

BUILDING WEALTH IN CHANGING TIMES



The Solari Report

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Coming Clean: Detox Power
with Dr. Laura Thompson





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C. AUSTIN FITTS: Let me introduce to you our guest of this evening, Dr. Laura Thompson, who's been with us before. She's no stranger to the Solari Report. And as I said, she's healed many a Solari Report subscriber. She is the founder of the Southern California Institute of Nutrition. You can find her on the Web. Her website has a wealth of informative videos and other information.

She practices in Southern California outside of San Diego, where the Institute is located. But she also practices by phone and has a global practice with clients all over the place. She is my nutritionist. I can't speak highly enough of the results. I think this is a woman who accomplishes the impossible. So without further ado, Laura, are you with us?

DR. LAURA THOMPSON: Hi, I'm here.

C. AUSTIN FITTS: Our topic tonight is Detoxification, one in which I've spent a lot of time working with you personally. To give our listeners a background, I was with a wonderful family who'd been Solari Report subscribers for quite a while, and one of the things they talked about is, We would love you to get Laura and do a show on detoxification what it is, why it's important, how we do it, what's the process and then describe the different ways to detoxify. We want to figure out how to do this as a family affair. In response to that wonderful family's request, Laura, were here. So why don't we just dive in? What is detoxification, and why is it so important?

DR. LAURA THOMPSON: Well, first of all, it's important to realize that we detoxify pretty much every second, and if we didn't we'd be dead because the toxins would build up in the body, and we wouldn't last very long if our detoxifying organs were not constantly working. So



basically, I mean, its kind of like a good/ bad thing. We have good things that we bring into our body; we have bad things that we bring into our body. And hopefully the good outweighs the bad because the body needs to get rid of a lot of the bad; in this case, were talking about toxins.

If it doesn't, they build up over time either in isolated organs, or they become systemic and in the bloodstream, and these are the things that eventually lead to degenerative conditions you know, all of the conditions, whether it be heart problems or autoimmune problems or cancer. Basically, its the buildup of toxins and the degradation of our body tissues. So my job really everybody's job is to enhance your body's I call them exit systems; create a good exit plan. Really support the organs that help that open the door to release the stuff that you don't want there.

C. AUSTIN FITTS: One of the things that struck me, because I'm someone who's done some pretty significant detoxification, is its never too early or too late to start. And the difference if you do this between your mental acuity and your energy is extraordinary. In other words, this is something that if you get those exit systems working very, very well, you can be a much more powerful and energetic person.

DR. LAURA THOMPSON: You know, I always have people fill out questionnaires before I start working with them. Mostly actually its for them because it helps to center people and get them focused on what they want to work on. But it definitely helps me, too, and it also helps me when we do questionnaires again in three months or four months or six months or something, because then a lot of times you can see differences. And one of the things that people notice is even if they don't think they have memory problems or brain fog or sleep problems or you know, because we live with ourselves, and we just go through life, and things usually happen in baby steps gradually, and we don't necessarily see the slow degradation.

But when they go on a health-building program, they you know, I always say, You have to support the body first and then detox they



will always comment, I never realized how much further from myself I was how now I'm getting back cognitive powers and the ability to concentrate later in the day, ability to stay awake longer. Its really pretty invigorating.

C. AUSTIN FITTS: Right. One of the things that you helped me with tremendously was on the power of testing and the power of getting professional help getting information about how were doing. So many of the people that I know sit and they watch the price of gold or they watch the price of the S&P 500, but they don't have those feedback loops for their own body. And maybe if you could talk a little bit about testing and the importance of testing.

DR. LAURA THOMPSON: Yes so if you think of the fact that the body fluids the mucus, the sweat, the stool well, its not necessarily fluid, but solids plus fluid the lymph system, the urine these are the mediums that the toxins go out through the exit systems. And some of these mediums are really, really helpful in determining just what toxins are registering in the body. I've done multitude of tests over the years and I was talking to you earlier, Catherine, about how I when I got out of school as I had a PhD. in nutrition, then I had a lot of naturopathic training.

I interned at a naturopathic clinic, and then later on I became a naturopathic endocrinologist, so I had a lot of that sort of natural nutritional in those days, I was wearing heels, not Birkenstocks, but my head was in the Birkenstocks, you know. And now I'm the other way around. But I used to do everything with food, and I used to do cleanses and of course, I have to admit people were probably less toxic back then. I never did any testing. I just did everything on maybe a little muscle testing, some intuitive work and, you know, maybe a little bit cocky you know, getting out of school.

“So many of the people that I know sit and they watch the price of gold or they watch the price of the S&P 500, but they don't have those feedback loops for their own body.”



And I learned the hard way, because I had some people go through fasts and cleanses that did not feel well afterwards, and so I had to sort of reexamine how I was doing things. And I realized, Oh my gosh, no one is the same! No two people are the same. You have to at least from my perspective, you have to look to see, Okay, what needs to be enhanced in this person? What's already strong? What you know, because everybody has a there's a different starting line for everyone and a different finishing line for everyone.

I run various urine tests. I run hair tests. I used to do traditional hair analyses. I don't do that so much anymore because I don't find it to be as valuable as I once did. My favorite test and Catherine, I think you know about this because you've done a few of them is a special type of biofeedback tests which we use hair and saliva for. And this gives me such a great overview of various toxins that a lot of people are interested to know, Okay, just what has my body accumulated? everything from beauty shop toxins to dental toxins to radiation the metals to asbestos.

I went go through the whole list. So that's one test that I really love, and that really covers other things, too, like allergies and other things. So it's pretty good.

C. AUSTIN FITTS: It's unbelievably comprehensive.

DR. LAURA THOMPSON: Mm-hmm. And then another test for toxins that is a little bit more pointed or focused is urine testing for metals and minerals. And most people don't even really know they have metals. I had no idea I had metals in my body. You know what I did? I did one of those things that you're never supposed to do, which is reuse water bottles, because I go to the gym with plastic water bottles, and I would leave it in the car, and then I would fill it up again, and I had high antimony levels in my metal testing, and I didn't even know.

I thought antimony was mostly in vaccines, but when I found out it was from water bottles, well, that totally turned my head around. Anyway, you find a lot of things out that you didn't necessarily



realize, because you don't always feel I go, What does it feel like to be toxic? What does it feel like to have metal overload? Sometimes, yes, theres obvious symptoms associated with it nervous system, brain fog, fatigue, rashes, kidney stones you know, things like that that are more obvious.

But most people have toxins and metals and don't even know it because they just kind of adapt to how they feel.

C. AUSTIN FITTS: What I see, you know, because I do drive around the country a lot, so I'm driving around and watching people, and what I see all across the country and it very much dovetails with the introduction of GMO food and then the introduction at the same time of chemtrails you're literally seeing as in populations that are eating GMOs and then breathing in the chemtrails as we all are and not taking proactive steps to do anything about it, you're literally watching them be poisoned. I mean, thats what they look like.

They look like these people who are slowly being poisoned, and their whole body and demeanor is sort of swelling up and responding to that to the poison. And they don't know it. You know, if you walked up to them and said, you know, you're being poisoned, they would not be able to relate to what you're saying.

DR. LAURA THOMPSON: Its because they have nothing to compare it to. They're looking at everyone around them who looks the same, and of course our educational system doesn't prepare us for any of this, and even I think a lot of families don't even teach this anymore. I was taught it.

C. AUSTIN FITTS: My parents didn't have to worry about this stuff. They didn't have to worry about GMO food. You know, in other words, their food supply was relatively safe and fresh, and affordable, and their air was not filled with heavy metals being sprayed over their heads. So our background, whether its our education or our families, haven't prepared us to be sufficiently proactive because they weren't dealing with the levels of toxicity that we are.



