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Week one: Product week, WFL

Randy Robison and Tammy Trent

Dr. Don Colbert #4

In the studio

TAMMY: Hello everybody. Welcome to *LIFE Today*. I'm Tammy Trent and this is Randy Robison. It's so good to have you back again today. If you missed yesterday's program, look you can go any time you want to LifeToday.org and catch anything there.

But Dr. Don is with us and I appreciate him so much. He's got a brand-new book out, *Health Zone Essentials* and it is jam-packed with a ton of incredible information that can literally change your life. He has saved the lives of so many of my friends. And that's what they've said, "He saved my life."

Dr. Don, I'm so glad you're here today. And on today's program, we're going to talk about something that is so important to me right now, about hormones and thyroid. I'm sure it will totally resonate with a lot of people. Can you go back and catch us up?

DR COLBERT: Tammy, for years patients have been coming to my office and asking, Dr. Colbert, which is the most important book of yours I need to read? I've written over 50. So they say which one book can I read? I said really, you need to read this book and this book and this book. So finally I said, let me put everything, the key components together in one book, four easy steps.

So what I found is there are four essential steps that people need to follow. And once they start doing this, they will start to optimize their health. And they will have great

tremendous health and longevity. Step number one is to restore your gut. And we do this with key nutrients, supplements and food, diet is critical.

Number two is to get on a healthy Mediterranean/keto diet to maintain and keep your weight down to a normal weight and to prevent or reverse most diseases. So the Mediterranean/keto or keto or Mediterranean diet. We talk about a healthy keto and a healthy Mediterranean diet.

Number three is hormone optimization. I've compared the energy of a 20-year-old versus an 80-year-old. A vast difference of energy. When I get that 80-year-old's hormones optimized to a 20-year-olds it's amazing how their energies were similar. So I use hormone optimization. I teach patients which hormones to optimize to achieve tremendous vitality, health, energy, and longevity.

And then last is brain health. As we age, we're more susceptible to Alzheimer's, dementia, and so many Christians are being warehoused in nursing homes for dementia. I teach them which foods and supplements and hormones and lifestyle factors that protect their brain and boost brain-derived neurotrophic factor, which restores the brain and removes the beta amyloid which destroys the brain.

And then exercise, stretching exercises prevent back pain to maintain good posture, and some core and balance exercises that help.

TAMMY: Balance—you said the word *balance*. If I walked into your office today, Dr. Don, and you said, what are your symptoms? What's going on? I would say I feel out of balance. And I think so many people in the world feel out of balance to the point where even the other night when I was studying in my study, I felt sad. I never struggle with that. I don't struggle with depression and anxiety. But I felt some things coming on to the point where tears were coming down. And I rested my head on a pillow and I fell asleep there. But I just felt like I was out of balance, hormonally out of balance. I'm 55 so I'm starting to go through a lot of changes and I'm trying to find that balance in my life.

DR COLBERT: It's interesting but women undergo three key hormone dominos that fall in certain areas of their life. At age 40, most women, the first hormone that falls and the domino that falls down is testosterone. Back when a woman is 20 to 30 their ideal testosterone is 13 to 71. Most women feel their best when their testosterone level is around 70. So I get my women, my older women who are in their 50s, 60s, 70s, 80, 90, I get their testosterone to at least to 70, 75, some 100. If they have osteoporosis, I may take them up to 150 or 200. And they feel amazing. And I put them on exercises that build their bones back. We reverse a lot of osteoporosis without meds and doing this with the right nutrition.

The second hormone domino that falls is around 45 and that's progesterone. Progesterone is the hormone that makes a woman where she is not irritable. It also goes beautiful—

RANDY: Where do I get those? [Laughing]

TAMMY: My progesterone is down. [Laughing]

DR COLBERT: It also helps a woman enter into that deep, refreshing sleep. And it helps their mood tremendously; it improves the woman's mood. So progesterone is the second domino.

And the third one happens at 50 in most women, and that is estradiol. Now estradiol falls at 50 and women start to get hot flashes, night sweats, all these symptoms like that. And another hormone starts to take predominance and that is estrone. Estrone is known as the old lady hormone. Or I say, "the elderly lady hormone." Estrone rules with a fist of iron. It causes belly fat, back fat, saggy sin, wrinkles, hair loss, dry vagina, and all these symptoms that women despise.

