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Week 12: Rescue LIFE

James & Betty Robison

Dr. Don Colbert #2

Studio open:

JAMES: Well, we welcome you to *Life Today*. We're going to join Dr. Colbert in talking about the *Healthy Brain Zone*. "Reverse memory loss. Reduce your risk of dementia and Alzheimer's." I think you're going to be blessed and I'm praying with all my heart you get the book. Because he's been able to put things down that you can understand. They not only make sense, but you'll understand why and you can do them. Don't you think, Dr. Colbert has done a whole lot to add life to our years?

BETTY: Absolutely! And give us suggestions and ways to do things that you can actually accomplish. You know they're doable.

JAMES: They work. Be blessed.

Studio discussion:

JAMES: I'm sitting here, Betty and this is easy to read. It is only 200 pages. That's a short book. Especially, when you understand all the complexities of what it so effectively deals with. Here's trans fats. Demotogen—

DR. COLBERT: Dementogens.

JAMES: I'm so demented I can't say dementogens.

DR. COLBERT: Well, trans fats are a dementogen or dementia-causing substance that many of us consume every day with every meal. Those donuts, those French fries, the

icing on your cake is full of trans fats.

JAMES: I'm just reading the list here: Brownies, cakes, candy, canned frosting, caramels, chicken nuggets, chips, cookies, crackers. We can't eat again! We're through!

DR. COLBERT: Well you're inviting it in. This is the dementogen and the more that you eat your brain becomes partially—

JAMES: Can you find any candy that does not fit there? Does dark chocolate—

DR. COLBERT: Dark chocolate is one of the best. But yes, exactly.

JAMES: But you have to go through the trouble of getting it.

DR. COLBERT: You do. And again, even chocolate can contain two heavy metals that are dementogens which are lead and cadmium.

JAMES: Why are you putting lead in candy?

DR. COLBERT: That's because the chocolate, the bean it comes from generally has more lead in it and more cadmium. These are heavy metals. But again, fortunately, the flavonols in this will counteract the heavy metal too.

JAMES: After we read this thoroughly can we still enjoy eating at all?

DR. COLBERT: Yes, you can. Now again, let me explain. My book that I did the year before, which is *Beyond Keto* is the healthy keto diet. That should have been called the Alzheimer's prevention diet. I talk about it some but the whole book I had on it is the key diet to prevent and reverse Alzheimer's in the—

JAMES: Keto changed my whole world. To say—and I'm going to go ahead and be

honest with you. We know Betty doesn't look like she ever ages. I feel like I was aging fast. I felt like I was probably 100. And I got with what you put out and I did it. I've got to be honest. I used to walk by and look at my reflection in the glass of the doors and God, there is an old man! I don't feel that way about myself now. I actually look and I think, something is happening to me. Am I crazy? Do I look younger?

DR. COLBERT: Well, Psalms 103 explains it best. Your youth is being renewed like the eagles, and I'm convinced with a healthy keto diet. Now 95 percent of keto diets are unhealthy. This is a healthy keto diet. The most powerful things we can do to prevent dementia and reverse dementia are simple things: A healthy keto diet, intermittent fasting, regular exercise, and a good deep sleep that's well-oxygenated.

You see, most Americans are obese, or I should say over 40 percent, it is almost 50 percent now. When you're obese you're inviting in sleep apnea. When a man's neck is 17 inches or greater, they may—they usually have sleep apnea. When a woman's neck circumference is 16 inches or greater, they also, many times has sleep apnea. But as we age, our soft pallet sags. So a lot of people are not getting oxygenated sleep. How do you know if you have that? Number one you wake up in the morning and you're tired. You never recharge. You have a dry mouth. Your spouse will hear you gasping for air, stop breathing. Again, that is a warning sign. That could be your nose. Like when I eat cheese or a lot of dairy, my nose clogs up, and I can't breathe. She'll say, "You were gasping for air!" I'll say, "I know I had some sour cream."

JAMES: You know cheese is on the keto diet.

DR. COLBERT: I know but again, if you have sensitivity like I do, I have to have goat or sheep. Or they have a new Casein A2 cheese that just came out in the grocery store!

JAMES: What is Casein A2?

