

5/21/25

Week 21: SMF

James & Betty Robison

Jordan Rubin #4 (Discussion from 11/27/24)

Studio introduction:

JAMES: Betty and I welcome you to *Life Today*. And I welcome Jordan Rubin back. He came the first time with *The Maker's Diet* about 20 years ago. *The Maker's Diet*: How does God want us to eat? Well, Betty, he just started there, and it was great, changing lives. But then he just kept writing. We've got three books right now: *Essential Fasting*, *Natural Remedies: Ancient Nutrition* and *The Probiotic Diet*. All of this! You're going to hear him talking to Tammy and Randy. I think you're going to be blessed. You've got an opportunity to get some of this insight that might not only change your life, but it might save your life. Be blessed.

Studio discussion:

RANDY: So, when we look at *The Probiotic Diet*, the book that's available now, and we want people to get, what are probiotics? Just give us the foundation. Because I think some people have some misconceptions, or they just don't know what that means.

JORDAN: Probiotics are simply good germs. Now, growing up, you think your parents and your grandparents, that's an oxymoron, right? Because all you ever heard about was bad germs. But your gut houses trillions of bacteria; that's more than all the cells in your body. And now we know from modern science that those bacteria govern everything from the amount of body fat you store to the brain chemicals you produce, to how effective your immune system is at fighting germs, to everything in between.

Researchers and scientists knew it years ago because they developed a concept, it was called autointoxication. It's a long scientific word but it means that what happens in your gut, the body is a reflection of exactly that. And now we're realizing that probiotics,

those good germs that keep the bad germs at bay, think of them as sort of the policeman, the special forces, your internal army. They make sure that your body functions properly. Certainly, they're going to help reduce gas, bloating, indigestion, constipation, and diarrhea. They're great for health conditions such as Crohn's disease, ulcerative colitis, IBS, celiac disease, and GERD.

But they do so much more. They even help control, as I mentioned, the chemicals in your brain. More serotonin is produced in your gut than is even produced in your brain.

RANDY: So my mental health is connected to my gut health?

JORDAN: Absolutely!

RANDY: That's interesting because we've got a pandemic if you will of mental health illness right now. Do we maybe just need to look at our diet, shift our diet, change it?

JORDAN: I absolutely believe that whether you're dealing with we'll call it adult mental or behavioral issues, or childhood, there is an absolute epidemic of ADHD autism, Aspergers; what you would call pervasive developmental disorders. Believe it or not, probiotics help balance your skin if you have eczema, or psoriasis. It's absolutely amazing what can happen when you balance your gut. And you do it starting with probiotics.

But think about this. It is not that natural remedies are miracles. Oftentimes, they're just missing. So if you're missing probiotics and you put them back into your gut then all of the sudden you can digest gluten, you can digest dairy. You don't have post-meal abdominal distention. Or maybe your eczema gets better. Or again, if you have a serious condition like I did, Crohn's colitis, it is essential to balance the germs in your gut.

I want to make sure everyone understands. This isn't some new discovery. We came from the earth, we're going back to the earth in a physical sense. And God created

elements within the soil to get into our plants and our animals that we eat to get into our bodies. And if we disrupt that chain, we suffer.

So I believe everybody watching whether you've taken an antibiotic dose once, whether you've put hand sanitizer on once, whether you have swum in a chlorinated pool or consumed something heavily caffeinated or been angry at somebody, you've damaged your gut. If you were born via C-section, not breastfed, that's very common these days, you missed out on your initial probiotic dose.

And these are things that we find day after day. People say, "Well, I've got terrible health challenges."

I say, "Let me guess. C-section birth, you weren't breastfed, you had recurrent ear infections, tubes in your ears, lots of antibiotics, and then you have allergies and all these other things. What you need to do is reestablish your probiotics in your gut the same way you would replant roses in a garden that has been destroyed. We call it the garden in your gut. And the flora or flowers are probiotics.

TAMMY: Unbelievable. My mind is blown a little bit. For me, how do I know that I'm taking the right probiotic? Do I need ten billion? Do I need 40 billion? Do I need 80 billion?

JORDAN: Here's the funny part, and the sad part, more is not more. And I could go into details if we had more time, which we don't, it's all in the book, by the way. But I learned about probiotics when I was ill. During my battle with Crohn's disease, I took 30 different probiotic products—not capsules a day, bottles. None of them worked. So I was completely sworn off of probiotics.

