

1/5/24

Week one: Product week, WFL
Randy Robison and Tammy Trent
Dr. Don Colbert #5

In the studio

RANDY: Welcome to *LIFE Today*. I'm Randy Robison. Tammy is with me, and Dr. Colbert is back with us. We covered a lot of material in the last couple of programs, and my parents have covered some great material. Again, all those are at LifeToday.org, so if you miss a program, don't miss a program. I still have some questions. Do you have any questions?

TAMMY: I will have questions every day of my life, especially about my hormones and any weight gain, hair loss, nails, my hands are freezing. There is just so much stuff.

RANDY: There are a lot of things, diet is a big thing to me. Because sometimes I wonder, okay, I'm buying this, paying a little more for this, whatever. Is it worth the money? Sometimes, I think this may do some good and you're going to tell me no, you need to stay off of that.

And then there are some interesting things in this video that we produced which is available on DVD and online actually. Stretching—a lot of people deal with back pain. There are a lot of places we can go but I want to hit on some of the more popular questions that people are going to have. A big one is, and Tammy was just asking you about this in-between the programs we're doing here. Sometimes, I think I'm treating something, whether it's with a drug or by changing my diet or whatever, a supplement, a lot of times, and I'm not necessarily treating it in the right way.

Is there a good way, a right way, and a wrong way to treat these things? How do we know the

difference?

DR COLBERT: Very good question. And again, that's why it depends on what symptom people are having. Like for example, a lot of men when they're tired, they wonder, am I working too much? What's going on? If a man is over 50 and is really tired, many times it is a low T or a low adrenal function or sleep apnea or frequent urination at night. So you simply look at it through the lens of let's check the hormone system, let's check the gut, let's check what you're eating.

A lot of times what you're eating is causing the problem. Like when people have pain in their fingers, it's usually a nightshade they're eating, tomatoes, potatoes, peppers, eggplant, paprika. Or too much coffee, drinking too much coffee. Or cheese and dairy affect you, as well as potato chips and fried foods, they affect your joints. If it is knee pain--. See, a ton of knee pain is many times a dairy. Dairy lovers are ice cream lovers; they are cheese lovers. They have to have that big bowl of ice cream at night.

So whatever problem, I look at number one, is it something you're eating? Is it a food that you're having a toxic food reaction, a lectin reaction, or is it a belly fat issue, is it a gut issue, is it a hormonal issue, is it an emotional issue? What is it? I have to look through all these different lenses. And I don't look at like when you have a problem, you need a medication. I rarely prescribe medicines. The only meds I prescribe are generally bioidentical hormones. The same hormones that the body used to make but is no longer making optimal amounts. So that's how I look—I look through a different lens.

When doctors treat patients, they carry a script pad. I don't carry a script pad. I rarely write scripts. I look for the root cause. When I balance the body and I give the body the food it needs, give it what the gut needs, optimize the hormones, protect the brain, I cover most bases. When I put them on that healthy Mediterranean/keto diet I bring their weight down to normal. And guess what? Most of their problems will go away. Most of their back pain will go away. So many people that are obese carry that big belly out there and they have back pain. They say, "Why do I have all this back pain?"

I say, "Because you've got that big belly." For every pound of weight on your belly you have at least ten pounds of stress on your back. You're making your back—you're throwing your natural curves off in your back.

God created a scaffolding system in the back with three unique curves that we have to maintain. When you have that weight, it is pulling your body forward. And it is also causing a sway back and is creating tremendous pressure on your back and starting to wear out your disks and your facets leading to arthritis. And also eventually causes bulging disk, spinal stenosis, all kinds of problems. And also, so many men are carrying their wallets in their back pocket. Do you know wallets are the worst thing for chronic back pain, for sacroiliac dysfunction, for piriformis syndrome? We call it fat wallet syndrome. I tell every man, get the wallet, get the phone, get the handkerchief out of your back pocket or you're going to have back or hip problems.

It is just simple things and people are going—I see so many people come to me, they say, "I have this horrible back pain and in my hip or lower back, my SI joint—."

And I look at them and I say, "Well, has anyone mentioned to take your fat wallet out?"