So what we do is we help to balance these key hormones for women, and the adrenal hormones, these are the big hormones. Most women's adrenals when they reach 50, 55,

their adrenals are shot, they're exhausted. They wake up in the morning and they are tired. In the afternoon, they're tired and their adrenals are tired. So we put our patients on adrenal hormones and/or adaptogens. It just so happens the best hormones that boost your adrenals are testosterone and progesterone for women. It is amazing when I give you natural micronized progesterone, and the bioidentical testosterone in cream, usually, or pellet. It is amazing how women do amazing. They say, I have so many women say, I feel like I'm 20 again! I have one lady who is 70. She runs marathons and she keeps up with the 20-year-olds. And she goes to the store with her son and he's saying, "Mom!" And people are looking at her and saying, "Mom? You're his mom?" And they're amazed because here the lady is 70 years old but she looks like she is about 40.

TAMMY: Do we need to get a special doctor to get us on those kinds of hormones? Because I did some blood work and it is like, here is your range what you're saying today, that I loved is there is a range but there is something that is optimal. Not just being in a range, Tammy. So I've gotten that bloodwork and here's where your range is and everything is tanking. Your hormones are tanking. [Laughing] So great! How do I fix that? Where do I go to find a doctor that will actually look at all those hormones and make sure they're balanced not just the one?

DR COLBERT: Again, yes, very good question. In the book, I talk about where you can go to find a doctor, like WorldHealth.net. I tell about different doctors that can do pellets in there. So if you wanted to do pellets or creams or sublingual tabs you can do that. Unfortunately, most doctors just give a little dab will do ya.

Now here's what's happening, we have so many xenoestrogens, pesticides on our food, we have so many hormone disruptors in our shampoos and lotions and creams and perfumes that are blocking hormone levels, lowering testosterone, lowering or sometimes raising, sometimes lowering estrogen, lowering thyroid hormones that these are what we call "hormone disruptors." So because of this, the hormone levels of so many people are getting lower and lower, the ranges.

So like men, a few years ago the normal for testosterone was around 348 to almost 1200. Now it's gone down to 250 to 916, I believe. So again, it keeps going lower and lower because men's testosterone is tanking. Well, women's are tanking, too, and also their thyroids. And what happens with thyroid, you go to your doctor and they usually just do one test for your thyroid, which is T.S.H. or thyroid stimulating hormone. That's a pituitary hormone. The most accurate test to measure a thyroid is to run a—I run a battery but I do the T.S.H., I do the free T3, sometimes I'll do a reverse T3, sometimes I'll do thyroid antibodies. And the free T3 is the active thyroid hormone. That's the hormone that gets inside the cell. That's the hormone that makes your hands warm, your feet warm.

So many people, I can walk into a room, I can check their temperature and see it is below 98. I can shake their hand and it is like an icicle. Feel their toes, they're like ice cycles. I say, oh, my gosh! Your thyroid is sluggish. And I check their thyroid levels and their T.S.H. is normal yet their free T3 is sluggish or low normal. I say, you have a sluggish thyroid. They say, do I have a low thyroid? No! You don't have a low thyroid, you have a sluggish thyroid.

Now, what happens is that most doctors will not put a patient on natural thyroid. They will not use the desiccated thyroid, the natural desiccated thyroid. They will use Synthroid or the synthetic, levothyroxine. That does nothing to raise the free T3 that gives you the energy, the warmth, the vitality, the moist skin, the nice thick hair; the hair starts falling out. You get fine thyroid hair. And that's just from a sluggish thyroid.

Now a sluggish thyroid does it, a low thyroid but doctors will not treat you for sluggish thyroid unless it's low, and then they give you the wrong medicine!

TAMMY: Right! Why are they not doing that? Like I literally have a thyroid issue. It's small—a small problem. [Laughing] But it's there and—

DR COLBERT: Well, let me feel your hands. Let me feel. Oh girl! They're icicles! Your toes—are your toes?

