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Week 40: Mission: Rescue Life

Randy Robison and Tammy Trent

James and Betty Robison

Jordan Rubin #1

In the studio

RANDY: Welcome to *LIFE Today*! Welcome to Wellness Wednesday. Tammy, I went to the doctor recently and he's like, "I've got this drug." I'm like, is there anything I can do? Maybe a change in lifestyle and my diet? Because I would rather have a natural remedy.

TAMMY: A hundred percent. I think we all would. I think we all are taking some kind of something right now where we're like, is there something more natural that I can take? Absolutely. It is what I love about this book, Randy. It is jam-packed with all kinds of *Natural Remedies*.

RANDY: It is. That's why it's been so popular and that's why we are going to let you see Jordan Rubin talking about *Natural Remedies*. This is how you take control of your own health. It is possible. Jordan makes it simple. So enjoy this and be well.

Begin video

JAMES: Well, Jordan Rubin is back with us. I couldn't believe it. He said it was 13 years ago. My goodness! We must have been so young. Hey! Listen. He came in and talked about *The Maker's Diet*. He came back and talked about *Your Journey to Wellness*. Well, I want to show you something. Before I introduce him, I want to show you this. This is heavy!

[Laughter]

Natural Remedies: Ancient nutrition. Now listen to me. This is the most magnificently laid out beautiful book. Sometimes you see a big book, you think, oh it will be too difficult! No! This jumps off the page. And it's natural remedies. We've just experienced the most unbelievable thing in our lifetime, certainly in 100 years or more, and maybe ever—and it is not over. And we've got to know what to do. That's what the *Natural Remedies* do. We can begin to build up a resistance. Dr. Colbert talks about that. We can build up our immune system.

And Jordan Rubin is here. Jordan, I'm sorry we don't just have people applauding you everywhere but they're watching. I want you to know we're glad to have you back on *LIFE Today*.

Jordan: I'm so glad to be here.

James: Good memories?

Jordan: Absolutely.

James: It was a wonderful thing to see. You talked about eating. I know you'll be happy to know that Betty and I have come to understand some of the impact possibilities of the keto program and burning some fat. You look really nice. But you're going to tell us since you've been here you've been through some challenges. But when you were here the first time you talked about a major issue; it was Crohn's disease that led you into this journey that's enabled you to make it through some other challenges. But I feel like you feel like you've learned great things in your journey, and you love to share it and you do it so well. So we're glad you're here!

Jordan: I'm thrilled to be here. And to whom much is given, much is required. So I knew that in the midst of my illness as a 19-year old, when I should have been in the prime of my life, I was desperate, cried out to God. I wanted to be healed instantly but the process, the journey he took me through really allowed me to help other people who were either sick or better yet healthy and can stay that way.

I made a commitment to God, I said, "Lord, if you heal me, if I can just help just one person overcome disease or better yet avoid it, then this living hell will have been all worth it." I tried to describe what I felt like as a teenager, losing what I thought was everything, having to leave university, my friends didn't come around very much. I looked, literally like a skeleton and felt like I was trapped in a prison that was my own body. I felt isolated alone, I didn't know anybody that was sick the way that I was. It was an embarrassing disease. I describe it as having food poisoning for two straight years. Couldn't sleep for more than 30-45 minutes at a time. When I would leave the house it was in a wheelchair and people were sort of moving away from me thinking I was contagious.

I knew that God had a plan. It wasn't until I really understood what faith was, the substance of things hoped for, like this table being real, that's how real my faith had to be, the evidence of things not seen. And I began to spend time thinking about the future God had for me, not the present valley of the shadow of death that I was walking through. I knew somehow that what God would use to heal me, I could share with others.

So it's been an amazing journey. It's been 26 years since the Lord healed me. I've not looked back, and I've been able to help that one person time and time again, including through your broadcast and others. So it's been a real blessing.

Betty: Can you give us just kind of a quick definition or describe what Crohn's disease is for those who might not know?