And they said, "No!"

And then I teach them some core exercises. I usually have to unwind or percuss, teach them some stretching exercises. I'm not a chiropractor, I'm a medical doctor, but structure is important. And then I get them to align their spine naturally like the "door frame stretch" I talk about on our stretching video. And their back pain goes away! It is amazing. They literally get off the table and say, "That's amazing. I've been to all these doctors and nobody has been able to fix me!" Even chiropractors! I said it is so easy. Because once you do the simple things, the obvious things, just get the wallet out of the back pocket, get the phone out of the back pocket and then just align your SI joints and your body heals. And then do a plank maybe four days a week for a minute or two. That's it. Go plank. Planks are great.

RANDY: Fortunately for me, my wallet's been thin enough most of my life that it hasn't me

issues. [Laughing] What I did have, and it will be interesting to hear you speak to this because you don't know this is coming. But I was told that I needed surgery on my wrists for carpal tunnel because so much of this so much of my life.

But then I talked to somebody, it wasn't you who showed me some stretches. Up against a door twisting and some massaging these nerves right here.

DR COLBERT: Very good!

RANDY: I don't have to have surgery. I do deal with pain some, I do drink coffee so—

DR COLBERT: Oh! You're the coffee with the thumb pain. So you have to cut it down to one cup a day, Randy and that will—

RANDY: That's what I do. I'm a one cup a day guy. But still, stretching, it's amazing.

DR COLBERT: Stretching, we all need to stretch. We get stiff. And that's okay, we can get you loosened up girl.

TAMMY: I've often—I know stretching is important but sometimes it hurts more when I stretch so then I don't want to stretch.

DR COLBERT: Drink some water before you stretch. You've got to warm up. You're cold-blooded. I've touched your hand and it is like an icicle. We've got to get you on some natural thyroid and warm you up. And then get you some water, get you hydrated, you'll be able to stretch like a rubber band!

TAMMY: You're right! [Laughing] Speaking of natural thyroid, I'm on synthetic now. And so when Randy was talking about good or bad, it's like, I was reading in your book that whole section on thyroid. I learned so much and I was thinking, I'm seeing a doctor in two months that I'm going to get on bioidentical hormones and balance out my body. And I know he is going to

say get off that synthetic. But I learned so much in your book going I didn't realize that there was an alternative. Because all I was given was this one drug and thought, well, this is going to help me every day.

DR COLBERT: Well, please, when you see him ask him to check not only your T.S.H. but also your free T3, that's the most important. And you want to get that free t3 optimized, usually around 3.5 to 4. When you get up in the morning take your thyroid first thing in the morning, wait an hour before you eat or drink coffee, just water, it doesn't play well with other supplements, so take it by itself. Wait an hour, and then you have your thyroid checked about five hours later. So if you get up at six, you'll want to have your thyroid checked around 11. And you'll want to get that optimized around 3.5 is fine.

Now again, it will probably be in the twos and that's why you're cold. When I get people around 3.5 or a little higher that's when everything turns on. Now you can also do it with liothyronine which is T3. And there is a synthetic T3, an endocrinologist will use this, and people that are under the care of an endocrinologist, I don't like to step on their toes. So I'll keep them on their Synthroid, or levothyroxine. I'll just add a little T3 like five micrograms in the morning, sometimes ten. I'll go five micro grams, 7.5, 10, or sometimes at noon, and it gives them tremendous energy. It warms them up. So you can do it either way. There are a few ways to do it.

TAMMY: Okay, there's hope!

RANDY: I'm curious about one thing but you mentioned you're a medical doctor. How did you get to the point where you're kind of dealing a little bit in some areas that a lot of medical doctors aren't? How did you get to the position where you're at? Because as Tammy alluded to in another program, I hear testimonials of people going, I've been to all these doctors and nothing worked. And then they saw you and you started dealing with some other things.

DR COLBERT: Randy, when I treat someone, I look at the whole person. Most doctors are specialists; they'll look at your heart or they'll look at your emotions or they'll look at your lungs or your gut. I look at the whole person. I look at their structure. I'll look and see if they have their

curves. God's given us this amazing scaffolding system. We're fearfully and wonderfully made, according to Psalm 139. If we can maintain this scaffolding system, guess what? We can prevent most all back pain.