TAMMY: My toes are the same.

DR COLBERT: Oh my goodness, girl. They're icicles!

TAMMY: Yes! And it is because I have a problem with my three, my free three. They're only testing for the four. And I'm so frustrated with that.

DR COLBERT: You've got to find a doctor that will do that. Find an anti-aging doctor that practices anti-aging medicine. Go to WorldHealth.net and say I want natural desiccated thyroid.

The two key hormones that give you energy that are absolutely amazing, I should say three, but two more important: number one, the natural desiccated thyroid. Number two, testosterone. And number three an adrenal builder. I put most of my patients on those three and the difference in the energy is amazing. One of the biggest complaints I see in my practice is fatigue. And it especially hits around 40 when the testosterone domino falls. It gets worse at 45 when the progesterone domino falls. And then when the estrogen falls and the old lady hormone, estrone takes over, then all of the sudden these women are miserable. They come with all this belly fat, sagging skin.

And this one lady, she was 48, she was crying. She says, "Something has happened! I've got all this belly fat. My breasts are sagging like pancakes, like flapjacks." And she says, "What's the matter with me?"

I put her on a little hormone pellet. She was having horrible night sweats and hot flashes, put her on a little testosterone, a little estradiol, protect her breasts with D.I.M.

Diindolylmethane from broccoli. Of course, I got a mammogram first. And then I pulled her out of this. The next time I saw her she was ecstatic. She says, "I've got my figure back." She says, "My belly fat is going. I've got my energy back. I feel great! I feel like a young woman again. I was feeling like an old lady."

RANDY: We hear about this a lot with women, because it is a big issue. But do you know how the internet is really smart? Like I am at an age where the internet knows my age and I'm getting ads for you've got a low T or you've got—what? This is an issue that men have to deal with as well. What do we need to know?

DR COLBERT: Well, with low T, first of all, what happens is low libido. Their libido goes out the door. And then they lose their strength, their stamina, and they become what we call grumpy old men.

TAMMY: So there is one old lady in grumpy old men. That makes me happier.

DR COLBERT: They become grumpy old men with no energy. All they want to do is go home from work, sit on the couch, and they fall asleep. And you check their testosterone and it is in the tank. And usually, what happens is these men have a big belly. The more belly fat you have, generally, the lower the testosterone goes and the higher the estrogen goes. We have the men that are in their 50s with higher estrogen than their 50-year-old wives.

And then also, what happens is these men are bone tired. When you get out of bed and you've had a good night's sleep and you're bone tired, you either have sleep apnea or you've got low T. Men that are diabetic, most all diabetic men, Type 1, Type 2, have low T. It goes with diabetes. If you're on meds, if you're taking statin meds, Crestor or Lipitor, Atorvastatin, Rosuvastatin, those lower testosterone. Blood pressure meds lower testosterone. What ace inhibitors do, Lisinopril, Prinivil, Zestril, as well as beta blockers lower it. Those are two of your main blood pressure medicines. They lower your testosterone levels. Benadryl lowers testosterone levels. SSRIs lowers testosterone levels.

So there are so many meds that lower testosterone and people are saying, I don't understand why my testosterone is low. It's because they're taking meds that are lowering it, especially statin drugs.

RANDY: So clearly, a good place to start is with a doctor if you've got serious symptoms.

DR COLBERT: Yes!

RANDY: Are there some general lifestyle, easy changes, dietary changes that we could maybe implement that don't require a big medical intervention?

DR COLBERT: Absolutely! Once you lose belly fat, get moving, correct your adrenals, start sleeping, correct sleep apnea, correct your sugar, then we put patients on testosterone boosters. I have a wonderful testosterone booster that is just Divine Health Testosterone Zone. You take three in the morning and so many young men, especially, their testosterone comes right back up, their libido comes back, their energy comes back. So they don't have to use testosterone, many of them don't. But once they're over 60, yeah, they probably want some testosterone. It works better in shot or pellet form.