And that's why you know, it's funny because one of the ways I came at this was having gone through the detox program with you, I then started to work as an investment advisor, and what I found is that people if you looked at a person's financial statement and their balance sheet, what was happening was they were significantly under-investing their time and money in either detoxification or building up their immune system. And what I kept telling them is, Look, if you're not healthy the number one cause of financial trouble is poor health. So you've got to invest in this.

And there's nothing stranger than having somebody with millions of dollars in a brokerage account telling you they can't afford to spend money on a detoxification regimen, because what you know is if they don't they're going to lose that money.

DR. LAURA THOMPSON: Oh, my!

C. AUSTIN FITTS: Yes! So I keep telling everybody, Please invest in You, Inc. I want you to put You, Inc. on your balance sheet along with your financial assets.

DR. LAURA THOMPSON: Oh, that's great!

C. AUSTIN FITTS: Okay well, let's start going through because there are so many different ways I mean, to me the number one most important thing to detoxification is, Don't put it in your body in the first place if you can avoid it. So maybe we could start there about what is it what are the things we're doing that most increase toxicity?

DR. LAURA THOMPSON: Yes so you know, I think when I was writing my book, *Our Children are What Our Children Eat*, I was doing a lot of research on toxins and one of the studies that I read estimated that 24 billion pounds annually of developmental neurotoxins were going into the US. yearly, and I couldn't even imagine what that meant! And so I started investigating it further, and were looking at hundreds you know, over 100,000 of different neurochemicals everything from toluene to PCBs.



And when I started investigating these things further, a lot of them are estrogenic, so because I'm a hormone specialist, and I've seen all these guys with high estrogen levels. And of course, its more common for women to have high estrogen levels, but they shouldn't. Thats not normal; its just more common. When I started seeing it with guys and then started testing children, because I work with attention-deficits and allergies and autism, and I do hormone testing because a lot of the kids have adrenal problems, and I'm seeing all these estrogen levels, and I'm thinking, What the heck! This is all environmental toxins!

“Its more common for women to have high estrogen levels, but they shouldn't. Thats not normal; its just more common.”

And so I decided to sit down one day, and for my book I'll just read this. You know, The first half hour of a child's life in the summer child has Froot Loops for breakfast, with sugar, artificial colors and preservatives. He or she is allergic to the low-fat milk low-fat milk, by the way, is more allergic than regular fat milk because its higher in protein, and its the protein thats the allergen but his parents don't know this. The child's sinuses get congested from the milk and the cereal.

His mom gives him an over-the-counter or prescription nasal spray, chemical antihistamine, decongestant with artificial preservatives and artificial sweeteners. Then she puts a sunscreen on this child, and the child jumps in a chlorinated pool. After swimming for a while, the child begins to cough, gets out of the pool, almost has an asthma attack, towel dries with a towel, does have an asthma attack because the towel is washed with scented detergent and softening dryer sheets.

Then he goes into a chemically air freshened house and takes a commercial cough syrup. This is like I'm starting to get grossed out just reading it cough syrup with stimulant ingredients, artificial sweeteners, artificial colors and preservatives. Afterwards, the child has a Diet Coke with aspartame followed by commercial corn chips, which probably are GMO at this point, with food coloring, MSG and



preservatives.

But have no fear; the child does remember to brush his or her teeth; however its with colorful, artificially sweetened toothpaste that contains fluoride. I mean, thats like a half hour, and this goes on all day long.

C. AUSTIN FITTS: Right.

DR. LAURA THOMPSON: Right! I mean, I know probably most of your listeners don't live like this, but, you know, there are little components of this type of these kind of habits in most everyones life, either because its something you haven't gotten to yet, or because its easier. Like, my staff just came to me today. I did a blood test for one of my staff, and she had high thyroid antibodies, and you wouldn't think you know, she just got the test because it was on sale. And I said, That means you're going to have to stop gluten, because gluten is really toxic for you.

You don't think of gluten, which is the molecule in wheat and barley and rye that makes it sticky, you don't think of it as a toxin; but if you're allergic to it, then its a toxin. And so she came to me today, holding this sandwich in front of me. She goes, This is my last sandwich. This is my last wheat. I'm giving up gluten, and I was so happy, you know. And thats really thats another point here, and that is that anything to which a person is sensitive, whether it be a food allergen or even something thats emotional can be toxic.

C. AUSTIN FITTS: Right. Well, I've found the thing that is the most toxic and it happened to me during the litigation because I was traveling and had was basically running on fumes it was during the period when they started putting sugar and corn syrup in everything. And what I discovered was sugar is an incredible toxin along with the wheat. If you put enough of that stuff in everything, then you're talking about something thats very, very dangerous.

DR. LAURA THOMPSON: Hey, Catherine, you've traveled to Europe a lot.



Have you eaten you probably have sugar in Europe? Do you react the same way? Because I don't.

C. AUSTIN FITTS: What I've found in Europe is the food is much fresher, and its much easier to get a ton of great food thats not full of sugar and not full of corn syrup. The quality of the food in Europe is so much higher than it is here, and you can just travel around and eat everywhere and be fine. They don't have GMO, although the livestock is eating GMO food now. But it is a much fresher, much healthier food supply than it is here. When I travel in the United States when I go to Europe, I don't even think about it. I know wherever I am I can get great food, and easily, you know.

I can walk into just a corner deli and get great fresh food or any supermarket. I was in Holland in November; no problem. Just run down to the local grocery store, get whatever you want its fabulous. Here, I have to go to the designated store, pack up several you know, I have several of the Coleman campers, and buy three days of food to drive to Montana until I get to the health food store on the other side, because you literally unless you've willing to eat oranges and bananas, you cant get fresh food between here and there. Its amazing.

DR. LAURA THOMPSON: Yes, what the heck has happened? Really! Its so confounding to me! But on the positive side, I have to say I see this tremendous surge of people who are growing their own food, who are shopping at farmers markets, families who are they're homeschooling or they're educating their kids in a certain way that they're really paying attention to all this, and its just so heartwarming because you can see a lot of crap in my business.

C. AUSTIN FITTS: Right well, absolutely, I think theres an explosion, and thats why one of the reasons I wanted to do the Solari Report tonight because I want to make sure that everybody has access to all the information they need to figure out whats going to be useful to you. I forgot to ask you, did you see the DVD its in Jeffrey Smiths trilogy the GMO trilogy the story of the Appleton, Wisconsin, school?



DR. LAURA THOMPSON: Yes.

C. AUSTIN FITTS: Its a wonderful for those of you listening, if you haven't seen that, its a wonderful, very short documentary on a school in Wisconsin that basically switched from processed GMO kinds of food into fresh food and the change in the behavior of the children and the discipline problems or decrease in discipline problems and decrease in sort of bad behavior and the improvement in scholastic performance was mind-boggling!

DR. LAURA THOMPSON: Incredible!

C. AUSTIN FITTS: Yes, I think its a perfect example of kids who were just toxic from the food.

DR. LAURA THOMPSON: Right. Yes, there have been other studies. Stephen Schoenthaler I don't know if you know him, but I've been following his work for a long time was able to pull off a study of a million kids in New York City public schools where they every year, they took something else out of the school lunch program. I think it started with sugar, and then it went to food coloring, and over a period of four years, I think I don't remember the exact percentage, but the incredible increase in the academics and the you know, of course, fewer absenteeisms and just happier kids, and scholastically improving, and the schools had risen in their placements.

And its so simple! Isn't that a killer! Its just so simple!

