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Week 31: SWFL, Wellness Wednesday
Randy Robison and Tammy Trent
Dr. Don Colbert #2

Studio Discussion:

RANDY: Welcome to *LIFE Today*! I'm Randy Robison. Tammy Trent is with me. How are you doing today?

TAMMY: I'm good today.

RANDY: So, physically, right, we tend to answer that way. Spiritually, how are you doing?

TAMMY: I feel like I'm strong, honestly, which is a great place to be.

RANDY: It is! And today, we're going to talk about the fact that your spiritual condition directly impacts everything about you. You've seen Dr. Don Colbert here on *Life Today* many times. He is a certified board family practice doctor. He is a medical doctor but he also knows the importance of your spirit.

He has a new book in this series that we want you to get. But what we're going to talk about today is called a *Spiritual Health Zone*. So Dr. Colbert, great to have you today!

DR. COLBERT: Thank you! It's great being here.

RANDY: This is very interesting because you deal with physical, as a profession.

DR. COLBERT: Diseases every day -- I see diseases every day. Everything from high blood pressure, heart disease, arthritis, depression, anxiety.

RANDY: So what is this? What is this spiritual?

DR. COLBERT: Well, after practicing medicine for over 40 years, I've come to the conclusion that most doctors have missed the keys to longevity, to health, to peace, to joy, to becoming disease -- mostly, disease-resistant, and resistant to most mental diseases like depression and anxiety. It is simply following the love commandment.

But most Christians don't realize this is a different kind of love than most people think about. You see, most people see love as I love pizza. I love football!

RANDY: I do!

DR. COLBERT: I like football. I don't love it because love -- but this is a special *agape* love because Jesus gave us a commandment in John 13:34, 35. He says, "A new commandment I give you that you love one another as I have loved you that you also love one another. By this, all men shall know that you're my disciples if you have love one to another."

Now, in the Old Testament, we're to love our neighbor as ourselves but Jesus upped it. We're to love each other as much as he loved us. Now, that's impossible without the Holy Spirit.

So, again, people say so many times, I've got love. But this is a different kind of love. This is a selfless love. This is a love that loves others with tremendous compassion and empathy. It is the God-kind of love. This love is only tapped into first by being born again then receiving the Holy Spirit, and then being led by the Holy Spirit, and then abiding in the vine.

As we abide in Jesus, and spend time with him, then literally, those qualities become our qualities. We develop the love walk where love is doing, it is not just saying. And so we start to do the love walk when Jesus said in Matthew 25:35, he says, "I was hungry, you gave me food. I was thirsty, you gave me a drink. I was in prison, you came to visit me. I was a stranger, you..." and all this. The disciples said, "Hey! We never saw you hungry and didn't feed. We never saw you thirsty. We never saw you as a stranger." He says, "When you did this to the least of

these my brethren, you've done it unto me." So, again, we have to be love-doers.

See, there are four kinds of love. That's where people get so caught up. Most people, like I say, think of love as just loving pizza, loving hamburgers, loving steak, loving jewelry, loving a Rolex watch, loving a nice dress, a nice outfit, nice shoes, a nice home, a nice car. But no! John says in John 2:15-16, he says, "Love not the world; neither the things in the world." He says, "If any man loves the world the love of the Father, (or agape love) is not in him." For all that is in the world, the lust of the flesh, the lust of the eyes, and the pride of life is not of the Father but is of the world. So this is a different kind of love.

RANDY: You know, I think most people, especially Christians, understand yes, love is key. I want to love. I want to experience God's love. How does that translate over into your overall even physical health?

DR. COLBERT: Again, if we step out of the love walk, for example, there is a new study that came out that says 70% of a group of 2,000 people held a grudge -- that includes Christians. When you hold a grudge, that's unforgiveness. When you have unforgiveness, even just a little grudge, you step out of the love walk.

