

**Catherine Interviews Dr. Laura Thompson on  
Mitigating Against Radiation Poisoning  
The Solari Report: 17 March 2010**



CAF: OK, well I'm hoping that Dr. Laura Thompson has joined us. Laura, are you with us?

Laura: Hello, Catherine.



CAF: Hi. Good evening, and I can't thank you enough for doing this. As I was watching this week, events unfold in Japan, and reading a phenomenal amount of information, mis-information flying across the internet, I said we have to get Laura Thompson back on The Solari Report and we have to do a special and we have to do it this week. So I appreciate your doing—taking time in your evening to do it.

Laura: Oh, you're welcome. I appreciate you asking me.

CAF: Well, we want to talk tonight about how to mitigate against the effects of radiation. The President has just announced today that they do not expect radiation or any impact to people in North America but I think that certainly what's happened has brought questions into people's minds. They are concerned, and we're also concerned about the fact that if we do have possibilities of earthquakes, there are a lot more nuclear facilities in the United States and this could happen again. So I think it's important to talk about. But, maybe before we start, if we could just talk a little bit about you and your background. Maybe you could describe yourself.

Laura: Oh, OK. Well, let's see. My degree is Ph.D. in Nutrition and Human Behavior, body-mind connection. I initially started using naturopathic technologies 23 years ago. Basically, had a practice that focused on very simple techniques to help people improve their health, things that they can incorporate. Now that look back on it, one of my focuses is to help people have more control. So, one thing led to another and because my background was in body-mind medicine I gravitated toward hormone balancing because the hormones are the connectors between the internal world and the external world and stimulators and modifiers and balancers of brain function. So, my practice is quite a bit hormone balancing for men, women and children. We use a stress hormone protocol for kids as well. Kids, attention deficit, autism, allergies, asthma, etc. Of course, I interweave the nutrition because that's the baseline, that's what we're left with. What we eat, what we can control in our lives. I have Southern California Institute of Nutrition, SCIN for short, in Carlsbad, California, which is basically where I go everyday. I have the practitioners that I work with. My practice is largely long-distance. So, about 75% of my patients are out of state. I have patients in Europe, all over the U.S. My focus has always been, let's see what we can help the masses

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with. I always feel like one-on-one is good and in my community is good. That's all important. How can people be helped in a bigger way. So, having a long-distance practice has been really beneficial and rewarding for me.

CAF: I should say, I'm a patient of yours and I would describe my relationship with you, I believe you saved my life.

Laura: Oh wow, that's a big statement. You saved your life, I just helped.

CAF: It's amazing how many dead-ends you can go down when you're willing to work hard to save your life, but you're not sure what to do. Anyway, tell us about radiation and what it does to the body.

Laura: Well, obviously I know your clients and the people who are listening are all probably a cut-above, as far as being able to amass information and be intelligent about it. I will just say, we deal with radiation everyday. I'm sitting in radiation right now. And so, we already have an incredible exposure of radiation just with the phones and the microwaves and all that. Plus, we have diagnostic tools and x-rays and MRI's and that kind of thing. And, I will put someone on a radiation detox product or program even in those kinds of situations, for people who use a lot of cell phones, a lot of cell phone use, people who live near power plants, people who fly a lot, that type of thing, I'll put them on generalized radiation protection programs. But, of course, what we're talking about here, especially for us on the west coast, we're talking about kicking it up a notch. I guess what I call long-term, low-level radiation, as far as I know. It's hard to tell, and so that would be cumulative and that could affect any cell on the body. I know a lot of focus in the natural health media has been on the thyroid and iodine which is important to protect the thyroid. But to me, it's not really the big picture. The big picture is protecting the body from degenerative processes, which is pretty much what happens with radiation. It causes degeneration of the cells and that leads to disease, or can lead to disease and of course, a lot of people think of the word cancer, because that's the word that's batted around most with thinking about radiation. Of course if it's more extreme people get burning and nausea and all kinds of other problems. I don't think we're dealing on that level right now.

CAF: No, my assumption from just reading about a thousand reports is that we don't really have a reason right now to be concerned in North America. I do think that with as many nuclear plants around the world as we have, as well as nuclear weapons, that the chances of dealing with a nuclear event or meltdown over the next 20 years are reasonably good. So, I do think it's something that we need to understand. You know, the funny thing is Laura, I've seen so much fear this week that I almost think the most important reason to understand it and know how to prepare is so that you don't have to be afraid.

