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Week five: WFL

Randy Robison and Tammy Trent

Dr. Josh Axe #3

Studio Discussion:

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

TAMMY: Hello!

RANDY: Good to see you.

TAMMY: Thanks! Glad to be here.

RANDY: So you've seen *Natural Remedies*, right?

TAMMY: I have! I have.

RANDY: It's good stuff. This is like an encyclopedia.

TAMMY: It's unbelievable. Like anything you could think of is in this book.

RANDY: The subtitle is "Ancient Nutrition." Well, Ancient Nutrition is also an organization co-founded by our guest today, Dr. Josh Axe. Josh, great to have you on the program.

DR. AXE: Thanks for having me. Excited to be here.

RANDY: Here's the amazing thing about *Natural Remedies*. We've gotten so much wonderful feedback from our viewers who have picked this up because it is an encyclopedia of how I can improve my health by what I eat. Why was this such a revolutionary thing for you and Jordan

when you put this together?

DR. AXE: I love reference manuals and I use them all the time when it comes to what should I eat for this? Or what essential oil should I use for this? Or what herb for this? As much as anything, I wrote this book with Jordan because we wanted a reference manual for ourselves and our families. We added something that people requested. People ask me a lot of questions about herbs and essential oils and some of those products.

So we ended up saying let's write a book on it. We put together a book all about herbs and essential oils, natural medicine for healing. The popularity has been mind-blowing. I use it myself today because sometimes I forget things that I'll look up. What's the best thing to do if my kid has a rash? Or what's the best thing to do if I've got diabetes or hypothyroidism? Or whatever it might be. I need support with my blood sugar. Or I need to bring down stress or get better sleep at night.

We put together the book so people can quickly thumb through and say, what are the top five things I can do to help my body heal naturally?

We also tie this into the Bible. The Bible talks about using herbs and wood and essential oils and different things like that. There is something in the Bible called "the holy anointing oil" which is referenced in Timothy, if you're sick, go to the elders in the church. Have them anoint your head with oil, and pray for you. That holy anointing oil was cinnamon oil, cassia oil, myrrh oil, and olive oil that were used in there. We wanted to create a biblical reference guide when it comes to different types of herbs and spices and oils when it came to healing.

RANDY: What do we get when we look at *Natural Remedies* as far as the reliability? I think that's a big question.

DR. AXE: It's interesting because sometimes people think that maybe Western medicine today is more accurate than ancient forms of medicine or even the Bible. The reality is it couldn't be further from the truth. I want people to think about it like this, let's not even use the Bible as the

example because that's ultimate authority and truth. Let's talk about Western medicine, how long that's been around, and how long Eastern medicine has been around, or Greek medicine or all of historical medicine.

Our Western medicine today has been around for about 150 to 200 years. It's based on double-blind placebo studies, which can be very accurate. The problem is I did a podcast episode recently where I went into the data around how accurate studies are. On average 51.6 percent of studies are not accurate. So we tend to think -- so more than half. So we tend to think, that if a study is done, it is absolutely reliable and accurate.

One of the things they found is that because the pharmaceutical companies oftentimes have such great influence it creates a bias there. People can cherry-pick data. There are a lot of things. If somebody looks up something today like is red meat healthy? You can find 100 studies showing it's not and 100 studies showing it is an amazing food. Because they don't decipher in these studies if it's 100% grass-fed organic or is it conventional grain-fed G.M.O.'s? It's very different.

So all that being said, I think if you look at ancient medicine, it's been around for 4,000 years and it's been proven by millions of individual case studies. Where today, it's not been around as long. So what I tend to do, I tend to combine both. I look at historic medicine, what does that say? And then I'll look at some of the western science and say, okay, does this align? And then, use those two things together to inform me to make the best possible decision.

TAMMY: Talk about the digestive system. Why is that so important and is it connected, the importance of it connected to the different organs in our -- inside of us?

DR. AXE: Right! Even historically, going way back, Hippocrates said, "All disease begins in the gut." If you think about it, you eat food, what's the first thing that it touches? It's our mouth. So it starts to go through our digestive system. It's the first line of organ systems that's impacted.

Your gut is responsible for absorbing and assimilating those nutrients, then redistributing them

via the bloodstream out to every cell, tissue, and organ of your body. If your digestive system is not healthy you don't absorb nutrients. Now every single organ in your body is going to be depleted. Really, that's why it is ground zero for your health.

Another thing people don't realize is that the bacteria in our gut, we're made up of about 37 trillion cells. Well, there are probably close to 100 trillion cells, gut bacteria we have. So we've got more bacteria in our gut than cells in our body. It's really, really profound. Our gut bacteria even manufacture vitamins and nutrients if it is healthy. So gut issues tend to be the single biggest factor affecting people.