We look at structural. Like I say so many people are doing just obvious things and so many men have chronic back pain and hip pain and SI joint pain because they've got that big old fat wallet in there. So just simple things. I look at the whole body.

I look at the emotions; I look at the trauma. So many people have depression, anxiety, because they have trapped trauma. I go and I find the trapped trauma, I remove it within minutes and I have a special trauma laser that can show me where the trauma is trapped. I can tell exactly the age it occurred. I take them through forgiveness therapy. They have to forgive themselves or forgive someone else who has hurt them. Or we take them to the trauma with Jesus, and then they reframe the trauma. And then it is no longer a trauma and they're set free. And many will cry and weep because it is like a deliverance. It is almost like a deliverance. It is a deliverance.

So we look at the whole person spiritually, we look at them emotionally, we look at them hormonally, we look at them structurally, we look at them nutritionally, dietarily, everything—on every angle. And when I put all these together it is like layers on top of layers. Most important is spiritually. We treat them spiritually. We activate their faith. And when we activate their faith, all things are possible to him who believes.

RANDY: Let me ask you this. We use the term "emotional eating." We know that our emotions, when they're kind of messed up, can lead to some bad habits. But does it work the other way as well? If our bodies are out of whack, will it negatively affect our emotions?

DR COLBERT: Absolutely, it will. Just like sugar is a comfort food. Ice cream is a comfort food. Chocolate and brownies and fudge, donuts, cake, pies are comfort foods. They make you feel good.

RANDY: You're making me hungry!

TAMMY: I know! I want a donut. [Laughing]

DR COLBERT: Yeah, these foods make us feel good. But guess what? When we put in the right foods, when we take in lots of healthy fats like olive oil—I love olive oil! I take in a lot of high polyphenol olive oil. I brought my olive oil with me to put on my salad today. Because I put the right fuel in because my body runs better. Sugar, carbs, starches make me tired. Now I use a little bit of carbs, healthy carbs. But if I use a lot of carbs it's going to make me sluggish, it's going to say make me tired, it's going to give me brain fog. So I don't want all that. So I put the right fuel in so I don't have problems. If I have problems, I have to look and see, what am I doing wrong? Analyze my diet. Analyze my structure. Analyze my emotions. What am I saying? What am I thinking? What am I feeling?

How much water am I drinking? The most important thing we can do is drink water. And when we have water, guess what, most joint pains go away. When we have adequate water, so many water joints and cartilage is about 80 percent water. So we have to keep our joints lubricated—the synovial fluids are over 90 percent water.

TAMMY: Is it true that I should be drinking half my weight every day?

DR COLBERT: Well, about two quarters, ideally.

RANDY: Not half your weight. In ounces.

TAMMY: In ounces, yeah!

DR COLBERT: You can take your weight and divide it by two and usually you need approximately that much, not always that much. Usually, one to two quarts is sufficient for most of us.

RANDY: Now you mentioned a lot of things that you like to use, olive oil and other things. This

is all covered in here?

DR COLBERT: It's in there, yeah! The main oil I use, and with most keto diets, most keto diets use lots of butter. Put you on God's oil. So let's use olive oil, even bump it up a notch and use high-polyphenol olive oil. Or bump it up a notch and use high oleocanthal olive oil, which is the most powerful antioxidant in the world.

TAMMY: So butter is bad. A stick of butter a day is bad?

DR COLBERT: Absolutely, girl! A stick?

TAMMY: Not for me! [Laughing] Not for me.

DR COLBERT: A pat or two a day is okay but a stick?

TAMMY: My parents saw a doctor that said a stick of butter a day.

DR COLBERT: A stick of butter a day and they will be seeing the doctor on a regular basis. A stick of butter is crazy. Let me explain what happens. Here's what butter does. Butter is high in saturated fat. So is cheese. So is cream. So is whipped cream, sour cream. So is coconut oil. So are fried foods. So are fatty meats, your burgers, your hot dogs, your sausage, your bacon, your brisket, your ribs, your ribeyes, and your pepperonis and salamis. All of those are processed meats. They are full of saturated fat.

