

1/22/25

Week four: WFL

Randy Robison and Tammy Trent

Dr. Josh Axe #2

Studio Discussion:

RANDY: Welcome to *Life Today*. Welcome to *Wellness Wednesday*. I'm Randy Robison. Tammy Trent is with me.

TAMMY: Hello!

RANDY: Are you feeling well?

TAMMY: I'm feeling well today. Pretty well.

RANDY: You need to think better than that. You need a mind shift, Tammy.

TAMMY: I do! I feel great!

RANDY: We are talking about *Think This, Not That* which is a book written by Dr. Josh Axe. By the way, if you missed the other program, go to LifeToday.org, you'll want to see it because we have what he calls "Mind Shift Medicine." We are handing out prescriptions freely. You can change your mind today.

We're going to tell you some very important ways that your thinking impacts your health in all areas. So we appreciate you guys being here. Dr. Josh Axe, we appreciate you being here.

DR. AXE: Thanks for having me. Great to be here again.

RANDY: I want to hit something real quick because this, when I heard this, my jaw dropped.

There is a medical case of a gentleman who was given three months to live, is that right?

DR. AXE: That's right.

RANDY: And they were right. But they were also very, very wrong.

DR. AXE: So there's actually something -- most of us have heard of the placebo effect. It is where you take a sugar pill or somebody tells you, hey, you can get a great result and you do, actually. The crazy part about the placebo effect is, they've done this study hundreds of times, and every time it proves to be true. That if you believe you're going to heal, there is a better chance of it.

Well, the reverse is also true. There was a case study where a man went in and his doctors diagnosed him with liver cancer. He was told he had three months to live. The man went, and he died about three and a half months later. So about in that timeline. They went and did the autopsy and they realized they misdiagnosed him. He had a small benign tumor on the side of his liver. It could have been something removed. He probably had another 30-40 years to live. The man died because he believed he was going to die.

By the way, I only put that one in the book. There are many cases. So there isn't just one case, there are numerous cases where people were misdiagnosed and they either developed the symptoms or they died early because of their diagnosis. So our beliefs are so powerful. We have to guard our thoughts and our minds and make sure they align with the Word of God constantly.

TAMMY: I'm stuck on that one. I'm sorry. You're going to have to ask the next question because my mind is just blown on that. The power of our minds! We talk about it a lot, and to think this, and your mindset and to align this. But sometimes, we just don't practice it enough. We don't take it at face value. When you tell me a story like that, Dr. Josh, I'm blown away. But I absolutely believe the truth of it.

RANDY: Well, he's experienced it. You've experienced it personally where you were told one

thing and I don't know medically it was true but you had to change your mind just to become a doctor.

DR. AXE: You know something that happens very frequently, and I want people to recognize this because almost everybody at some point goes into a doctor. Most people go in yearly or a few times a year. When we go see our doctors, I think the doctors regularly break the Hippocratic Oath; and it is "First do no harm." If you go and see a doctor and they tell you, you are going to live with this condition the rest of your life. You have diabetes, you have hypothyroidism, you have cancer, whatever it is, you have to live with this the rest of your life. Or you have to be on this pill for the rest of your life, it's not always true. It's not always true.

My mom, I remember when she went in with cancer, they said, "You have a 40 percent chance to live." I remember thinking, what's the benefit of telling somebody that? Is that increasing their likelihood? No! We know statistically it decreases their likelihood of survival if you give somebody bad news and tell them there's no hope with it.

So I think there is a balance where a physician should be able to connect with their patients and say, listen. This condition is serious but your body has an amazing capacity to heal. Your body has the power. Let's do everything in our power to get you well. It's letting people know this is serious, there is a real problem here, but also, not stripping or taking hope from them. I think hope is -- it is a powerful medicine.

RANDY: Back to your story.

DR. AXE: So with my story, I was diagnosed with a spinal infection. And not just any infection, the infection got into my bone and there was an abscess by my spinal cord. Actually, I haven't shared necessarily every detail of this but the pain was so bad that I just cried out to God for days. It was so bad. It was so bad I couldn't roll over in bed. I didn't walk for a year. It was that bad.

The doctor told me, "You might be permanently disabled and never walk again. We may have to

put metal rods inside your spine to even move because the infection is so serious in there." I had 24 hours of feeling like my life was over. I connected with God and God told me, hey listen. I'm bigger than your diagnosis. I'm bigger than that.

RANDY: That's recent. You're a little two years outside of that.

DR. AXE: I just started walking again like a year and three or four months ago.

RANDY: Not so long ago. Also, you experienced a level of this as a child when they said you're not smart enough to go into med school.

DR. AXE: What was so crazy is because I had a teacher -- almost everybody, I want people to think about this, almost everyone has had this happen to some point in their life. Somebody told them you can't do this or you can't be this or you're not capable. So I went in to see my teacher, a freshman in high school, and said, "Josh, can you stay after class?" I stayed after class. She said, "What do you want to do after high school?" I said, "Well, Mrs. Noble, I want to be a doctor."