But I was following a biblical-based diet that I later wrote about called *The Maker's Diet*. And my dad sent me this dark-colored powder with a typewritten page. I have to explain to the young people what that means; like there is a typewriter. And it said,

"This is the missing element in our soil." And it was called soil-based organisms. They are soil-based probiotics. When we damaged our farmland and our soil, we lost that connection and we stopped consuming these soil-based organisms. If you add them back, your gut will be balanced and your body can be restored.

So when you ask me, what are the ideal probiotics? They're called soil-based organisms. And when I was in Italy in 2007, I was in a pharmacy and I looked at a probiotic that they said to take during antibiotic use, which was interesting because antibiotics kill all bacteria. They kill the bad germs and they kill your good germs or probiotics. But God created soil-based organisms to survive heat, to survive antibiotics, to survive acid.

So if you're going to a refrigerated cooler in a store to buy a probiotic, the only way it's going to work is if you're in a refrigerator while taking it. I think people are wasting billions and trillions of dollars. But also, it's an illogical way to boost your gut. So we talk about these soil-based organisms. I've talked about this and consuming them since I was 19 years old. So almost 30 years, I've traveled internationally like you all have. I double up on my dose before, during, and after. Other people are down and out with what you call Montezuma's Revenge. But I have always been able to withstand that even though I've had gut issues, severe ones as a younger person because I'm proactive and I take control of my gut.

But the gut germs called probiotics, particularly soil-based organisms do so much more. And we give you complete details in the probiotic diet. Not only of what probiotic supplements to take, but how to consume probiotic foods and beverages with every meal the way your ancestors did.

RANDY: That's what I wanted to ask because is this strictly a supplemental thing? Or is this something a better diet would help naturally remedy the missing germs in my body?

JORDAN: You always start with diet. Supplement means in addition to. The reason we supplement is because we don't consume something healthful for us in our diet. But

probiotics can be consumed with every meal. There are probiotic beverages such as yogurt and kefir; even sour cream and cheeses have probiotics. Pickles, the original way they were created or pickled cucumbers, had probiotics. Sauerkraut is a quintessential probiotic food. Kimchi, which is Korean sauerkraut, if you will, is amazing.

Every condiment from ketchup, mustard, mayonnaise and relish, was a probiotic-rich food in the past. Pickled ginger that you get in Japanese restaurants, which was a probiotic-rich food. You can even get probiotics, at least you could, in jams, jellies, and preserves. And best of all, Abraham, Isaac, and Jacob consumed them. Jesus consumed them. There is a prophecy in Isaiah that says, "Curds and honey will he eat in order to know the good and -- choose the good and refuse the evil." Curds, sort of like a soft cheese, were made in the Bible because they didn't have refrigeration. The preservation methods were through probiotic fermentation.

So yes! You can get probiotics in your diet. Apple cider vinegar has probiotics. Kombucha, which we talked about off the air, is a beverage that's popular that has probiotics. The list goes on and on. Every meal that you consume probiotics will be a meal where you digest your meal better and feel lighter afterwards.

TAMMY: Are we putting in a lot of antibiotics in our bodies without knowing it every day?

JORDAN: Yes. That's a dirty little secret people don't want to talk about, and we don't want to hear about. Because in our food supply, in our dairy, there are traces of antibiotics. In our meat supply, in our water, because antibiotics are used so pervasively in agriculture.

And what happens when you get low doses of antibiotics every day, when you need them to work, they don't. So that's why you're having resistant strains of bacteria.

And first of all, I will use a word I really like now, killing germs to win the battle for

your health is a reductionist mentality. If you kill a thousand germs or try to, one of them is going to survive and multiply, and you can't win. You have to be in balance. If you've got a healthy gut teaming with probiotics and you happen to eat something that is off, you might not get food poisoning, whereas others will. It isn't the germ. Even Louis Pasteur, who developed the germ theory, said on his deathbed, and I talk about that in the book. There is a great chapter because the germ theory is not accurate. It can't be accurate because germs make some people sick, but others are healthy.

So the way to resist germs is to boost your body. It's the host, we're the host, not the germ that matters. And the probiotic diet, what it really can do is help you build a resilient gut, a resilient body, and therefore, boost your brain, boost your energy, lose weight, build muscle, help your skin, look more beautiful. That's what you can do.

There's even great research on probiotics helping you boost your bone health during menopause. Anything you can think of, and we talked about this, depression, anxiety, etc., you want to balance your “brain chemicals,” serotonin, etc. Probiotics will help you do that. There are even probiotics now, they call psych biotics, because they know they transform your brain health from right here.

And after all, the number one fear in the world, believe it or not, is public speaking. And when you speak in public, you have a headache or, no, you've got butterflies in your stomach. That's the brain chemicals.