I'll give you another example of this. Hashimoto's Thyroiditis. When somebody hears that they think, well, that's a thyroid issue or an autoimmune issue. Well, it is an issue that begins in the gut because 70% of your gut makes up your immune system. That's the number one causative factor of a condition like that. So really, it's a big deal.

TAMMY: Can you heal your gut?

DR. AXE: You can. So here's the biggest mistake people make with their gut health. They eat a lot of -- when they're trying to be healthy, these are people that are already semi-healthy. They try to eat a lot of salads and raw foods. It's the worst thing for the gut. The gut wants soups. It wants warming foods. It wants steamed vegetables and organic meat.

Also, we need more probiotics. 80% of our antibiotics today are not given to humans they're given to our livestock. If people are not eating organic meat, they're getting lots of antibiotics through the meat they're consuming or hand sanitizers or household cleaners.

Most people's gut bacteria is totally depleted. Historically, for food preservation, people got more probiotics in their food because it kept foods good longer from going bad. If somebody is going to take one thing, taking a high dose of probiotic supplements is probably the most beneficial, along with drinking lots of bone broth and soups.

What I would say is if someone wants to move the needle with probiotics in their gut health, you should go to your local farmer's market and get raw organic grass-fed kefir or sheep's milk yogurt or coconut yogurt or eat a lot of sauerkraut and kimchi, and then take a high-quality probiotic supplement.

RANDY: My big question in that whole conversation is does Texas chili count as soup and broth?

DR. AXE: You know, there's a lot of beans in it. Those are prebiotics that can be beneficial.

RANDY: Just one of the many topics covered in *Natural Remedies: Ancient Nutrition*. Another big one that I'd like to ask you about because you just spent a lot of time talking about essential oils and carrier oils. I think when we talk about health we go okay, diet is a big part of that. Where do the oils come into play?

DR. AXE: Well, essential oils, most impact our olfactory system or our skin. Our olfactory system is connected to our nervous system, which is most connected to our memories and our mood.

One of the greatest factors that people tend to overlook is how their mind affects their body. So we have something called our mind/body connection. This is why I truly believe this. Our spiritual and mental health impacts our physical health more than food. So I think physical health -- and I think nutrition is very important but I think our mindset and our mood is even more important.

Eighty percent of doctor visits today are stress-related. So if somebody could diffuse an oil like spikenard, in the Bible, which is a relative of lavender or lavender today or citrus oils or floral oils, they've been shown in medical studies to reduce cortisol, to reduce stress. So there is no doubt it is going to have a positive, physical impact on health.

In fact, Vanderbilt University, now I live in Nashville, looked at people pre and post-surgery and

how oils affected them and it reduces stress on both the nurses and the patients around the time of surgery and after surgery supporting their recovery.

So there is no doubt that if you can enhance your mood, lower stress, lower cortisol, balance your hormones via your olfactory system which impacts your brain, it is going to be correlated with more physical health.

So there are a lot of oils for that. There are great oils for sleep like chamomile and lavender. There are a few oils that you can do internally like ginger oil which is good for the digestive system. So there are some that you can do internally too.

TAMMY: Yeah, I was going to ask you. When you said internally, how do you use them? Is it like putting a little here and here at night? Or when you say chamomile, am I burning it in my room?

DR. AXE: I think one of the best places is right here on your neck, your temples, neck, and wrist. The reason is that it is very close to your large arteries here like your carotid and also close to your lymphatic system. You've got a lot of lymph nodes and blood flow here so it will get somewhat into your system this way. One to two drops is equivalent to 60 milligrams which is a medical dosage of an oil when you look at the studies.

RANDY: A couple of questions, one, you mentioned stress and how these essential oils affect our mood, affect our stress. What are some of the common physical problems that people have today that come from stress?

DR. AXE: I could name almost every condition but let me give the most prominent ones. Hormone imbalance is going to be very, very high because the way it works is if cortisol gets off then that impacts insulin, then that impacts your other hormones. So there is no doubt that hormonal issues are probably the biggest thing that's affected by stress. After that it is going to be digestive issues are going to be very, very common as well.

Then you're going to have -- again, it is so numerous because when you impact cortisol and that hormone and that impacts insulin which is going to impact your blood sugar, hormones, and digestion are the biggest, but is also immunity is big, sleep is big, like insomnia, thyroid issues. There is a lot.

RANDY: So like diabetes, high blood pressure, hypertension, even things like fibromyalgia?

DR. AXE: That's right. Chronic pain is going to exacerbate infections and Lyme disease. There's a lot.

RANDY: Any inflammation related?

DR. AXE: Of course!

RANDY: Here's the other question. Are we just being controlled by drug companies in that we want to medicate these things with drugs instead of going backward and going okay, what's causing the stress which is causing the inflammation which is causing all the health issues?