DR. COLBERT: Casein A2 is non-inflammatory and does not cause mucus.

JAMES: What does it come from?

DR. COLBERT: It comes from special cows that don't—see, the inflammatory process—there are two key proteins in dairy. There is whey and Casein. Casein has two key proteins also. There is Casein A1 that's highly inflammatory and creates congestion in the nasal cavity and creates mucus, and there is Casein A2 that does not or nearly as much.

JAMES: Can you find that in this book? I've got to know.

DR. COLBERT: Well, that's in my *Beyond Keto* book. Yes, it is in the book.

JAMES: Some of you are going to have to buy this.

DR. COLBERT: Well, the books that go together, this book was *Beyond Keto*. But I go into detail in my keto book on Casein A1 and A2. And they just came out with Casein A2 cheese.

JAMES: But you can find them, okay?

BETTY: Like in the natural food store?

DR. COLBERT: Yeah, I believe Whole Foods has it now. But soon Walmart will have it. Walmart has Casein A2 milk, I go there and get it for my boys. I don't drink milk that much because it doesn't agree with my body.

But what I'm saying is there are natural things we can do that are powerful to protect us from Alzheimer's, like regular exercise. Both aerobic exercise and anaerobic, weightlifting, cycling or elliptical, or just walking 20 minutes.

JAMES: It shouldn't be wishful thinking that we would like to feel good, that we would like to be able to keep our memory. That should be reality. And you're saying, because what I've always found you to say and I found it effective, it is with simplicity that you can communicate this. And a commitment and determination to take care of the temple of God, to fulfill the kingdom purpose of God, not just to exist. And God didn't leave us here to get us out of here. Why would you do that? Why would you leave kids here just to leave them in hell on earth? No, you can have an impact like the kingdom of heaven on earth. Right, doc?

DR. COLBERT: Amen! Yes.

JAMES: And that's what you're trying to do.

DR. COLBERT: When you start practicing this, and by practicing, I mean exercising, with your wife, five days a week, four or five days a week, at least 20 minutes. What it does is unleashes that powerful process again where it boosts your brain-derived neurotrophic factor that's like Miracle Grow for your brain.

But when you combine these factors, well-oxygenated sleep on your side, and you don't have sleep apnea. Many of you need to go get checked for sleep apnea. See your doctor because many of you have sleep apnea and don't know it and that's why you're exhausted.

JAMES: Can you cure that pretty easily?

DR. COLBERT: Lose 20 pounds, follow my *Beyond Keto* and you're going to lose that weight. It is easy but you've got to crucify the flesh. But the one thing that we allow in the church is a spirit of gluttony. Again, that's okay for most churches.

JAMES: We almost encourage it, to be honest with you.

DR. COLBERT: We do, because you can't drink, you can't use drugs. Which goodness, thank goodness you don't drink alcohol. But my golly, the church is going to eat and they eat way too much, and way too late at night and they never fast or do intermittent fasting. Just skip one meal a day. It is one of the healthiest things we can do for our bodies!

BETTY: We found the keto diet not hard to go on. And I didn't feel like I was being deprived of anything once I got it into my system, and it made me feel better about myself.

JAMES: You can go to a burger joint now and get nothing but the meat and come back with the vegetables and they'll put it in a box. They don't even wrap it up. They actually now—

BETTY: I fix it at home like that without the bread.

JAMES: It is so much easier than you think you could go to a restaurant. You can go home with good food. We know, we did it, we proved it.

DR. COLBERT: I tell people, get those healthy fats. Stock your cupboards full of nuts, healthy nuts. All nuts are healthy by the way, except for peanuts are not nuts. Olive oil, avocado oil, if you're going to cook, cook with olive oil.

JAMES: It was a simple switch.

BETTY: What about the ghee butter? We use that.

DR. COLBERT: I little ghee is okay; not too much or it is going to raise your cholesterol and then the doctor will say, oh, let's put you on a statin drug. So minimum.

JAMES: What do you use in place of butter if you want some kind of a spread?

DR. COLBERT: Okay, what I use is—

JAMES: Don't be mean to us!