C. AUSTIN FITTS: Its simple until you have to make a big change mentally and physically to make the switch.

DR. LAURA THOMPSON: It is yes.

C. AUSTIN FITTS: So while were still on food, lets just talk a little bit about water and hydration.

DR. LAURA THOMPSON: Well, you know, water really is your most



important mineral. You know, you have to think of it that way. And if you're using reverse osmosis water or distilled water, you really shouldn't be all the time. Distilled water is really good for like the beginning of the day when you're cleansing the toxins from the night before, but you shouldn't be drinking it all day long unless you're doing a fast. But you know, minerals are in water, and water is so its your most important mineral.

Its also your most important digestive aid, and besides just though the water consumption, which I'm always of the mind that people should be drinking about half their body weight in ounces. So a ISO-pound person should be drinking like 75 ounces of water. You know, but if you have if you're working out a lot or you're sweating a lot, then you should probably be drinking more. But you know its not only about water consumption, and this is one of the things that I find so important about some of the testing that we do, because I live in Southern California, and and you know, I'm not bragging or anything, believe me, because sometimes I wish I didn't.

But there is a consciousness of certainly drinking water and eating food thats like whatever I don't know even know how to label it, but people are really conscious of that. And so a lot of my local patients will come in and say, Yes, I'm drinking, you know and they always know the formula half my body weight in ounces. And so we do some testing, and we find out that they're not really hydrated. And so they keep affirming, I'm drinking water, but I'm saying, But its not getting into the cells, and thats the key.

And this brings up the other topic which you and I talked briefly about, and thats the lymph system. If the lymph system in the body is clogged, or I guess a better word is congested, then the cells cannot detoxify properly because thats the medium that the toxins from the cells go into, is the lymph, and then the lymph carries it out through

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your channels of elimination. So if that happens, then your cells are not actually absorbing...

C. AUSTIN FITTS: The water.

DR. LAURA THOMPSON: Yes water or whatever anything that you're ingesting. And so a person could actually be malnourished or dehydrated because their lymph system is backed up. That is a major key not only for nutrition, but its a major key for detoxification because this is a piece of the puzzle that a lot of people miss when they do their own detox programs because who tells you that? You know?

C. AUSTIN FITTS: Right. I can raise my hand. I tried to do it without you, and this is one of many errors I made.

DR. LAURA THOMPSON: The great thing about lymph - working with the lymphatic system is that I always like to give people things that don't cost anything, you know, or things they can do on their own that they can just do for the rest of their life or even ideas for kids, because I don't necessarily take kids through full-on detox programs unless I'm doing working with metals, and then I do. Most kids really don't need to have detox programs. All you need to do is get their you know, the bowels moving, get the kidneys cleansing the blood properly, move the lymph and get them off their inhalers and their antihistamines and able to breathe properly.

Breathing is a really important thing for detoxification. But anyway, working with the lymphatic homeopathics is really inexpensive. Its terrific for children. I mean, its great for all ages, but its terrific for children because its simple and pretty get pretty good compliance with it. So thats one way of helping to move the lymph along. And then, you know, you have some other things like skin brushing dry skin brushing. I have for anybody who wants it I can give them the techniques for dry skin brushing, and you just have to buy a dry skin brush, you know, which is like \$13.00 or something.

And then a slant board you know, if you just get a slant board



something that's slanting at like 15 or more inches so that your head is on the lower part, that helps the lymph because this is the thing; the lymph system doesn't move unless you move. And if like for instance, athletes and people who actually do are highly active, they actually can have congestive lymph systems just simply because they're moving too much. But basically most people's lymph systems are congested because of dairy, because of sugar, because of toxins.

And it flows up against gravity from the feet all the way into the sinuses, so if you're not moving, or if you're not going upside-down, it's not going to move properly. And then the lymph gets stagnant. When the lymph gets stagnant, then things begin to fester, the cells don't detoxify properly, you build up degenerative tissue. You stay toxic, in other words. A lot of people get cellulite, and you can have more fat accumulation with poor lymph flow, circulatory problems, blood pressure problems.

That's one of the things I do with people my blood pressure patients is I immediately get their lymph systems moving. So these are a couple of things, and then trampolining is great for the lymph also.

C. AUSTIN FITTS: Yes, you've got me doing that. That's one of the many things that Dr. Laura Thompson got me doing that made my neighbors wonder about me. I started using the trampoline, and they're like, Oh, she's a Yankee. You know she's a Yankee. Now, I just have to interrupt, because we have an explosion! We've never gotten this many questions on the Solari Report, an explosion of questions. I just want to ask the ones about water or give the comments.

If water bottles produce toxins after reusing and many metal bottles contain aluminum, what type of water-carrying device do you recommend?

DR. LAURA THOMPSON: Stainless steel.

C. AUSTIN FITTS: Yes, that's what I have. Good.



DR. LAURA THOMPSON: I think stainless steel is the best, yes or glass. Glass would be great; its just easy to break. Its hard to carry around.

C. AUSTIN FITTS: Yes, I use glass a lot. The Swiss have these extra-thick glass water bottles that you can just drop and they don't break. So I use one of those. A comment from someone in St. Louis, Part of the problem is the loss of nutrients in our food supply estimated So percent since 1940 or is it 1904 or 1940? New case studies, Australian studies show even fresh, green, organic veggies don't have any more nutrients that can be supplied from the soil. Need to grow nutrient-dense veggies by feeding soil organisms. Most local people I talk to aren't aware of this.

I agree with that. Don't you?

DR. LAURA THOMPSON: Oh, definitely yes, absolutely.

C. AUSTIN FITTS: Thats one of the reasons I loved juicing because you pack in you know, you're just trying to pack in massive amounts of nutrients.

DR. LAURA THOMPSON: Yes yes, you know, my training was as a nutritionist, and so I really was not taught how to use supplements or even that they were necessary. But that was 25 years ago. I don't see how I could be treating people the way I do now without nutritional supplements, and I think that thats largely because the food doesn't have it anymore, number one, or, number two, people do not want to comply with the food recommendations. You know, they want to take the easy way out.

But yes, I think nutritional supplements or various forms especially super-foods, because they're so nutrient-rich, you know, like the algae and things like that.

C. AUSTIN FITTS: Yes if I didn't take spirulina every morning, I would crave steaks all day long. Thats just yes, I have to have it. Okay one, Are you aware that an expos of the dangers of aspartame is available



for free on the YouTube, Sweet A/lisery: A Poisoned World? I've watched that. I love it. I think that's a terrific documentary if you want to understand aspartame.

I drank about 225 gallons of a zero-cal raspberry drink and developed dry type macular degeneration. By using coconut oil and drinking water, installing a reverse-osmosis water system and an infrared sauna it has completely disappeared. Now that's a successful detoxer.

DR. LAURA THOMPSON: Oh my gosh! Isn't that great! That is just spectacular!

C. AUSTIN FITTS: Lets see Are any toxins indicated to cause MS? Caprylic acid, I've heard, helps keep the blood/ brain barrier intact as a component of coconut oil. I've kept my lipids controlled using three teaspoons daily.

DR. LAURA THOMPSON: Well, MS is known as one of those aspartame diseases, so I don't know if the person had Diet Coke or anything like that in their past. Vaccine toxins most of the autoimmune and there's so many autoimmune problems. Oh my gosh! This must be the age of autoimmune problems because there's so many now, and they're growing in number. Every other person I'm seeing has got some sort of autoimmune problem, and then the medical people say they don't know what to do with it because they don't know how to help the immune system. I shouldn't laugh, but that's just realistic.