See love keeps no record of wrongs. That's First Corinthians 13:5. Paul wrote a lot about love in First Corinthians 13, but John wrote a whole book on it in First John. The whole book of First John is about love. So again, many emotions throw us out of love. When you're depressed, you generally don't love yourself, and we're to love our neighbor as we love ourselves. So, we think of ourselves as worthless, not valuable. They have that attitude and it is something that we have to again get into that love walk. Because love needs to be our guardrails. When we stay in God's love walk, literally, our joy, he says again this is the key to keeping your joy full, Jesus said. Right? Hours before he was crucified. And he says, "As I have stayed my Father's commandments, you stay in my commandments." The main commandment is the love commandment. It fulfills the whole law.

So, if we stay in love our joy will be full. We won't have depression. We won't have anxiety. We

won't have dread. We live in the present moment and we don't have to worry. But then it is great for our immune system. It literally sparks the immune system. It resets the stress response.

See, most people's chronic diseases are literally due to a stress response where the stress hormones are designed to be stimulated to enable us to flee or fight an attacker or run to safety or something. But what happens when we don't run or fight, we stew in the stress juices. These chemicals meant to save our lives start to slowly destroy our lives by the chronic effects of stress.

So, that's what the love walk does. It resets the stress response so it's not chronically activated.

TAMMY: So do you think, as I sit here and listen to you, I feel like we're living in this crazy time, an epidemic of depression, anxiety, anger, stress, all the things? You use the word *grudge*. I think if I'm being honest, many of us are carrying some level of that in our lives.

You talk about the love walk. I'm just thinking about the person that's sitting there going, that all sounds great but how do I even get there? You don't know my story. You don't know my hurt. You don't know my pain. I want to be there but I've been carrying this around my whole life and I don't know how to find that. Even though I know it is in the Word of God.

What would you say to someone that walked into your office and said, "I want that! I just don't know how to."

DR. COLBERT: Well, I see this every day. I do this every day in my practice. Again, what I do is I deal with trauma, I deal with trapped emotions, I deal with deadly emotions. Just like fibromyalgia patients, I see them almost all the time. We have an amazing success rate. But these people are harboring grudges. "Someone's done me wrong" song. When that happens, again, I have to take them through forgiveness.

Just recently, I had a lady with fibromyalgia. She had 30 people on her list; I named them and I listed a stress response to 30 people on her list. Her church had gone through a split and she was angry at so many people including the ex-pastor and the people who took away a lot of the

members.

So, I took her through forgiveness therapy and forgiving herself, and forgiving the pastor. Then all of a sudden she had these tight muscles, her blood pressure was high, and she was in chronic pain. I said, "Now listen. Is it worth forgiving these people so you can get rid of this chronic pain, trapped trauma?" And these muscles in her shoulders and her neck.

When I finished, within about 15 minutes totally relaxed. She was laughing. Her husband was sitting there with his mouth gaping open and just amazed. I took her through forgiveness, had her repent, and had her give it all to Jesus. Got her in a super relaxed state. Then I just spoke the scriptures over her, prayed over her, and had her repeat the prayer. And literally, I plowed the field, pulled the weeds out, and then I planted the seed of the incorruptible Word of God. And we saw her life changed in 15 minutes. Absolutely amazing!

Now does that happen to everyone? Not if they're not willing. They have to be willing to forgive. Because of this lady, I had to keep saying, "Now, you want to keep this pain? You've had this pain now for ten years. Do you want to keep it?" She said, "No! I'll do anything to get rid of this pain!" "Okay. Are you willing to forgive?" "No! You don't understand."
[Laughing]

So, again, I had to finally, get her to acknowledge that she was willing to release that thorn of unforgiveness that had her trapped. Her stress response was chronically elicited. When she was able to forgive, that stress response [boom!] It reset. Then her stress chemicals returned to normal: Cortisol, adrenaline, noradrenaline settled down to normal. And then you literally saw the peace of God come over her. Then she broke out into laughter!

TAMMY: Incredible! Did you make her write that list or did she come in with a list of 30 people?

