

1/2/24

Week one: Product week, WFL

Randy Robison and Tammy Trent

Dr. Colbert #2

In the studio

RANDY: Welcome to *LIFE Today*. I'm Randy Robison. Tammy Trent is with me. And we have a wonderful special guest, Dr. Don Colbert. You know, Dr. Colbert has helped so many people with their health. We have a responsibility to steward this body. And we're going to help you do it.

Today, we're going to talk about Dr. Colbert's *Health Zone Essentials*. We've got a lot of great products to help you with your health. And Tammy, I know this has meant something personally to you and your family.

TAMMY: Totally! Totally! My sister was diagnosed with diverticulitis. And I think the doctors were telling her that the only way to find healing is to rip out your colon. And some other great friends of mine are very close to Dr. Don and his wife Mary. And they were like, "You've got to get in touch with Dr. Don!" So my sister called him and her life has been turned around. She did not need surgery. He basically saved her life. But my brother's gone, my brother-in-law, just so many people that I know have gone to see Dr. Don, where they have said, "He has saved my life."

RANDY: Well, welcome to the program, Dr. Colbert.

DR COLBERT: Well, thank you. It's great being here.

RANDY: Give us a little bit of an overview of all—I know there is a lot of material and

several programs on this, but kind of give us a framework of this.

DR COLBERT: Well, for years, Randy, patients have come to me and said, Dr. Colbert which of your books do I need to read to gain understanding so I can live a long healthy life and achieve optimal health? I used to say oh, just read my *Seven Pillars of Health*. But now that was over 20 years ago. But I've written so many books since then that's built on that knowledge. So what I said yeah, there are four key books that you need.

So what I did is I wrote these four books but it is too much for a lot of people to read. So what I did is I put the most pertinent information in the *Health Zone Essentials*. Step number one, there are four key steps when followed in this order, the health usually is restored to optimal health.

Number one: Restore your gut. See, your gut is your foundation of health. That's the most—it is like a foundation of a house. When you build a house, you never start with the walls or the roof or the ceiling, you start with the foundation. Your gut is the foundation of health. Two-thirds of your immune system is right here in your gut. So many people have a weak immune system because they have a gut with all the gas and bloating and diarrhea, constipation. Their gut is a mess. They have leaky gut. They have dysbiosis. They have all these gut issues. They have a compromised immune system. Did you know that the probiotics or the good bacteria in your gut trained your immune system? Did you know that Hippocrates, the father of medicine said over 2,000 years ago, "All disease begins in the gut"? And now, most experts are agreeing with him that this is true.

Well, I teach you simply which foods, which supplements, which probiotics, and especially foods like avocados, bone broth, and collagen, heal the gut, restore the gut. Prebiotics, fiber, what kinds of fiber? So again, I teach you the foods that heal the gut.

Then after we heal the gut, what we want to do is achieve weight loss, maintain the weight loss, and reverse and prevent disease by following a healthy Mediterranean keto diet. This is the perfect diet for longevity. I wrote a book about 25-30 years ago and it

was called *What Would Jesus Eat?* And it was a Mediterranean diet. But now, I know that you can't eat the wheat that we recommended back then because the wheat is highly inflammatory today.

So I teach people how to follow a healthy keto diet using lots of olive oil, avocados, avocado oil, which you know about avocados, as well as healthy proteins, as well as healthy veggies.

Then once you receive your weight loss, then we make a transition. We transition you to a healthy Mediterranean diet with all the variety, with all the tremendous health benefits of a Mediterranean diet but we keep it low sugar and low carb. That way we maintain our weight and we prevent most diseases.

And then step three is: Hormone optimization. This is critical. Have you ever compared the energy of a 20-year-old with an 80- or 90-year-old? There is a huge difference. What I've done, I've taken a lot of 80 and 90-year-olds and I've optimized their hormones to the level of a 20-year-old, and guess what? They have tremendous energy. I just saw two, a 92-year-old and a 93-year-old yesterday. This 93-year-old is working out three days a week with a trainer and is on the bike for five miles three days a week. Tremendous energy! But he's got his hormones optimized. So I have found when we optimize the hormones we have the energy, the vitality, the health, and longevity that just helps you prevent almost every disease when you have them optimized. But you don't want to start with that, you start with your gut.