C. AUSTIN FITTS: But it's true.

DR. LAURA THOMPSON: But with the autoimmune issues, and I'm putting MS in that category, there's multiple layers of toxins. I've seen toluene with MS. I've seen aspartame. I've seen vaccine injury. I've seen metals with MS. I think you could kind of say that generally for autoimmune problems, but those are the ones I've seen with the MS

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patients that I have.

C. AUSTIN FITTS: Okay well, we have not even begun to go down our list of all the different remedies or detoxification protocols. So lets just shall we start?

DR. LAURA THOMPSON: Yes, I'm going to say the most important thing well, two most important things. I always say the most important thing for every single condition you can think of is, Put in the good stuff; take out the bad stuff. I mean, that ratio of good to bad is what is thats really what is thats the clincher, right. So thats number one.

And that would be fresh, whole food and going through your cabinets and I have this story about this woman used to do these lectures across the country, and this woman young mom like in her early mid-205 came to one of my lectures, and then she called me up because she wanted to be a patient, and she said, You'd be so proud of me; I went through all my cabinets like you told us to do, and I read all the labels, and we put it all in bags, and I looked at my husband and I said, What are we going to do with this? And he goes, Lets give it to your sister.

C. AUSTIN FITTS: What?!

DR. LAURA THOMPSON: And she was laughing you know, she was thinking, Oh my God! They didn't want to waste it, so she gave it to her sister.

C. AUSTIN FITTS: Oh, no!

DR. LAURA THOMPSON: So thats one way to get out the bad stuff. Start looking at all your labels. Really read everything closely, and that includes body care products, because what you put on your skin, you eat, you know. You got to think of the skin as an absorptive you know, some of that gets into the body. But anyway, aside from the good and the bad stuff, the most single most important thing to do for detoxification is to create intestinal fortitude.



Multiple avenues multiple layers of working on, too, to help the intestines absorb your food properly, to help the bowels move regularly, to help your body allow the liver to dump the toxins into the intestine properly so that you can get rid of stuff, because one of the main problems with detox where a lot of people get you know, they kind of it backfires on them is that if your eliminative systems are not eliminating the toxins that you're loosening with all the great things that you're doing, then they're just going to keep recycling in the bloodstream and redeposit.

So and that's extremely counterproductive to all the hard work that you did. So creating intestinal fortitude...

C. AUSTIN FITTS: Not to mention it feels dreadful!

DR. LAURA THOMPSON: Yes, that's right. That's right. Using digestive enzymes, making sure the stomach has got proper stomach acid hydrochloric acids because that's super important for actually digesting protein properly because one of the things that we do to ourselves or our bodies decide to do without our knowing it is if we don't digest food properly, then it can become toxic. So certain protein foods, if you don't have proper HCl you're not breaking down the protein into amino acids properly, then some of those proteins are going to become they're going to fester in the body. They're going to putrefy.

And anyway I know I'm talking too much but that's really the main thing is getting the digestive tract strong.

C. AUSTIN FITTS: Right and making sure your food turns into nutrition and not acid. I want to run through all these different therapies, and were going to have a lot of questions, so don't worry about time.

DR. LAURA THOMPSON: Oh, okay. I was talking fast because I thought we had to wrap it up.

C. AUSTIN FITTS: No, no, no were going to go through this whole we can go as long as we want. So I one of the things I know is our listeners



really want to know the specifics on these different protocols. And I'd love to get the questions answered.

DR. LAURA THOMPSON: Okay so on the topic of the intestinal fortitude, you know, I call it the four Rs. Different authors have used the Rs, which would be replace, remove, re-inoculate and repair. And so there are four different levels of creating gut health or intestinal strength, and that would be like replacing the bad things that you're doing with good food, removing the toxins which could be anything from doing a cleanse because I what I do is I create a cleanse according to the person, and so there's various gentle cleanses that you can do all the way up to aggressive.

But creating a system whereby you're removing toxins and bad things from the intestinal tract, and then re-inoculating, which would be like putting the good guys in the good intestinal bacteria and really good food for the good intestinal bacteria, like Jerusalem artichoke and green beans and you know, they feed the probiotics in your gut, and then repairing the intestinal lining, because if you had toxins in your body, like we all do, those toxins can create an inflammatory response and create little sort of tears in the intestinal tract, which is called leaky gut.

And once that happens then a lot of people's immune systems are on high alert because certain toxins or undigested protein particles can actually seep into the bloodstream, and then your immune system attacks them. And because it's doing its job, you know; it's the army. It's looking for its doing its surveillance. It's looking for foreign invaders, and so simply some protein that you didn't digest properly could actually be construed by your immune system as a foreign invader.

And then - and this is all because the intestines are leaking, and the integrity of the lining of the intestines is compromised. And there are certain things that you can take to heal that, so it's not like, Oh, you're screwed! You know, this happened. No, that all of this stuff is totally healable and reversible.



C. AUSTIN FITTS: Okay so can we jump to chelation?

DR. LAURA THOMPSON: Okay chelation oh, before we do, coffee enemas can be really good, but you shouldn't do something like that unless its a liver dumps toxins into the bowel unless you're really a seasoned cleanser or you know that your body can handle it. But I think thats a really cost-effective way of cleansing the bowel. Okay so chelation. Well, there are different types of chelation. The simplest type is the oral chela well, actually, I don't know. The simplest type is really intravenous because all you have do is sit there and then, you know, you get the IV different chemicals that actually bind to the toxins and pull them out of the body.

So in Latin, chelation means to claw, so its various food substances, various natural chemicals I guess you would say that actually attach themselves to the especially metals and pull them out of the body. So I think chelation is extremely expensive. I'm not discouraging people from doing it. I just that it is expensive, and most of the time they'll have you do a metals test pre-chelation to make sure that they know what they're dealing with. And if they don't, you should tell them you want that because its important to know before you have chelation where you're at.

What metals are they actually because there are certain substances that have affinities for different types of metals. So for instance, DMPS, which is thats actually Captomer is another way of saying DMPS actually has an affinity for mercury whereas EDTA may have a better affinity for lead. So anyway, thats IV chelation. And then oral chelation is something anyone can do, but you want to make sure that your body is in a position that its going to actually not recycle the toxins or the metals, but actually eliminate them.

So doing some testing beforehand is a really good idea. But you've

“Coffee enemas can be really good, but you shouldn't do something like that ... unless you're really a seasoned cleanser or you know that your body can handle it.”



done oral chelation, Catherine. I know you've used glutathione. I know you've used well, you use spirulina. We've used homeopathics. I love using the algae. The algae are so spectacular. The blue-green algae from Klamath Lake is probably my favorite algae. That's a fantastic oral chelator. And then of course, Chlorella has centuries of studies and research in Japan behind it as being a great oral chelator

These would be taken either in powder, capsule or tablet form. The herb, cilantro, is a lot of people know that it has an affinity for mercury and other metals. They're pretty spicy, but I use it as a tincture, you know, that you so you can't really get enough of it in food. I'm sure it's good to use, but anyway. And glutathione, which I find really helpful in a cream base because it's delivered through the skin liposomally, which what that does is it helps to open the liver up to detoxify not only metals, but lots of different toxins from the body. And you can actually apply it right over the liver. That's a really good way to do it.

C. AUSTIN FITTS: Two questions we got on this topic is, What is the timing of dosing Chlorella and cilantro? Do you use cilantro 30 minutes before meals, etc.?

DR. LAURA THOMPSON: I think chelating products working very well before or between meals yes, at least 30 minutes before or 2 hours after. I just think that they're going to have more access to the things they're supposed to be binding to if you're doing it away from food. So that makes good sense.

