



KEYS TO LIVING IN DIVINE HEALTH

KENNETH COPELAND, DON AND MARY COLBERT

APRIL 1-5, 2019

DAY 1 – ELIMINATE STRESS TO LIVE IN DIVINE HEALTH

Our guests are Dr. Don and Mary Colbert. In his book *Deadly Emotions*, Dr. Colbert wrote about a man who had extremely painful back pain. Many Christians have stress, anxiety, fear and depression. If we sit at the feet of Jesus, we can't have fear. We who believe in God's WORD, have the expectation that something good is going to happen.

STUDY IT

- I. Our guests are Dr. Don and Mary Colbert.
 - The Bible says a merry heart does good like a medicine (Proverbs 17:22). Years ago, when Brother Copeland was hurting with sciatic nerve pain, Dr. Colbert told him he needed a good belly laugh.
 - Brother Copeland was speaking at Bishop Keith and Deborah Butler's church last year. In the congregation was a neurosurgeon, Dr. Avery M. Jackson III, CEO and the medical director of Michigan Neurosurgical Institute, who was raised in faith.
 - Dr. Jackson said it has been scientifically proven that your brain and your body can't tell the difference between a put-on laugh and a real belly laugh.
 - At the hospital they have "laughing sessions" to help people manage pain.

- II. In his book *Deadly Emotions*, Dr. Colbert shares about Norman Cousins, who had extremely painful back pain.
 - Mr. Cousins found out that negative emotions increased the pain. He decided to try the opposite.
 - He noticed that positive emotions brought on by laughter relieved his back pain.
 - This concept of pain management was revolutionary and was written up by Harvard doctors and documented in medical literature.
 - When you have a merry heart, the peace of God and the joy of The LORD come—and you have strength (Nehemiah 8:10).





- III. Many Christians have stress, anxiety, fear and depression.
- Some people have the “Martha Syndrome.” Mary was sitting at the feet of Jesus. Martha was working to prepare a meal for a large number of people. She came to Jesus and demanded that He tell Mary to help in the kitchen.
 - “Lord, doesn’t it seem unfair to you that my sister sits here while I do all the work? Tell her to come help me.”
 - Jesus said, “You are worried and upset about all these details. There is only one thing to be concerned about, and Mary has chosen that. It will not be taken away from her” (Luke 10:40-42, *NLT*).
 - You can have perfect peace and joy unlimited, and be full of glory. Peace is the key. God promised that we will enter into His peace (Isaiah 26:3).
 - Both Mary and Martha knew what Jesus had done with the loaves and fishes (Matthew 14:16-21).
 - Mary didn’t take the care of feeding the people. She rolled all the care onto Jesus. Mary could have slid a bowl of beans there and expected Jesus to multiply it.
 - It seemed that Martha was more interested in the recognition of people than hearing what Jesus was teaching.
- IV. If we sit at the feet of Jesus, we can’t have fear.
- Jesus said, “Come unto me all who are heavy laden and I will give you rest. Take My yoke, let me teach you, you will find rest for your souls” (Matthew 11:28-29).
 - Cast all your care on Jesus for He cares for you (1 Peter 5:7).
 - A merry heart does good like a medicine, but a broken spirit dries up the bones (Proverbs 17:22). Arthritis eats the bones.
 - There are people who have gotten stuck in “reverse faith.” They have had so many disappointments, that’s what they expect—more disappointments.
 - The circumstances were that water was coming into the boat. The disciples needed help (Mark 4:38)!
 - We don’t ignore circumstances, but we believe that The WORD can be more real than the circumstances. We speak to the circumstances and command them to line up with God’s WORD.
- V. We who believe in God’s WORD, have the expectation that something good is going to happen. God has plans to give us hope (Jeremiah 29:11).
- The Apostle Paul was in a ship that was caught in a hurricane for many days. The angel came three times and reminded Paul that God’s plan for him to go to Rome would be fulfilled in spite of the storm (Acts 27:13-26).
 - Paul got back on God’s plan and told the others, “Cheer up, we’re going to make it.”





- Jesus said to the man who was let down from the roof, “Cheer up, son, your sins have been forgiven.” The man must have had sin on his mind (Mark 2:3-11).
 - The man’s expectation was for healing. He knew he needed to get in front of Jesus.
 - He was like the woman with the issue of blood; she had a high expectation that she would be healed (Matthew 9:20-22).
- Some people are thinking their faith is weak, but actually, their hope is low. Your faith can be strong, but your expectancy is not high. Faith is the substance of things highly expected (Hebrews 11:1; Philippians 1:20).
- Mary Colbert has been called to teach the five principles of faith. Hope is one of those five things. When your hopes have been shattered, regroup. Stay on hope until faith brings God’s promises to pass.