Jordan: It's so interesting. Back when I was diagnosed, it was really uncommon but today, Crohn's disease, which is one of two inflammatory bowel diseases, ulcerative colitis being the other, it is essentially, inflammation of the digestive tract. But I was in such severe peril. I had rheumatoid arthritis, diabetes, chronic fatigue. I had wasting disease. I went down to 104 pounds and I'm a little over six feet tall. I had issues with my eyes, I had kidney and bladder and prostate issues. I counted 19 different illnesses. Doctor after doctor would say, "You're the worst case I've ever seen." And I visited 69 medical experts around the world trying to get well. And it wasn't until a man told me that if I would eat and live the way the Bible says, I could be well. And I'm a

Bible reader at this time. I'm a young man of faith and I never knew that the Bible had anything to do with my physical health.

But when I realized that God didn't just want to heal me, he wanted to give me a platform that I could glorify him by sharing this message, it all made sense. I knew the reason that I went through this. People would ask me, "Why did you get sick? What did you eat that was wrong? Did you get an infection?" They always want to know what caused you to get sick. The answer to why I got sick was someone watching today. And 13 years later, there is a new person in the audience whose child has Crohn's disease, whose sister has rheumatoid arthritis, whose friend is going through asthma. I believe that God created our bodies to heal. But I also believe that he gave us wisdom and he gave us powerful substances in the form of foods and herbs and spices.

So what we're going to talk about today is not just the fact that you can be healed, but a road map to do it. And really, *Natural Remedies* is a reference guide. You will use it every day. I've used the principles several times today just traveling here, and it is really powerful because it is simple.

James: You know that God gave you the journey with what you learned, *The Maker's Diet* changed millions of people's lives. Not only watching here but getting the book and practicing and passing on the information. But you didn't stop there. You came back and talked about the journey to wellness, which included so many aspects of wellness. Moving is very important to being healthy, don't be a couch potato, eating potatoes and potato chips but moving.

Now then, it becomes that much more important to know that if we practice these things that you say are ancient, there are things that are absolutely proven. And aren't you grateful that much of the medical community today, it's like they finally pulled their head out of the sand and recognized that an adjustment doesn't hurt you? It is not chiropractic against medicine, medicine—it is nonsense when you fight each other so foolishly.

But also, the *Natural Remedies* and food, that much of the medical community now is acknowledging that, thank God. But what you've done is you've gone back, it's kind of like

irrefutable evidence. It's like you put God's principles in place, prosperity is a result of it. It's a Promised Land life. So great that you can begin to worship the blessings and benefits of the principles' positive effect. So what you've done is you've taken irrefutable evidence that is not just biblically confirmed it is historically confirmed. And not doing it and ignoring these things, the catastrophic results are also undeniable. Tell us about this and tell us about your journey now.

Jordan: Absolutely. First of all, if you're dealing with a cold or a flu, if you're dealing with cancer, if you're dealing with arthritis or other types of inflammation, gum disease, you name it, if you want to lose weight, if you want more energy, you want to reduce stress, you want to sleep better, there is a natural remedy or multiple natural remedies that was designed just for you. We look back through history, we even hear Jesus in what we call "the woes." He says, "Woe to you teachers of the law and Pharisees. You tithe dill, mint, and cumin but you leave out the weightier issues of the law."

What that tells us is that dill, mint and cumin are as valuable in biblical times as gold and silver. So I actually studied dill, mint, and cumin. Dill is amazing for digestion. Mint is great for the brain. Cumin is great just for overall wellness, aches, and pains, etc. But there are hundreds of herbs and spices that your viewers and partners have in their pantry. They use them occasionally when they flavor food, but these herbs and spices are more powerful than fruits and vegetables. They are more powerful than vitamins and minerals. And we've known this for thousands of years, but we've lost a little bit about that wisdom. Turmeric is one of the most powerful spices on the planet. Everything from your joints to your brain.