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Laura: Exactly.

CAF: It's really funny. About, a couple of years ago, because we are required by law, we did a disaster recovery kit. I can't tell you it was very time consuming and expensive and everything. But ever since then, I've been delighted because every time there is an event or a problem, I'm not worried because I have a plan and I have a way of dealing with it and we're prepared. I think it's the same thing, whether it's radiation poison or any of the other many kinds of environmental pollution, if you understand it, if you know what the words mean, if you know what to do even if it's a remote possibility, then the terror that is, to me, as much of it is manipulation, can't impact you. It can't get through because you have an intellectual barrier.

Laura: I think part of the problem is that people, well obviously people think the worst, or they're brainwashed to think the worst is going to happen, but they don't have a plan, and even that can be on the most miniscule of levels, and they give up control of their bodies and they don't really know that they have power and they have the ability to create a mighty fortress. So, that's what I'm hoping to bring to people's empowerment really, to see that the balanced bodies, balanced minds, and how to do that are going to help to dispel the fear. And take action. Not just because of this, but maybe this is a wake up call to take action in general on another level. You know, kicking that up a notch.

CAF: How will we build our health, how would we build our immune system to protect against a whole array of potential environmental pollution?

Laura: Well, it's important to look at, where is the immune system? It seems like nebulous in a sense because it's not a single organ and we don't really even know, most people don't know what constitutes the immune system. First of all, 60% of the immune system is in the digestive tract. So, right there, you have a good place to start. And this is what I teach all my patients. The most important thing for protecting yourself and getting your immune system strong is healing the gut, healing the intestinal tract. And so, what does that mean? It means, I look at destroyers or invaders, challengers, in three categories. And those three categories are allergens, (which we'll keep on the back burner today cause it's not necessarily as apropos) but those do deplete the immune system, take energy from the immune system, a person's not addressing their allergens, food or environmental. And then you have infections, that's a big player in why a lot of people's immune systems are low or weak, because they have cumulative, multiple infections that may or may not manifest in any way that they can know that they have an infection, whether it by digestive or colds or flu's, or whatever but multiple infections that they don't know they have because it may be that no one strain or species or bacteria or virus is actually in high population. But you put them all together and you get something that's draining or straining the immune system. The immune system is focusing on

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that because that's its job, and so therefore it's not going to be able to be alert for something like what we're talking about. So, we have allergens, infections and toxins. Toxins can be anything from chemicals, household products, to radiation, to heavy metals, I know you know about that, and pesticides, and all the different ways we get toxins in. So we are already dealing with a lot of things. We're already dealing with, what I see in my patients, is compromised immune function. And so starting with the digestive tract, because that's where a lot of them go, we swallow them, we take them in by air and healing the gut. So, that means monitoring the bowel movements, one to three bowel movements a day. The more you eat, the more the bowels should move. Two or three meals a day should result in at least two bowel movements a day. And then of course, anybody who watches Dr. Oz, he talks about the s-shaped bowel movement or the size of a large banana would be one way to monitor the gut. Another way is, do you have gas, do you have cramping do you have bloating? Those are symptoms that, of course, a certain amount of gas is normal, those are symptoms that there's something going on. Your body is tapping you on your shoulder, but these are little inklings. Those types of symptoms indicate that actually the immune system and the intestinal tract are being compromised. So, how do you heal them? Well, one way is to feed the immune cells, which is called the GALT. The Gut Associated Lymphoid Tissue in the intestinal tract to help to repopulate these white blood cells. It's just part of your immune system with things like colostrum, which you can get in liquid, you can get it in powder you can get it in capsule form, with aloe, aloe vera, liquid food-grade aloe. actually helps to build the immune system but it actually helps to heal the little tears in the digestive tract. When we have these tears in the intestinal lining, that's what causes us to be more vulnerable to things like radiation because that is when the whole body is exposed. The digestive system is built like a fortress. In a sense you think that the intestinal lining is equivalent to external skin. It's protecting the rest of the body from things that should not be going into the blood system. So the little tears, which are called gut leakage or some people call it leaky gut syndrome, that's major awareness of the fact that your immune system is compromised. So, healing the gut is of major importance for this situation that we're talking about.