DR. COLBERT: Well, what I'm doing is this. I'm telling you what I do. What I do is I get my pastured organic eggs, my wife does this every morning, she puts avocado oil in there and just a little pat of butter just to give it the butter flavor. You can create some of the most gorgeous, wonderful, tasty eggs ever! And again, when you do make your syrup or whatever, you can put a little pat of butter, put some avocado oil, put—

JAMES: Now you said peanuts aren't good. Is peanut butter bad for you?

BETTY: A peanut is not a nut.

DR. COLBERT: It's not a nut. Some are okay. It is a legume; it is from the bean family.

JAMES: But can you eat peanut butter?

DR. COLBERT: Yes, you can. You can eat peanut butter. But not every day. Peanuts are high in mold.

JAMES: I don't eat it every day.

DR. COLBERT: Well, that's okay, you can have some peanuts. No problem.

JAMES: I don't eat peanuts, I eat peanut butter.

DR. COLBERT: That's okay.

JAMES: Franklin Graham gives away peanuts every year. Franklin, you grow peanuts that are good.

BETTY: He said just don't go overboard on them.

DR. COLBERT: Right. Just don't go overboard on them. Peanuts are okay. They're not as healthy as almonds and avocados. Those are really good for you. Pecans—

BETTY: Oh, I love pecans.

DR. COLBERT: Pistachios are good and macadamia nuts are good.

JAMES: Macadamia nuts make you fat.

DR. COLBERT: Well, again, not if you're following the healthy keto diet, they won't. Now if you eat them by the bottle full, yes, they will. But if you eat them by the handful, that's it. Just a handful a day. I'm not saying don't eat a bottle.

JAMES: If you've ever been to Hawaii, you would have seen all the macadamia nuts. You don't get out of your room without them.

DR. COLBERT: You don't need that much.

JAMES: Okay, let's wrap this up. I want you to get the book. Doc, I want you to take the last five, six, seven minutes and just tell everybody if they will get this book, start going through it, what do you expect to pop out at them that's going to impact them very quickly?

DR. COLBERT: Well, first of all, they're going to learn that this is a lifestyle we have to do. Every day, I can't do this for you but you have to crucify your flesh. I'm going to teach you what foods to choose. If you start making a commitment to eat these foods on

a regular basis, these foods reverse insulin resistance which is the root cause of most Alzheimer's. These foods are also anti-inflammatory.

The two key things that invite Alzheimer's into our brains: Inflammation and sugar. Those two things. And the healthy keto diet, which is in this book, by the way, helps to reverse it. It's getting you in the right habit. The body needs to be put into subjection. Start fasting the body, one meal a day. Not every day, start with one time a week and work up to it, I try to do it five days a week. I do intermittent fasting; I try 14 hours, sometimes 16 hours a night. Exercise, start exercising with your spouse. Just walking, just start making a habit to get out and walk.

JAMES: Some people don't know they're saving their own lives walking their dog. That dog needs to be walked, that dog wants to be walked, he's ready to go and when they go with them, it's saving their lives too.

DR. COLBERT: Again, if you're not a walker, get a dog. Not a cat! Get a dog. You don't walk a cat but you have to walk a dog. It is the cutest—but get a dog with some size to it that pushes you see, pulls you. So you have that leash on, you're just out there, you're going to brisk walk with a medium to large size dog.

But also, get in the habit of getting a good night's sleep. So many people are going to bed watching the bad news. And they sleep horribly, and their brain, again, sleep is when our brain, literally, is able to regenerate. When you sleep on your side you're activating the glymphatic system.

JAMES: We both do. We didn't know we were doing something so medically proper. I'm sure you told us.

DR. COLBERT: Oh, my goodness. When you sleep on your side and you enter that deep sleep you're removing 10-20 times more beta-amyloid, the goo associated with Alzheimer's disease. But it needs to be well-oxygenated sleep. Here's the key, if you're

waking up in the morning and you're exhausted, you most likely have sleep apnea. If you wake up in the morning and your mouth is dry or you just feel super dry, that you have to drink water like crazy, you have sleep apnea most likely. You need a sleep study. Tell your doctor you need one. It will save your life. There is no supplement that will replace oxygen. Many brains are starving for oxygen because they're literally their neck is so big, their palate is sagging, they're aging, and it is blocking their breathing passages.