MAKE IT PERSONAL

God’s plan is that something good is going to happen to you today. Meditate on Jeremiah 29:11.

Keep a daily journal of THE BLESSING of God in your life. Be specific. At the end of each week, look back at what God has done for you, and be thankful!





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DAY 2 – BE A DOER TO LIVE IN DIVINE HEALTH

We are the members of Christ. What an honor and privilege to be the Body of the Temple of the living God. Make exercise a part of your lifestyle. Patients come to Dr. Colbert to learn key principles of whole health—spiritual, mental and emotional; wholeness.

STUDY IT

- I. We are the members of Christ (1 Corinthians 6:15).
 - When we are sick, it doesn't affect just us or our families. It affects those we are praying for, if we're praying for all saints and all who are in authority.
 - Your body is the temple of the Holy Ghost. You don't belong to yourself. You have been bought with a price (1 Corinthians 6:17-20).
 - To obey God, what we eat or the way we think should line up with God's WORD. This Bible has commanded us to offer our bodies as a living sacrifice.
 - Walking in love is a commandment; in fact, that's the only commandment (Romans 13:9).
 - The LORD told Brother Copeland, *I love you, son, but I don't like you very much. I commanded you to walk in love. You are too high-tempered.*
 - He told Brother Copeland to not ever again read anything about himself in print, good or bad. The bad is hard to get rid of, and the good part you don't want to get rid of, which leads to pride.

- II. What an honor and privilege to be the Body of the Temple of the living God.
 - When people come for healing, even if they are obese and putting too much pressure on their knees and ankles, healing always comes when a believer prays.
 - But those people have become too heavy for their joints and refuse to do anything about what caused it.
 - They have exceeded the limits of their frames.
 - Those people who are overweight can now have hope. They can envision themselves being at a normal weight and without pain.
 - To lose weight, start crucifying the flesh, get on the Keto-Zone Diet, practice intermittent fasting, and take key anti-inflammatory supplements.





- Dr. Colbert does a plant-based keto diet in which 70 percent of calories are consumed as healthy fats like avocado oil and olive oil, seeds and nuts.
 - This diet will cause cholesterol levels to drop, and weight loss follows.
- Combine the Keto-Zone Diet with the Hormone Zone using two key hormones; testosterone and natural thyroid; add collagen, curcumin, and glutathione.
- It's most important to meditate on The WORD, and be a doer of The WORD (James 1:22) by putting away the sugar.

III. Make exercise a part of your lifestyle.

- It takes about 21 days to form a habit.
- Get into an exercise program using gliding (like cycling) rather than running.
 - Pounding your feet and knees can damage your joints. Use weights, do planks, and practice core exercises.
- When we exercise to the extreme, it constricts the arteries.
- But at a 110-130 beats per minutes heartbeat, you reach the sweet spot of working out, in which your arteries dilate, endorphins (natural pain relievers) rise, and you get valuable exercise.
- Start out exercising five days a week, 30 minutes a day if you are under 50 years old. If you are 50-70 years old, exercise for 20 minutes a day. If you are over 70, exercise 10 minutes a day.
- Your body was made for movement for a long, strong life.

IV. Patients go to Dr. Colbert to learn key principles of whole health—spiritual, mental and emotional; wholeness.

- Adverse reactions to medications are the third and fourth leading causes of death. Get healthy with diet and lifestyle changes, rather than excessive medications.
- We can get our minds renewed, practice our belly laugh, turn off the bad news, and meditate on God's WORD.
- Our flesh craves sweets, carbs and starches; inviting all kinds of diseases into our bodies. Potatoes, bread and corn are like balls of sugar.
- Dr. Colbert puts his patients on an anti-inflammatory diet.
- When you enter into the Keto Zone, your sweets, carbs and starches go down to less than 15 percent of your total calories. You begin consuming mainly salads, green veggies and berries. Seventy percent of your caloric intake becomes healthy fat. This lowers your insulin level.
 - You make a metabolic shift from burning sugar to burning fat as your primary fuel. It's like going from a diesel-burning engine to an electric engine.
 - The first place you burn fat is belly fat.
 - You shift your mitochondria (energy production), reducing inflammation and free radical reaction—your energy shoots up, mental clarity and sleep



improve and appetite stops driving you. For eight-10 hours after you eat, you are full and satisfied.

MAKE IT PERSONAL

Meditate on God's WORD concerning His will for your good health.