And then finally, step number four is: Protect the brain. So many Christians, so many people as they age start to develop memory loss, dementia, Alzheimer's, and eventually, they're just warehoused in a nursing home. That doesn't have to happen. In this book, the *Health Zone Essentials*, I teach you the key steps you need to do, the foods you need to eat, the supplements you need to take, the hormones you need to take, and the lifestyle factors that boost the most powerful hormone in the body to protect your brain, which is a brain-derived neurotrophic factor that helps to restore the brain. It helps to heal the brain

and to remove the beta-amyloid that gums up the brain. We start by following simply three natural lifestyle habits such as intermittent fasting, regular exercise, and deep -oxygenated restorative sleep on your side, which helps remove beta-amyloid.

TAMMY: Sleep on your side?

DR COLBERT: Sleep on your side. Yes!

TAMMY: Oh, well, yes! Because I'm a side sleeper and I keep thinking I should sleep on my back. Also for the wrinkles on my face. [Laughing]

DR COLBERT: The healthiest sleepers for the brain are the ones who sleep on their side. It activates the glymphatic system in the brain, which is the waste removal system that removes beta amyloid, that horrible plaque that gums up the brain.

And finally, I also teach people in our exercise video stretching exercises that help to maintain a healthy back, as well as maintain good posture, and some key core and balance exercises. So we just put it all together for health and longevity.

RANDY: So we've got all of that in a package available for you to pick up. And we will tell you about that. By the way, if you miss any of these programs because we're going to cover these in several programs, you can always go to LifeToday.org and you can see the different programs with Tammy and I, and with my parents.

Today, let's start with that foundation. So the gut. Now when you say the gut, are we just talking about the stomach? What exactly does that mean?

DR COLBERT: Now when people say, "the gut," they think, a big belly sticking out to here. The gut is simply the stomach, the small intestines, and the colon. So we want all of them healed but especially the small intestines. The small intestines are where most of the gut issues occur, also the stomach, but mainly the small intestines. So we start with

the small intestines. We want to heal the small intestines because so many people are eating the very foods that disrupt the gut. The worst thing is the medicines doctors prescribe. And unfortunately, as a doctor, I used to do it years ago. Now I don't do it, but the worst thing for the gut is antibiotics.

RANDY: Why is that?

DR COLBERT: Because antibiotics kill the good bacteria that train the immune system. Probiotics, or good bacteria, train your immune system to fight disease. So when you're killing those good bacteria, you're decimating your immune system. Some of these antibiotics are so strong it's like dropping a nuclear bomb on a city. It will just destroy everything. So antibiotics like Cipro and Levaquin, these are the quinolones. They just literally decimate the gut. And there are many others, broad-spectrum, they are harmful because they decimate the gut, as well as the immune system.

So I teach patients if they're going to take antibiotics how to do it or to take natural antibiotics like oregano; and use herbs and things that boost the immune system. And vitamin D—vitamin D boosts the immune system, natural antivirals. So again, I teach them how to do this to keep their immune system strong. But what we want to do to heal the immune system is to avoid the meds that destroy it.

The second worst are anti-inflammatories which many people take every day.

RANDY: Can I ask you a question about antibiotics? Because I mean, isn't there a good reason to take an antibiotic? Because the doctors are prescribing them for bad reasons, right?

DR COLBERT: Well, many times, no, that's not so. So many doctors prescribe antibiotics for colds and flus and viral infections and they do nothing to treat viral infections. Yes, if you have a bad bacterial infection, yes. Like if you have pneumonia, bacterial pneumonia, meningitis, absolutely! You need an antibiotic.