DR. AXE: Our country more than anything, when we look at false idols, is materialism, and it's mammon. It is the God of money. It drives our country more than anything in terms of false idols. When you look at that, most people are. Pharmaceutical companies and big agricultural companies, they're primarily driven by profit.

So for them, they can't make money off of telling you hey, go and read your Bible and focus on the healing power of Christ in your life and focus on prayer. Historically, if you would go to a church and you would have these issues they would tell you, to spend time in prayer. Have other people pray for you. Meditate. Read God's Word. All the things -- believe -- build your faith. These things are healing for you.

Or again it talks about somewhat using essential oils, dietary practices, and lifestyle. Those are the things the Bible talks about. It's really hard to make money off of those things. So what

people tend to do, again these large companies is they tend to move your eyes from Christ onto a pill or something like that.

TAMMY: Something temporary instead of getting to the root of the problem. I think that's what we are always doing in America, it seems. Even the root of the problem could also be unforgiveness in my life. Could it be these other things that I'm hanging on to that are also keeping me from fully healing in areas of my life?

DR. AXE: I absolutely agree. Every different emotion impacts a different organ system. So if we can instead follow the Bible's recommendations for healing we will get to the root of the issue.

RANDY: Real quickly, there are recipes in here including recipes for desserts.

DR. AXE: Yeah, we have recipes for everything from -- my wife made these peppermint patties, which were delicious. So we've got a lot of great recipes in there. The recipes are both food recipes and also body care recipes. Like if you want to make your homemade deodorant or antiaging serum for your skin, we have those in there as well.

TAMMY: What chapter is that? The antiaging?

RANDY: It says page 4310 on the peppermint patties. I've got to tell you, look, coconut oil, honey, peppermint essential oil, and my favorite, dark chocolate.

DR. AXE: That's it, four ingredients. That's the other thing, they're super simple in the book.

RANDY: I love it. The practicality of this is so helpful. To go back to the source of so many of our troubles and go, let's not just deal with the symptoms, let's actually cure the problem. I think it's huge. You're seeing wonderful results with this.

DR. AXE: We are. I think when people are able to -- what happens in Western medicine today is most people go see their doctor and they say here's a pill. You have to live with this condition

for the rest of your life. Versus instead saying you know what? God gave me an amazing ability to heal. He put this healing power inside my body. It sort of runs my body. I don't have to think about breathing oxygen or doing any of these things.

Our bodies want to heal, we just need to change the environment. Everything, of course, number one, connecting with God and prayer in these things, actually changes our internal environment. People don't realize how our thoughts impact our physical bodies. There are things like things that we eat, essential oils, all of those things that impact our thoughts and our mind which can then affect our body.

RANDY: One of my college roommates from Oral Roberts University years ago is a doctor. I think he is an internist. Is that the right term?

DR. AXE: Internal medicine.

RANDY: Internal medicine. I was asking him about some things one day at lunch. He goes, "Look, here's the dirty little secret. You'll hear people say, 'Oh, I did this, and I got better.' Or 'I did this and I got better.' Sometimes, we give people things that aren't going to hurt them because right here. They think they're going to get better if they just get this thing."

It goes right to what you're saying. God created our bodies to heal, and sometimes we just need to believe that. Again, I'm not against medicine. If I need medicine I'll get medicine. But man, what a great opportunity to go, okay, I'll take the natural remedy over the drug any day of the week. And if it works, buddy, we're golden.

DR. AXE: Most people don't realize that there isn't a single drug that doesn't deplete a nutrient from your body. I'll give you an example of this. This is going to shock some people. I believe the number one cause of hypothyroidism today is birth control pills. There is a study that shows that if women take birth control for long-term, up to ten years, it increases her risk of having hypothyroidism by around 287 percent.

TAMMY: Wow!

DR. AXE: And then any antibiotic drugs -- the reason is that birth control depletes the body of vitamins B1, B2, B3, B6, B12, B9, selenium and magnesium, and good bacteria. When you deplete all of those, now the body can't create thyroid hormones properly. There's some women going to be thinking, well, I took birth control and I have hypothyroidism. They're going to start putting two and two together.

The good news is there are things they can start to do to replenish those nutrients and they can reverse it. But most women have never been told that they have to have all those nutrients in order to start -- and there are a lot of conditions like that. A lot of the sleep medications, a lot of antidepressants, a lot of blood pressure medications. These all have a negative impact.

We might read on the label may cause rashes or something else but it doesn't say depletes our bodies of all these nutrients. Metformin with diabetes depletes your body of vitamin B12. The great thing is essential oils, herbs, food, and prayer, none of those have those side effects.

TAMMY: What I take away from this is that there is hope. That there is hope for the person who's been given the diagnosis today who says, this is all it's ever going to be for you. You just feel defeated and you feel without and you feel a lack of like there is hope for you.