CAF: Does radiation increase the level of heavy metals?

Laura: It depends on the type of radiation, but you're dealing with toxic, they are not necessarily heavy, but they are toxic. They're a little bit different. You're dealing with strontium, you're dealing with potassium, you're dealing with iodine. These are all minerals or metals, that can become toxic or can damage the cells. So, for instance, doing a metal detox is one of the strategies I take patients through after having radiation exposure, because it's going to chelate sort of indiscriminately. As far as the immune system is concerned we want to look at the leader, the king on the throne which is your thymus gland, which is in your upper chest, and that is actually a hormone organ. It's an organ that makes hormones, and those hormones then stimulate different parts of the immune system to do what it's

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supposed to do. And so we sometimes give thymus glandular in capsule or tablet form to some patients to strengthen the thymus gland. I think that's going to be really important for a lot of people with on-going radiation exposure. Even at the low level because most people's immune systems are compromised and so one of the ways to get it up and running is to feed the King.

CAF: Right.

Laura: So you have the gut, the thymus and then you have all the lymphatic vessels in the body. They are really hard to see, they are really tiny vessels, kind of like your circulatory system except very small. They go from the ankles all the way up into the sinuses. This system carries lymphatic fluid and white blood cells to detoxify, its sort of like the garbage disposal system for your cellular waste. You take in a toxin or you breathe in radiation, whatever it is, if it gets into the body because the immune system is weak or the digestive track is weak then it gets into your cells. This is where the fear lies, once you get it, does it stay there? Most people don't think you can't get rid of it, but of course you can. Of course you can. It's just a question of keeping these immune organs strong and helping the lymphatic system do the drainage, basically align your garbage disposal to work properly so that the lymph vessels take the toxins out through your detoxifying organs, which are the liver the lungs, the skin, the kidneys and the bowel. And so how do you emphasize the strength of the lymphatic system? One way is exercise, another way is massage, another way is trampolining, some people will actually get special lymphatic massage. In my field we use special lymphatic homeopathics, which are called drainage products, and they help to get down to the minuscule levels and help the cells actually "take your garbage out". Imagine if your house is closed and you can't take the garbage out. That's what happens with a lot of cells. So what you have to do is let the door open and take the garbage out and then your body will handle excreting it.

CAF: So, let's say I'm a really busy person and I've been ignoring my house. I've just been busy and working hard or whatever. I realize maybe given what's going on in this world, I need a better health as a better defense against the environmental pollution, all of these things that can happen. What's the first thing I can do?

Laura: Clean up the diet. Eliminate toxins, chemicals, food coloring, sugar, things that cause your body to become weak. Again, that's where I like to help people. Give them something they can do on a daily basis so they know they have control. It's so empowering when I speak to my patients talking to them about making the day to day changes. You can just hear it in their voice, their excitement. "I've eliminated coffee, I've been off coffee for three weeks and boy my brain is so much clearer. I don't have headaches anymore," that kind of thing. So, cleaning up the diet and going organic as much as possible to avoid hormones,

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pesticides, that type of thing, focusing on the foods that you know make you feel good. Sitting and actually thinking, “Does this make me feel good?” A lot of people don’t even really key into the energy of their food. And then, on top of it, they deplete the energy by microwaving it. The microwave in our house, because we rent so it was just here, it’s a cabinet for me.

CAF: I gave my microwave away. I don’t have one.

Laura: I would like to take it out. I asked our property manager if we could, and we couldn’t. Don’t use a microwave. People use a microwave to heat up their water! How long does it take to boil water? That’s radiation too. So, get rid of that stuff.

CAF: What about testing? One of the things that I’ve found that you got me to do is to do significant amount of testing that helped me to understand, well, where am I?