James: Where do you get that?

Jordan: It's just at the grocery store. That's the great thing is if you pick up this book, *Natural Remedies*, you can get these herbs and spices anywhere.

James: You know all this stuff?

Betty: I know a little bit about it.

James: You go to your spices and you're thinking this way?

Betty: I have.

James: You didn't even know about the book.

Jordan: All of the countries that you've traveled to and that your ministry reaches, they have natural remedies in the forms of herbs and spices that they cook with. You go to their little shops, you smell aromas.

James: Do they know they are natural remedies?

Jordan: They really do. They absolutely do. It's been handed down for generations. But we are one of the first generations here in America that rely on so many other medicines when God gave us these natural remedies. Ginger, cinnamon! Cinnamon tastes good, people like the taste. It is wonderful for blood sugar. Cinnamon is wonderful for yeast infections. Cinnamon is also antimicrobial. That's just cinnamon. Everybody has it but it sits there and gets caked up because we don't use it enough. Parsley is amazing. Thyme—I used to have this bad joke, "Thyme heals all wounds." But it really is amazing. Thyme has a compound that is antibacterial and antifungal.

James: This is a product called thyme?

Jordan: T-H-Y-M-E. Just the spice.

James: And all that's in this book? And with pictures for people like me.

Jordan: Yes! It is a picture book.

Betty: Now cinnamon doesn't mean that... that's not what you put on top of your toast with all the sugar and butter.

Jordan: Well, the cinnamon and honey though you can use. Cinnamon toast—one gram of cinnamon has been shown to lower blood sugar in diabetics tremendously. Just what we've got in our cupboard.

James: Is honey ever okay? Because it has sugar.

Jordan: Honey is okay. The best honey to consume is unheated honey. "A little bit of honey is great, too much rots the bones," according to the Bible.

James: Can you get it from the straight from the beehive?

Jordan: That's the best way. That's the comb.

James: Because we have access to that in places, I know.

Jordan: And the honeycomb, it is interesting, actually has an amino acid when consume it with the comb that helps to build your joints and connective tissue; it is called Proline. So absolutely, make some cinnamon toast. If you do, use some whole grain sprouted bread.

Oregano! Oregano is a spice that is amazing. It is great as a natural antibiotic. So when my kids come down with a cold or a flu, I use oregano oil, a couple of drops, in about eight ounces of water. Say, take a little swig. When you have that tooth pain, clove oil. Clove is the most powerful antioxidant spice on the planet; 18 times more powerful than blueberries.

If somebody were to go online and look at turmeric, N.C.B.I. that shows the National Database of Published Research. I looked yesterday. I saw studies on depression and Alzheimer's. I saw studies with turmeric on other brain issues, inflammation. But that's just one spice. You go to Ginger. There is a spice in Thailand called galangal that we have in soups sometimes at Thai restaurants. This is the past, present, and future of healing.

James: Okay, let's face it though most likely it is in the stores because it's a product that enhances flavor in food. They're not even thinking about what it might do for their wellbeing.

Jordan: Absolutely.

James: So you're trying to wake people up. Is it going to make, when people become aware, is it going to make that product more difficult to get? Is it possible to harvest it and keep it coming where when people decide, I want to start practicing these things that I can see will apply to challenges that I face, are they going to be able to get the product? Or now is it going to be some secret new place that all these things are flowing through? Are they going to be able to get it? You're telling me that you're not just giving people wishful hope, wishful thinking, rather than positive possibilities?

Jordan: It is absolutely available. If I just think of one easy to grow plant that can do probably 50 things for you, pepper, hot pepper, cayenne pepper. Cayenne pepper improves circulation. Cayenne pepper can help your brain. Cayenne pepper can help heart challenges even in acute situations.

James: I don't like real hot spicy stuff.

Jordan: I don't either, but you can use a little bit.

James: Can you tone it down some?