DR. COLBERT: No, I made her. So I went through and I put 30 names on that list. And I had to go through it. Each name we had to name the person, and we had to take her through

forgiveness. I said, "Well how do you take them through forgiveness?" Well, I had her say, now you're going to have to cancel the debt on this person. We named the person. And Ephesians 4:32, Paul says, "Be kind to one another." Now can you imagine the church in Ephesus, "Be kind. Now you guys, Christians, be kind to one another, tenderhearted, forgiving one another, even as God for Christ Jesus has forgiven you."

We are to forgive as Christ forgave us and we're to walk a life of forgiveness. If we don't, we have a chronic elicited stress response. The same stress response meant to save our lives will start to literally drain our energy, will create all this muscle tension, which is part of the stress response, and eventually disease. We'll get high blood pressure, our arteries will constrict, and the pressure will shoot up. Then we'll get other deadly emotions. And it literally invites, I talk about the tormentors, we can talk about that later, the tormenting diseases in the body.

RANDY: So you know it is interesting because I think most people accept the fact that a lot of chronic disease does come from stress. And that our emotions can keep our body in a state of stress; the anxiety, the unforgiveness, the worry, those types of things. But yet, when we go to a medical doctor, we want a drug to -- talking over each other -- and you're saying it's not -- are we missing the connection sometimes between body, mind, and spirit?

DR. COLBERT: Well, most doctors only have about ten minutes. They have to see about 20-30 at least a day. Again, I spend an hour. But again, I'm not trying to -- I don't need patients, I'm booked. But one thing I do know is we have got to address the emotional, the spiritual, the unforgiveness, the deadly emotions, and the trauma that is trapped in so many patients. And because of these traumas, they have chronic diseases they're not able to clear and they're having to be medicated. And that's what's happened. Most doctors are medicating these emotional illnesses and not treating them because the people won't get better --

RANDY: And you're saying to get to the root and oftentimes, it is spiritual.

DR. COLBERT: Yes. Now again, like autoimmune disease. A lot of people -- not everyone with autoimmune but many, autoimmune disease is simply a disease like rheumatoid arthritis,

lupus, M.S. There are many. There are like 100 autoimmune diseases, but many times I find people with those diseases have quit loving themselves. When you don't love yourself your body turns upon itself and starts attacking itself.

Just many contributing factors and inflammatory-type issues, gut issues. So, again, that's not the only thing, but that's a major thing is what we find.

TAMMY: There are so many times, Dr. Don, I'm going through something and I think about you. I think, I'm going to call Dr. Don and just walk into his office and have him just look at me and say, this is what it is. You have held my arms before. You have prayed over my belly. You're truly amazing! And I do love the fact that you think about mind, body, and spirit. I absolutely do believe in my own life that my thoughts would dictate how I'm feeling, if I will get better.

I just took a massive fall on a mission trip a week ago and everybody said, "How are you doing?" It is funny because my attitude has been I'm doing great. Praise God! It could have been worse. It could have been so much worse. So my language, my language I feel like can change my whole circumstance. It is because I'm working with the things of God. So I'm careful about the things I say.

DR. COLBERT: You're aligning your speech with God's Word, which is extremely important. And so many Christians tell you what their feelings are but we need to put our feelings in alignment with God's Word. The Word of God says, the weak say, I am strong. If you're depressed say, I'm happy. Speak happiness over your body. Joy over you. And eventually, your body, the autopilot will be reset.

Like pessimism. These people have set their mindset on failure. Again, because they're set on failure, they have a failure mentality. So when you have a failure mentality there is a root of feeling worthless. Or what's happened is they have had expectations in the past, their hopes have been dashed so they don't want to ever get their expectation high because they know that it will eventually fail and it will hurt them even more.

So, that's a pessimistic attitude. It's based on three things, guys. It is a mindset. It is a mindset. Again, the mindset is simply thoughts that are negative, pessimistic, that are simply failure-based, thinking you're going to end in failure. It's personal, it is all your fault. You're blamers. These people are blamers. They blame themselves, they blame others.

