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Week one: Product week, WFL

James and Betty Robison

Dr. Don Colbert #3

In the studio

BETTY: Welcome to *LIFE Today*. Thank you so much for joining us. I'm Betty and this is James. And we've got a very special friend and doctor here with us, Dr. Don Colbert. We've had him many times on and he's just got a good history with the ministry, James, and walking through with us on health and things that matter about our life and taking care of us, exercising now. I think that's so, so important.

JAMES: Well, you watched the video. And I remember when you first saw it you said, "This is just so clear." Basically, it is so simple to do.

BETTY: Well, it's doable. That's what makes it so good. And for people our age, all ages, but for our age I think it is so much more important because we tend to want to sit down, we tend to want to stay still and stare at the TV or whatever. We don't want to keep moving, and moving is so important to our health. So doing these exercises, simple ones, is very, very important, and can make a big difference in your life.

JAMES: Well, everybody says, "We can't believe Betty is 80 years old." She said, "Quit telling everybody that I'm the same age." Here's the deal. We live a life full of joy but we also live a life of health. I mean we've watched so many people, they hit 50 and they're not nearly as healthy as we are. But there is a reason for it. God has sent us some doctors and sent us people with the nutrition, with the supplements that actually work. They're not gimmicks, they work.

And Dr. Colbert is a man sent by God. I want to say that he and Dr. Conard saved our

lives; didn't just add life to our years and years to our life. But the thing about it is, they absolutely gave us truth. And Dr. Colbert listens to us tell what people are asking and he'll break it down. Just like you wrote about the keto diet that changed our lives. It's kept me where I'm not addicted to food, I'm not compulsive anymore. I know this sounds crazy but basically, I eat an average of 150 calories in the evening and I eat before five or six o'clock, and that's it, and I don't get hungry. Now do you ever go out and have a big meal? Yeah, I go out now and then and splurge. But I don't like doing the splurge but I can do it. It's different. I can enjoy things that I wouldn't make a regular habit anymore. And it used to be more than a habit, doc. It was like bondage. It was like I wasn't even complete, and I was always hungry. And now all of a sudden, the keto diet helped me.

But you have said you can take these things to an inappropriate, even unhealthy extreme. So you write about the keto diet.

DR COLBERT: But the healthy keto diet. I would say 95% of keto diets are not healthy long-term. Now short term you can follow any keto diet, and lose the weight, but if you keep eating those foods, they'll eventually create inflammation, very high cholesterol levels, and eventually, insulin resistance.

So what I did is I took the bad out, I put the good in. Instead of using lots of butter, cream, cheese, coconut oil, fried foods, and fatty meats I used God's oils, extra virgin olive oil, high polyphenol olive oils, and oleocanthal olive oils. They're the most powerful antioxidants on the planet along with avocado oil. Did you know that avocado oil has the highest smoke point of pretty much any other oil at 570 degrees?

JAMES: I know I like avocados. Is it okay that I like it?

DR COLBERT: Absolutely. Now you can cook with avocado oil or even stir fry or pan fry but not with olive oil. Avocados are one of the most perfect foods there are. So again, nuts and seeds are really good. They have some of the similar heart-healthy benefits of olive oil.

So instead of a snack of chips and donuts and cakes and pies and cookies and brownies, get your bags of nuts. At home we have bags of pecans, we have almonds, we have walnuts. We have different nuts. Not peanuts! Peanuts are not a true nut. They're a legume which is a bean family. So again, that has a lot of mold in it. Now occasionally, you can eat peanuts.

BETTY: There are good fats that your body needs.

DR COLBERT: Yes! And these good fats are what we're majoring in. We're majoring in the olive oil, the avocado oil, the nuts and the seeds that are so healthy for us, and not all the butter and the cream and the coconut oil and the cheese that so many people are addicted to—and the animal fats. Instead of eating lots—so many people eat big steaks. The new thing is the carnivore diet or caveman diet where now, this is what people are recommending, they're recommending going and eating just meats. So they put a big ol' slab of steak, or they cook their steak in a stick of butter and that's all they eat. And they eat that for maybe one or two meals a day. And the next day they may have chicken but just the chicken meat. Or the next day they can have hot dogs or the—

JAMES: Are you saying that's not good?

DR COLBERT: That's horrible for you. That's horrible! Because you're getting a tremendous amount of saturated fat. Plus you're getting none of the vegetables, none of those powerful berries with all these antioxidants. Now so many people are saying but wait, all my joint pains went away. My brain fog went away. My diarrhea went away. My bloating went away. But that's because of the lectins. The lectins are the components of foods, especially in grains, in wheat; wheat is full of lectins. Lectins are simply large molecules that are in the bran of the wheat. In fact, wheat has over 23,788 proteins in it all of which are inflammatory to the body. But two are very inflammatory, gluten and gliadin. But also, tomatoes. Lectins are found in the skins and seeds of these plants because they prevent insects from eating them and also, they prevent microbes from

invading them.