Laura: Yes, so for the topic that we’re talking about, cause I have 15 different tests that we have available in different areas, I’d say one of the most important tests, now that I’m thinking about it for real comprehensive, we do biofeedback testing with saliva and a hair sample. My biofeedback practitioner is basically what she does, it reads the DNA, sounds like CSI I know, it looks to see, it covers all of the bases, everything from allergens, to toxins, to toxins overload to weak and strong organs, and hormones and brain neurotransmitters and all of that. And so, I always see if there’s been radiation exposure it will come up in the test results. It never fails. I was talking to a 23 year old the other day and it came up in her biofeedback test that she had radiation exposure, and of course she flipped out because of this thing that’s happening now. And I said, “Are you a heavy cell phone user, do you eat a lot of microwave foods?” Going through all the things that could possibly be giving her radiation, and “no, no, no”. So I’m thinking, well, I just kind of put it aside and went on to another topic. And then all of sudden about 5 minutes later, she burst out and said “X-rays! I’ve had so many x-rays this year because I’ve broken this, and she had a pelvic problem. So the biofeedback testing is very profound for finding things that you don’t know you have. The things that you don’t feel symptomatic from. Metal testing through the urine could be really profound for toxins, because a lot of times we don’t feel these things.

CAF: One of the things that amaze me, because as you know I’ve spent years with your help detoxing heavy metals and I drive around the country a lot and, by detoxing heavy metals I saw the profound change in my mental acuity and energy and it was just a profound change. It was a little bit like coming out of the grave and turning around again. I drive around the country, it looks to me like everyone is very toxic. A lot of it looks to me like it is heavy metals.

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Laura: They are very subtle. They accumulate little by little, year after year. We are not educated to know what it feels like to have metal overload. We think of something extreme. Most people don't have an extreme situation, they just have an overload and accumulation. So you have to think, metals have an affinity for fat tissue and the brain is 60% fat. They're going to go to the brain, they're going to go to the liver, they're going to go to your external body fat, they're going to go to the gonads, they're going to go the ovaries, the testes, the prostate.

CAF: The body's going to create that to protect you.

Laura: Exactly. They're sequestered there. Unfortunately, they can wreak havoc down the road, especially with overload. So, doing metal testing can be very profound for someone's health especially for someone who might have something going on, where they're saying "I'm doing all this stuff and nothing's happening". Or they don't feel better and they're taking a lot of actions. Well, it could be metals because like I said, it's very subtle. And I'm going to be doing a lot more metal testing in the next six months I'm sure, because we're getting these little bits over a long period of time. It might seem insignificant but the body's going to hold onto it if the immune system isn't strong enough to kick it out.

CAF: So, biofeedback, heavy metals, what about neurotransmitters?

Laura: Neurotransmitter testing is good, I wouldn't say it's as necessarily as appropriate for a conversation about toxins, however, if you have brain fog and you have long term low level radiation exposure, and you use pesticides or you did when you were younger, whatever it is, toxic overload that can affect the output of the neurotransmitters in the brain, which control your moods, your emotions, your cognitive function, your ability to sleep, your ability to be motivated, depression, joy, the whole thing. I would say that's secondary testing, unless somebody wants it. They say they're depressed or they have insomnia, they want to get off anti-depressants, anti-anxiety medications, then I would definitely do that test. That test is done through the urine and it tests serotonin and dopamine, and GABA and adrenaline and all the big chemicals that we want to look at.

CAF: There's been an awful lot of, every time you turn around somebody's trying to get you to take potassium and iodine. What's that about?

Laura: Well, the community that recommends potassium iodine is basically one track minded. Although I sold probably 20-40 bottles of iodine today in my office because people just want to cover bases. The whole thing about iodine is to really focus on the thyroid and the fact that, when people have radiation exposure because of the inclusion of iodine as a radioactive element this would be iodine 131, that the iodine is crucial to the thyroid. It's a