C. AUSTIN FITTS: Another question, Dr. Gwen Scott recommended diatomaceous earth for detoxing chemtrails. Wonder what Dr. Thompson thinks of it?

DR. LAURA THOMPSON: Yes, I think that's good. I didn't mention it, but yes, I think it's great.

C. AUSTIN FITTS: Okay.



DR. LAURA THOMPSON: I know its we have a colon therapy business its not my business, but its in my clinic and I know they use diatomaceous earth for everything from toxin binding to parasite binding.

C. AUSTIN FITTS: Really as part of the colon cleanse?

DR. LAURA THOMPSON: Yes.

C. AUSTIN FITTS: I never thought of that. Okay. Well, lets turn to colon cleansing, because as I told you this afternoon, I thought colon cleansing I was sitting in a spiritual warfare class at the Bible Institute in Washington, and it was when I was dealing with very serious physical harassment, and my skin was literally turning gray. It was really scary! And my the preacher teaching us spiritual warfare said, If you're engaged in spiritual warfare, you must cleanse your colon. You cannot possibly deal with spiritual warfare without cleansing your colon.

And thats when I said, Okay, well, I'll get serious, and I found a colon cleansing therapist in northern Virginia. And literally within three months the gray was all gone. It was incredible. Anyway, so maybe if you could explain what that is and how it fits in.

DR. LAURA THOMPSON: Oh, you're talking about colon hydrotherapy?

C. AUSTIN FITTS: Yes.

DR. LAURA THOMPSON: Colonics?

C. AUSTIN FITTS: Colonics as well as the just colon cleansing from herbs and other things that help.

DR. LAURA THOMPSON: Oh, okay yes. So one of the things that one of the components of food that a lot of people know about is fiber, and theres different types of fiber. Some of the fiber can be extracted and utilized in a supplement product and either could be taken through



capsule or powder. So some of those fibers would be anything from fenugreek fiber to oat fiber to the various herbs. Cascara sagrada, which I don't usually have people use on an ongoing basis, but its really good for and most colon therapists will tell you for pulling the mucoids back out of the intestines that stuck there, and thats where a lot of the parasites or yeast houses, in the mucus.

So cascara sagrada bark is in a lot of cleansing products, and its great for cleansing times. Its not something you want to take on an ongoing basis, though, because it can be kind of an irritant for the intestinal tract. And probably the all-time favorite colon cleanse product is psyllium, whether it be psyllium powder or psyllium feed, psyllium husk. I find you know, of course, most people who focus on colon cleansing recommend psyllium. The only time I wouldn't recommend psyllium is if somebody is super-constipated, because it does dry out the intestinal tract, and you do have to drink a lot of water, and you do have to make sure you're taking enough oils.

But that would be the only reason I wouldn't suggest psyllium. Other than that, its great for binding. 30 these fibers what they do they absorb toxins. So its really aside from were not just talking about moving the bowels. Were talking about they actually do they have absorptive qualities.

C. AUSTIN FITTS: What I found doing the oral chelation was that colon cleansing and not hydrotherapy was one of the things that just helped me do it. It kept things you know, anything I could do to help the elimination, it was one of the steps that made oral chelation really possible. Otherwise, I would really get things backing up and end up in a real fog.

DR. LAURA THOMPSON: Well, it makes good sense. I think whenever people do a cleanse, of sorts, whatever that might be, doing a colonic, or at the very least doing your own coffee enemas but you know, theres something really great about working with someone who's an expert at what they're doing. You know, I mean, I'm an expert in a certain area, but I'm not an expert in colon hydrotherapy. And when



I go to my colon hydrotherapist, I learn a lot. Its amazing.

And they you can actually feel around and find out where the sigmoid area is and where stuff gets stuck and they know how to massage, they know acupressure points most of them anyway and its just quite a good experience.

“You can actually feel around and find out where the sigmoid area is and where stuff gets stuck...”

C. AUSTIN FITTS: Okay lets go on you pick your next one. Why don't we just go down there? We've got a whole list. You pick your next one.

DR. LAURA THOMPSON: Okay. I love the I love infrared saunas. In fact, one of my closest friend I used to have one in the clinic, but my clinic wasn't set up properly for people to be walking out with their towels on and someone else would be walking in the bathroom, and it just it didn't work well, so I had to sell it. But one of my best friends just got one an infrared sauna for his home, and so now I'm doing it every week. And you know, we - we do use the sweat the body does sweat out toxins.

I mean, that is one of the reasons we sweat, and its to actually sort of to dry us off, in a sense, and to eliminate toxins. And I think the infrared sauna is great. Of course, most people know this, but just in case, it is a dry sauna its not a steam sauna with deeply penetrating heat that I think it enables the body to relax. At the same time, I think thats one of the keys to the cleansing is that you get into you get out of the stress mode. You're not tensed up, and so your muscles and everything are able to sort of relax.

And then you've able to eliminate through the skin, and its amazing, because its really at a lower temperature than your standard steam sauna, and the long-lasting effect is I mean, I can feel I can actually get myself to feel what it feels like days later. Like, I'm sitting here right now feeling what it feels like. Its just the most incredible I don't know if I'm addicted or what, but its the most incredible feeling.



C. AUSTIN FITTS: Well, I've always been back and forth about whether I should get one or not, because they look terrific. And here if I want to use somebody else's, its an hour drive.

DR. LAURA THOMPSON: Catherine, you've the detox queen! You need to get one.

C. AUSTIN FITTS: I need to get one.

DR. LAURA THOMPSON: You do. They're totally worth it.

C. AUSTIN FITTS: Yes, they're pretty wonderful. They are pretty wonderful. Okay, now you

DR. LAURA THOMPSON: I'll just say quickly, a lot of people use it for they get one for weight loss. I wouldn't say that that would be the best reason to get it. I'd say that you will lose weight when your body is at the desired place as far as having detoxified, because basically one of the reasons we hold weight is because the toxins hit the fat tissue and stay there. They love it there. And so really the sauna is more for detoxifying, I think, and then the weight loss maybe a little bit, but I wouldn't count on it for that. I see a lot of people buying them for weight loss, and that that kind of concerns me because...

C. AUSTIN FITTS: Its interesting. When I went through the process with you, one of the things I couldn't understand was as the toxicity exploded during the period under I was under the most physical stress, my weight just exploded. And what I didn't realize was fat was a defense that sort of soaks up the toxins and basically protected my organs. And when I detoxified you know, the idea of losing weight before you detox you need to detoxify first if you've going to bring that weight down because otherwise you've talking you've trying to bring the weight down, and if you can one, its much more difficult if you haven't detoxified.

But two, if you succeed doing it, then you've just dumping enormous amounts of toxins into your system without doing it properly.



DR. LAURA THOMPSON: That's so true. I've seen that over and over again, and it definitely makes so much more sense to do the detox first, and then the fat will burn more readily. You'll have a more successful weight loss program if you do that. So did we talk about juicing and fasting yet. Is that one you want to cover?

C. AUSTIN FITTS: Yes, definitely.

DR. LAURA THOMPSON: Yes so I don't even think of juicing as detox. It's just nutrition, you know. But of course, you could do a juice cleanse, and I've taken people through anything from two for the wimps, two-day cleanses to five-day to ten-day to two-week juice cleanses. I don't take patients through fasting anymore. I'm not saying people shouldn't fast. I don't really do that. I don't I just don't feel comfortable with having people do water fasts and stuff like that anymore. But certainly juicing and fasting are different methods that people use in detoxification.