So simple things we can do. The most important, start giving your brain what it needs. Most of us have high homocysteine. When your homocysteine is high, you're inviting inflammation and degeneration of the brain. It is so simple.

JAMES: Define it again, homocysteine.

DR. COLBERT: Homocysteine is that toxic amino acid that doctors rarely check. And if they check it, and if it is over ten they say it is normal. No, it's not. If it is over ten, your brain is getting inflamed and degenerating.

JAMES: What causes the homocysteine?

DR. COLBERT: It is because we're not getting enough folic acid, the active form of B 12 and other nutrients, other B vitamins that lower it. It is so easy to lower and so inexpensive.

JAMES: And we take all that every day. For me, it is a routine, a ritual with me. I'm very dedicated to it. Is that smart? Let me ask you something, how long do you think you've been either listening to me preach or you've been coming and being with us?

DR. COLBERT: About 12-15 years.

JAMES: Do we look like we're holding up okay?

DR. COLBERT: Absolutely!

JAMES: Okay, we're going to be 80 this year. Do you feel like it really is? You felt like you've seen progress in us?

DR. COLBERT: I have absolutely seen progress because I've seen your belly melt over the years.

JAMES: You used to couldn't see me.

DR. COLBERT: I know. But let me tell you this, this is really important. So many people are out there with chronic infections. When you have fever blisters, chronic fever blisters, when you have chronic bronchitis, when you have any chronic infection like chronic sinus infection or chronic Lyme disease, or chronic EBV, your body is inflamed. You create inflammatory mediators like HS Suppurativa. I pick it up on blood tests every day. I check every patient for it.

When that's high, your brain is forming beta-amyloid. It's a goo that collects in the brain, that's associated with Alzheimer's, that helps to seal off infection. So when you're infected it is critical to use natural means to clear the infection. Now again, I'm not against antibiotics for lifesaving things but the antibiotics many times create more problems than they help.

So I talk about natural things we can do to snuff out infections and those fever blisters because I use Lysine. Lysine is an amino acid. It will stop them most of the time. But if you have chronic inflammation or chronic infections, you're inviting in Alzheimer's into your brain.

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JAMES: They work. Be blessed.

Copy from previous show:

JAMES: Dr. Colbert, you've been here, just like a tell a lot of my friends, we sponsor your television airtime.

[Laughter]

We put on the air what's best and I know you love coming here. I know you're excited because you did something to help your mother, who's 87. It was kind of like a resurrection of the dead. I don't think we're going to stay there. But you're seeing something happen that you've already even seen do what looked like the impossible. Now you want to tell us some things. And then there are even some other things that he's discovering that there is something that you put in your system that looks like it is indescribably, biblically miraculous. We're going to talk about that in the very near future when we can illustrate it and demonstrate it for everybody.

Here are the cures you believe you put in this book. I want you to take us through this book that is laid out fabulously and just tell us why this is so big to you, beyond your mother, and why you think this will be so helpful to our viewers.

DR. COLBERT: First of all, it started with my dad back over 30 years ago. He started developing dementia; he was in his 50s. He died at 81. He was in a nursing home for over ten years. He had severe Alzheimer's where he couldn't even live at home. And then, my mother who worked until she was 82 in a bank full time started developing dementia. Now, my father had a genetic cause of his dementia; 25 percent of us have the genes that cause Alzheimer's yet very few doctors check. If you have those genes, don't worry. If you're on the right diet, and the right nutrition, then we can prevent it. As long as you don't drink alcohol and don't get brain trauma or head trauma, we can prevent it.

So no problem.

But with my mom, she was dying back last year. She was dying. They called us and the hospice nurse says, "Your mom only has a few days to live. She's gone." She had had COVID and was not eating or drinking and in a comatose state. I told my brother, let's start doing this regimen because I've been working on a book and I know what works to start turning the brain on.