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mineral that the thyroid uses to make its hormones. And the body needs to uptake it daily, basically from your diet. If you eat a wide range of fruits and vegetables you're getting iodine. Now, what happens is, if the thyroid is not saturated with enough iodine at the time of exposure to radiation, then the body will uptake the radioactive iodine. It's just going to take whatever it can get. So, the whole idea of taking potassium iodide, or ammonium iodide or the various forms of iodine, probably everyone's out of stock of them on the internet, the idea there is to saturate the thyroid a day or two before exposure so that the body does not uptake the radioactive form of the nothing is good for everyone. Even though I know they gave it out in Japan, which you got to do whatever you have to do. But iodine, some people are allergic to it, some people have thyroid conditions where they are on thyroid medications, which this could interfere with it this could cause a person to become more hyper-thyroid if they are already on medications because the body will take the iodine to make more thyroid hormone. People could have heart palpitations, they could get very hyper, fidgety, not sleep. So actually, the companies that sell the iodine that my office uses, it's a liquid form, they recommend 25 drops for three days, for an adult. Well I'm telling my patients one to three drops because that's really a high dose. Who knows, people are probably getting all kinds of information to take high dose iodine. I think the more important thing since we're not dealing with a mushroom right over us right now, the more important thing to deal with is how your body is going to be detoxify with long term, low levels exposure.

CAF: Which, we're getting now.

Laura: Which, we're getting it anyway. We're getting it anyway and this isn't anything new, there's probably going to be a period of time where it's more than it has been. But I will say that it is good to have, and you probably know this, potassium iodine, or ammonium iodide or some sort of iodine around for some problem. In fact the hormone labs that I work with, they make custom designed hormone creams, they actually have a potassium iodide cream that they're selling in very small amounts for just one day of saturation, to saturate the thyroid with exposure. So, it's good to have something around, in case, but I think that the whole thing has been blown out of proportion and unfortunately, that's all some people are doing when in actuality it's the other things that we are talking about that are more important.

CAF: What happens, and it comes to each one of us at a different time, but what happens is whether it's swine flu vaccine or autism or Alzheimer's or chronic fatigue or a nuclear crisis, suddenly what we realize is even though all these things are invisible, our bodies are now dealing with a level of environmental pollution that we were never raised or trained to deal with that. So, we're dealing with levels of stress and toxicity which is a whole new ball game. What happened to me when I met you, and I sort of studied, and figured out, ok I've got to get radical is a real paradigm shift for me and I realized I need to get really radical because this is war, and I need to win at war. It's terrible and it's horrible and I can do this.

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And now, as I drive around the country I look at so many people struggling with unbelievable environmental toxicity I so want to tell them look you can beat this, but you have to, we can't just assume what produced a healthy person 20 years ago is not what produces a healthy person now. There's a real need to shift and get radical about this stuff.

Laura: I so agree, I so agree. I think people have the ability to get a lot of information and the overload of information is almost paralyzing.

CAF: Yes, it is, it is.

Laura: It's good that the information is available, I just think it's important to find out what you need because...

CAF: Yes, everybody's different. That's the thing--everybody's unique and so what works for me is not going to work for the next person. I finally broke down and got tired of answering the questions so I put up a blog post called Catherine's Cleansing, it's up on the blog if anybody wants to see it. It talks about some of the different things I've done that were successful, including a link to your website, which we also have up at the top of the blog now for this conversation. Maybe if you could just take a minute to explain how we find you and your team in Southern California and your institution of Nutrition.

Laura: Ok. Well, the website is [www.drlaurathompson.com](http://www.drlaurathompson.com). The same URL is redirected [www.scicn.com](http://www.scicn.com), that's Southern California Institute of Clinical Nutrition. We have an 800 number which is 800-608-5602. My staff there is pretty friendly and we do give a free 15 minute consultation. Kathy, at my office has been with me for 11 years and she knows my whole routine. She likes to connect with people and figure out what's going to be the best path for them. She helps out with prices and options and testing options and that kind of thing. That helps people get started because that way they can say "well, that sounds good to me" and so those are the main ways to get a hold of us. I did want to say before, I didn't know if you had any other questions, but I thought I would just give people a run-down of some types of products that would be good for them.

CAF: Oh great, yes definitely.

Laura: Well, we talked about the iodine which is not necessarily a major focus, especially after this weekend. There are other forms of iodine which I think are really good on an ongoing basis, which would be your seaweeds. Using different types of the seaweeds, the wakami, the nori, that type of thing, but also kelp and dulse which you can sprinkle on salad or green drinks usually have some level of seaweeds in them. And then there are concentrated, I carry one product called arctic alginate, which has Irish moss, it has the

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alginates in the algae in the seaweed are components that bind to toxics. So, the seaweeds with the highest amount of alginates where the green algae's with the highest amount of alginates.

CAF: So, spirulina would work?