And that's because the year before my mom went through chemotherapy and her cancer. I remember thinking at the time, I wanted to help people like my mom and there has to be a better way so I want to be a doctor. When I told her that she laughed out loud. She goes, "Josh, listen, with your G.P.A., you'll never get into medicine school. My own daughter had a 3.8 G.P.A., she barely got in." She said, "You're getting a D minus in my class, you got an F on this paper. You need to try harder."

I walked out of there thinking, well, gosh, maybe I can't be a doctor or I'm not smart. Well, two weeks later, my mom brings me to see a doctor. He diagnoses me with ADHD. I still remember him talking about me like I wasn't in the room and him telling my mom, "Your son has a learning disability. He's going to have trouble learning his entire life."

So then I thought, well, not only am I not smart, I'm medically not smart. So then I stopped

trying in high school. I barely graduated. I graduated with just above a 2.0 G.P.A. Applied to colleges, but most of them denied me. One college though sent me a letter and it was because I had a lot of good extracurriculars. They said, "Listen, if you take summer school and average a 3.0, we'll let you in." I thought, okay, I'm going to do this.

I went, and I took a class. The first class I had to take was English 101, the first big assignment was a paper. I went and I wrote the paper. I really tried. Three days later the teacher said, "Josh, can you stay after class?" My stomach sank. I thought, oh, no! I failed. She said, "What's your major?" I said, "Well Mrs. Wimms, I haven't chosen a major." She said, "I think you should consider being an English major or journalism major because you're a gifted writer. We've got 40 kids in the class, you got the highest grade. Great job!"

I can tell you for me, that was a life-changing moment. I went from believing my entire life I wasn't smart, I couldn't be a doctor, I wasn't capable. And then her, one person telling me that, I changed my degree to premed. I eventually graduated. I earned my doctorate. Later on, I went and got a master's at Johns Hopkins University. My average there was a 4.0 GPA. I don't say any of that to brag. I just say it because I went from being the kid who thought, my parents will tell you the same thing, he'll be lucky to graduate high school, to then being able to live out my dreams and my calling, of what I believe God called me to be which was a doctor.

RANDY: That is a major mind shift. Just believing.

TAMMY: Totally! So I listened to that story. First of all, I love your book, *Think This, Not That* because you do have so many great stories in there. Even the story about your grandfather just moved me; the raw nature of it was so great too.

I think about fear and I think about people that have been given a diagnosis that says this is all it's ever going to be for you. This is all the joy you'll ever experience. You'll never move beyond this. You'll never be anything. You'll never accomplish anything. You're not smart enough. You're not good enough. But this is all it will ever be.

As fear kind of attaches itself to us at that point, we just feel like this is it then. This is it. I just want to sit here and give up and be done. This is all that God will ever have for me, and it is not enough. They're in that place. I just wonder, like in chapter ten where you talk about flipping the fear, flipping that. I wrote this down, okay, when I read *Think This, Not That*. I think, well, tell me what to think and not to think.

So you tell us, and I love it. That chapter says, think this, failure can lead to flourishing. Interesting, right? Failure can lead to flourishing. Don't think this, not this. I must avoid failure at all costs.

Why do we think that way? And how can we change that mindset then and not be so afraid of failure?

DR. AXE: I think a lot of people construe failure with you're a failure. It is an identity thing. It is like if I failed at this I'm a failure. A lot of this, there is a great psychologist and she dives into this, her name is Carol Dweck. She did a study on kids and most people believe that with kids you should tell them you're great, you're perfect, you can be anything you want to be. She shows in this study that makes kids worse because they start developing this mind of I have to be perfect. So they'll start doing the easiest puzzles or the easiest problems and things just so they can look good on the outside, and appear a certain way on the outside. Instead what you should tell kids is you should applaud them for trying, for their work ethic, and say, I'm so proud you gave it your all. Whether you win or lose, I'm so glad that you showed character. And praise them for that. Praise them for character, not perfection or progress not perfection.

So failure is part of me getting better. It is part of me improving. So I think changing your mind about those things. Some people, a lot of people don't go after their dreams because they don't want to fail.

TAMMY: Exactly! You even went on to saying failure is essential to being successful. You talk about your dreams. Don't think this word *failing* means I am a failure. I think everything you just said -- I definitely was the girl who did the easy puzzle. [Laughing] Show me the easy puzzle.

So I looked like wow! That was great. I was afraid of failing as a kid. I think that probably followed me for a long time until I was discovering more of my identity, my identity in Christ and that I could never fail. I keep trying, keep getting up, keep shooting that basket. You'll get better, practicing the presence of God, practicing my relationship with Jesus, practicing the way that I speak, changing my mindset, all of these things contribute to our health.

DR. AXE: Yeah. Absolutely!

RANDY: One thing I think is really strong, the whole book is, it is all great. One that spoke to me, I should say, is that you say we should focus on becoming not accomplishing. In other words, I have my to-do list, do I have a to-be list? I really liked that. Explain where that comes from.

DR. AXE: So I was at my grandfather's funeral; this was about six or seven years ago. There was a moment in the funeral and they don't always do this at funerals but the pastor got up and said, "Does anyone have any final words about Howard?" And the man next to me stood up and just blurted out, between sobs, "Howard was my best friend."