But we have these new craves. Some men say I hate shots. We just use little, teeny needles so it doesn't hurt. We don't use harpoons. [Laughing] And then also, we have these new creams that have tremendous absorption. So if men hate shots, we just put them on a little testosterone behind their knee and it brings their level almost up to as good as a shot. It works great with no pain. You just rub it on in the morning. That's it!

RANDY: I'm all for cream over shots.

TAMMY: Oh, I know. I hate needles. Yes!

RANDY: This is all in the book.

DR COLBERT: Yes! It is all in the book. Because hormone optimization is absolutely critical if you want to have the energy, the stamina, the vitality, and the longevity.

Because as we age, more and more people just get worn out. And eventually, they don't move, they don't get out. And the less you move, the poorer the circulation becomes.

See exercise literally prevents every disease, especially Alzheimer's and heart disease. So that's why this hormone optimization will give you the energy to get out and start exercising, living again, enjoying life again.

TAMMY: This might seem like an obvious question but the place to start with that if people do have questions would that be like to find a place that will do great bloodwork? Do you find a lot of these problems within your blood?

DR COLBERT: Absolutely! All of these are in your blood. Sure!

TAMMY: Check out where your levels are. Find somebody who will run all of those tests for you to have.

DR COLBERT: Yes. If you're a man and you have decreased stamina, decreased strength, fatigue, you're grumpy when you get home from work. You just want to sit in the house, you're irritable, grumpy all the time, you're exhausted when you sleep and you have no libido, you have ED, then you most likely have either low or sluggish testosterone levels and you'll probably benefit from optimizing your testosterone. Instead being at 250, which is now normal but those men at 250, now if you're a young man at 250 you can forget it, you're going to be exhausted. It's going to be hard to achieve anything in life with work. You're not going to have the competitive edge; you're not going to have the energy to get ahead. Plus, you're not going to have the libido and the strength that you need. And if you're 50 with that age, you're going to lose your competitive edge, you're not going to have the energy to succeed many times in work.

So we want to get these levels optimized. And you say, what's optimized? I like to get the level up around 750 for most of my men, even up to 900 to 1,000 for a lot of them.

Because I check not only total testosterone, free testosterone. Free testosterone, like free

T3, is testosterone gets inside the cell. If their free testosterone is low, they're going to have low T symptoms. And so also if their sex hormone-binding globulin is high, then it is going to bind their testosterone so it can't get inside the cell. Sixty percent of our testosterone is bound to a protein called sex hormone-binding globulin when it is bound, it can't enter the cell. The good thing about it is about 38 percent is bound to albumin. And if you take the supplement DIM, diindolylmethane, 150 milligrams twice a day in men, it literally releases that testosterone from the albumin so it can enter inside the cell. So I've got all these tricks in the book that help you.

TAMMY: There is hope.

DR COLBERT: There is much hope.

TAMMY: There is so much hope, Dr. Don. There is so much hope. I'm so grateful for that. It gives me hope to want to align my body, to find order in my body, to find the right balance.

We want to make sure we send this to you today. You're going to want this. You don't just—you're going to want this in your life. Everything that we're talking about is in this book. So it is hard to kind of remember it, write it down but it is all in here. So we want to send this to you. How we're going to do that is if you're able today to partner with us, come alongside us in this mission that we have. Water, we talked to Dr. Don about water and how important it is. We want to bring hope to people right now around the world that don't have even the necessity of clean drinking water. Take a minute and 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

TAMMY: Let's be hope to them today. I know that we can do it, and we can do it together. For any gift that you're able to give, we want to send you Dr. Don's book,

Health Zone Essentials. It will change your life. And for \$75 or more, we're going to send you the whole bundle. There is a cookbook, there is a stretch DVD, which I probably need because I'm a bad stretcher. So we'll send you the whole thing.

But thank you so much for giving. It means a lot of to us. Dr. Don, oh my goodness, I have loved it today. Thank you so much for being here.

DR COLBERT: Thank you. I'm so excited because there are just simple little things people can do. It is not hard; it is so easy! But once you start doing it, literally you watch your health spring forth rapidly.

RANDY: You know, I think that's key, sometimes, is just getting started. That's why we want you to pick up the books. It will get you started to better health. We appreciate you being here. We'll see you again next time on *Life Today*.