

5/28/25 From: 1/3/23

Week 22: SMF

James and Betty Robison

Jordan Rubin #5

Studio discussion: (From 5/14/25)

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.

Studio discussion: (From 1/3/23)

JAMES: So are there things you can do? Would there be any kind of a natural remedy? Would there be anything we could do to help boost our energy? Can you answer that?

JORDAN: Absolutely! There are several and it is interesting, we talk a lot about oils and aroma therapy in *Natural Remedies*. Any member of the mint family, if you're either consuming or inhaling, it will boost your energy, not just in your body but in your brain. So peppermint oil is a great energizer: Peppermint, spearmint, and rosemary are another. They're all related.

JAMES: I've got to ask you, what about peppermint candy?

JORDAN: Peppermint candy has some negatives, basically the candy part.

JAMES: Can you get peppermint without the sugar? Would that be more positive?

JORDAN: Absolutely!

JAMES: Because I know sugar doesn't do good for us.

JORDAN: No, sugar will sap your energy at some point.

JAMES: I gave myself Type 2 diabetes by eating sugar. When you have a half gallon of Bluebell and you eat half of the half gallon, you think, well, if I eat all of it it won't tempt me tomorrow. And I said, "Betty, I'm trying to get temptation behind me!" She said, "You're getting it behind you, in front of you, and all over you." And I'm doing this and God says, you're giving yourself diabetes. He couldn't have said it any clearer than if he had written me a note. And really, it took me a little longer but in fact, I did develop Type 2 diabetes which you started with *The Maker's Diet*. And then with this, to show all of us even better ways to help control it so that you can actually, basically, as Dr. Colbert says and in so many ways you say, you can eliminate it. You can totally eliminate the effects. True?

JORDAN: Absolutely.

JAMES: Okay. Energy. Now tell me about energy.

JORDAN: So anything from the mint family, if you consume it, if you inhale it, it gives you body and brain energy. You talked about sugar. Sugar is not the preferred source of energy, fat is. So believe it or not, consuming fats from coconut, from avocado, from olive, even from high-quality butter and dairy, those fats are great sources of energy because one gram of fat provides nine calories, whereas one gram of carbohydrate provides four. You might say, that's bad because I don't want a lot of calories. Calories

are energy. So if you want more energy don't carb load. One of the best things you can do is consume something that has good fat and a little bit of raw unheated honey. We even talk about a little recipe in there to make an energy sort of bar or a ball that has some nut butter, some coconut, and some honey. A great source of balanced energy that won't spike your blood sugar.

And here's an herb that most people can't spell or pronounce called ashwagandha. You mentioned on a previous program, Chinese and Indian wisdom for thousands of years, not just hundreds. They show that ashwagandha can help reduce cortisol, which is a stress hormone, and naturally boost your energy. So we will tell you how to get it and how to use it. And it is a great source of energy, and helps boost your hormones for men and women. It is probably one of the top three herbs on the planet and most people haven't heard of it until now.

JAMES: The neat thing about this is, is I see, you tell me if I'm right about this, it looks like it is a balance. It looks like you're taking great things throughout history. You're not just taking the Bible. God says, "I reveal myself in everything I created." So you can see things working with different people who might not even have a Bible but they're doing certain things that God says reveal healing qualities there that I have created. "I want you to know I have revealed myself in everything I made." So this is like taking the truth that flows through all these different, let's say diets or approaches. It looks like it gives you a balance. It gives you something that you can look at that just adds a new source of life and energy that we've just talked about.

JORDAN: Absolutely. Well, I have written many books and we have tips and tools from all of them in *Natural Remedies*. What I love about it is it is a user-friendly reference guide. There are recipes not just for how to eat or prepare meals. We will teach you how to create allergen-free solutions for your home. So many people are sick because of their surroundings. Their home has mold. They use chemical-laden cleaning solutions to wash their clothes, wash their silverware, etc. And they have chemical toxins. We give alternatives but also what if you've been in a toxic environment, how do you get out of

that? We help you overcome mold. We help you overcome fungal infections or yeast infections which are so common in now men and women. We talk about how to boost your immune system if you're dealing with a cold or flu, but what if you're dealing with cancer or rheumatoid arthritis?

So we give you tools and tips that you can use every single day from burning your pinky to bruising your elbow, to breaking your femur, you will get information that will help you immediately and it will even give you a road map on how to build sort of a first aid, a natural remedy first aid kit within your home because you need to have these tools for when the bumps, scrape, boo-boo, etc occurs. And with six kids, we have every hour a need for an essential oil, herb, spice, or natural remedy.

We take ancient wisdom and combine it with modern science. And if you're on medicine or if you're about to or previously had surgery, you're going to get information that will help you no matter what.

