

1/15/25

Week three: WFL

Randy Robison and Tammy Trent

Dr. Josh Axe #1

Studio Discussion:

RANDY: Welcome to *LIFE Today*. I'm Randy Robison. This is Tammy Trent. The doctor is in.

TAMMY: Yay!

RANDY: It is *Wellness Wednesday* and we have some medicine for you. We're going to call it "mind shift medicine" because that's what our guest today calls it. It works! We're going to tell you how. So we hope you enjoy this.

Our guest is Dr. Axe. He has a book called *Think This, Not That*, Dr. Josh Axe, and he joins us. It's really good to see you.

DR. AXE: Yeah! Great to see you guys. Thanks so much for having me.

RANDY: We've been wanting to have you on the program for a while because we know Jordan Rubin. You and Jordan have done a lot of work together. So it is great to have you.

DR. AXE: Awesome! Well, thanks so much again. It is an honor. Jordan says hello. He knew I was coming on this morning.

TAMMY: Not only are we excited but I know they are excited too because so many people follow you Dr. Josh and just love your insight and your knowledge. I'm excited about this day too and I know so many other people are.

RANDY: Let's jump into the idea of a mind shift because we hear a lot about positive thinking.

Or I think there are still some questions in a lot of people's minds, does that really matter?
You're saying that it matters a lot.

DR. AXE: As I wrote this book, one of the things I was very conscious of was my faith. So everything in the book is built on the foundation of God's Word. Romans 12:2 comes to mind in terms of "Do not be conformed any longer to the patterns of this world but be transformed by the renewing of your mind." I think when we think about the mind of Christ it is full of the virtues of faith, hope, and love. And so hope is part of a positive mindset.

I don't think the mindset is thinking everything is perfect or the world is perfect and everything will go my way but believing we've got a good God and he is for us, not against us. I think that's really what fuels and feeds the right mindset, a mindset of hope, a mindset that allows us to persevere through hard things, a mindset that allows our body to better heal.

One of the things I came across as I was doing research for this book was the power of a healing mindset. I've noticed this as I've taken care of tens of thousands of patients over the years in my functional medicine clinic. One of the things I discovered was the people who got the best results were the people who had a healing mindset.

RANDY: Do you think it is the power of the mind alone? In other words, your faith has made you well but is it just your faith or is it your faith in Christ that makes you well?

DR. AXE: Well, I think there's a little bit of a nuance and I'll share with you here that I think makes a difference. Because there are other things tied into it. Some people don't believe they should be healed. Maybe they have shame. Maybe they have guilt. Other things go along with that. When we realize what Christ did for us and that he took on that burden, I think that's something else.

Again, just to be clear, all the medical literature shows if you believe positively and you believe you can heal, you have a better chance. If I do believe the biblical view that Christ died for us, he is our healer, by his stripes we are healed, I think that is something that goes beyond just the

belief.

RANDY: To me, it sounds like there is something foundational in the way God created us. So it's going to work because truth is truth regardless of who employs it. But when your faith runs out, as mine sometimes does, I like to be able to go okay, there is someone else involved in this transaction, it is not just up to me.

TAMMY: And many people's faith runs out quickly when you're dealing with pain. Don't you? Like I think it's hard to believe I broke my arm just recently, just the radial. I've been having a hard time stretching out. But honestly, doctor, it is like, my mindset is like, it could have been worse. Thank God! I am going to heal. What can I do though? How can I also align my thoughts with the thoughts of Christ in all of this? Like I am strong. I'm getting a little older so the falls are hurting a little more. But I think you're right, about that mindset.

I feel like it for myself too, even when I saw my doctor it was like I'm going to heal, I'll get better. She was like, oh I'd be careful stretching. I'm like no, I can do this a little bit, it's probably good. But I pushed a little. But I think people do lose their faith to believe. It is how do we reframe that to align our thoughts with the thoughts of Christ and to change our mindsets if we struggle with it in the first place?