Laura: All the greens are good. People should be taking greens everyday. Everybody should be taking spirulina, blue green algae, chlorella, but the brown algae is the one that has the most affinity for radiation. They use different words for that—Motophyllin is the name of one product. Then they have the Fucosan, they're just different brand names for the type of alginate.

CAF: There's one natural, and it's brown algae, that was developed for specifically for the people who had worked at Chernobyl. Do you know the name of that one?

Laura: Yeah, that's the laminaria japonica, that's the Latin term. That is the brown algae, the one I was just talking about. It has those brand names. Then there is Irish Moss, one of the products I carry has a lot of alginate with Irish Moss in it, and all of these are going to have a little bit of iodine as well. But they're also going to have metal chelators in them. So they are great for not just radiation, but for metal toxicity. So, looking at your greens, the seaweeds, of course, eating greens, can't beat those, taking algae by capsule or powder. My favorite algae is the super blue-green algae. That doesn't have as much iodine in it but it's a great metal chelator. So that's one classification. And then you want to go with, I put them in sort of one category: gut healers, binders and detoxifiers. These are different types, non-green forms of detoxifiers. They can be anything from charcoal, say somebody had exposure to radiation or some other type of toxin, really extreme, have charcoal around because that's a great binder of toxins. Then there's the calcium bentonite clay, which some people use for colon cleansing. I decided just to start doing colon cleansing this week, a couple of days ago, I guess to follow my own advice. I've got to do that, I've got to be a good example. Then, aloe as I mentioned before and I carry a lot of products that have combinations of all these, but you can get things from your health food store or if you're working with another practitioner then they probably have their own inventory of products. Then there's the classification of immune fortifiers, things that break down tumors, DNA repairers, antioxidants, that category, which are basically immune fortifiers. My favorite one and the one that I'm going to be using with most of my patients now, in these next few weeks especially, is going to be green tea. I have a product that I use called Green Tea Nano and that helps to contain tumor growth. It's great for scavenging the free radicals that are caused by any type of exposure. We actually have a special, I know you know about this Catherine, we have a special mud pack that we use the green tea to make a paste of with the mud pack and people can actually put it over

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their thyroid, they can put it other places to, but I say thyroid because so many people are concerned about the thyroid.

CAF: This is funny, but I consider this mud pack, better than sex.

Laura: (Laughter)

CAF: In fact, I have a blog post about it because I finally got tired of explaining it. I was doing it with a heavy metal, not the Green Tea Nano, so I have to try the Green Tea Nano, but I have to tell you, these mud packs, and I have to say this for anybody listening, if anybody in the world had told me to do this other than Dr. Laura Thompson, I would have laughed out loud. It's a matter of my respect for you. If she says this will work, I will do it. And, I can't tell you how ridiculous I felt getting out and putting mud pack all over myself and sitting in the sun, and it's just magical, it's just magical.

Laura: So many people comment on that. I'm so glad you believed me.

CAF: Well, I didn't. I just said I'm going to do it but I don't believe it's going to work but I'll do it. I'm a prototyper and I kind of feel like, life begins outside of your comfort zone. I mean, I did it, but I didn't believe it was going to work. Of course, I had to do it day after day after day. Not only did it work, it worked fantastically. What we're describing is pulling heavy metals out of the thyroid. My energy doubled and tripled, it was incredible. I couldn't believe that it worked, but I will tell you, that it did.

Laura: So that's one way to go, and then of course drinking green tea. They say that drinking 20 cups of green tea a day, I know they've done experiments with people with radiation exposure, the ones that drank the 20 cups of green tea a day, they're probably flying, but had much less damage. But this product, one teaspoon is equivalent to 50 cups of green tea or something, without the caffeine by the way. And then you have your antioxidants, something like di-hydrolipoic acid. A lot of people know about alpha lipoic acid, but this is like 100 times more concentrated than alpha lipoic acid. And this is also in a nano form, which the whole idea of it is that it gets absorbed really well into the body and into the cells. And this will actually help to protect and help to actually repair DNA as well. So you have things that can protect but you also want to have things that can repair. And then there's the, I'll just say one more thing, and that is, you want to think of your antioxidants vitamins, and that is Vitamin A, C and E. I'm giving higher doses of Vitamin C in the next few weeks, like 3000, 5000. And there is a new cream available which is a glutathione cream. Glutathione, a lot of you probably know, is a premier antioxidant. It helps the body to scavenge the free radicals, the bad guys that cause damage. So this is a glutathione cream with acids in it which also help to bind to metals and other kinds of toxins. And S.O.D. for anti-inflammation, The idea