But also, what doctors fail to do unfortunately, most of them, and I used to be the same way, they fail that once they finish the course of antibiotics to put them on a probiotic and a prebiotic to bring back the good bacteria back in the gut. So if you're going to take it, and I'm not saying you should never take an antibiotic. I'm just saying be wary. Usually, we have a natural alternative like for a bladder infection for women. Women get bladder infections. They put them on these super strong antibiotics that decimate the gut bacteria. Instead, you can use a natural supplement called D-Mannose, 500 milligrams. You take 500 milligrams, 2-4 tabs twice a day and it clears most bladder infections.

So what I'm saying is for minor infections there's usually a natural alternative. Again, I talk about that in the book. We don't want to eliminate antibiotics but if you have a serious illness, of course, you need an antibiotic. But if you do take an antibiotic, please take a probiotic for usually 3-6 months or longer.

RANDY: Okay. What's the difference between a probiotic and a prebiotic?

DR COLBERT: Well, the probiotic is the good bacteria themselves. There are lots of good probiotics, and beneficial bacteria. There are many different phyla of them, or families of them, and many different ones that have tremendous, powerful, protective functions of our body. The prebiotics are the foods that feed the probiotics. And prebiotics, foods that contain prebiotics are garlic and onions and artichokes, and leeks. These are just probiotic foods. Then you have probiotics, fructooligosaccharides, and galactooligosaccharides, these are powerful foods for the probiotics. So they feed and nourish the good bacteria and make them strong. And they multiply like crazy.

TAMMY: So I woke up yesterday and I was not feeling good at all. I was sick. I was nauseated. And honestly, something was going on in my gut, Dr. Don. And I had to cancel meetings, I had to cancel interviews, everything, and just crawl back into bed. It was like that fetal position to just kind of tuck as much as I could. Something was going on. Today, I'm better, thank God. But if I wanted to—I was afraid to put something in my

body. I was even afraid to take my probiotics, I mean, my supplements yesterday. I didn't know.

Where could I start? Like there is something going on still today and I want to help heal my gut. Where do I start?

DR COLBERT: Well, one of the best things for the gut is just having bone broth soup. It's one of the best things for the gut, as well as probiotics, and some prebiotics, and fiber. So we have a fiber zone that also provides food for the gut. It has the fiber. The psyllium husk powder with inulin or prebiotic helps the gut tremendously.

What you don't want to take for the gut is the wheat and the dairy. Those are inflammatory to the gut, and the nightshades and the lectins, which are beans, peas, and lentils that usually irritate the gut. You remove the irritants, and then you put in the healing foods. The healing foods are foods like rice; a little white rice is good, not a lot but like soups with white rice, onions, garlic, and things like that. Those are soothing for the gut.

TAMMY: For sure.

RANDY: There is so much information, right, which is why the book is great. But how do you know where you're at, to know where you need to go? Do I need to see you or another doctor or is there a general path?

DR COLBERT: Again, most people can simply read the book, start taking a few key supplements, and follow the diet. The diet is the key. You know the most inflammatory foods we eat that damage the gut, once the gut is compromised, certain foods will make it worse. And so what I've taught, I put them on a special diet. We eliminate foods for a while and then you can resume some of these if you want. But the foods that mainly harm the gut are mainly what I call the wheat, the gluten foods—the bread, the pasta, the crackers, bagels, the cereals. All the stuff that America is hooked on.

Realize that gluten and wheat contain 23,788 proteins, any one of which can inflame the body and the gut. Two of the worst are glutenin and gliadin. These are major inflammatory proteins. You see, our wheat today is not the same as it was in the days of Jesus when he said, "Give us this day our daily bread." Now he would say, "Do not eat the bread!" Because the bread is highly inflammatory. The gluten is inflammatory. And so many people, their guts are sensitive to the gluten. Why? Because most bread is sprayed, or most of the wheat grains are sprayed with glyphosate, which is Round Up; it is a pesticide that kills the gut bacteria. Plus, it has all these inflammatory proteins.

So we get people off this for a season. Now, if you want to resume some organic or Ezekiel bread, something like that later is okay. It's okay, but let's heal your gut first because most commercial breads today are inflammatory for the gut. So are dairy, milk, your cheese, and even yogurt. Now, if you switch over to goat or sheep milk yogurt, it is better. Or some coconut yogurt, it's better.