RANDY: That's interesting. Okay, so how do we know—how do I do a gut check? Do I just go, okay, I've got some of those symptoms that he's talking about, therefore, it's probably that or is there some other way to know what's going on inside?

JORDAN: There are two ways. And one is the gut check. Again, we don't like to talk about this at dinner. I have the blessing of overcoming, through God's grace and healing, a digestive disease. So that means I was given the opportunity to spend the rest of my life talking about people's bowel movements. There you have it! And I've heard and

discussed every single thing you can think of.

You know if you have gut issues, but we try to sort of brush them aside. We think they're normal. We're belching, gas, bloating. We feel like we have a bowling ball in our gut. Those things we know. But I mentioned earlier if you've been born via C-section, if you've been on loads of antibiotics as a young person or an older person, you're deficient in probiotics. If you've used a lot of external products that are sort of killing your microbiome, if they will, that means your microorganisms, your probiotics, you need a probiotic boost.

Some of us were teenagers and there was a very popular medication called Accutane, which was, and even Tetracycline, which is an antibiotic; we used that for skin. You need gut support. In fact, Accutane, I believe, later was shown to cause inflammatory bowel disease, Crohn's, and ulcerative colitis. So if you've been on those medications, and we took them because we had pimples and our doctor told us to. But you need probiotics, whether you feel like it or not, because some people have symptoms that manifest in their gut, others they manifest in their brain, or as I mentioned, their skin.

The number one way to help eczema is through probiotics. I have an adopted son who is 15, had terrible eczema. We helped him by following a probiotic diet. Consuming probiotic rich foods, as well as probiotic supplements. And we've seen that work with too many people to count. Whether it is a severe condition of gluten intolerance, celiac disease or whether it is minor lactose intolerance, gas, bloating, etc., the first line of defense in your body is probiotics.

But I will say this. If you're concerned about the latest germ that is out there, which there is always a germ that's out there that's scary, the internal army, your probiotics must be at high alert because they will fight your battles for you. Whether you have a gut issue, a brain issue, a skin issue, there is no one that I know that can't benefit from following a probiotic diet.

RANDY: I can tell Tammy is over here going, I've got to do this. Right?

TAMMY: Yes!

RANDY: Is it pretty safe to just say, look, get *The Probiotic Diet*, try it. See what it does for you. Is that a safe thing for everybody?

JORDAN: Absolutely. I have never met a person no matter how healthy they feel or healthy they look that couldn't use a probiotic boost. Maybe you're someone who just has their yearly bout of food poisoning or that stomach bug, just that protection, or you're traveling.

I have had a dream for years, and I remember telling your folks this 15 years ago, every missionary, short-term or long-term, should have probiotics packed with them as a standard course. Why go on a short-term mission trip and be down for two days? And it is awful. And you're down in a place you don't recognize. I hear people all the time. They're in the hospital, they're getting IVs. Double dose on your probiotics prior, during, and after for a few weeks, but I've consumed soil-based organism probiotics for almost 30 years every day.

My ancestors did when they pulled a carrot out of the ground, rubbed it off, and ate it. But we've become over-sanitized. We're too hygienic. God created us to live in harmony with the earth. And when we lose that connection, we lose so much. And one of the main things we've lost are these probiotics. And we give you a way to add probiotics to every meal deliciously. Today, you can get probiotics in a very tasty way.

Your kids can go off to school with -- we even talk about probiotics that help prevent colds and flus, upper respiratory infections. You need to arm your kids with these because what do we say? "It's going around." In school, like preschool, elementary school, this is an absolute disaster when it comes to health. I know so many parents whose kids are constantly missing school because they're sick. We tell you what

probiotics to use for which condition and how to build a healthy lifestyle. We give you recipes and meal plans. Probiotics is a word that sounds sort of scientific, but *The Probiotic Diet* is simply this: how good germs create great health. And we're missing them.

Studio conclusion:

JAMES: Well, Jordan, you still got it. You can still communicate. And Tammy, Randy, you do too, buddy. I thank y'all for sharing important matters with people that God loves. The Maker still wants to help us with our diet. Jordan, you're still great at helping everybody take care of their bodies. I want to remind you that *The Probiotic Diet* is part of a bundle for \$100.

I want all of you to watch Tammy. I think this is one of the most magnificent settings I've ever seen, where you can see the love of mothers for their children and the desire to give them life, give them a future. That's what it takes! Those of us who are watching and who are a part of life with the missionaries that become the answer to these mothers' prayers, their greatest hope. You become the miracle that somebody desperately longs for and desperately needs. Watch this closely.