JAMES: Do you know what people are sitting out here saying? He's going to starve me flat to death.

DR COLBERT: No, I'm not! No, I'm not because listen, when you eat these fats, the fats literally fill you up. A man, a normal man eats between 2400 and 3800 calories a day. When you lower your calories down to 2400 calories a day, the weight loss is amazing. I teach you exactly how to do it in my book. And men can have five tablespoons of healthy fats per meal.

You can get it from taking in olive oil like on my salad. I put at least five tablespoons a day on my salads a day. But also you can get it through avocado oil, you can get it through avocados, you can get it through nuts, and other healthy nuts, healthy fats.

JAMES: What about fruit?

DR COLBERT: Berries. Again, fruit, and bananas are really high in sugar. Berries are really low in sugar, high in fiber and they're full of antioxidants. But there are too many sweet fruits, mangos, and papayas. Now I tell people, if you like bananas, eat green bananas. If you like mangos, and papayas high in sugar, eat green mangos and papayas because they are full of resistant starches that feed the good bacteria.

JAMES: Can you find these in the store?

DR COLBERT: Yes, you can. You can see the green bananas.

JAMES: They actually offer you some healthy stuff in the stores?

DR COLBERT: When bananas are yellow, I don't eat them, they are full of sugar. When they're green, I'll eat them. But when they turn yellow, I give them to the grandkids.

That's how I do it. Now I put—it's good to put your green mangos, green—

BETTY: But do they still have a good taste when they're green?

DR COLBERT: Oh yes. You put them on your salads and cover it with olive oil. It fills you—see these oils fill you up for eight hours. I can then do intermittent fasting for 14 to 16 hours a night. When you're doing intermittent fasting, you unleash the most powerful healing process in the body. You start to get rid of beta-amyloid out of your brain. You boost brain-derived neurotrophic factor that helps to restore your brain and your neurons. And what you do, is you unleash the autophagy process where your brain works to discard old proteins, senescent cells, and cellular garbage that clogs up the mitochondria, and prevents brain energy so the brain recharges.

So when you start fasting, you say how can I fast 14 to 16 hours? I do it. Simple, here's how you do it. I make sure I eat, I'm done eating my 6:00 p.m. and then I'll eat breakfast at 8:00 a.m. the next morning, sometimes ten. You can still have coffee with just stevia or tea with just stevia and you're still fasting. It's the easiest thing in the world. Yet what it's doing is literally self-cleaning your brain. It's self-cleaning your arteries. It is self-cleaning all the tissues in the body. And my patients are the healthiest with vibrant health, practice intermittent fasting at least four or five days a week.

Now you can have a cheat day and maybe not fast, do intermittent fasting, or just fast for maybe 12 hours, but when you go 14 to 16 hours that's when you get the super benefits.

JAMES: Well, I'm just sitting here thinking about sugar because I did, God told me you're eating too much sugar. You're developing diabetes. He told me that. And I had this conversation with him and I said, yeah, I'm enjoying the sugar. I've got diabetes. Okay? But let me tell you, it's always under control. The doctors are always amazed. My levels are just amazing. They don't show. But I know it is in my body. I don't know if we have sugar in the house. We do the stevia.

DR COLBERT: Good! Stevia is—there is de-bittered stevia that tastes just like sugar without any aftertaste.

JAMES: It's just as good.

DR COLBERT: Yeah.

JAMES: I know sometimes people say they want sugar, so sugar there is some in there. But my point is I don't know, I don't miss it. And I love sweets. I'll eat dark chocolate. You were the one that told me you could eat dark chocolate that has stevia in it. Praise God! I can have chocolate.

BETTY: From now on you're getting green bananas. He loves bananas. When you start eating right it does change your taste buds. Very rarely we could go back and eat something that was sweet and it is just too sweet.

JAMES: You know what I filled out? I won't be surprised if I live healthy and strong until I'm 100 or more. I don't really care. I'm so full of life. I'm not waiting to have eternal life, I'm experiencing eternal life. I live an abundant life. I live full of joy. This isn't something we put on when we're on TV. We're happy like this. We're crazy people all the time with joy. I enjoy life. I enjoy everything God made. I see the beauty of God in everything he made, and I see how we mess things up. It breaks my heart.

Okay, let's try to get this in a wrap. I want you to get everything that we're offering right here. This is a video. It shows you simple ways to stretch and exercise and it changes the way we feel. The *Health Zone Essentials*; absolutely critical. He's taking—here's how the intestines, I don't like "Gut Zone," I like intestinal tract. It just sounds so much more sophisticated. He just says *The Gut Zone*. Okay. He's going to tell you how to take care of yourself.