DR. AXE: Well, I think a lot of it comes down to one, I think everything comes down to knowing that God is a good God. He is a perfect Father. So I think that's so important to be walking with that, in that knowledge and awareness of that. And then also with that, thinking about the Bible, sometimes God waits a long time for people to heal. I've had my own health crisis. I've had my mom who went through cancer. And I think there are times within my health, family's health, patient's health that I've sort of wondered and asked God, why? Why is it taking so long? Or why do we have to suffer through this?

You know what? Sometimes, on the back end, I do get the answer. It is almost never in the moment. But later on, I'll look -- I'll give you an example. When my mom went through cancer, it was the hardest thing I'd ever gone through when I was a child, by far. Seeing your mom go

through chemotherapy. I remember my mom taking a pick through her hair, a comb, and all the hair coming out. Her just weeping. That was so hard as a kid in seventh grade seeing that. There was never -- during that time, there was never a moment that I would have thought at that time to say I'm grateful I went through that.

Well, what is crazy is if you would ask my mom that now who is in her mid-70s, she would tell you, "I'm grateful that I had breast cancer." And the reason is that she said, "You know what? I'm now more grateful for my life. Having God work a miracle in my health was amazing. Your father and I built a stronger bond than we ever thought possible."

My mom now uses a mission to help other women with breast cancer, teaching them how to make green smoothies and use essential oils, and eat healthy and all those things. I think when people are going through it, I think it is important for them to one, keep the perspective of being grateful for as you just said what you do, being grateful for the health that you do have, and also just continuing to trust the process.

And also, saying, God, what can I learn from this? How can I use this for good in the future? Maybe being more compassionate and empathetic towards other people who are in pain. Maybe there is a way I can minister to them.

TAMMY: Totally. In chapter 12, here is something. That's, "Power Up Your Potential with Positive Perseverance.: So this one is personal. "You may or may not experience a full recovery," the doctor told you. "And you will likely experience pain for the rest of your life." And at one point, even told you that you could be permanently disabled or even die. How did those words change your life?

DR. AXE: Yeah. I was sitting with a doctor, this is about a little over two years ago, so not that long ago, probably two and a half. I got a spinal infection which was very random. I went in for a simple medical procedure. Was supposed to be using, just my own cells, actually for healing. I'd had it done before. And my disk got infected, and my bone got infected. I had an abscess by the spinal cord. I had to be taken on a medical flight, I was in Puerto Rico, to Florida. The other

doctor sat down with me and said, "Josh, listen. You're most likely going to be permanently disabled." He said, "You could die." And he also said, "The best-case scenario is you'll have major chronic pain."

I had about 24 hours of spiritual warfare, of just feeling almost like my life was over. Then I was in prayer and I felt God was like I'm bigger than your condition. I'm bigger than your diagnosis. So, I just leaned into God and believed that God would heal me. So, I started doing a lot of natural procedures. I started everything from hyperbaric chamber to vitamin IV's. I did have to get antibiotics for a short time, only a third of the time that I was recommended early on.

Through the process, I started healing. A lot of people don't know this but I didn't walk for almost a full year. Ten months I didn't walk a single step, two months I was on a walker. And still, even now, I'm 90% back. I think within a few months I should be back 100%.

But it was crazy. So I went from throwing my two-year-old daughter in the air to not being able to get out of bed for months. So when I was going through that, I had to continue to fix my eyes on Jesus and know that he was my healer. It did give me more compassion and empathy for other people.

One other thing that I tried to do when I was going through that process, I asked the Lord, Lord, would you not only help me to get back to where I was and beyond, but would you also help me grow spiritually and mentally? I feel like now I'm more mentally strong, more spiritually strong as I've gone through that.

But it is hard. I had months at times when I was no better. Will I walk again? It's hard. But the only thing, and I'm serious, the only thing that made it better was to fix my eyes on Jesus. It was the only thing that made it better.

Because after I got the diagnosis I went home and did a lot of Google research. In terms of how well do people tend to recover from these infections they get by the spinal cord and in the bone? And it wasn't good. It was actually very depressing. So even the medical studies in the testimony,

none of that helped. It was just focusing on God as my healer.