I started giving her these vitamins that lower homocysteine levels. I started—and lots of them. I gave her lots of vitamin D because vitamin D turns on over 900 genes and helps to repair synapsis in the brain. One of the key things I did is I put her on testosterone. Testosterone is a powerful hormone but to get a lot in her I had to give an injection. So I gave her this injection. My brother, I taught him how to do it but we started on testosterone injections, a good hefty dose. Testosterone starts to repair neurons and prevent shrinkage of the brain. Also, some are converted to estrogen, and estrogen and testosterone increase the most powerful protein in the body for growing brain cells called brain-derived neurotrophic factors. Like Miracle Grow for the brain, where you start to grow new brain cells, you start to repair old brain cells and synapsis.

Something miraculous happened within just a few weeks. The hospice nurses couldn't believe it. I did a few other things I discuss in the book. They said they thought she was going to die in the next few days. They said we're going to have to move her at least to hospice because she wasn't able to communicate or anything. Within a few weeks, she was talking again. Her personality was back. Her mind was back. She was enjoying life, interacting, and she was back to normal. We couldn't believe it!

JAMES: Were you getting her to do much of what you say in here?

DR. COLBERT: Yes, we were. Because we had full control of what she ate, what she drank, and what supplements she was on. Now we were having to open the capsules, and stir them up because she couldn't swallow pills. We got her some dissolvable pills

that she could take. And we lowered her homocysteine level, which I talk about which is so important because homocysteine is a toxic amino acid.

I check it on most of my patients now that are 60 and over because if your level is high, it is causing inflammation of the brain and brain degeneration. Now the key is this. In the lab, normal values are between zero and some labs say 19.2. If it's over ten, you're getting inflammation in the brain and brain degeneration, usually. If you have the Alzheimer's gene or the ApoE4 gene, which by the way, 25 percent of you have it. If you have it, then you need to get your homocysteine level seven or below, or else you're inflaming and degenerating your brain.

So that was a key thing I did. I go in detail on how to do it. It's really simple but most of your doctors don't know this. If you go ask your doctor for a homocysteine level you'll get the answer and it will be like 13 or 14. They'll say, "Your level is normal. It is in the normal parameters." No! If it is greater than ten, you're developing inflammation in the brain, and usually degeneration in the brain.

So again, what I did is we combined all of this, the right diet because my mom had Type 2 diabetes. So she chose, unfortunately, Alzheimer's because most Alzheimer's is Type 3 diabetes of the brain or insulin resistance to the brain. The brain is starving for sugar but it can't get it in the brain because the cells are resistant to the action of insulin.

So all I did is I put her on a few key nutrients that help to reverse insulin resistance. Her diabetes improved. Not meds—I didn't have to use meds. I used mainly nutritional supplements and diet, a special healthy ketogenic-type diet that you're taking.

And again, my mom had suffered a hip fracture so she couldn't walk. So exercise was out of the question. I couldn't do that. But at least we were able to get her a good night's sleep, a comfortable night's sleep. Sleeping is one of the best ways to help the brain; deep, well-oxygenated sleep on your side. When you sleep with your head on the side, it activates one of the most powerful processes in the body, which is the glymphatic

system of the brain. Now, this is the waste disposal system of the brain where our brain starts to eliminate beta amyloids; that's the goo that causes Alzheimer's, that is associated with Alzheimer's.

So deep sleep is important and intermittent fasting. When you skip a meal, for instance, breakfast or dinner, and you fast for 14 hours a day and eat in a ten-hour window, you unleash a process called autophagy. Your body starts to self-digest and eliminate beta-amyloid, the goo associated with Alzheimer's disease. You also boost this powerful protein, a brain-derived neurotrophic factor that starts to repair the brain and restore and renew the brain.

And so what happens when you're intermittent fasting and you're sleeping well and eating a keto diet, and then enjoying life and exercising, these powerful things, lifestyle factors all boost brain-derived neurotrophic factor, which starts to repair and regenerate and renew the brain. It's so easy. Then you combine the nutrients and the hormones and I talk about what hormones. Hormones are critical—

JAMES: When you say I talk about, we talk about it in here.

DR. COLBERT: Yeah, it's in the book.

JAMES: Because he's covering a lot of ground. Let's face it. I can talk pretty swiftly, but we're not in the same league. I can't use these words, don't understand what they mean. He explains them here. I'm trying to tell you that what you're hearing is rapid fire from someone who has spent his life trying to get people well.