Jordan: Absolutely.

James: Do you tell people how to tone down a hot spice?

Jordan: We do. You can combine it with other oils such as coconut oil or olive oil. We call it "a carrier oil." We've heard of frankincense, obviously from the story of Jesus' birth. Frankincense in an oil is one of the most powerful substances on the planet for your brain and your body.

Lavender, we love the smell, lavender is one of the best substances to help you sleep, to reduce stress. You can dab some lavender oil on your forehead when you have a headache.

Every single condition you can think of from headaches to allergies to colds and flus, to toenail fungus is covered in *Natural Remedies*. That's why I'm saying this isn't a book you read and put on the shelf. You're going to keep it right near all of your food, you'll keep it in your pantry, you'll keep it on your kitchen counter. There are dozens of recipes here and you'll learn how to use herbs, spices, essential oils. It's truly a reference guide to wellness.

James: It's not cost prohibitive.

Jordan: No. Not at all.

End of video

In the studio

RANDY: And that is good news, is it not in today's economy? Here's the thing. You can start to take control of your health and that's why so many people have responded to Jordan Rubin's *Natural Remedies*. We want to send this to you when you will support something very dear to our hearts. Tammy, I know that you have been to some places. You've seen some unimaginable things. We can make a difference though. Can we?

TAMMY: I believe we can, Randy. You're right, I have been in some places and I've seen some really hard stuff. Stuff that's truly unimaginable. Like things that are hard when you're sitting in a room filled with young teenage girls. Some of them now have gone through horrific traumatic pain, and abuse for years, and now they're even walking that out into their adult lives. I've seen it all. Every single age group. Their whole lives have been taken from them. No fault of their own. Now they're entrapped. Now they've lost everything. Hope is gone. And being in a room with them, having a chance to just wrap my arms around them, like Jesus would, to try to show them in a moment what real love feels like, what rescue feels like, what reaching them feels like from

a pure heart. We get to be a part of that.

I love this part of the ministry. It is probably one of the hardest parts of our ministry but I love it because I know that we are making a difference all around the world, Randy.

RANDY: And it is something I feel compelled to do as you do. The good news is it is something we can do. Watch this and you'll see how.

On the mission field

ANNOUNCER: There is a war raging. It is unlike any other. This war is a spiritual battle and it is being waged right in front of our very eyes. Its toll on human lives is in the millions. The majority of its victims are women and young girls. It is known as human sex trafficking.

DAVID: These are children, these are kids that have been forced to go out and beg on the streets. These are kids who are forced to work all sorts of hours of the night and day. These are kids that are being forced to have sex with people. They're being abused and they're being photographed and doing things that no child should ever have to do.

ANNOUNCER: The physical and emotional toll that sex trafficking takes on a child is beyond comprehension for most people.

DAVID: My mind goes to a child who is 16 years old, trafficked for years, and she was rescued. Discovered on the back of her neck, she was branded with a bar code indicating that she was a piece of property. Her story is not uncommon. Kids are often branded, they're beaten, they're abused, they're threatened. Sadly, some of these are drug addicted and some are even killed.

ANNOUNCER: *LIFE Outreach* has joined in the fight with our mission partners to free as many captives as possible. There is a plan in place to overcome this evil.

CLAYTON: We do three things. We rescue. We have a SWAT team that is partnered with the

government and we are seeing lives rescued. We do the second thing which is restore. We have homes where these rescue girls go so that they can receive comprehensive care so that they can have a sustainable future. And the third thing we do is that we go upstream to the community, source communities are trafficking where these girls are coming from. We work in schools and churches and outreach programs to at-risk youth believing that heart transformation is the only long-term solution.

DAVID: Every single child matters to God. So then they have to matter to us. If we're going to go out there and help these children, it's going to take the efforts of all of us. Everyone has to get involved and we all have to do our bit to fight for the rights of these children.