They also claim it's permanent because when something bad happens it is going to be permanent in their case. And it is pervasive. It will affect every area of their life. And they're stuck on these mental strongholds. That's why the Word of God tells us, in Second Corinthians 10:4, 5 that the weapons of our warfare are not carnal but mighty through God to pulling down the strongholds, casting down imaginations and every high thing that sets itself against the knowledge of God and bring it into captivity. Every thought -- that's where you go, Tammy -- every thought to the obedience of Christ.

And so, we have got to set our minds on God's Word and not our fears, our worries. We've got to stay in the present and not worry about the past, or fret about the future. We've got to stay in the present moment and just literally walk with God. Let the word dwell in us and it will keep our mind and those guardrails in the love walk, and in the peace and joy. Because when you have all of that, you become emotionally disease-resistant. You become resistant to depression, anxiety, and fear, and you become disease-resistant to many diseases.

TAMMY: And I can do that without medication. I can change my thinking. I can think about the things of God and talk positively like my arm is healed in the name of Jesus. Everything is fixable. I'm going to push through this, Father. So, it is like I don't even need medication to think on the things of God, to meditate on His Word, and what he says over my life. The enemy can't take from me. It's just I'm learning to fight wounded.

Do I still feel pain? Yes, I do. It's there, I feel it. I'll go for an x-ray or an MRI next week so we'll find out more. But it is just kind of staying in that mindset for me of like, I can do all things. I have joy. There is strength in that and I'm going to fight wounded if I have to.

RANDY: I think part of the question you may be asking right now is okay, how do I know if

what I'm feeling emotionally and physically is a spiritual issue? Because sometimes like in Tammy's case, you break something, I'm going to go have it set with a doctor. But if you're dealing with those emotions, those negative spiritual things that scripture warns us about, you might want to look there.

Well, we want to help you examine yourself so you can be healthier. You can get on that path towards health. You can take control of your own wellness. And you can do that today by getting Dr. Colbert's *Spiritual Health Zone*.

We're going to ask you to help us bring health through a very physical thing, clean drinking water to other people around the world. When you do that, we want you to request Dr. Colbert's book so that you can take control of your health. You can be spiritually and physically and emotionally healthier. Watch this and see how you can join us as we help you.

Transition Roll-in:

ANNOUNCER: The Nile River, the longest river in the world, is long associated with the biblical stories of Moses, for millions of people who live in Africa, it is still considered a primary source of life. But for decades now, it has also delivered illness and even death due to contamination. Yet, in countries like South Sudan, it remains the main water source for its people.

ISAK: I'm here with this mother. Her name is KK and her little baby is called Alonon. She's just been explaining to us how she travels down to the river here, her only source of water. She collects this water that's in the bottle here. You can see just how dirty that water is. I can only imagine how contaminated it is.

But what I can tell you is that I can feel the effects of the contamination of this water just by touching this child. This child is burning up with a fever. He probably has some form of waterborne disease as a result of this dirty water that the mother is having to give to this child.

Maybe you don't understand what's going on here. Maybe you look at this and you say but how? How does that mother give her child that water? I would never give my child water that looked like that. Well, she feels the same as you. The only difference is she doesn't have any option. This is the only water in this area. It is the only water she can give to her child. And it might be the very thing that steals her child's life. But her child will die without water. So water that might make her child sick is better than no water at all.

You say, what do you do about that? I mean what can we do? How can we help that mother? How can you rescue this precious little life? Well, it is so easy. You see, this one life can be saved by one gift. And every time you make that gift, you're saving another life. As you say, yes! I can save three or maybe five or ten. What you're saying is I'll save little Alonons. I'll help three mothers like KK to rescue their child, to give them the option of clean water, the option that I have.

Please, help us today. Help KK. Don't do it for me. Do it for this mother who loves her child as much as you love yours. And do it for this precious little life -- a life that doesn't deserve to be stolen by waterborne disease.