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of it being a cream, it actually absorbs, you get much more of the nutrients, the substance that way because they are attached to these lipids that help with absorption into the body without going through the digestive tract and losing a lot of it. They actually used this cream with people who've gone through radiation therapy and chemotherapy. For instance, people going through radiation did not get any burns; the chemotherapy patients did not lose their hair. They've now been using this cream now and people are starting to use it now. And one other thing I wanted to say, and it's something that's really easy especially for that person that you talked about who's on the run and doesn't really have a lot of time to do things, I would say what that person should do would be maybe some type of bowel cleanse product at least once a week, really improve their food, and limit their chemical intake and use homeopathics. They are so easy to take, you drop them in your purse, your briefcase, some liquid homeopathic, some drainage products, to help the lymph move, to help the immune system be stronger and clear the garbage out of the cells.

CAF: Well, I think it's fair to say there's a lot you can do. There's a lot you can do to build your strength and defenses. As we do experience radiation, it's fair to say it's happening all the time, there's a lot we can do to mitigate the impact of it. So, the thing to do is to just start to gain knowledge about these things and just start trying them and find the ones that work for you.

Laura: Yeah, exactly, because it's always going to be different and people are going to do things in different orders and parents are going to know what's best for their kids. It just has to do with talking to your body.

CAF: Well, I know you've seen a tremendous amount of successes. I wanted to also mention I put a post on the blog about two weeks ago, an article by Robyn O'Brien who writes about the importance of eating fresh food and she pointed out that Americans spend nine cents out of every dollar on food but we spend 16 cents on chronic disease. She was making the argument that organic food is not expensive. When you look at the sixteen cents, and I know I've struggled as an investment advisor with my clients and said, "If you've got money in corporate stocks you're not feeling absolutely healthy. Don't tell me you can't afford it, you can. You can't afford corporate stocks, you can afford to get healthy." I have to stress the importance of whatever it takes in terms of time and money, whatever you can do go ahead and do it. If we didn't have a wake up call before this week, this week was a wake up call.

Laura: Absolutely.

CAF: But the environmental pollutions are going to continue. We're going to go through a period where they are going to continue to rise and the message is, in most circumstances

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you can absolutely overcome phenomenal amounts of stress and toxicity but we have to get educated and we have to learn what works for us. We have to take actions.

Laura: It just takes a little shift. I think you're right from the financial perspective, the old adage about, you can forget the Starbucks and the scone, look at how much money I have left to do better things with.

CAF: Right. I agree, I agree. OK Laura, thank you again very, very much for joining us on The Solari Report. We really appreciate it. Have a wonderful evening. I will be in touch with your office shortly.

Laura: Ok. Thank you so much too Catherine, and for all that you're doing and I had a great time.

CAF: You'll be back. OK ladies and gentleman, that's it for this evening. That's our special report. March 24<sup>th</sup> next week, we have four Solari Reports this month because it's a five week month. Gwen Scott mitigating the harm to your health as a result of aerosol spray and she's worked a great deal with Cliff Carnicom on the chemtrails phenomena and because of the specials we did with Cliff on chemtrails we've got a lot of requests for that. April 7<sup>th</sup> very important, our first quarter wrap-up. If you haven't yet read the year-end wrap-up I strongly suggest it. Go to your control panel and go to the first Solari Report in January 2011 and at the resource section you will find the PDF to the year-end wrap-up and it's a description of the big trends we see and I'll be bringing that up to date. A lot to talk about in the first quarter wrap-up. If there are things you want me to cover, please send your suggestions. April 14<sup>th</sup> precious metals with Franklin Sanders. I will absolutely have researched and I will have an answer prepared on those canton ETF's if I don't have it for next week. So there's a lot cooking, Please remember until we meet again next week, don't worry about whether or not there is a conspiracy. If you're not in a conspiracy, then you need to start one. Good night and good luck.