Also, the saturated fat contains the toxins of the animal. These animals are usually corn fed, soybean fed, G.M.O. corn, G.M.O. soybean. You're getting all of that G.M.O. stuff in you. So if you eat meat and fat from a cow or pig that's fed corn and soy, you're going to be getting all those G.M.O.'s in you. They also get the pesticides that the animals feed on that's in the corn and the soy. They also get the dioxins and PCBs and toxins that are carcinogens that are stored in their fat. So who wants all that stuff? It's in the cheeses and the butter, it's in the animal fat. It's not in coconut oil. But use avocado oil. So many people are saying, "I'm using coconut oil."

I say, "Get off the coconut oil." It is high in saturated fat. Use avocado oil. It has a smoke point of 570 degrees. The highest smoke point of most any other food. And if you want to stir fry or cook with that, that's great to cook with. But not olive oil. Olive oil has a lower smoke point. If you want to use olive oil—I put olive oil all over my food. I'll put three or four tablespoons on.

TAMMY: I'm throwing out my coconut oil when I get home.

DR COLBERT: Get rid of it, girl! And get your cholesterol checked. Okay?

TAMMY: No, but so many people, unless we have this kind of information, Dr. Don, that you have put years into for us, we would have no idea. Like we go off of the information friends give us or families. Or something worked for you and it doesn't always work for everybody. A stick of butter is not going to work for me and I don't do it but I'm so grateful for the knowledge that you have. And that you've not just in this 30 minutes together with us but you've put it all in this book.

DR COLBERT: It's all in there. Now years ago I wrote a book called *The Keto Zone* diet, which is the keto. And I used some of the butter and some of the saturated fats. My patients, a year later after following that, some were coming in—some, not all of them but their cholesterol was over 300. I said, "Wait a second! Before you started this program it was 180 or so." I said, "It is jacked it up."

They say, "Well, I'm putting a tablespoon of butter in my coffee. And I'm putting whole cream in there. And I'm eating butter with everything."

I said, "No!"

So I had to redo a book and do *Beyond Keto*. Now the keto diet short term is okay for weight loss. But if you're going to do long-term, you're in trouble. Just like now, do you know what the new fad is? The cave man diet. You go to the gym—

TAMMY: Is that just meat?

DR COLBERT: Meat! And you eat a pound of steak once or twice a day, and then you put a stick of butter in there to cook it in. And these guys are following this and that's the most unhealthy diet anyone could ever eat. You're getting all those toxins in that meat. You're not getting the fiber you need to clean the colon out. You're not getting any veggies. You're not getting any berries that you need for the phytonutrient effects.

RANDY: Fad diets just sound like a bad idea. It's got to be a lifestyle change.

DR COLBERT: You're exactly right. And so you're hearing a lot of these fads—now yes, they'll lose weight but again, they're asking for colon cancer. And all of these toxins in their body and brain fog, it is literally going to come back and it is going to raise their cholesterol off the chart and cause lots of disease.

RANDY: I just want to live in the health zone.

TAMMY: Yes! No more brain fog. I don't want any brain fog. I want to be balanced. I want to be balanced in my life.

RANDY: We want you to be healthy too. So take that first step with any gift today towards Water for LIFE and we will send you Dr. Colbert's *Health Zone Essentials*. It will get you started. All the stuff that you don't remember from this program is in here. For those of you that will help us with a gift of \$75 or more towards Water for LIFE, you'll get the cookbook and *Stretch Your Way to Better Health*. This is possible. Take control of your health and do it today by helping others with their health. Watch this and you'll understand.

On the mission field

JOHN: So this is where you get your water? This is unbelievable. We just got through walking

down this crazy steep hill where I literally just fell coming down. And this mom is coming down here to collect water, and she is about to carry this. This is five gallons of water, eight pounds per gallon, 40 pounds. She is going to put that on her head, while she has a baby on her back, and she is going to walk back up that hill. And this is what this mother's drinking. This is why two of her children have died.

Open captions

>> I try everything to keep my children healthy. But even when we go to the hospital to get medicine, my children have to take the medicine with the same dirty water. They still have bloated bellies and diarrhea. No matter what we do, death is always near us.