Studio Appeal:

RANDY: I know when you see things like that, sometimes it raises questions. I've had many questions. Years ago when I was in Africa, I touched the water. You see the dirty water but if you touch it, it just takes it to another level. It doesn't smell good. You think why would you drink it? Why don't you do something else? On other trips to Southeast Asia, I've seen people trying to collect rainwater, trying to filter their water. Some of them may try to boil it, and most of them don't have something they can boil water in.

The point is, they are doing all that they can, but at the end of the day, they have to drink something. And when they have no other choice, they drink dirty water. I think beyond the questions, we need to get to answers. So my question for you would be they're doing all they can do, are we doing all we can do? And Tammy, I know the answer because we've seen it. The

answer is simple. We go in and we drill for water.

TAMMY: Yes, it changes everything, Randy. If I were to ask you to think about just something as you're contemplating giving, if when I watch that piece I think, she's no different than me or than you. She is somebody's daughter. She's the mother of those children. She's fighting hard to care for them and take care of them with whatever means that she has. And trust me, she doesn't have a lot.

But I've also seen those mothers pray daily for God's provision, believe for God's provision, having faith for God's provision. So she's my sister in Christ. She is no different than me. She is no different than you. She just has a lot less than we have.

So, if you're thinking about it right now, if you're praying about it, I guess that would be my hope or my challenge for all of us can we do a little something? I know we're all struggling in a lot of different ways, Randy but could we set a little something aside for somebody else that is doing a lot less than we are? That's struggling a lot more than we are.

That's what I'd ask you to do right now. Just take it before the Father and pray. And then if he is laying something on your heart, don't hesitate. Go to the phone, go online, and give whatever gift God is asking you to give. When you do, we want to send you Dr. Colbert's brand-new book, *Spiritual Health Zone*. Just as you are blessing these families, these children, we want to bless you. When we all come together, it makes such an enormous difference. And it is a big gift. I want to give them a gift not just for a cup or two, I want to take a whole rig into that village and drill them a well, that will last for the rest of their lives and will change everything and give them hope and give them a future.

It is something you can do today, I can do today, we can do together. Let's not hesitate. Let's make the difference. Do it today!

Product Week Cause spot:

ANNOUNCER: You don't have to suffer the debilitating effects of fear, shame, and other toxic emotions that can harm your health. Introducing Dr. Don Colbert's inspiring new book, *Spiritual Health Zone*, "A road map to adding joy, peace, and years to your life." In its pages, you'll discover how gratitude, forgiveness, and love are keys to divine health that can restore your body, mind, and spirit.

Request *Spiritual Health Zone* with any gift to help drill 350 water wells this year that will provide clean life-giving water for thousands of children and their families.

DR. COLBERT: Hey! Dr. Don Colbert here. Did you realize that contaminated drinking water is one of the leading causes of death and disease throughout the world? Clean drinking water is absolutely essential to good health. That's why I've joined *Life Today* in helping drill water wells throughout the world. We've been partners for years and I encourage you to do the same. Give the gift of clean healthy water. God bless you. Thank you!

ANNOUNCER: With a gift of \$1200 to help provide water for 250 people, or a gift of \$4800 to help sponsor a complete well, you may also request our new bronze sculpture, "Lion of Judah" inspired by Revelation 5:5.

Please call, write, or make your gift online today!

Studio goodbye:

RANDY: What a wonderful opportunity to be able to bless others to improve their health! And request Dr. Colbert's *Spiritual Health Zone* and get on your own health journey. We can do this. Tammy, I love the scripturalty -- is that a word?

TAMMY: I think so. I'm going to go with it.

RANDY: The scriptural soundness of this. And it makes me feel better.

TAMMY: Yes. And Dr. Don, that's what you bring to all of us. You have such incredible insight, biblical insight on health. All of it. And you offer it in your book. Thank you so much. Come back again. We have so much to talk about.

DR. COLBERT: Well, thank you. I'm excited. Absolutely! Thank you.

TAMMY: And it's good to have you here. We'll see you next time on *Life Today*!