Dr. Axe, this is what I feel today. Yes, there is hope. And maybe this is a place to start. I love bringing you on a show where we can talk and you're giving us tools. You're giving me tools to know how I can fight back something, how I can fight back my thyroid issues and I can turn this around. With God's help, I can heal this which is incredible.

You can heal so many things with the power of God standing by your side breathing in your direction today. This is a great start. Thank you for this.

RANDY: We want to send this to you. We want you to get *Natural Remedies: Ancient Nutrition* by Dr. Josh Axe, as well as Jordan Rubin and Ty Bollinger. We will send this to you today when

you will help us reach out and meet the needs of some other people who are having, oftentimes, serious health issues. Watch this and you'll see how and be sure to request your copy of *Natural Remedies*.

Transition Roll-in:

ANNOUNCER: Earth is often referred to as the blue planet due to its vast oceans that cover over two-thirds of the globe. Yet, only three percent of the entire earth's water is considered fresh. The scarcity of fresh water is one of the main reasons that women and children in remote areas are forced to collect water from unsafe sources.

JOHN: I'm here in South Sudan where we just got through speaking with a mother named Mary. Mary came from a very distant village to here because of this water source. She considered this a good water source because, in her village, she had no water. What Mary doesn't realize is that this water that is here is actually toxic to her children. And she's lost two children from waterborne illness now. As heartbreaking as it is, this water is better than no water. But this water will kill them. With your help, we can make a difference.

With your help with Water for LIFE, we can assure this village, and villages like what Mary came from, will not have to worry about waterborne illness. They can have fresh clean water through Water for LIFE.

Studio Appeal:

TAMMY: That little guy, Randy! It gives me so much joy because there is so much life in that moment to see that rig going in there, to see that drill going into the ground and knowing that soon after, sometimes it is soon, sometimes I've seen that it's taken days, but eventually, they will hit fresh clean water. And to know that for the rest of their lives that entire village is going to be thriving and growing, not just being provided water, but truly being provided life in Jesus, knowing that he is their source, that he is the one that brought them that life. We are just ambassadors, and we just get to be a part of it. That's the beauty of it, Randy, is knowing truly, that we all get to be a part of that moment.

RANDY: Could not see the pictures and hear the stories that we hear if we didn't know that we could do something. That poor mother, she found out the hard way that the water wasn't safe. You think we should educate them. Yes, we can and we do. Or maybe they should boil the water, or they should filter the water. They try so many of those things.

Let's just give them clean water. Let's just give them water that they can drink and not have to worry about. We know this works because, over the years, we're getting up close to 9,000 wells now. But this year, right now our goal is 350 wells in 20 nations. We're only going to meet that if people just like you step up and say, yes, I want to be a part of Water for LIFE. I don't want that mother to find out the hard way. I don't want them to go through the trouble of trying to even find something to filter water or to boil water with. It is just so much simpler to go in and say, here's clean drinking water. Be blessed.

You can bless someone today. You can bless many people today. Let me give you the breakdown real quick. The average well costs about \$4800. It varies depending on the location, the soil, and the transportation. There are a lot of factors there but when we look at the whole program and average it out, for \$4800 on average we'll drill a well. That well will last for about 70 years because we do a really good job of it. Not all wells are the same. We put in a quality well that is going to last for basically a generation. We call it a lifetime. And that well will on average service about 1,000 people; people literally come from all over. And I know, Tammy, you've seen -- it becomes a congregation point.

TAMMY: Yes! I've been there! I've been there when the --

RANDY: It is a beautiful thing. We've gone back years later and seen that. But your gift today of \$48 will provide water for a lifetime for ten people. That's how simple it is. A gift of \$144 will provide that same fresh clean drinking water for 30 people. Some of you can provide a whole well. I've known people who have been able to provide multiple wells.

We're just asking that you do what God puts on your heart. We're asking that you be a part of the

solution to a very real problem, but one that we can make a difference. Tammy, I want to see more joy like that little child.

TAMMY: I know! And it is possible. We know it is possible. It is only possible when God's people come together and just start building something together. So this is our chance to build something great for these people for the kingdom of God. So go online, go to your phone, and give the very best gift you can today. Whatever God's laying on your heart, then give.

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:

TAMMY: I hope you're going online and giving the very best gift you can give, whatever God has laid on your heart to do and to give today. Just do it. Don't hesitate. It will make an eternal difference in the lives of so many people beyond what you could even imagine today.

For whatever gift you can give today, we want to send you *Natural Remedies: Ancient Nutrition*. You are going to love it. It is going to change your whole life. It is going to be so great as we are changing the lives of so many who need it today. We're going to help change your life too. Josh, thank you for being here.

DR. AXE: Thanks for having me.

TAMMY: What a gift you are to us and the body of Christ, to the medical field, to so many. Thankful for you today. And thankful for you. Thanks for watching. We'll see you next time on *Life Today*.