And what you're going to do if you ask for these, you're going to help us be the miracle

that villages and thousands and millions of people are praying for. We're going to give them clean water! Water that will change their lives, save their lives. So doc, I want to thank you. Now tell all of our viewers why you believe if they will take what you have tried to make really simple and look at it, tell them what it will do for them.

DR COLBERT: Well, it's really simple what it's going to do. When they start following this program, and again, heal the gut, eat the foods that heal the gut, I go over exactly what they need to do, shift over to the healthy keto diet or the healthy Mediterranean diet, optimize those hormones and protect your brain with these simple ways I have, you're going to live a long, healthy, vibrant life full of energy—full of energy! And that's like you're doing. You're going to be like James and Betty who are 80 yet living the abundant life. That's what it does to you. And it prevents most every disease.

Why be in a nursing home with Alzheimer's or with a fractured hip and you can't move or just wasting away with frailty syndrome and just literally wasting away when literally you can live in vibrant abundant health. I've got the keys how to do that. It's that simple.

JAMES: Can't you tell what we've learned from you? You have watched it have a positive effect on us.

DR COLBERT: Absolutely! I can see it on you. I remember when you used to be heavy. I remember when you used to carry a little tummy around.

BETTY: That's called a gut, by the way. [Laughing]

JAMES: I had a big old gut. I know that. I'm really happy—I'm just happy that there is not something controlling me that is actually damaging. It's another form of having like a drug habit. It's damaging you, and you look at it as not so bad.

Father, we're not trying to make people feel like we're loading them down with a bunch of restrictive practices. But we're giving them practices that add to everything that's

important to them. And Lord, you want us to be full of life. Jesus came that we might have life—life! Not only eternally, but abundantly here, an overcoming life, a more than a conqueror's life, and we want that for our viewers; in Jesus' name.

I really believe he left us here to accomplish his kingdom purpose on earth. I don't think Jesus is coming back to give us an escape route. I think he's coming back to find a bride that looks like him and that's us, that's the body of Christ. We need to live full of hope. I'm not waiting to get eternal life, I've got it. I have the abundance of life, abundant life himself living in me in resurrection power.

Doc, what can you say to our viewers that would cause them to say I want to give water, I want to save lives, but I want to do something in my life that pleases God and will make my life better. What would you say to them to help them get what we're talking about?

DR COLBERT: If you can just give good clean water, we can give the gift of life. Again, what you're doing is so important. If Christians would just chip in and pay just a small amount of money each month, we can actually make this dream come to pass. And we can literally prevent all these diseases coming on all these people with just good clean healthy water.

Water is the most important nutrient we have. That's what I tell people. They say Dr. Colbert, what is the most important thing we should have? CoQ10? A multivitamin? Or some fish oil? No! The most important thing we can have is water—good clean water. And that's what this ministry is offering.

JAMES: And that's what you are giving us when he breaks out the zone. All the things that are essential, he breaks it down. And this is what we're sending for any gift to give water. If you'll give \$75 to give water, we'll send all of them. Remember, one of them is a DVD on good healthy exercises that anybody can do. And Dr. Colbert will show you how. He's approaching 70. To me, he looks like he hasn't approached 50 yet and he's full of energy. I've watched him get healthier in his journey while he's with us helping us get

healthier in our journey, and helping millions of people get healthier.

We love you. We love you as much as any hungry child, thirsty child, trafficked child. We love you! Betty and I come on television every day to reach out and put God's arms of love around you. And we share the most beautiful images of God in people you would never expect. How did that happen to them? Well, it can happen to you the same way. We're not trying to introduce you to super stars. We want to point to the bright and morning star, oftentimes in the least likely person. God can do miracles with you and through you.

And by the way, you give a well, you help give a well, you become a great big miracle to a whole village of people who never dreamed they would have a miracle in their midst that would answer their prayers and their hopes and their dreams and give them life.

You watch with your heart and the heart of God and see if you don't want to be a miracle in somebody's village and an answer to their prayers. 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

You know, Dr. Colbert shared during the program about how much you can help by giving water, and then there in his office. He and Mary, his wife, have been tremendous supporters of *LIFE*. They have given to all the areas of *LIFE Outreach* and I'm so grateful. But more than anything, I'm grateful that he wants you to experience life even while he encourages you to share life. We want the best for you. I really do believe the *Health Zone Essentials* can not only change your life, it can extend your life, really add life to your years.

Dr. Colbert, thank you so much for being a blessing. Thank you for loving all the people and encouraging you to love people that feel overlooked. They feel like they're the least of these. Thank you so much for watching *Life Today* and sharing life hopefully every day.