And then also, the soybeans. You say, I don't eat soybeans. And the corn—over 90 percent of that is genetically modified. When it is genetically modified, it harms your gut. Eat organic—if you want to eat corn, eat organic corn. Avoid the soybeans, they have a lot of lectins in them that cause—lectin, you say what are lectins? They are large proteins in plants, especially in grains, wheat has some of the worst but it is also in the seeds and it is in the peel of a lot of our vegetables like tomatoes and peppers and eggplant and paprika and potatoes. The peels of potatoes, it's full of that. It irritates a lot of people's gut.

So we simply remove these inflammatory foods for a season, and then we rotate them in. We use a less inflammatory type of wheat. Some ancient grains or some Ezekiel bread, which a lot of times doesn't hurt people.

RANDY: Is this what you're covering in the cookbook?

DR COLBERT: Yes. That's what I cover in the cookbook. Yes.

RANDY: How to get the right ingredients, and how to make stuff.

DR COLBERT: And then I tell them the ingredients they need to eat for a while so their gut heals. How to plant the good bacteria. How to put the fiber in, some prebiotics in, some resistant starches.

TAMMY: How long does it take to start healing? Like if I—

DR COLBERT: Usually 4-6 weeks. Quick. It's quick.

TAMMY: So if I started like getting this cookbook and I'm going to start making some changes today. If somebody has got just like a really bad gut—

DR COLBERT: Well, most people do.

TAMMY: But 4-6 weeks you can turn that around.

DR COLBERT: Absolutely. Your gut starts to heal. It heals really quick, that's the neat part about it. But then some people are going to want to, some people say, if they introduce gluten back, maybe every three to four days and their gut all the sudden bloats and swells and they feel horrible and they're lethargic, what's happening is these lectins bind to sugar molecules and these sugar molecules are called sialic acid that's present on the lining of the small intestines, they're present on joints, and they're present in the brain. So when you eat a food that has these lectins that your body is sensitive to, all of a sudden, a lot of people will get joint pains, like in their hands. And usually, joint pains in the hands are the nightshades, the tomatoes, the peppers, the salsa, the eggplant, the paprika, and the potatoes.

Or it could be the coffee. A lot of people get pains in their thumbs. Do you know what I

ask these people when they get pains in their thumbs? I say, well, how much coffee do you drink? Usually, I hear, oh four or five cups a day. Or two cups a day but my cups are 16 ounces. So again, coffee, a lot of coffee beans seems to affect the thumbs. Also, when I see people with pain in their knees, many times it is the dairy, it's the cheese. They're cheese lovers. So they're wearing their knees out.

So again, with brain fog, usually, they have a wheat brain. Big belly, they've got a wheat belly. So again, these lectins, which the plants use these lectins to protect them from insects and fungus and bacteria and viruses, but they also harm our guts and our joints and our brain.

RANDY: All right. A lot of great information—almost too much. But you know what? If you will pick up the *Health Zone Essentials* and you want to get the cookbook and we've got a great video that we mentioned on stretching and balance and things like that, all of these are available today to you. We want to give you things to give you the power to take control of your health.

We're also going to ask you to do something very special for someone else, those who are suffering from a condition that's not related to their diet but from a lack of clean drinking water. So we want you to get these materials but we also want you to reach out and help someone else. Watch this.

On the mission field

ANNOUNCER: This scene plays out millions of times every day in developing countries around the world. A mother taking her child to collect water for their family. Marie used to make this same trip with three of her other children but that is no more.

Open captions

>> Two of my children suffered with bloated stomachs and diarrhea and they died because of this water. I fear for the health of my remaining children because they have to

drink this water.

ANNOUNCER: Although the names change, the stories are the same for mothers like Terese who lost two children to a waterborne disease.

Open captions

>> I am so afraid my other children will die from this bad water too.

ANNOUNCER: Marta, who still grieves from her loss of two children, sums up the fears and desperation of all the mothers in this area.

