get checked for it. Simply losing 25 pounds is enough for most people to reverse it.

JAMES: You know when we were on the keto diet that you wrote the book on and talked to us about it, I lost 25 pounds. I weighed over 240 a lot, and always 235, never below 230. And I weighed 214 this morning. Now this has been, I don't know how many years ago now that I've been on this diet.

Betty lost down to where she always looks nice and trim. She lost back down to where she could put on her wedding dress. She got down, she was just amazing. She's still there. She is absolutely drop dead beautiful. She has just done the right things.

To see where he is putting this down in print, what he shared here, the great books that he's written, we want to give you something that is equal to giving a water well to children and their families who never had anything but contaminated water. It is like giving food to children that are starving. We're trying to give you life. And he has broken this down.

We have such a relationship with Dr. Colbert we can talk about what we need. It is like me asking him, how do we find these things? Well, he's actually taken the time to break it down. Even for him to demonstrate himself, and he did a lot of this right here in our studio, how you do the simple stretching exercises that it is amazing. I tell him, I feel like I'm not over 50. That's what I feel like, my strength. Everything is just amazing.

And I look at my wife and I watch her. And I've told her, Betty, you've got to be the smartest woman on the planet. I can't even imagine how you just remember everything. You're just like watching beauty in motion but amazing production. You just do everything right.

So please, know that we're talking to you because we love you. We're going to give you a chance to save lives by giving water. Well, we're going to give you something that equals water to you. It can give you life! It can give you a longer life. It can add years to your life. And like Dr. Conard used to say all the time, "Life to your years." We're the most life-filled 80-year-olds you may ever see. And we enjoy life. We don't exist, we live! And this man is one of the reasons.

Why do you think we bring him back? We don't have some kind of economic agreement. For heaven's sake! Okay, so he's sold ten million books. Good! He's helped more than 10 million people because people who get help talk about it. So we want to send these to you.

I want you to look in on a scene. And I'm so proud of Randy and Tammy. Tammy has kind of adopted me as a dad, and her as another mom. She's family to us and has been for a long time. But Randy is our son and we're just amazed at how he and Tammy are being blessed as they bless you. I want you to see Randy recently, and I want you to listen to what he saw and what he felt. Just like this man can be a great help, you can be the absolutely miracle. You can be the perfect miracle that what Randy addresses all those people are looking for, and never imagined it could be come because of God's love in you. You can become the perfect miracle.

Please listen to God as he speaks to you through our son Randy. Please! Watch closely.

On the mission field

RANDY: In so many places around the world, we see people that don't have water—any water to drink. If they do, they're scraping it from the worst places possible. But in some places, like where I'm at right now in Burundi, there seems to be an abundance of water. But the water is not safe.

Open captions

>> My baby's name was Stella. She died earlier this year. Her whole body was swollen and when I got her to the hospital she died. She was vomiting and had diarrhea. Adults suffer from this but the kids suffer so much more than us.

RANDY: It was this water source where she would come and get the water every day in these jugs and take it back to her children. And it is this water source that took Stella's life.

Open captions

>> It is very difficult to think about her. It is very painful for me. I wonder why I am still here. I wish I could die and join her.

RANDY: I don't want Jacqueline to go through this again. She has other children. She's doing all that she can. Are we doing all that we can? We can change this. We have the power. It is within our power to give them clean drinking water so that she doesn't get to the point where she wants to die.

That's why it is critical that we do something right now. You and I can do something. We can come in and we can put in a well in this village and they will have clean water. There are so many other villages just like this. So many other mothers that are experiencing the same pain that Jacqueline is feeling.

We want you to join us in reaching around the world to places like this and giving them clean, pure, drinking water. Will you do that? Will you give life? Will you give Water for LIFE? When you do, you will be changing the lives of mothers like Jacqueline all over

the world. Do it today.