Start with James 1:22, and determine to be a doer of God's WORD, as well as a hearer.



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DAY 3 – REVERSE HEART DISEASE TO LIVE IN DIVINE HEALTH

Heart disease is a buildup of plaque in the arteries. The first thing to do is to stabilize the plaque. Exercise is essential to control cholesterol levels. The most important way to get rid of plaque is intermittent fasting from 6 p.m. to 10 p.m.—no eating! The most powerful remedy for pain is to optimize a person's testosterone.

STUDY IT

- I. Heart disease is a buildup of plaque in the arteries.
 - Plaque is the No. 1 killer in the United States.
 - Unstable plaque made up of triglycerides, calcium, white blood cells, fiber, etc., starts like a pimple. When it pops, it releases into the bloodstream. Then platelets in the blood stick to it. This mass gets larger, moves to the arteries and blocks the oxygen flow. It's called a blood clot. Then, a heart attack occurs.

- II. The first thing to do to treat heart disease is to stabilize the plaque.
 - Start slow with the Keto-Zone Diet. To get your fats, add in olive oil and fish oil (Omega 3), about 5 grams, but don't use cheese, cream, butter or coconut oil.
 - Other oils—corn oil, grape seed oil, soybean oil, fried food, trans fats and excess butter—are not healthy and produce plaque.
 - Start eating the right oils—plant-based oils are good: like almond oil, macadamia oil, avocado oil, olive oil and seeds. Healthy oil helps prevent plaque from sticking.
 - Dr. Colbert checks a patient's NMR lipid profile and two forms of LDL cholesterol, pattern A and pattern B. If pattern B is high, plaque is being formed.
 - He also checks the oxidized LDL level and LP(a)—that's the worst lipoprotein-causing plaque.
 - To stabilize plaque in the arteries, a change must be made concerning food choices. This information is in Dr. Colbert's *Keto-Zone Diet* book.

- III. Exercise is essential to control cholesterol levels.
 - Exercise raises the HDL, the good cholesterol level. The higher the HDL, the cleaner the arteries. Exercise also helps remove plaque.





- Get the heart rate up to 110-120 beats per minute for about 20-30 minutes.
 - After age 50, our arteries start to calcify, or harden. Take Vitamin K2 in the form of MK7, 100 micrograms twice a day to reverse calcium in arteries.
 - The body naturally produces nitric oxide, which keeps the arteries open. Over time, the lining of the arteries gets oxidized and stops producing nitric oxide.
 - Take a chewable beet pill without sugar to help blood flow, and take testosterone to help produce nitric oxide and dilate arteries.
 - Dr. Colbert puts older patients on curcumin (supplement) and glutathione to prevent oxidization.
- IV. The most important way to get rid of plaque is intermittent fasting from 6 p.m. to 10 a.m.—no eating! This allows the body to process autophagy, self-cleaning.
- Another way to reverse plaque is by the use of a natural thyroid supplement.
 - Dr Broda Barnes, one of the top thyroid specialists in the world, has identified many patients who register in the “normal” thyroid range as actually having suboptimal and low thyroid.
 - Supplements are not drugs. Supplements are a necessary thing to the health of the physical body.
 - Use the active form of the hormone rather than the inactive.
 - The life expectancy in the United States is 78.8 years old. Many older people live in chronic pain (like with arthritis). It’s possible to have a pain control program without meds.
 - Some people are sensitive to nightshade and dairy products and to paprika. These sensitivities create inflammation.
 - Brother Copeland had pain in his elbow joints 40 years ago. He fasted and prayed, and The LORD said that the acid in coffee beans was building up in his joints.
 - Dr. Colbert prescribes the use of alkaline water in making coffee—and don't drink too much coffee.
- V. The most powerful remedy for pain is to optimize a person’s testosterone.
- Testosterone lowers the C-reactive protein.
 - In the 1940s, the high normal level measurement of testosterone was 2500. Now it’s down to 264-916.
 - The health of people has to take precedent over rigid restraints imposed on doctors for financial gain.





MAKE IT PERSONAL

Heart disease is dangerous, but you can have victory. Pray about changing your eating habits to follow Dr. Colbert's book *Keto-Zone Diet* and add exercise to your daily routine.

Make a schedule of the best time for you to exercise, and stick with it!

	Beginning Time	Ending Time
Day 1	_____	_____
Day 2	_____	_____
Day 3	_____	_____
Day 4	_____	_____
Day 5	_____	_____



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DAY 4 – PREVENT DISEASE TO LIVE IN DIVINE HEALTH

Jesus paid the price for our sin. Dr. Don and Mary Colbert are teaching us how to live a healthy life. The No. 1 cause of death in this country is heart disease caused by plaque. As Christians, we don't actually have any excuse to live unhealthy.