RANDY: It is interesting that you took the path that you did for your recovery. And your mother when she faced cancer the second time, did not do chemo.

DR. AXE: That's right. All natural.

RANDY: Okay. She is doing great.

DR. AXE: Yeah! In Florida, water skis. Bringing her grandkids to Disney World. Yeah, she is great.

RANDY: It's hard. We're not here to give medical advice on this program even though you are a qualified doctor, how do you tell people who are facing a tough diagnosis, whether it is your mother, or yourself, right? How do you know what to do? In other words, it may be different from a medical standpoint but from a spiritual standpoint it is somewhat the same, isn't it?

DR. AXE: Yeah. I think spiritually it is the same. Mentally it is the same. I will say this too, because I do get this question pretty often. How do I know what diet to do or what to follow if I get a medical diagnosis? Do I do hormone replacement therapy? Do I take the thyroid medication? Do I do the keto diet or whatever diet?

Here's the first thing to recognize, everybody is very unique. In fact, if I have a patient with cancer versus inflammatory bowel disease, those are very different diets. Men and women hormonally, have very different diets, oftentimes.

So there is a verse that I believe permeates all of life. Jesus said, "By your fruit you will recognize them." There are people today who are giving health medical advice that are incredibly unhealthy or of very little training, and that's really not who you want to follow. You want to follow somebody who is healthy and somebody who is helping other people get great results; they have good fruit in their life. That's one thing I'll mention is that there is so much

propaganda, there is so much information in the media that you want to be able to say who is somebody that is living out that thing in their life. What are they doing? And learn more from them. So that's one piece of advice.

But I think for everyone across the board who has a health issue, I think -- one thing my mom did when she had cancer is we printed out for her about 20 different Bible verses about healing. "By His stripes you are healed." "Heal me, O Lord, and I'll be healed. Save me and I'll be saved for you are the one that I praise." Those sorts of verses, constantly meditating on those day and night, I think is so profound and helpful.

I also think about the one thing I found is the people we hang out with really make a big difference. Being around a community that is worshipping God and people that are encouragers, is one of the single biggest factors to help someone heal. Because if you have people around you who are basically allowing you to live in self-pity and a victim mentality, it is not going to help you heal. You want somebody who is a combination of nurturing you and loving you but also challenging you and telling you you're more, you can do better, God is your healer.

And so I think the people you hang out with, focusing on those Bible verses, spending time in prayer.

RANDY: You know, fear is the first thing that happens when you get a certain diagnosis. How damaging is fear even to our physical health?

DR. AXE: Fear is maybe the most destructive of all health conditions in terms of the emotions that impact our health. Because what fear does and I'm just going to get into the biology here. When you're fearful, it increases the hormone called cortisol which is a stress hormone. Well, cortisol is typically that first hormone that is like a domino effect. You affect cortisol, well, now insulin is off. Well, now progesterone. Well, now estrogen. Well, now testosterone. Well, now all of your thyroid hormones. Serotonin for your mood. So all of these hormones get disrupted when cortisol gets off.

That's really what -- fear is that first hormone that tends to be tipped over in that issue. In every medical condition, people don't realize this, actually affects a different organ system. Fear affects your adrenals and reproductive organs. So your male and female organs. Worry affects your digestive system. Grief, so not letting go of things from your past and unforgiveness, affects your immune system. Anger and resentment toward others affect your detoxification system. Anxiety affects your heart, where your blood pressure starts to rise.

So really, there are Bible verses about all of those. Cast your cares on him! With every one of those different emotions, Jesus is the answer.

TAMMY: I think probably going to my next doctor's appointment I'm going to bring all my scriptures. Yes! I think as simple as it sounds, it might be what some people need in their life. If you are fear-based, if you already know you struggle with anxiety in some of these things and stressors, then I think what I hear you saying too is some very practical simple things to do as followers of Christ, as believers of God's word to know it, to write it down. If it is hard to memorize it, then write it down. Take it to the doctor's office with you and when he walks out of the room, "I do not carry a spirit of fear, in the name of Jesus I can conquer all things." Whatever it is! But it's speaking. Speaking these things, changing your mindset, aligning your mind and your mouth with the things of God. The way he would think, the way he would speak.