JAMES: I want to touch on something that is really important to everybody. Sometimes we get very serious diseases and one, the C word, nobody wants to hear -- cancer. I was just told the other day that I did have a squamous cancer. We think it is all cool, it is good, it is fine but that's a startle. You hear the word, the C word, they say cancer but you've got some incredible testimonies. I think we're going to hear one from someone. What's their name?

JORDAN: Well, we have Kenny, and then we have Diego. There have been many people that I've been blessed to coach. And on our program two years ago, I shared how God healed me from cancer naturally and supernaturally. So since that time, it's been a passion of mine to help guide individuals. No matter what course of treatment they take, there is a way to naturally and supernaturally conquer cancer. So really excited and just so blessed because I believe that the enemy comes to steal, kill, and destroy and I see it so evidently through diseases and cancer being number one. We've all lost people that we love and I just don't want to see this anymore. If there is a way that we can take God's

plan for our lives and apply it. I used to say when I lost loved ones if I could have just one more day with them, and you know exactly what I'm talking about. But imagine what it means to the world to save a life that can then transfer that hope to somebody else. It's worth everything!

JAMES: We're going to meet Diego in the next program. But we're going to hear testimony from Kenny right now about cancer. Let's listen to Kenny.

Begin video clip

ANNOUNCER: In early 2021, Kenny Phillips received some devastating news.

>> I noticed a lump come up on my neck, and by the spring of 2021, it hadn't gone down. I ended up going and getting a biopsy and they came back and said, "It is squamous cell carcinoma. It is in the lymph node. It is pretty serious."

The very first thing I turned to is I turned to God and I said, I know you've got this God. They took the lymph node out. "You're going to need to have chemotherapy, radiation, and a feeding tube." If it were Adrian, I would probably be the same way. "Let's do what they think is going to be a sure thing and get it done."

>> I have to hold on to things loosely, even your husband. We don't know God's will in every situation and every life.

ANNOUNCER: After multiple disheartening visits to the doctor, Kenny consulted health coach, Jordan Rubin and felt led to follow his principles to help fight his throat cancer.

>> When I called the doctors and said I'm not coming in, I'm going to do this. I'm going to take 90 days to do it the way I want to do it. And the doctor said, "That's the absolute

worst thing you could do." For me, the reason I chose to battle it this way was that I saw this as more of a spiritual battle.

So it meant I had to make a radical change in what I ate. I stopped eating gluten and dairy and sugar and caffeine. No exercising, rebounding on a rebounder. Started eating a lot more of the good vegetables. Fasting 20 hours a day. But then also a number of supplements that I was taking, a specific tea that Jordan told me about that I make and drink a quart of every day. Getting early morning light, doing the ground, and putting my feet on the ground. Praying, actually praying three times a day out loud just declaring God's promises and His Word. I had a lot of people praying for me as well.

They did the scan. So then you come back again about a week later for the consultation. And we go in, Adrian comes with me. He said, "Well, I don't know what to attribute these findings to, but the lymph node has shrunk." Kenny got on his knees and he just -- and we both just got on the floor of that oncologist's office, and we just lifted our hands in praise and we just thanked God for an answer -- an answer to prayer. That's probably one of the happiest days of our lives.

>> Making the decision I made, I would never tell anybody like this is the way you should do it, you have to do it. This is the way I chose to do it. I felt like it wasn't just going to be about me, it was a battle that I needed to wage, and give encouragement and hope to people. Jordan gave me encouragement and hope. I just believe that God can heal in a second or he can do it over a period of time. Or even if he doesn't, he's still God and he's still holy and he's still righteous and pure and totally good.

End of video

In the studio

JAMES: Very, very heavy emotion to us. Gratitude to you God for that incredible testimony in knowing that there are so many things that can happen. And above all, you have to hear God as they did. The disease that he mentioned is exactly what took our

daughter. We look back and we know that Robin and her husband looked and wondered, did we make all the decisions? Nobody wanted to more.

And I guess I want you to hear this because not one of you wouldn't have rented a car and driven all the way across America if you could bring us the cure for our daughter. And we don't say that we have a cure. God's the only one that heals. He does it in so many different ways and is so marvelous, with the medical community. But also a combination of or sometimes just the natural way. And this is just simply offering you some glimpses of God's glory and his power and His grace throughout history in the natural, and as I said talking to Jordan yesterday, in fact, supernatural.

Betty, I believe God led Jordan to all of us. I believe he led him here 17 years ago and we've been able to help him. And then all of us together, we've helped a lot of people. I know you and I are looking out saying, we want maybe that's here or what God says to you to be the healing factor. We want it for everybody.

BETTY: Absolutely. And the important thing you have to decide is am I going to follow God in any decisions that we make in life. And even your body, God gave you that body and he says I love you. I want to show you ways that you may not have known that you can take care of your body better.

