

4/23/25

Week 17: SMF

James & Betty Robison

Jordan Rubin #2

**Studio discussion:**

**JAMES:** You know, we tell you oftentimes that we care as much about you as any of the people that you see us helping on the mission field, whether it's feeding them or giving them clean water that is not contaminated and deadly, and where we're rescuing the sexually trafficked. We try to help people everywhere, but we always say, and it is the truth, we care as much about you as these people we're asking you to help us give hope and life to.

Jordan Rubin has helped give life to as many people that are like us. We believe that Jordan, who started years ago with the *Maker's Diet*. We were one of the first people to start helping him promote the Maker's way of eating. But he went on to find more ways to help all of us and *Natural Remedies* is one of them. I'm just glad to have him here to help you.

From: 10/30/24

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

[Laughter]

*Natural Remedies:* Ancient nutrition. Now listen to me. This is the most magnificently laid out beautiful book. Sometimes you see a big book, you think, oh it will be too difficult! No! This jumps off the page. And it's natural remedies. We've just experienced the most unbelievable thing in our lifetime, certainly in 100 years or more, and maybe

ever—and it is not over. And we've got to know what to do. That's what the *Natural Remedies* do. We can begin to build up a resistance. Dr. Colbert talks about that. We can build up our immune system.

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

**Jordan:** I'm so glad to be here.

**James:** Good memories?

**Jordan:** Absolutely.

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

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

I made a commitment to God, I said, "Lord, if you heal me, if I can just help just one person overcome disease or better yet avoid it, then this living hell will have been all

worth it.” I tried to describe what I felt like as a teenager, losing what I thought was everything, having to leave university, my friends didn't come around very much. I looked, literally like a skeleton and felt like I was trapped in a prison that was my own body. I felt isolated alone, I didn't know anybody that was sick the way that I was. It was an embarrassing disease. I describe it as having food poisoning for two straight years. Couldn't sleep for more than 30-45 minutes at a time. When I would leave the house it was in a wheelchair and people were sort of moving away from me thinking I was contagious.

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

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

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

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

that if I would eat and live the way the Bible says, I could be well. And I'm a Bible reader at this time. I'm a young man of faith and I never knew that the Bible had anything to do with my physical health.

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

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

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

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

foolishly.

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

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

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

**James:** Where do you get that?

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

**James:** You know all this stuff?

**Betty:** I know a little bit about it.

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

**Betty:** I have.

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

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

**James:** Do they know they are natural remedies?

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

**James:** This is a product called thyme?

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

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

**Jordan:** Yes! It is a picture book.

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

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

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

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

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

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

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

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

Oregano! Oregano is a spice that is amazing. It is great as a natural antibiotic. So when my kids come down with a cold or a flu, I use oregano oil, a couple of drops, in about eight ounces of water. Say, take a little swig. When you have that tooth pain, clove oil.

Clove is the most powerful antioxidant spice on the planet; 18 times more powerful than blueberries.

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

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

**Jordan:** Absolutely.

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

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

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



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

**James:** Can you tone it down some?

**Jordan:** Absolutely.

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

**Jordan:** We do. You can combine it with other oils such as coconut oil or olive oil. We call it "a carrier oil." We've heard of frankincense, obviously from the story of Jesus' birth. Frankincense in an oil is one of the most powerful substances on the planet for your brain and your body. Lavender, we love the smell, lavender is one of the best substances to help you sleep, to reduce stress. You can dab some lavender oil on your forehead when you have a headache.

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

**James:** It's not cost prohibitive.

**Jordan:** No. Not at all.

### **Studio discussion:**

**JAMES:** Well, I pray with all my heart you will get *Natural Remedies*, *The Probiotic Diet*, and *Essential Fasting*. We're trying to give food and water and we've got 350,000 hungry, starving children and families located. We need miracle support, \$30, \$50, and \$100 feeds three, five, or

ten children. I want you to listen, if you would, please, right now, to one of our missionaries who oversees so much of the work, literally helping us reach millions of people over the years and change their lives by giving them food when they were starving to death. Listen and please hear God and do what he leads you to do. Watch closely.

**Transition roll-in:**

**ISAK:** I'm here with a lady called Dominga. She's had two children, Tronzinio and Moses. She's been sharing her story with us. And what you see is a mother with no hope, with lots of pain. Broken because Moses is no longer with her.

**Open Captions:** The doctors told me that Moses was underweight and they gave him some supplement food but he kept getting weaker until he died.

**ISAK:** She did all she could for Moses. Moses didn't die because Dominga didn't do enough, didn't love enough, didn't care enough. She represents what so many mothers all over this continent represent -- mothers who literally will do anything for their children. My dad used to have a statement. He would say, "Are you man enough to be an African woman? Are you prepared to do what these mothers would do?"

She lost a child because there was nothing more she could do. Absolutely nothing more. That's why she is the broken woman that she is. But it's also why she shares the fear around her remaining child, "I'm scared that he's going to die, too." I've seen the pain inside of this woman. I see the desperation and I see the fact that she has no hope.

I hope you will respond and say yes. I'll do whatever I can do. Without you, it is impossible for me to leave, and give her a promise that her child won't suffer the fate that Moses did. We can't solve her broken heart for the loss of Moses. But we can restore hope, joy, and life.