DR. AXE: One of the other biggest things I want to say, Tammy is that there is a -- you need to fix your eyes on the best outcome. I had this sort of visual in my head when I got this diagnosis. One was I'm permanently disabled. I can never do the activities and the things I want to do again. And I had a mental picture of it. And then I had another picture of me throwing my two-year-old daughter in the air, mountain biking, working, doing all those things with my family.

I had to do this. I had to fix my eyes on this thing -- the best possible outcome. So really, people need to think about that very carefully. What is my best possible outcome and fix your eyes on that.

RANDY: I broke my face a few years ago.

TAMMY: I don't know why I'm laughing. It is just funny to say, "I broke my face." I'm sorry.

RANDY: I did. Nose, cheeks, upper jaw, right? You've probably maybe seen that one, right? It's a nasty break. And I'm in the hospital and my face is swollen like you don't want to see the pictures. My dad walks in for the first time and he pauses and he's like, "Oh!" And I turn and I say, [mumbling.] He goes, "What?" I said, "I'm going skiing." Because I love snow skiing. This was a week before Thanksgiving and the snow was starting to fall. I was determined. I'm getting out of the hospital and I'm going skiing. By January, I had a full helmet wrap-around thing and I'm snow skiing.

I think, what you're saying, how we approach things even the difficult things the hard things, the things that may not -- they may not always have the best outcome, our mind shift is the best medicine.

DR. AXE: Yeah. I absolutely agree. One of the things I get to in the book is I talk about this attitude and mindset of gratitude. One of the first things I do every morning, I do what is called "My spiritual triathlon." I start that off with a gratitude walk, and just saying everything I'm grateful for. God, you are good! I think praising him even before you're healed for the healing that he is doing within us at that time is one of the best things to do as well.

Even if you don't feel like it. That's the hard thing. Most days I was like, I don't feel like praising you right now. But I'm going to praise you anyway.

TAMMY: But I think it changes, don't you, Josh?

DR. AXE: By the end, yes.

TAMMY: I think something all of the sudden, you're like okay, Father, my hands are raised and here I am. But within five minutes I'm like, "Hallelujah! I'm fighting even if I'm wounded. I'm going to fight through this. I'm going to believe even if I don't believe; I'm going to say I do."

Because I think it is the way we speak and the more we talk, it is like a confession of the heart.

We're like I'm going to be a pessimist and it is never going to get better than this. Some people will tell you that it is all it will ever be. But God has a different word for you today. And life can change for you today as you begin to change your mindset.

And I'm telling you, today, that there are some people in this world that are believing. Their mindset is set on greater things. They just need a little extra help right now but they are believing for God to come through. I want to show you this really special, special moment. I want you to be able to see where you and I get to be a part of that movement and help them come through to the other side to find hope.

RANDY: And when you do, you can request, *Think This, Not That*. So watch this, see how you can help, and then pick up Dr. Axe's book. It will help you.

Transition Roll-in:

JOHN: So I'm sitting here on the side of a huge cavern with my sister in the Lord, Bundi. She is been sharing with me that since she was a little girl she has had to carry water for more than two kilometers to provide for the water needs of her family.

OPEN CAPTIONS: When I had to collect this water it took me about an hour to walk here and back home. And sometimes I had to make this trip up to seven or eight times a day.

JOHN: The scary thing is, the water that is here, they have drank for years. The doctors have told them to stop drinking it because it is what is making them sick, and it is what is making their children sick.

But friends, there is no other water for them to drink. It does not have to be that way. We can fix this problem. You and I together, James and Betty, all our missionary partners, we can fix these problems. And Bundi and her children will never have to come and draw water out of a place

like this again. Because we have the ability to put fresh clean water right near their home with a beautiful hand well that will be able to provide for her and her children and her grandchildren for as long as they live here.