Transition roll-in: (Be an Answer to Prayer)

Open Captions

>> "If you want your prayers answered, be an answer to someone else's prayer."—

James Robison

TAMMY: When I'm on a mission trip I can't help but feel the pain a mother has when she sees her child suffering because there's no food for her.

Open Captions

>> As a mother, I feel like a failure because two of my children died. It starts with a lack of food. Then malnutrition leads to other terrible diseases. It's really hard for me to

think back to the times when they passed away.

TAMMY: This is Armita. Can you begin to imagine the crushing impact of losing your children because you couldn't feed them? It was devastating for Armita but she knows she must carry on for her other children. How does she manage it? Through fervent prayer.

Open Captions

>> Jesus is the only hope we have. When we go to sleep, we pray, Jesus, thank you for sustaining us for another day.

TAMMY: I would love to tell you Armita's story of losing her children because the lack of food is rare—but it is not! These women by show of hands shared how many children they each had lost. They well know the same heartache as Armita. Mandelena lost five children. Yngo, two children. Margarita, one child. Julia, three children.

One thing all these precious mothers have in common through prayer is they put their hope for tomorrow in the hands of Jesus. My heart is always moved by all the precious mothers I meet here in Africa. And I'm especially moved because I know we share the same hope in Jesus and the way he provides. Today, you and I have the opportunity to be his hands and a direct answer to these mothers' prayers. God is truly on the move in Africa and I invite you to be a part of it.

Open Captions

>> "If you want your prayers answered, be an answer to someone else's prayer."—

James Robison

Studio appeal:

JAMES: That is one of the most important little phrases I ever shared, “If you want your prayers answered, seek to be an answer to someone's prayer.” Betty, as I watch those mothers,

we know what it is to lose a child. And it was because of a disease that you would have done anything to help cure. But we are not dealing with a disease here, we're dealing with the lack of food, and we have a perfect cure for it. And Betty, we've done it for millions of people because our viewers have helped us feed these children. When I look at those mothers, I know how much they love their babies. Their babies are the greatest joy they have over there. They don't have a lot of entertainment, a lot of fun stuff in the impoverished areas where they live. Their little children are their joy -- and then they lose that. It is almost more than we can bear, except that we know what love does. Love transforms everything. We can turn it all around in those villages. Betty, I'm just praying that every single person watching will say, I want to stop that. I want to make the miracle that woman longs for happen.

BETTY: Well, you know, James, God opened up our hearts to go across the seas and see the needs there. Because we were in, so to speak, our own world, the surroundings around us. But God said I want to show you something. When we walked into those other countries, my heart opened up so big. I thought, God, thank you for showing me that I can help make a difference in these little children's lives just by giving them food. That's all they need. That's all the mother wants is food for her babies.

So, I pray your heart has been opened up today even bigger to see that you can be a part of that. God has so much for you to do as his children, to bless other children.

JAMES: I'm praying that you will help us feed 350,000 children that we have found, and their families, that are basically facing starvation. We have the key! It's to get the food to them that we're able to do. But we have to be able to pay for it. A gift of \$30 will feed three children for the next months, \$50 will feed five, \$100 will feed ten, and \$1,000 will feed 100. Could you feed 100? Maybe it's the first time you've ever helped. How about helping five children? Or ten children for a \$50 or \$100 gift? I'm always going to ask you to think big. Think above what you might normally think because we're thinking about life itself. These people will see Jesus in these missionary families. These missionaries are the most beautiful example of Jesus I've ever seen. They move into the pit of hell to bring heaven, and they do it. And they bring their whole families and plant their lives there. This is the reason we know when we start helping these

people, they're going to simply move from one area of need to the other. And as long as they've got the food, they're going to transform the lives of so many.

Would you right now go get your bank card and use it like a check? Make the biggest gift you can. If you write a check, make it to *LIFE*. But call us and tell us what you're sending.

God, Please give us a host of people who help us today. God, we need those helpers and we thank you for them, in Jesus' name.

This is a very important day for many reasons and for many precious people. Please make the gift God puts on your heart. Thank you so much.

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.

Studio good-bye:

JAMES: Well, Betty, I think our son does good. Tammy does good. And, Jordan, you're still doing good. I want to remind you *The Probiotic Diet* is part of the bundle for \$100. You're giving food to save a child's life, to be an answer to a mother's prayer. I know you want to do that. Well, you can do it. I pray you will and I thank you for doing it. God bless you for blessing others.