Now he's giving a testimony of a miraculous, like almost a resurrection from the dead of his mother. When he begins to be able to put some of these things very deliberately in place, which she wasn't able to do, they did it for her, you're saying that if we will begin and you looked at all this, Betty. You are very fanatical about trying to do what's best.

Now, Betty and I have told you that it's been how many years ago that we lost 25 pounds on keto together. They couldn't believe you lost that. You looked like—

BETTY: It's been about three years.

JAMES: We've basically stayed there. We've just stayed there. I have had a little fluctuation. If I ever get a little tiny bit right here that's the only place. I don't carry fat. I don't allow this spike stuff to go on. I don't just stay away from sugar. I'm sorry, excuse me, I'm confessing. Here's the deal. I'm not letting anything control me like that. I don't want anything in the world to control me but God. And we go through—by the way, he's not angry at you when he loses control, he just loves you. That's what we're sitting here talking about. We're not trying to scold you, beat you up, beat you down, make you feel small, or like you just don't have enough sense to do what's right. That's all we're saying. We don't know what to do. We don't know what's best. He's trying to help. And he's put it in a book. I mean the man's spent a tremendous amount of time not only with patients, he's trying to help—he's broken all of this down. You've got—what is going on? Tell me what's happening? The top ten demento—how do you say it?

DR. COLBERT: Dementogens. You see a carcinogen is a cancer-causing agent. A dementogen is a dementia-causing agent such as many fish that are high in mercury like orange roughy and shark.

JAMES: How about salmon? We love salmon.

DR. COLBERT: Salmon is great! It is low in mercury, especially Alaska wild-caught salmon. But dementogens are simply mercury, arsenic, lead, cadmium, and anticholinergic meds that block—

JAMES: Again, can you tell what these things you're saying mean in here?

DR. COLBERT: Yes.

JAMES: So you go down to ten and then you've got a "Healthy Brain Zone Plan." All of this is just amazing here. He's not only a good talker, he is a good writer, and he puts this down for us. Would you say what he's taught us has changed and maybe even saved our lives?

BETTY: Absolutely! I've got his books at home and I'll pick them up. If I've forgotten something, I'll grab it again and refresh my thoughts and memory on it. Now I've got one on memory!

JAMES: I'm just sitting here looking at her. And everybody knows I like to look at her. Does she look like she's going to be 80? I mean, I don't think I even look so bad.

DR. COLBERT: You don't. Y'all look great!

JAMES: I was going downhill until we got—then I started getting more like Betty.

BETTY: But you know, we basically don't eat an evening meal. We just don't.

JAMES: No. We don't.

DR. COLBERT: Can I tell you that one thing, you unleash one of the most powerful healing processes in your body by intermittent fasting. But that is one of the most powerful things you can do. I had a patient or a person that I just talked to, a minister from Russia and he says that he never sees an Alzheimer's patient in Russia. I said never? He says they walk everywhere. And he says also what they do is they eat natural foods. But many of them will skip a meal. He says I'll eat one meal a day! And he has sharp, sharp memory—incredible memory.

JAMES: This is so different from what the western way has taught us. It is the world's way; it is anything but God's. And I've got to be honest with you because I love to eat. I

love what tastes good and feels good. Do you understand that? I think natural appetites are our biggest test and biggest challenge. Not the unnatural appetites—those are big enough that you get sick to get there. But the natural has the tendency to overpower us and overwhelm us. If we can bring them under control, then nature begins to work with what God naturally made us to do. And it is miraculous!

Betty and I, okay, we're going to be 80. We're not planning on going anywhere. All right? We're going to heaven. We're already in heaven. But I wish all of you could understand. I'm living the kingdom of heaven. The kingdom of heaven is here in us. Why wait? Let's get started. Why don't we start overseeing God's earth like it's his place, his kingdom? Well, we need to do it healthy.

Okay, doc. Now we're going to talk a whole lot more in the next program. But wrap some things up.

BETTY: I have one more question. Do you recommend that everybody get that test to see if they have that gene?