Open caption

>> So many children in this village will continue to die because we have no clean water.

TAMMY: That's what breaks my heart. They have no other option, nowhere else to go. They will dig and dig and dig to find fresh clean water and they just can't get there. It is underneath their feet but they need help. And we can help them. We can help them get that water. We can come in here and we can drill a well that will change everything for these children, these mothers for the rest of their lives.

I'm asking you to believe with me for that change. Please would you join with me?
Would you give the best gift that you could give that could change everything for them today?

In the studio

TAMMY: The effects that water brings—life and death. When I listen and I hear them talking about they don't know how many more might die. They don't know how they'll make it through. And it is all because of water.

I woke up yesterday feeling sick and the only thing I could put in my body was water,

that actually, I knew was healthy for me, I knew that it would make me feel better. But I had access to whatever I needed. I had access to not just water but water that was balanced even for my body. I had everything I needed. And it is helping me to get better today and feel better today. But when I look at a piece like that, I see those children that are literally dying because of what they're drinking and they don't have any other choice. They're feeling sick, they're bloated, they have stomach issues, they have gut issues, and they need clean drinking water to turn this around just as it did for my life today.

We can be a part of that. We can help these families all over the world turn this around by something so, so simple like drilling water, going into that village, and drill them water that will give them life and life more abundantly.

Randy, we've been doing it for years, we've been putting in, I think we've put in now like 8,000 wells around the world since we started this ministry. It's incredible! We want to do another 350 this year and I believe we can do that.

RANDY: Yes! We can with your help. You said a word, Tammy that is key. You said, "access." That's really what it comes down to because when we go into these villages and we drill that water well and we bring it up—and by the way, we build these fabulous wells, they're encased, and we're going all the way down to the clean water, which not everybody does, it changes their lives.

TAMMY: Completely, we've seen it. We've been there.

RANDY: Their health turns around and it turns around quickly. So look, here's what we're asking you to do today. By the way, with any gift, you can request Dr. Colbert's *Health Zone Essentials*. It will put you on a pathway to better health. For a gift of \$75, you can request the whole bundle. But we want you to consider being a part of putting a well into the ground to change the lives of thousands of people.

In fact, the average well costs about \$4800 and that will serve about a thousand people

for about 70 years, we say a lifetime. So some of you can give an entire well. Dr. Colbert has been a wonderful supporter of this outreach for many years and we appreciate him being a part of that. But your gift of \$4800 today will provide a well. It will change the lives of thousands of people. You will save lives.

Now most of you can't give an entire well. I get that. Your gift of \$48 will in essence provide clean drinking water for a lifetime for ten people. There is a wide range. My prayer is that whatever you can do, you will do something today because when we all come together that's when we hit this goal or even exceed this goal of 350 wells in 20 nations.

When we do this, we are giving love and life to people and we always do it in the name of Jesus. This is not just a humanitarian outreach. This is a spiritual outreach. So will you go online or go to the phone right now? Make the best gift you can. Request Dr. Colbert's materials. We want to help you. But more importantly, let's share the love of Christ and give Water for LIFE.

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

RANDY: I hope you are calling or going online. Going online is a great way to give—to give life to someone who desperately needs it. And with any gift, we will send you Dr. Colbert's *Health Zone Essentials*. With a gift of \$75 or more, we've got this whole bundle for you. It will bless you. Tammy, this is revolutionary. This will change people's lives.

TAMMY: There is so much we talked about today. There is a lot we have to unpack. We

did our best. But honestly, the best way for you to get this information for it to stick is to pick up these books. You'll have them in reach at any moment. And I'm going to start right now. We have to fight to get our bodies aligned and back in order, and Dr. Don has a way for us to do that.

Thank you so much for being here today. What a blessing you are to so many people.

DR COLBERT: It is a blessing to be here.

RANDY: We've got more to cover. You'll be here, right?

DR COLBERT: Praise God! Absolutely!

RANDY: Come back and we will see you again next time here on *Life Today*.