You know the scripture teaches us to love one another, to bear one another's burdens. This is one of the greatest opportunities to demonstrate the gospel. With your help, we're going to be able to drill water wells all through this region. James says it all the time, we are going to not only give them Water for LIFE, we're going to give them the water of life.

I'm so grateful that because of your partnership, we're able to come into communities like this, and partner with local pastors and local churches to drill water wells in these villages. I'm so grateful that we as believers have an opportunity to participate.

Studio Appeal: That woman has a smile on her face because of viewers just like you. Because she has clean water in her village after a lifetime of disease, of loss. That ends when we go in.

So many mothers are crying so many tears for their lost children all around the world and we can put an end to it. Tammy, as difficult as it is, I know, for you to go into these places and see the heartache, the heartbreak, it is only possible because we know we can make a difference.

TAMMY: Yes. Yes, we can and we do. God's people, we come together and we make a difference every time we present these stories to you. They're real. These are real people. These people are suffering. Their hardship is real. The burden is heavy.

I honestly can't even relate to a lot of what they feel every single day. I just never had to live a life like that. So when I had a chance to go there and spend the day with them and carry a bucket for them, up a hill, or trek down a trail where we could possibly fall and break an arm, whatever the case is, I want to do it with them because I want to know what it feels like.

But I also want to be able to sit with them and share hope with them to say look, I'm going to

take this story, I'm going to take it back to my friends. We're going to talk about it on TV. We're going to share your story.

We were able to bring hope to that village. You saw that well. We were able to do that. But I'm telling you there are many villages all around and throughout that need that same kind of joy, Randy, right now. And we can help bring that to them.

RANDY: We can. And really, if you could go into a situation and change the life of one person today, would you? I think most of us would and that's the beauty of it. Consider this, your gift today of \$48 will help provide clean drinking water for a lifetime not for one person but for ten people. That's because we look at the Water for LIFE program, 20 nations, our goal of 350 wells. Frankly, I would like to go right by that this year. Right?

You will change someone's life with a simple gift. A gift of \$144 will provide clean drinking water for 30 people for a lifetime. That's because these wells are quality. They last an average of 70 years. Some of you can give \$4800 which will provide that well. A thousand people, a lifetime of clean drinking water. Smiles, no more tears.

Whatever you can do, I pray you'll just stop for a moment and say, Lord, what would you have me do? Because you want to be a part of this beautiful outreach, as John said, giving people Water for LIFE in the name of Jesus, the water of life.

I'll mention one more thing, if you want Josh Axe's book today, *Think This, Not That*, request it. We'll send it to you. We want to bless you. But thank you as you reach out and bless someone else, so many others today. Make the best gift you can.

2025 WFL Cause spot:

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 help provide for ten. And \$144 will help provide life-giving water for 30 people for a lifetime.

*With a gift of any amount, we'll send you Dr. Don Colbert's new book *Spiritual Health Zone*. Discover the key to living in divine health as you find a roadmap to adding joy, peace, and years to your life.*

With your gift of \$100 or more, you may request the "He Restores My Soul" candle set. This decorative candle and match set will inspire you to remember the restoring presence of Jesus, the true light of the world.

Finally, please consider a gift of \$1200 to help provide water for 250 people for a gift of \$4800 to help sponsor a complete well, and request our new bronze sculpture, "Lion of Judah" inspired by Revelation 5:5.

Please call, write, or make your gift online today!

Studio goodbye:

RANDY: You really can make a difference. You can be the difference in someone's life that desperately needs your help. So, I hope you'll go online or go to the phone. Make the best gift you can. When you do, request *Think This, Not That* by Dr. Axe. We would love to send it to you.

I've enjoyed this, Tammy.

TAMMY: I've loved it! I've been so looking forward to meeting him.

RANDY: I need more.

TAMMY: I know! Let's do more!

RANDY: Can you do more?

DR. AXE: Yeah! I'm here. Let's do it.

RANDY: Come back for more *Wellness Wednesday*?

DR. AXE: I'd love to.

RANDY: We hope that you will come back as well. If you miss any programs, go to LifeToday.org. We'll see you next time!