Fasting used to be a lot more common than it is now. I see a lot of people juicing now, but I don't see a lot of people fasting. But then there's a modified fast, which would be like a juice cleanse and where you've not really eating anything else. Two to five days would be a place that would be a starting point for someone. The most important thing, though, about juicing and fasting is how you've entering into it and how you've coming out of it.

You know, how you've actually integrating food back into your life again, which I usually I think should really be like a day or two or fruit only when you've coming back into eating again, and then soups, and then steamed vegetables and light you know, light vegetable foods, and then slowly the grains, and then last the proteins.

C. AUSTIN FITTS: Right.

DR. LAURA THOMPSON: Not for the faint of heart, not for people who are hypoglycemic, because hypoglycemia needs to be balanced out before you do a juice fast or that type of cleanse because you could really



crash.

C. AUSTIN FITTS: Right.

DR. LAURA THOMPSON: You have some comments about juicing, since you you've a pretty avid juicer?

C. AUSTIN FITTS: You know, I've been for the last six months, I've been trying to get all of our subscribers to watch Fat, Sick and Nearly Dead. I was a member of a church in Washington where which really encouraged everybody to do fasts in January. Now, there was a wide range of people just eating liquids or doing juicing to people just doing water fasts. So it really came down to what the individual wanted to do. But I find that going for periods of eating very lightly or juicing is wonderful, because it just gives your body rather than processing what you've putting in, your body can work on getting rid of what it doesn't want. So I find these to be very healthy periods.

DR. LAURA THOMPSON: I used to fast or I used to do a juice cleanse or some sort of fast cleanse every season, because I read the book a long time ago, Staying Healthy for the Seasons, by Elson Haas, and I really - I was totally into that for probably eight or ten years. And then I met my husband, its really difficult to fast around him because he's not he's not what I would say compliant.

So its very tempting - very difficult. But I'm usually, I'm really good. I'm very focused when I'm on a fast. I always - I feel like I'm high on a cleanse or a fast. And I know I've taken I don't know how many people hundreds of people through fasts and cleanses, and most people say, Boy, you know, I wish I could live this way, because I felt great.

C. AUSTIN FITTS: Yes okay, lets keep going: ion cleanse footbath.

DR. LAURA THOMPSON: Oh, these are pretty fantastic. You like them, too, right?



C. AUSTIN FITTS: Well, I love them because when I was doing oral chelation or and this is important for me when I do sort of toxic events like travel. So if I drive on a two-day say I do a 25-hour drive, there are just enormous fumes. And its interesting. You do a footbath, and the water is the color of the fumes on the road. Its just gray or black and or so if you have a sort of toxic event, which a lot of travel is or other things, you know, a lot of the toxins in our body drop to our feet, as you've taught me. Can you describe how it works?

DR. LAURA THOMPSON: Well, basically the water has these little metal plates in it, which they ionize the water, so it makes the water draw things into it through the feet. And we I've actually tried experiments, because we have one here, too, and where you do you fill the water because this is what happens for anyone who hasn't ever done one. Your body goes through different levels like we the practitioner or a facilitator sits with you and watch and records the different colors that the water turns, because in the first few minutes it may turn a little yellow, and then maybe a little green, and then it'll turn brown, and then it'll turn dark gray, and then it'll turn black, or whatever and each color represents a different organ.

“Basically the water has these little metal plates in it, which they ionize the water, so it makes the water draw things into it through the feet.”

So we were thinking you know, like my husbands an investigative reporter, so I start to think more suspiciously than I probably used to. And okay, so what would really happen if nobody put their foot in there? Like, if it was just water, and son of a gun, it did turn color, but it didn't turn anything like the colors that it turns when people put their feet in there. So I think they work, and I actually have two patients who I work a lot with chemical sensitivities, and I have two patients who are local who do not who cannot even take nutritional supplements.

And son of a gun, cannot - usually I'll work with homeopathics if thats the case, and they cant even use homeopathics, although one has



begun to use one drop, whereas most people would take like 30 to 90 drops a day. This person can only start with one drop because she started to detoxify after that. So I had her start doing the detox footbath. She doesn't have a lot of money, so she can only do like one a month, and she's done like four. So four months have gone by, but at least she's chipping away. She's doing something, and she feels so great after that. So for her that was a very, very gentle way of detoxifying.

C. AUSTIN FITTS: When I was doing oral chelation, what I would discover so we were doing oral chelation, and it was very much targeted on the metals. And what I would find is I would go through periods where I was taking a heavy dosage or I would for every session I'd do one every three or four a week, so pretty much every other day I would get a quarter of an inch to a half an inch of little metal flecks out.

DR. LAURA THOMPSON: Oh my gosh!

C. AUSTIN FITTS: Yes and so my feeling was I would much rather it come out through my feet than it have to go through my digestive organs and my colon. So I used to now, every time I would pour the water in, I would see how much metal was coming out. It was incredible, so you know, because the oral chelation was getting it out of the fat into the blood, but then the question was, Okay, how are we going to get it out of the blood? and getting it through the feet was fantastic. So for me, oral chelation required doing the colon hydrotherapy and the footbaths, because otherwise, you know, getting that stuff out was just going to be brutal. The one thing I should say is Dr. Sam Milham, who does a lot of writing and work and has a great book on Dirty Electricity, and is very opposed to using these things just because of the electronics. And he's very afraid that there are going to be serious side effects, and if you go back and listen to our interview with him he describes it. But my feeling is if you look at the things he thinks I'm going to get from using it, I'm going to be long dead before them from heavy metals, so I continue to use it.

DR. LAURA THOMPSON: I haven't seen any side effects. I didn't hear that



call, so I don't know if he was talking how far down the road he's talking. But so far I've just seen real good results with it. And its not a money-maker for me anyway, so its not like I'm trying to push this. I don't distribute it or anything like that. I've just seen really good results with it. So I think we should mention because you were just bringing up the point of how you have to layer different modalities when you detox, and certainly you had a pretty extreme situation.

But so do a lot of other people in maybe different ways, and its I think a question of finding the right modality for you and more than one. You know, like you cant I don't think nowadays you can just do one thing. You have to work on different levels. So maybe you've getting up in the morning, and you've doing your skin brushing, and then maybe you've doing some deep breathing exercises, and then you've doing a coffee enema and drinking your juice and you know, that could be the day in a life of someone who's cleansing.

C. AUSTIN FITTS: Just to let you know no, I agree with you. I think you need to be constantly doing things, and you need to shake it up and keep even the body can get bored, but I wanted to make sure you knew Franklin Sanders calls coffee enemas having your coffee upside-down.

DR. LAURA THOMPSON: No cream or sugar, right!

C. AUSTIN FITTS: Right.

DR. LAURA THOMPSON: Oh my gosh.

C. AUSTIN FITTS: Now, since we were talking about footbaths, can I just add detox footpads, because that was one of my loves that I introduced Franklin to, and he ended up saving his feet with that one and writing about it in his newsletter. But detox footpads are sort of herbal pads that you put on your feet, and they're very good. I've found they're very good at drawing out certain heavy metals, not all. And so I've used them pretty much since I think about 2004 is when I started to use them, and I find that its very slow and subtle, but if



you've interested in getting heavy metals out its just sort of a no-pain way of doing it.

You put the pads on your feet before you go to sleep at night. You wake up and pull them off, and they're full of disgusting stuff, and you throw them out. But its pretty painless.

DR. LAURA THOMPSON: And you said you had yours tested, right?

C. AUSTIN FITTS: Yes, what you can do is those places where you buy them, you can send them in to be tested. So I would send them in to be tested to see sort of what was coming out. And again, my feeling is I'd just much rather have it go through my feet than my liver or kidneys. So and I assure you, if you look at the footpads that I've done since 2004, I've pulled a lot of stuff out. The feeling you get is its just like taking a little shower while you've sleeping. Its like a little internal shower. You wake up a little bit lighter.