STUDY IT

- I. Jesus paid the price for our sin (Ephesians 4:9).
 - Now Jesus sits at the right hand of the Father.
 - Jesus gave apostles, prophets, evangelists, pastors and teachers, for the perfecting of the saints for the work of the ministry of the Body of Christ (Ephesians 4:11-12).
 - The fivefold ministry has the job to teach, preach and heal, to perfect the Body. All of us are called to the Body's ministry, to edify the Body of Christ.
 - We have a job to do, and it starts at home. "Till we all come full grown, to the stature of the fullness of Christ" (Ephesians 4:13).
- II. Dr. Don and Mary Colbert are teaching us how to live a healthy life.
 - They spend all their time ministering to people in the Body of Christ to get them healed and well—made whole: spirit, soul and body.
 - This healthy lifestyle is not optional for Christians. Your body is not your own. It was bought with a terrible price.
 - We need to teach others to live like God wants us to live—strong and well.
- III. The No.1 cause of death in this country is heart disease caused by plaque.
 - Ninety percent of heart disease is due to inflammation of the arteries, which is fed by sugar, bad fats, polyunsaturated fats and trans fats, carbs and starches.
 - Inflammation is part of the curse (Deuteronomy 28:22). God has cursed inflammation; however, we invite inflammation into our bodies by our wrong choices.
 - Type 2 diabetes is the easiest disease to reverse, if you are willing. We have the power, and now we have information.



- How do you reverse Type 2 diabetes? Get on the *Keto-Zone Diet* and combine it with exercise, and a few hormone supplements.
- Dr. Colbert lists the foods that turn to sugar: corn, pasta, rice, wheat, potatoes, beans, peas, even bananas. It's all right to have berries and nuts.
- Jesus prayed, "Lead us not into temptation, but deliver us from evil" (Matthew 6:13). When you pray that prayer, Jesus will honor it with power.
- Jesus said, "Whatsoever you ask the Father in My name, He will give it to you" (John 16:23).

IV. As Christians, we don't have any excuse to be unhealthy.

- We have the Bible, the Spirit of God and the Colbert's.
- It's time for the faith community to get lean and strong.
- Measure your waist, men. If it's 40 inches or more, you are insulin resistant and prediabetic. Women, the same is true if your waist measurement is 35 inches or more. Forty percent of Americans are obese. When people have Type 2 diabetes, they are open to 35 other major diseases.
- The key hormone for good health is always testosterone. It helps reverse insulin resistance.
 - You must exercise along with taking testosterone. The blood sugar will come down. Combine that with natural desiccated thyroid, and it increases energy.
 - The No. 1 complaint Dr. Colbert hears is: "I'm tired; exhausted."
 - Testosterone is the best antidepressant. It protects the brain. It is a natural-selected serotonin reuptake inhibitor.
- These sessions contain a lot of information, so we encourage you to pray in the Holy Ghost. He will bring what you need to know to your remembrance.

MAKE IT PERSONAL

Word from The LORD through Brother Copeland:

"I'm speaking," saith The LORD, "to My family. We have spiritual adults who have had their senses even trained and exercised to know the difference between good and evil according to the fifth chapter of Hebrews. Then, we have adolescents who are on their way to becoming strong adults spiritually. And then, we have the babies—those who have just been born again and need and desire the sincere milk of The WORD that they may grow by. So, listen and understand this, family of God, the babies need your help. The adolescents need your help. And as you help one another, then all grow in Me and grow up in Me.

"Seek My ways and My WORD. Seek to walk in the love of God and in the faith of God according to the Scriptures. As you do, you will grow and seek to become whole men





and women, spirit and soul and body, strong spiritually, strong and stalwart mentally with strong, healthy physical bodies.

“This is My calling to you in these last days, that you be strong for the rest of the family. Help the babies to grow, teach them and train them. See to them that they receive the milk of The WORD and that they grow and they grow. This is not left up to the apostle, the prophet, the evangelist, and the pastor and teacher. No, this is the ministry of the Body of Christ. As you heed and listen to My teachers and those who I have raised up in this hour to make you strong spiritually, to make you strong mentally and emotionally, and to make you strong physically in your physical bodies, listen to them, grow up into Me in all things. We will get this end-time ministry done, and we'll get it done in record time, and great shall be the peace of the family of God,” saith The LORD.





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DAY 5 – HORMONE HEALTH Q & A WITH DR. COLBERT

Dr. Colbert answers questions from the studio audience about hormones, the Keto Zone Diet, and exercise.