**Studio appeal:**

**JAMES:** Betty, I've held so many, as you have, little children. Sometimes, holding them in their mother's arms, trying to give comfort to both. When you see the pain, it's almost unbearable. Impossible to describe. You can see it far worse from what you saw right there where Isak was just kneeling with a particular example of loss and the desire not to lose more. But Betty, when our viewers watch and they see the need and they see the pain and they understand the cost of not getting food, it has moved our viewers. Do you feel today that our viewers understand the importance of when we say we found 350,000 children, that's in situations like you just saw, but we can be the difference and we can see everything change? Do you believe they will be caught by the reality of that and the need for compassion to be expressed?

**BETTY:** I absolutely do. I feel as though you know how I feel, as a mother whose also lost a child, 40 years old but she was still my daughter, she was my child. And so, I know the loss that mother felt. But she has another child that she will lose too, if we don't get help for that child. Can you please, with us, join together and let's be the hands to feed those children? Let's provide the nourishment they need so she can enjoy her other child grow up and watch him also someday come to know the Lord, which we also do. We share Christ with them. We feed their tummies. We fill them up, and then we present Jesus to them. That's a full package, wouldn't you think? Please join with us and let's do it again.

**JAMES:** It's been a miracle to watch. Betty and I have been so blessed. We lost a daughter when she was 40, that was 12 years ago, and we now have, six grandchildren that she watches from heaven. But we have over 30 grandchildren, and we get to look at them and watch them live a healthy life. And we long for that for others. Don't tell me it can't happen in Africa and third-world countries because we're seeing it happen. We were seeing their children being buried non-stop and go back, Betty, and see them in a church building singing praises, just singing the Joy of the Lord.

I remember leaving one really big church where they had buried over 10,000 in the big graveyard that we'd seen when we first found them, in desperation. And then we began to feed them and have been feeding for ten years or more, and went back and saw all these kids. They

had on clothes that had been donated from all over the world because we asked people to send clothes. But they all were singing hymns and songs. They just looked brand-new. They said, “We hope now that you see us that you’ll still keep coming back.” Because we were still feeding them but we were feeding them at the schoolyard, which was the church. That's where they were having school.

So Betty, when our viewers are touched by God and moved by God to extend his hands, miracles happen. Would you right now go and get your bank card and maybe use it for the best reason you've ever used it in your life? And make the largest gift you can to help us save those children's lives. \$30, \$50, or \$100 will enable us to feed three, five, or ten children. Would you do that? Could you give \$1,000? Could you feed 100 children? I don't know what you can do but do it. Make the best gift you can. If you want to write a check, make it to *LIFE*. Go now! Get that card or get that check. But if you write a check, call us and tell us what you're sending. Please do it.

We have some beautiful gifts to bless you in your life and your personal health. But please, be the miracle some mother longs for, some child desperately needs!

**SMF Cause 2025:**

**ANNOUNCER:** *Right now, across the continent of Africa, children are suffering, facing severe malnutrition, and even death. With food reserves gone, and many areas experiencing severe famine, we urgently need to replenish supplies to keep feeding the 350,000 children who are counting on us.*

*Through Life's mission feeding outreach, your gift of love can be an answer to prayer for a hurting and hungry child in their time of need. Call now with your life-saving gift of \$30, \$50, or \$100 to help feed and care for three, five, or ten children for three full months. With your gift, we'll send you Natural Remedies. This beautifully illustrated book explores ancient nutrition and the health benefits found in God's creation to help you live your best life. With your gift of \$100 or more, please request your “Health and Wellness bundle.” This three-book set includes*

*Natural Remedies, as well as Essential Fasting, a simple eating strategy to accelerate weight loss, crush cravings, and reverse aging, and the probiotic diet that gives effective strategies to improve digestion, boost brain health, and supercharge your immune system. Finally, please consider a gift of \$1,000 or more, which will help feed 100 children, and you may request our inspiring bronze sculpture, "Lion of Judah."*

*Please call, write, or make your gift online today.*

**JORDAN:** Hi, I'm Jordan Rubin, and for over two decades, my wife Nicki and I have been supporting the ministries of *LIFE*. With any gift to mission feeding, you will transform the lives of 350,000 children in Africa by giving them nutritious food and a hope for the future. With your gift, you'll receive a powerful wellness bundle, which can bring the power of health and nutrition into your own home. Transform the lives of thousands and your own family. Do it today.

**Field appeal:**

**JOHN:** Well, I wanted to bring you just a minute from South Sudan in one of our school feeding programs here. All of these children have been fed today. I had the wonderful privilege, with our team, to feed each one of these children as they came through the line. And I want to say thank you.

Mission Feeding has been serving the African continent for 34 years. In the places we began, we've seen malnutrition almost alleviated. Now, we are continuing to work in other areas that are in desperate need. And we need your help. The fact is there are villages all over that still need mission feeding.

They need our help. So whatever way you give, whether it be online or by phone, would you please do it right now? We need your help to be able to tell our mission partners that the funding is available for mission feeding. It's not just a bowl of food. It's literally giving life to a child.

**Studio good-bye:**

**JAMES:** Well, Betty, since we do some of these remedies, do you find them easy to follow?

**BETTY:** I do! I think it's a very good book to keep on hand because some situations and things come up in your life you don't expect sometimes. So it's a nice, good, helpful book.

**JAMES:** Well, we know pharmaceuticals can oftentimes do as much damage or more, and natural remedies, normally do not have that effect. *The Probiotic Diet* and *Essential Fasting*, that is doing healthy fasting not what can prove to be not so healthy. We want to be a blessing to you. Thank you for helping us be a blessing to millions of people around the world. Thank you.