DR. LAURA THOMPSON: Thats fantastic. And it sounds pretty simple, too. I have not tried them, but I do have a few patients who've used them and like them.

C. AUSTIN FITTS: Well, its like everything, you know you've gotten me to do jumping on the trampoline and the foot dox detox footpads, you know, my neighbors just shake their heads and think I'm a Yankee. Okay so lets talk about flushes.

DR. LAURA THOMPSON: Yes.

C. AUSTIN FITTS: Whats a flush?

DR. LAURA THOMPSON: So there are different types of flushes that a person can do, besides flushing the toilet, that is. You would be actually flushing the body. I mean, in a sense, if you think about it, if you drink like 8 ounces - 16 ounces of water in the morning, and maybe you're putting some lemon in there or something, I mean, thats a flush, and thats actually helping your liver and your



gallbladder.

That would be what I would call a very gentle flush that one could do every day. Another type of flush that I like is with a product that I use called MetPhos, which is a phosphoric acid in water. And what that does is it flushes the system with this phosphoric acid which helps to pull out calcified areas of the body, whether it be calcification in the arteries or gallstones. This is actually a good preliminary tactic to use before doing a liver/gallbladder flush because what this does is it binds to I guess you would call it dislocated, misappropriated calcium that is typically accumulating in different parts of the body because the body is heavily acid.

Thats - you know, its - thats not like if you have arthritis and you have calcium deposits you should stop taking calcium. The problem is that you haven't really you have an acid system. You need to alkalize your acid system. So anyway, then people get kidney stones or gallstones or they have calcium deposits or they have arthritis, calcification in the arteries, calcification in the brain. 30 what this does is it helps to pull out calcification, and its a really good preliminary to do for a gallbladder flush because and I don't ever suggest people do gallbladder flushes before actually doing something preliminary.

Working with if you have a holistic practitioner you work with, let them know you're doing this gallbladder flush because you don't always know what you're flushing, you know.

C. AUSTIN FITTS: Right.

DR. LAURA THOMPSON: And some people have had their gallbladders removed, they're doing a liver flush, and they don't have the ability to

“This is actually a good preliminary tactic to use before doing a liver/gallbladder flush because what this does is it binds to dislocated, misappropriated calcium that is typically accumulating in different parts of the body.”



really emulsify the fats properly, and so you have to take caution when you do these things, but they can be extremely effective. So it means that you're flushing the body with different fluids or different concoctions, I guess. And you can go anything from, like I said, the lemon water all the way up to the drinking Epsom salt and olive oil and lemon and the different, really aggressive liver and gallbladder flushes, which I choose to have people do in a very step-wise manner, so that because I have to be cautious.

If it was just me and I've done these myself. The first gallbladder flush I did, I flushed out about 90 gallstones really, really tiny stones.

C. AUSTIN FITTS: Well, I have to tell you that there's nothing more exciting and energizing than a successful liver flush, in my experience. I love these things. They're time-consuming to do, but they're fabulous.

DR. LAURA THOMPSON: So what do you see when you do the flushes? Do you see gallstones at all?

C. AUSTIN FITTS: No, because I focus more on liver flushes, but I don't notice anything. You know, what I notice is...

DR. LAURA THOMPSON: You feel good.

C. AUSTIN FITTS: Well, it's almost as though your whole body's stuck, and all of a sudden it's free. You just have this incredible lightness and freedom, and you just feel like whatever that was, it's all gone now.

DR. LAURA THOMPSON: That's a great feeling.

C. AUSTIN FITTS: Yes.

DR. LAURA THOMPSON: It really makes you think twice about what you want to put in your mouth after that.

C. AUSTIN FITTS: I know.



DR. LAURA THOMPSON: Its funny, because you get I get into a very funny head when I'm cleansing or especially toward the end of a cleanse because I look at other people eating food that I would usually be eating, which is basically I eat good food, but I wouldn't eat that during a cleanse. And at the end of the cleanse, I look at that food, and I think, I'm not ever going to have that again. You know, what is wrong with them for eating that?

C. AUSTIN FITTS: Well, what happens to me is when I get toxic, I start craving junky food, and when I start eating junky food suddenly I realize, Oh, wait a minute, I've got to go get a colonic. I've got to do a flush. I've got to and thats my signal to know I would not be getting these urges unless something was stuck. So to me...

DR. LAURA THOMPSON: Thats really great that you have that alert system, and that makes total sense.

C. AUSTIN FITTS: Well, I wont realize it, but suddenly I'll know, and it happens to me a lot when I'm traveling. Suddenly, I'll want things I normally don't eat, and I'll realize, Oh, you know, you're toxic. Its building up.

I just have to mention next to flushing is castor oil packs, because castor oil packs would always you know, would really help me during the flushes in and around the flushes. And castor oil packs is well, why don't you describe what they are, Laura, because you use them?

DR. LAURA THOMPSON: Yes well, yes, I love using castor oil packs. They're extremely gentle. So basically its a I always say its an Edgar Cayce remedy, but it probably existed before; he just used it for lots of different inflammatory issues with people. So its basically castor oil, and you should definitely get a good castor oil. I carry a good castor oil. Maybe your health food store does you got to be careful and maybe it doesn't, because castor oil now is from linseed, a lot of which is GMO and not very cleanly processed. Its like furniture oil or something.



So you get a good castor oil, and you soak a cotton or wool flannel a piece of cotton or wool flannel, and you put that on the desired area. Now, I use this for people with inflammation, like uterine fibroids. I use it for people with cysts, like ovarian cysts, liver cysts, kidney cysts, liver cleansing, irritable bowel syndrome I mean, really even athletic injuries. And I also have people we have thermography here in my clinic, and so we recommend that for breast screening.

I actually don't even like to focus on breast screening, but its always that people want to do breast screening that they do thermography than I'm not supposed to say you shouldn't get a mammogram, but but anyway, so we see inflammatory areas in the breast tissue or other because you can do a full body scan, too. So we actually used castor oil packed on those inflammatory areas. So you can put it anywhere.

But basically you soak the wool or cotton flannel with the castor oil, you put it on the desired area, and then I usually have people put a piece of wax paper or plastic wrap I know its not great using plastic wrap; maybe you have a better idea over that, and then a hot water bottle or a heating pad over that, and you sit with that for about a half an hour. And it really pulls toxins through the skin. It helps to bring down inflammation. Its extremely relaxing, and most people feel really good doing it.

C. AUSTIN FITTS: Yes. Starting about 12 years ago when for political reasons, I couldn't go see a doctor, I had my family had an old-timey book it was from about the early 1800s from it was Plantation Medicine.

DR. LAURA THOMPSON: Wow!

C. AUSTIN FITTS: So yes out in the rural areas, if you didn't have a doctor, what were all the herbal and old-timey recipes, and one of them was castor oil packs. And what I discovered was since I didn't I couldn't go to see a doctor, I just had to come up with things on my own. And one of the things I discovered was castor oil packs would solve about 50 percent of my problems.



DR. LAURA THOMPSON: Wow!

C. AUSTIN FITTS: Yes - no, because I use castor oil packs for everything. Anyway, we know necessity is the mother of invention. Okay lets talk about clay packs, because you got me to do clay packs, and only Dr. Laura Thompson could get me to do this. This is the most ridiculous-looking thing I have ever done in my life, and along with the trampolines and the footpads, you know, I'm forever branded a Yankee in Hickory Valley. But why don't you explain what clay packs are because they are fantastic, no matter how ridiculous-looking they are.