STUDY IT

- I. Question No. 1: A person had hormone receptive breast cancer and is in remission. Can she do hormone therapy?
 - Most oncologist will put this type of patient on an estrogen blocker, like tamoxifen or arimidex. You don't want to be on estrogen. The side effects of hormone blockers can be bone pain and joint pain. One successful treatment uses testosterone pellets in women, and arimidex which stops the testosterone from converting to estrogen.
 - Testosterone is a protective against breast cancer. She should consider taking testosterone to a 75 to 150 level. If a person's level is low, she loses bone. Women on testosterone are having 8.3 percent bone growth per year. Taking medicine to treat bone loss can have harmful effects and can cause frailty.
 - Dr. Colbert puts women on DIM (a natural estrogen blocker), and testosterone.
 - Five years after menopause, women lose about 30 percent of the collagen in their skin. Estrogen restores that collagen. Use low dosages of esterol cream to maintain your youth, and collagen.

- II. Question No. 2: Previously we were told to eat every two to three hours. Now, you are telling us to engage in intermittent fasting. Which is better, and why is there a discrepancy?
 - The information that a person should eat every two to three hours is old information dating back to when people were afraid to ingest any and all fats.
 - Remember, medical information is advancing and changes every 78 days.
 - Now that we know there are healthy fats, and we need to use them for fuel instead of using sugar, we're going on the Keto-Zone Diet and will only eat two to two and a half times a day. These healthy fats stay in your system, so you feel full.





- It's good to start with 10 hours of intermittent fasting a day, then increase up to 15 hours. Start with one day a week, then work up to more. Be sure to continue to exercise.
- III. Question No. 3: How is the Keto-Zone Diet different from the Atkins Diet?
- Dr. Colbert knew Dr. Atkins. The Atkins Diet is a form of the Keto-Zone Diet, but it contains lots of inflammatory meats, which are class 1 carcinogens.
 - Dr. Colbert's Keto-Zone Diet is more of a plant-based diet. He recommends high healthy fat and plant oils, with moderate to low proteins. Excessive protein and dairy invite cancer.
 - We should choose more pastured chicken, turkey and eggs.
 - The Atkins Diet makes your tissues more acidic and more open to cancer, just like the acid in coffee leads to arthritis.
 - The difference is that the Keto-Zone Diet requires low to moderate healthy proteins, healthy fats and healthy carbs.
- IV. Question No. 4: I'm taking compounded hormones. Are they the same as bioidentical hormones?
- In most cases, they are. Make sure that if you are taking a synthetic progesterone, it is "micronized" which is bioidentical, or it could cause breast cancer.
 - One of the causes of breast cancer in women is progestin, which is synthetic progesterone. You want micronized progesterone.
 - Pharmaceuticals recommend synthetics, because they can charge more money. The natural bioidentical hormones are not expensive.
- V. Question No. 5: I work nine hours a day. How many times a day should I stretch?
- You should stretch every hour for 10 seconds, to get an energy boost. If you have an iPhone app or a Fitbit®, it will tell you when to stand and when to move, and it even counts your steps and checks your heart rate.
- VI. Question No. 6: I'm 51 years old and dealing with arthritis. Is the Keto-Zone Diet good for me?
- Yes. A plant-based keto diet with lots of alkaline water, fish oil and chicken collagen will be good for you.
 - Key foods that trigger pain and inflammation are nightshades such as potatoes, tomatoes, eggplant, peppers and paprika, dairy, milk, cheese, and sometimes corn chips. Cut those inflammatory foods out, take curcumin and drink alkaline water.





- The keto diet has been around for 20-25 years. Dr. Colbert modified it to be a much healthier program. Not all keto diets are the same. His program is well-balanced.
- VII. Question No. 7: What is the ideal exercise routine for a young person who is just starting to exercise?
- The best exercise program includes walking, cycling and using an elliptical. Go fast enough that you can't sing, and slow enough that you can still talk. For a young person, 30 minutes five days a week should be sufficient. Have a regular schedule, and stick with it.

MAKE IT PERSONAL

God wants you to live in divine health. That means it's up to you to eat a healthy diet and exercise. Get your hormone levels checked to see if you need to take supplements. We are interested in your progress. Let us know how it's going. [Click here to share your success](#), or [contact us on Facebook™](#).

We are sharing the good news of Jesus Christ from the top of the world to the bottom, and all the way around. Join us in partnership. Click here to go to kcm.org/partner, or call us today at 1-800-600-7395. God bless you, and JESUS IS LORD!