JOHN: Two of her children, both passed away from the water that's here that they had to drink. Esperanza has another baby on her back called Angeline or angel. Earlier, I was saying how beautiful she was, and she said, "How can my baby be beautiful when the water that she drinks makes her so sick?" And I had to tell her that she was beautiful because God made her. And that I see the image of God in her.

Do you know that in the same region right here in this village, over 32 mothers have lost children in the last couple of years? Would you please, please help us bring clean water to this village. We will take what you give and we will make a difference in the lives of villages all over the world through Water for LIFE.

End of video

In the studio

RANDY: It's so hard to watch. Tammy, I was with John on that trip. I walked up and down that hill. It was very steep. We talked to the mothers who had lost children and it's heartbreaking. When you sit there with someone who has lost a child, sometimes more than one, and you're thinking, the answer is so easy. It is just clean drinking water. Why are they not drinking clean water? Because they have none. They're having to walk miles to get what water they can. And you watch them a lot of times, they'll stir the water to try to get rid of anything on the top. Most

of them don't have anything to boil with so if they could take the time to boil water or to filter it, they don't have the know-how necessarily. They're doing the best they can but it is killing the children.

We can stop it and it is easy. We go in, we drill a water well, we encase it so that it lasts for a long time. And it changes the health of the village overnight. And the ones most at risk are those children right around Angeline's age, when they're coming off the breast milk of their mother and they're starting to drink the water that's available. That's the most vulnerable time. That's why it is critical that we go in.

Our goal this year is 350 wells in 20 nations. I would love for that to just keep growing year after year. Over the years, we have drilled over 8,000 wells and we've seen the turnaround that takes place. We can only do it with your support. We can only do it when you go online or go to the phone right now and you say I want to give clean drinking water to someone—someone I don't know but someone that God loves and I want to express Christ's love to today.

Tammy, we have a great opportunity because they can take control of their own health with Dr. Colbert's materials.

TAMMY: I know! How incredible. So if you can partner with us today, we want to also sow into your life, into your health. Just as we're giving health to somebody else that needs it, that's trying to desperately every day to find health, we're going to bring that to them. We're going to drill a well in that village and we're going to bring them health and life through water.

And just as we want to do for you, we're going to bring that to your life as well. We all are probably out of balance in some way, Randy. I feel it in my life every day. And Dr. Don has written another incredible book. He's written a cookbook, he's got a stretch DVD, and he's got this brand-new book, *Health Zone Essentials* that I promise you will change an area or many areas in your life today. If you're struggling with your gut, your brain, your hormones, stretching, whatever it is, this guy has covered absolutely everything and he's a blessing. We want to pour that into your life.

So for your gift of \$75 today, we want to send you this bundle of information that I think is going to set you on a path to balance, to order in your life, maybe recovery, just to build a healthier life, Randy.

RANDY: Absolutely! And for any gift you can request Dr. Colbert's *Health Zone Essentials*.

And listen, it is not just about us, although we want you to be healthy, it is about the people that desperately need our help. So let's do it. Let's take care of you, let's take care of them. Call now, go online, make the best gift you can.

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 all of you are going online or going to the phone and making the best gift you can. For those of you who have supported Water for LIFE and continue to do it, thank you! Thank you so much!

Dr. Colbert, thank you for being a longtime supporter of the outreaches of *LIFE*.

DR COLBERT: Praise God! It is a blessing. And I believe in this ministry. Absolutely.

RANDY: And the water, clean water, we see the difference it makes. You tell us we've got to drink our water. We've got to give them clean water to drink.

DR COLBERT: Exactly. That's one of the best gifts we can ever give anyone, is clean water.

RANDY: It really is. So we appreciate that. Call, get started, get your Health Zone Essentials,

get the cookbook, get the stretching, and you can have a longer, healthier life.

TAMMY: Yes! Thank you so much for being here. I'm going to go drink some water. And I'll see you next time on *Life Today*!

DR COLBERT: And take some thyroid!

TAMMY: And thyroid. See ya!

RANDY: See you next time!