DR. COLBERT: I do. Especially if they're having short-term memory issues or a family history of Alzheimer's or dementia. Please get the ApoE4 gene test, a simple blood test, we do it every day at my office. And get the homocysteine levels. Now I have a page of all, there's like—I have like four or five pages of all the blood tests recommended. But two of the most important, I would say are the ApoE gene test and the homocysteine test. Homocysteine, H-O-M-O-C-Y-S-T-E-I-N-E level, and Apo, A-P-O-E gene test. That's it! E- the letter E.

BETTY: The gene test.

JAMES: Haven't we had—we did.

BETTY: When my mother passed away, we did. We both had it and we did not have

the gene. But can that change? I mean—

DR. COLBERT: No! Thank goodness you don't have the gene. Twenty-five percent of the people in this country have the Alzheimer's gene. 25 percent! That's huge!

JAMES: So they need to start dealing with it with a real focus.

DR. COLBERT: Yes! Because they need to follow my chapter on the ApoE gene because if you have the ApoE gene your cholesterol is usually high, your sugar is usually high, you develop insulin resistance younger, and you should avoid alcohol or at least minimize alcohol, and you need to avoid head trauma. You should not—and especially your kids. If your kids are doing full-contact sports like football, lacrosse, soccer, motorcycle riding, Karate or Judo and have head injuries, they're much more prone to develop Alzheimer's. So I go a whole chapter on that.

Studio Close:

JAMES: Dr. Colbert covers the bases. Betty and I are both 81 years old. She doesn't look like she's even close. She said, “You don't need to tell people I'm as old as you.” But, we do enjoy magnificent health with all we've been through. I've had some things come at me that were put on me by medicine or doctors they should not have been given, and that has happened. It happens to many of us. But he showed me how to deal with the bad negatives of that. I want you to get the book. We'll send it to you if you'll just do this. Betty, right now we're in our Rescue Life where we try to rescue girls, primarily girls that have been trafficked. You'd be surprised, though, how many boys are dragged into being sexual toys. We're able to give people new life that never thought they'd have life. Set them free.

We need right now, in the areas of Asia where we're working, we've got a big building that will be like, almost like a miracle -- almost like a hospital because we were renovating it. But we needed a quarter million dollars, one and a quarter. We need that. We'll need your help. You help us reach out and put God's arms around people who are being trafficked and set them free

and reach out to the least of these, and we'll gladly send you Dr. Colbert's book, and say a big thank you. Also a book by Dr. Jeremiah.

Would you please watch closely and ask God what he wants you to do to help? Because there's a level at which you can help.

Transition roll-in:

TAMMY: Here I am in Southeast Asia, where last night, for the first time in my life, I strolled through the streets of what we would call the red-light district. What I saw, I don't think I was prepared for. Girl after girl after girl waiting to be sold for sex. But as I met many of them, God gave me an incredible opportunity to minister to them. A moment of just loving on them right where they were.

I'm so sorry for everything you've had to go through in your young life. You didn't deserve it. It wasn't your fault. You are so beautiful, so valuable, so important and so loved. I'm so glad that you have found a forever family who loves everything about you. Jesus will never let you go. He fights for you. You are his and you've always been. I am your sister in Christ. I'm your forever fam.

The feeling that I got in those moments, talking with those girls that not one of them -- not one of them ever dreamed of being in a place like that. They feel no worth. They feel like somebody else's property. They have no dreams. They have no hope. God sent us in there, in that place, to speak life to them. I kept thinking, what can I do to help set the captives free? But I've seen it. There is a way out. There is a way out.

Studio appeal:

JAMES: Tammy, you're so right. That's why we established Rescue Life. We've just seen thousands totally set free. Many of those we saved as children are now leaders in their communities; they're teachers, they're professors. Some have been elected to political office.

Many of them are business people. But we reached out with the arms of God's love and put them around them. When I say we, I'm not talking about Betty and me. Or even we, along with the missionaries, who planted their life in the midst of the suffering. I'm talking about you because we could not put God's arms around somebody if you did not enable us. We couldn't meet their needs. We couldn't give them a place to stay. Right now, we've got a fabulous building; refurbishing it is going to take \$1.25 million.