Actually, I felt a little ashamed to say this and I looked over at him and thought, well, you're not my grandfather's best friend because that's like my Uncle Don. But then I thought, you know what? I'm sure my grandfather was his best friend. There were like 150 people in the room and my grandfather was the best friend of at least half the people in the room. And then, other people started going around saying, "Howard saved my marriage." "Howard prayed for me." "Howard gave me money when I had nothing."

I remember this of my grandfather as I was growing up, he would volunteer at church, and once a week he would go, he would go visit someone in the hospital and either put his hand on their hand or he would pray for them. He would bring them their favorite meal. I got to go with him just growing up, and that was one of the most profound impactful things I'd ever experienced anybody doing.

So my grandfather was a prayer warrior. Growing up, every moment he got he was putting his hand on somebody's shoulder and he was praying for them and speaking life into them. My grandfather was a World War II Navy veteran. He lived to be 96 years old. He was just an amazing man.

But I had this epiphany when I was at his funeral. I thought this was the sort of funeral that I wanted to have. I realize that maybe at the time I was thinking a little bit more about accomplishing things, whether it be writing a book or having a certain amount of podcast listeners. Or whatever it might be. I thought those things were not successful. This is a successful life. It made me think what does the Bible teach about success? Nowhere in the Bible does it say you need to accomplish this for you to be successful? It says you need to become like Christ.

And so yeah, we talked about having a to-do list, that's what most people are doing. I need to check off do this errand, do this. But if I go and do the errand, or call the customer service line and berate the customer service representative, I might have accomplished what I was trying to accomplish but did I do it with a Christ-like manner? No, I didn't.

So people need to be just as conscious or much more conscious of who are I becoming? So what I do is I write down these are the character qualities I need to grow in. So I'm going to be extremely generous. How do I do that? Well, I'm going to pay for people when I go out. I'm going to make sure that I'm tithing at least ten percent and giving above and beyond that.

So writing down what are the three character qualities you need to grow in the most, and then practically apply those. That's something that I've personally done that I think helped me grow as a person.

RANDY: Well, and that ties right in with the idea of letting failure be a part of your success. In other words, if I'm just focused on my accomplishments, then any failure is just a bust. It is a waste of time. It is discouraging. There is no hope in that. But if I am on this path, this journey of becoming as scripture says, "conformed to the image of Christ," well, then missing it is an opportunity for correction, for improvement, for self-awareness. The whole, that word that you

use, mind shift behind the idea of what I need to be instead of what I need to do, boy, there is just a wealth of experience and hope.

But I also think of the wealth of health in that because of those negative failure things can become crushing.

DR. AXE: Can I show this because this is in line with what you're sharing but a little bit different, as well? When I first opened up my medical practice, the most common conditions I saw were women's hormone issues, gut issues, low testosterone in men, heart disease, and diabetes, these things were all on the rise. Now, mental health issues are the number one thing I see.

Here's something that most people with mental health issues just try and say, well, I'm going to try to be happier and do things. The most important thing that I think helps somebody with their mental health is working on their identity and improving their own identity. Our identity is always attached to something, and knowing who God is, and knowing his identity is the most impactful thing for our own identities.

There is a quote by A.W. Tozer says something like this, "What we believe about God is the most important thing about us." So our belief in God is the most impactful thing to our own identity. If somebody believes that God is a far-off distant person, and he is not alive, and he's -- versus God is a perfect loving Father and he is constantly concerned with me, and he is constantly pursuing me, and he is always looking out for my good. If you believe that and you're here in Christ and you're his son or daughter, what that does for your own identity and mental health is the single most powerful thing that could ever happen.

So, I think today, a lot of medical issues are mindset issues related to identity. But it is really a lack of connection, of really knowing who our heavenly Father is.

RANDY: So good. That's just a taste of *Think This, Not That* by Dr. Josh Axe. So I hope you'll request it when you make a gift today.

So here's a question for you. I don't know what is on your to-do list today, but let me put something on your to-be list that's straight out of the gospel, and that is to be generous. That's to remember the poor. That's an easy thing that we can do today to become who God has created us to be. Yes, we have our goals and the Water for LIFE outreach. We want to drill a certain number of wells but it is a part of that identity, who we are in Christ.

So here's an invitation to you today to become a part of this beautiful expression of the gospel as we meet people's practical needs. And we do it always in the name of Jesus. Watch this and pray how you can be a part of it today.

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:

RANDY: 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: I hope you will go online or go to the phone. Make the best gift you can. You will make a difference in someone's life when you join Water for LIFE. You know what? *Think This, Not That* can make a difference in your life so I hope you will request it when you make a gift today.

Tammy, whoo! I'm going to walk out of here with a little mind shiftness going on in a great way.

TAMMY: I love having you here, Dr. Josh and I would love it if you could stay and do another show with us! Can you do that?

DR. AXE: I'm ready. Yeah! I'd love to.

TAMMY: Goodness! I'm so happy you can. If you miss any of these amazing shows you can

come back anytime you want to LifeToday.org and catch any of them. But I'm glad you were here today and we'll see you next time on *Life Today*.