End of video

In the studio

TAMMY: Every single child matters to God and so they have to matter to us. I don't know about you but I find it upsetting to watch most of that. We get to the end, it is the most joyous moment in my heart, especially when I see the girl being baptized. I think in that moment she has been given a chance at a new life, something brand-new that nobody could ever take away from her.

But so much has been taken from those children at the earliest of ages. I can't even—I can't even imagine. Probably like me when you're watching that it is just how can this be? How can we live in a world that has become this? These children are being beaten, abused—sexually abused, emotionally abused, physically abused, mentally abused. So much trauma in their life. How could they ever come back from that is their hope. The beautiful thing is, today I can tell you beyond a shadow of a doubt there is hope.

We have partners on the ground that are being educated to know how to stop this. We have missionaries on the ground that are reaching these girls. We have homes that we've built where we're restoring their lives. There is hope and we are making an impact one child at a time.

But it starts with one. You've got to think about that one right now. Can we get to them? Can we get to them today? And I believe, Randy, that we can. We have a way. We have everything in place. We just need a little extra help right now.

RANDY: In fact, we've had someone already come alongside us, Tammy, and say, I want to make a big impact. When we look at the overall Rescue LIFE outreach, the overall program, and the financial commitment that it takes to make it possible to reach or rescue or restore a child, it breaks down to an average of \$128 per child. Now it is a little odd to put a price tag on it. I'm just trying to give you an idea of the financial reality behind all the outreach to fund the people that are in place, to fund all the programs for education, to sometimes provide a safe place for people, the training, the skills—all of the program.

But someone has come and said, we want to give a huge gift right now. We want to match all the gifts that the viewers of *Life Today*, just like you, make toward this outreach. So basically, the \$128 that it normally breaks down to—to reach, rescue, or restore one child—that will reach, rescue, or restore two children today. That's good news.

Some of you, I don't know what God has enabled you to do but he has enabled you to do something. So I simply want to say, will you just say a quick prayer and say, Lord, what will you have me do? Hear his voice and obey. That's all because we are his hands, we are his feet. We are his love in action. When I say we I mean you.

And we can be that love and light of God in a dark place today, and we can save a life. Go online, go to the phone, and make the best gift you can.

Begin video clip

ANNOUNCER: *Innocent children and young people longing to be loved and cared for are being abducted and sold at the hands of violent predators, forced into the evil industry of human trafficking.*

Through Mission: Rescue Life, you can reach out to warn children who are at risk for sex trafficking, rescue those already enslaved and restore young lives and give them a future. With a generous \$320,000 matching gift, now your gift of \$128 to help rescue one child can be doubled to help two children. Your \$64 gift will be matched to help save one child from the horrors of human trafficking. And a \$32 mission rescue gift will be doubled to \$64.

To say thank you for your gift, we will send you Worship, Wisdom, and Wonder. The pages of this beautifully crafted book are rich with words that will inspire you as you experience the worship found in Psalms, receive life-giving directions to the wisdom of Proverbs, and be reminded of the wonder of our God.

With your gift of \$128 or more, you'll receive the Refuge of Life framed artwork, a beautiful, matted picture frame with printed scripture that reminds you to set your mind on worship through the words of Isaiah 44:3.

Finally, please consider a gift of \$1280, which will now help save 20 children. And you may request our inspiring bronze sculpture, "A Cup of Water."

Please call, write, or make your gift online.

End of video

In the studio

RANDY: I hope you are going online or going to the phone right now. The situation is urgent. So many are in darkness but we have the light and the love of Christ we can share with them. Together—we need you.

When you do, if you request *Natural Remedies* by Jordan Rubin, we will gladly send it to you because we want you to be well. Tammy, I love the idea of wellness spiritually, emotionally, mentally, and physically.

TAMMY: Absolutely! It is a great way to start. Grab this book. It is a great reference every day in your life. A book you will go to many, many times. Thank you for watching and we'll see you next time on *Life Today*.