So, Lord, we need some big gifts today. I mean if you can give several thousand dollars, do it, please. Remember, it takes \$128 to rescue one. I always say this, \$1280 will rescue ten. Is there any chance, any chance that you would rescue ten? Is there a level that you would be willing to participate in? Because there is a level you can.

Father, direct everyone viewing in what they can do. And give them the joy and excitement of doing it, in Jesus' name.

You are truly providing the miracle of freedom and life. Betty, I'm praying everybody watching will do something.

BETTY: I am too! My heart was right there with Tammy as she was ministering to that beautiful young lady who didn't feel very good about herself. She didn't feel like her life mattered anymore. Her life was wasted, destroyed by evildoers. But God is there to lift her up through you, through your caring, and your loving. So, let's help these precious young ladies to start over again because they can.

JAMES: Would you please go right now and get your bank card and then use it like a check? I repeat, that's always how you should use a bank card. But go get it. Dial that number where people are calling because they need prayer. But you call it and say I'm calling because I want to give help. I want to give life. I want to give freedom. And make the biggest gift you can. \$128, we can rescue one child and start the whole process of restoring them. Would you help ten by making a \$1,280 gift? Could you do that? And could you make a large gift or whatever

gift toward helping us get this huge building that will be like a hospital for them? It'll be a miracle that's immediate.

We have some gifts to send you that I promise will bless you. But you will be giving the greatest gift of freedom and life, now and in eternity because they will see Jesus in what you're doing and through the missionaries. Please get that card. Make that gift.

Rescue Life 2025 Cause Spot:

***ANNOUNCER:** Innocent children longing to be loved and cared for are being abducted and sold into the evil industry of human trafficking. Through Mission: Rescue Life, your gift today of only \$128 will help reach, rescue, or restore a child and change their destiny forever. Gifts of \$64 or \$32 will be combined with support from others to help rescue one more child from the shame and pain of sexual slavery. Currently, one of our Rescue Centers in Southeast Asia is at maximum capacity. With the need never greater, we need to secure and renovate a new Rescue home that will offer refuge and restoration for up to 50 trafficking survivors. Please consider an additional gift as we urgently need \$1.25 million above our normal budget to secure and renovate this place of hope. With a gift of any amount, we'll send you Sleep on This by Dr. David Jeremiah. This nightly devotional will help you let go of your anxieties and rest in peace as you reflect on inspiring promises from God's word.*

With a gift of \$128 or more, you'll receive the elegant mug set, "A Beautiful Morning." Both generously sized mugs are inscribed with encouraging scriptures to begin your new day. Finally, please consider a gift of \$1280 which will help save 10 children. And you may request our inspiring bronze sculpture, "Lion of Judah."

Please call, write, or make your gift online.

Field appeal:

DAVID: As you've seen today the world of human trafficking is dark and it is evil. And it breaks my heart knowing that there is boys and girls in various places of the world, and at this very moment they're being abused, and they're being forced into slavery. They're lost, they're abandoned, and they're without hope. God hears their cries. He is the Father to the fatherless, he is the defender of the weak, he is the defender of the poor and the oppressed.

And so we pray that you will stand in the gap for these children. We pray that you too will hear their cries and that you will help them in their distress and you will help to set them free. We are here. We are on the ground and we are ready to move on these kids' behalf but we cannot do this alone and we really need your help.

So please do what you can do. Call the number, go online and just make the best gift that you can. You will be answering this call. You will be answering this child's cry in distress. And you will be saving their lives and providing each one of these kids with a new life.

Studio good-bye:

JAMES: I'm so grateful! Father, thank you. We're going to send you Dr. David Jeremiah's evening reflections on God's word. These are just devotionals. There's a place you can click and it'll be read to you by someone who communicates it beautifully if you'd like to listen rather than read.

Dr. Colbert's *Healthy Brain Zone*. God knows we all need that. He knows how to help us. A beautiful ceramic cup set. And then my favorite bronze, "The Lion of Judah" with the power even of the lion, and that's the cross. I'd love to send that to you. Could you make a \$1280 gift? I pray you will. Thank you so much! Betty, don't we have a wonderful audience?

BETTY: Oh, absolutely. We love you very much.