End of video

In the studio

JAMES: Boy, I want to put God's arms around those people. And Betty, I've said it many times, the only way God can get his arms around the world that he gave his son to redeem is the body of Christ. Would you put your arms around those mothers and those families and those children and give them the miracle, the one miracle that really will work physically and that's clean water? So they don't have to go get that disease-ridden water?

Could you make a gift today? Would you give \$48, give ten people water the rest of their life? Could you drill a well? You know many people who have been blessed and have the resources, they actually say one of the greatest joys of our life is to try and give a well every year. Could you give \$4800 or maybe \$1200 and say, God, raise up three people to join me and we've got a well? Or \$2400 and raise up one to join you? I don't know what you can do. But would you just do what God lays on your heart? Would you do what you can right now to be the miracle that people long for? And this isn't wishful thinking. This is an absolutely undeniable miracle.

Think about this. Jesus is the water of life. You put Water for LIFE in their village and they are so ready to hear about the water of life because they've seen it demonstrated. His love demonstrated through you. And there's that well, a constant reminder of who the water of life is.

We have these wonderful gifts to send you. And all these things, Betty, that Dr. Colbert has written, have, would you say changed our life?

BETTY: They really have. And to me, if you want to know where to start, start with that keto diet. It gets your life in order. Remember, your body is the temple of God. He gave it to us to take care of and to nurture. We want to live on this earth as long as he wants us

to, to be a witness for him but we've got to feel good to do that. Because you know your whole life can change if you feel bad. Your body doesn't feel good.

And so really, start on this as soon as you can. I promise you, you'll feel much better. You'll have a zeal that God gives you to go out and say, I want to be an example of God's work in my life.

JAMES: You know we pray so hard and get so excited about giving people water or giving them food. But I'm just as excited about giving you life. You can have a life so much richer and more blessed than you imagine. Give us a chance to share that life with you. And if you can and will, please help us drill a well. Give as large a gift as you can to give the great gift of life through clean water. Would you do that?

Dial that number, take your bank card, and use it like a check. If you do write a check, make it to LIFE but call us and tell us you're putting it in the mail. We need to know that. We need to tell them, you can drill a well. We've got the resources. You can go online and make the gift. Please do it today. We'll send these gifts to you as rapidly as we can get them in the mail to you. And they will bless you and you're going to save lives. Thank you for doing it.

Video begins

ANNOUNCER: Every day, thousands of lives are lost 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 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 *Health Zone Essentials*, a road map to living a long, healthy, and energized life. With your gift of \$75 or more, we'll also send you *The Health Zone Bundle* which includes Dr. Colbert's *Healthy Gut Zone* cookbook filled with advice, and his favorite recipes to guide you on your healing journey, as well as his special DVD *Stretch Your Way to Better Health*; gain flexibility, mobility, and balance through daily stretching techniques.

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 bronze sculpture "A Cup of Water" inspired by Jesus' words in Mark 9:41.

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

End of video

Video begins

DR COLBERT: Hey, Dr. Don Colbert here. Did you realize that contaminated drinking water is one of the leading causes of death and disease throughout the world? Clean drinking water is absolutely essential to good health. That's why I've joined with *Life Today* in helping to drill water wells throughout the world. We've been partners for years and I encourage you to do the same. Give the gift of clean, healthy water. God bless you and thank you.

End of video

In the studio

JAMES: I do want to remind you that the *Health Zone Essentials* is for any gift. We give

the three to those who will give at least \$75. I want to repeat, this is a video to show you how to do these stretches and these exercises.

Dr. Colbert, I feel like God has shown you the way to help people take care of the body, the temple of God. I want to thank you for it. I know you have great joy in watching people's lives changed. I think you're thrilled to see what God has done in our lives.

DR COLBERT: Absolutely, I am. And you're a testimony of what the goodness that God has done in your lives through following these principles. I want you to live a long—much longer and continue to live that healthy life free of pain and full of vigor.

JAMES: Together, we're trying to help everybody do that right now. We're giving you more than a well of water, it is a well of life. Thank you so much for watching. By the way, thanks for helping us share life. Thank you! God bless you.