That's what we try to do in everyday life, James and I do. Sometimes we make bad choices and we feel the effects of it. So this has to be a decision between you and God. He will give you the wisdom to know what to do. But this book, I believe, is a good guideline. If you go to it and search it out, just like we search the Bible for truth, go through here and look for things that relate to you and pray about them, and know that God will show you the ways that you can help take care of your body in all things.

JAMES: Let me just say to you, Jordan, tell everybody that's watching what you'd just like for them to hear about what -- we're going to have another program with Jordan, and all we want if for you to start this year great. Jordan, what do you want our viewers to

hear about what they may actually find here that will mean so much to them?

JORDAN: I just think it is so important for all of us to understand our body is the temple of the Holy Spirit. The Spirit of God dwells in us. And if you're a parent, you have a responsibility to take care of your children. And you may have a child that has a diagnosis of autism or maybe diabetes. Maybe your husband, maybe your wife is dealing with a serious illness like cancer or Multiple Sclerosis. I promise you, that you will find health and hope in the pages of *Natural Remedies*. No matter what you're doing, if you're on medical treatments or pharmaceuticals, if you're about to have surgery, we will give you tools and ways to help support your body's natural healing response that God created.

People ask me all the time, "Is it too late? Am I too far gone?" I say, "Yes, if you wait until tomorrow." Now is the appointed time. It says in God's Word, "Today is the day of our salvation." If we don't make a decision for our health, then the environment, the world, is going to make the decision for us. Choose life!

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: (No Life)

Open Captions:

The worst drought in Southern Africa for over 40 years has caused food insecurity for nearly 2.2 million people in Angola. – UN World Food Program

ISAK: Multiple years of failed crops, and once again this year, the crops are failing. You can see just how dry these are. You can understand that there's no life here. There's no way that these crops are going to produce food. When you look at the soil, you can see how it's just dry, there's no moisture here. There's no life in the soil; the same as there's no life in this crop.

Open Captions:

Florinda knows the devastating results when there is no life in the crops.

ISAK: When we asked her about the food that she's eating, she said, "Well, we don't have much but what I do have is maize and a bit of rice." That's all she's been able to afford to buy for her children and herself. Not even enough. No real nutrients coming into their bodies. That's what Florinda explained to us that some months back her child got more and more sick. She described the conditions of what we know as malnutrition. She then took her child to the clinic. But before she could even get there, she lost her child. We were, unfortunately, too late to save Manuela, Florinda's three year old child died. But Mario's life is still here. We can still save Mario if you open your hearts, we can do that today. By bringing mission feeding to this village, we're able to bring life. Life in the form of food.

Studio appeal:

JAMES: Wow! Betty, you remember us watching little graves like this being dug on one of the earlier trips into Angola? I went back the next time we were there to that cemetery and then there were hundreds. We'd begin to look and we'd see a little toy, maybe a piece of clothing that belonged to a child. I remember seeing a jar with a little baby's picture in it. That was their marker. It just nearly killed me. I said, "Betty, we have to stop this!" And boy, did we ever. When I say "we," I'm talking about you. Because when I showed you those little graves, those little markers, you cared. You reached out and put God's arms around a big world, hundreds of thousands. We have fed as many as a million a day in some of the most crisis-situation times. Right now, we've got 350,000 located that are starving. 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 and the need for the compassion to be expressed?

BETTY: I absolutely do. I feel as though you know how I feel as a mother that's also lost a child, 40 years old, but she was still my daughter, she was my child. Can you please join together with us and let's be the hands to feed those children? Let's provide the nourishment that they need. 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: When you see God's love in action, it's very simple to point to the God that gives that love and pours it out through people like you. Would you right now go and get your checkbook? Would you go and get your bank card 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? Would you take that bank card and use it like a check and go online or call that number and make the largest gift you can possibly make knowing this, I'm giving the greatest gift there is. I'm giving life! And the missionaries are going to point to the source of all life that flows love through us toward those precious people. Would you do it right now? 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: So, James, Betty, I'm here in South Sudan where we many, many years ago first began the work in South Sudan with our mission partners, the Pretorius family, Jesus Alive Ministries.

One of the lessons you have taught me over the years is to think big. You've inspired our people to think big. Well, James, the fact is this line represents big thinking, enormous thinking. From those first 5,000 children that you helped us feed back in 1989 to today, the African governments say that we've seen the lives of more than 18 million people saved.

And as we come together with our partners, I wanted to say to you how important it is, James, as much as we've done, there is still a very, very urgent need for more Mission Feeding all over the continent of Africa. Angola, the food crisis that's going on there with the drought and the continued struggles that the people there face. Here, South Sudan,

other places that we're working, we need our partners.

So, I'm asking you, James, once again to inspire our partners to think big. Think bigger than what we've ever thought before so we can feed more children and that we can save more lives until Jesus comes.

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 not to be 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.