“This is the most ridiculous-looking thing I have ever done in my life, and along with the trampolines and the footpads, you know, I'm forever branded a Yankee in Hickory Valley.”

DR. LAURA THOMPSON: One of my patients says that even though her husband pays for what it is she's doing with me, theres certain things she has to do when he's not there because he just thinks its totally ridiculous. But it basically and this isn't my idea. I mean, I learned this from other people, and so, yes, the medi-body pack is what its called. And I started using this technique its with a product that has volcanic clay and peat and clay from South America and zeolite chemicals zeolite minerals and things like that.

And basically you mix it with this special liquid, and we have different liquid substances we use depending upon what your goal is. If its for inflamma- you know, anti- inflammation or if its for detoxifying metals or we use different liquids that you mix it with, because you have to mix it with something in order to apply it to the body. And so you can use it to detoxify certain areas. We usually have people start with the palms of the hands and the soles of the feet. I know thats the most ridiculous way to do it. Its most you get yourself in a precarious position.

You have to sit in the sun with it for a period of time or sit by a sunny window. It can be done inside, too. The idea is that you open up the meridians of the body the flow systems of the body by using the



hands and the feet, and then after doing it that way a couple times then you can start focusing on a certain area. Now, I like to use this for thyroid detox, because I work a lot with people with Hashimotos or thyroid inflammation, goiters, things like that. So you can actually apply it to the throat. You can apply it anywhere.

C. AUSTIN FITTS: So that's what I use it for is the thyroid detox, because what we felt was after all the oral chelation, the something was making my thyroid really tired. So you said, Okay, well, try this, and wow! It was just unbelievable. It's like doing a thyroid flush.

DR. LAURA THOMPSON: Yes, exactly.

C. AUSTIN FITTS: Okay a couple more questions. One question, What do you think of iridology as an approach for diagnosing and treating illness? and you need to explain what iridology is.

DR. LAURA THOMPSON: Well, yes, I actually studied with iridology with Dr. Bernard Jenson. It's a process by which you use the iris of the eye, and you have to use a special camera, and you or an otoscope. I still do it somewhat. I don't do the camera work anymore mainly because well, first of all, I should say I'll just say that I think it's great. And you can see different areas of the iris of the eye will you can see deposits of toxins. You can see areas where you could actually see where something may be cystic.

You can see whether the lymphatic system is congested, and different colors indicate different toxins and different placements in the iris at different you know, if you look at think of it as a like a as a clock it's a 12:00 or 3:00 or 6:00 or 9:00 you can each area represents a different body part. So I think iridology is great. As I've gone along in my career and done so many different things, I can see how you do the thing that you're attracted to at the time, and you attract people to you who you can help with that at the time.

So that's why I think all these modalities are probably really good. And I've done a lot of them, and sometimes I cycle back to some of



them. I'm also I've also been schooled in sclerology, which is not reading the iris, but reading the whites of the eye, and I used to do the iridology and the sclerology together, and I still do sclerology because its a lot more simple to you don't need the whole fancy camera equipment and everything to look at the whites of the eye.

So I think if you feel in your gut that its a good thing and that you like the person who's doing it, you think you have a good connection, then its probably a good way to go, because no modality is going to heal you. Its all how you feel about what you're doing, and then how you enact whatever recommendations you're given.

C. AUSTIN FITTS: Its good stuff in, bad stuff out, and in that process all the different kinds of things that work for you. Let me just run through a couple of these other questions. Have you ever dealt with any confirmed cases of GMO allergies? Is there a test for it? Any comments appreciated. Thanks.

DR. LAURA THOMPSON: This is an interesting topic. So this is what I see. This certain type of biofeedback assessments that we do, I in the past, I'm going to say okay, so lets see. I guess its been eight months I'm starting to see more GMOs coming up in peoples test results and a lot more corn allergies. And I've been involved with this testing I used to do other types of biofeedback testing 25 years ago, and I do now when people are here in person do a different type where we can check for all different types of sensitivities or allergies to these kinds of products.

But since I work with a lot of people long distance, theres a different type of assessment that we do. And the one this one that I'm talking about about eight months ago, I started seeing this coming up more, and I never saw it before. And at the same time the legislation was happening, and I thought it was very interesting that it just made me so much aware how GMOS have really spread into our food system. And occasionally we see people with this is the thing.

I think if peoples livers are more congested, people have corn allergies



or fungal problems, then you're going to see more GMO allergies because a lot of it is to corn, and a lot of people have corn problems, yes, because of corn itself, but also because of the way its stored and the fungus that accumulates.

C. AUSTIN FITTS: One of our movies of the year on the Safari Report last year was Genetic Roulette with Jeffrey Smith. And I read the book and saw the documentary. He has a book by the same title. And in the documentary I really encourage the subscriber to watch if you haven't because you have various reports of doctors saying, We put them on a non-GMO diet, and the problems clear up.

And thats what you hear again and again and again. Now, thats not a test. Its just an experience. But if you look at what I see just driving around the country, its very much the deterioration is very much contiguous with the rise of fructose corn syrup and sugar plus GMOs plus chemtrails. So its thats anecdotal, but its pretty and thats why I think Genetic Roulette is have you seen it, Laura?

DR. LAURA THOMPSON: I haven't seen that. I'm going to have to see that.

C. AUSTIN FITTS: Its very good in terms of charting the rise of different things and the problems. And the same with Robyn O'Briens some of the talks she's given, because she was she used to be a stock analyst on Wall Street and so also does very good charts that sort of show the development of whats going on in the industry versus the explosion of disease. And if you watch Genetic Roulette and then her stuff, the correlations are quite extraordinary. Okay. Enemas stimulate six times the glutathione in the liver versus intravenous. I'm assuming he means chelation.

DR. LAURA THOMPSON: Mm-hmm yes. Well, you know, you talking about coffee enemas - to do that...

C. AUSTIN FITTS: Must be - yes.

DR. LAURA THOMPSON: - while you're doing chelation - yes. Well, like I



was mentioning before, one of the main reasons to do a coffee enema - a lot of people think they're doing an enema to help with the colon, which of course you are. But the main thing is - and you have to probably do a series of them in order to get to this point that you just read - but you have to peel the layers so that eventually you get to the point where the liver can actually dump toxins. And that allows the glutathione to do its work as an antioxidant and help to neutralize toxins. So you're actually helping your liver by doing an enema, in other words.

C. AUSTIN FITTS: Before we close, are there any other methods or particular ideas, whether its testing or detoxifying, that you wanted to mention?

DR. LAURA THOMPSON: Probably I'm looking at my notes now to make sure that we covered all the stuff we didn't really talk about breathing that much, but I think yogic breathing and various breathing from meditative schools whatever one of your listeners actually emailed me today and told me to look up a website, which I should probably give out because it was I did read the information, and I thought it was very interesting. Proper-Breathing.blogspot.com anyway, thats important because, again, I think if we can employ a lot of these things that are really free, they're just habits.

C. AUSTIN FITTS: Right so plenty of sleep, plenty of water and plenty of deep breathing.

DR. LAURA THOMPSON: And get your slant board and you could yes, the deep breathing, and supposedly the longer exhale is better for health. You know, I think its fascinating about breathing, because we breathe in oxygen, we breathe out carbon dioxide, and then we have this reciprocal agreement with nature, because the plants take in the carbon dioxide and give off the oxygen. Isn't that beautiful? I hate to sound corny.

“That allows the glutathione to do its work as an antioxidant and help to neutralize toxins. So you're actually helping your liver by doing an enema, in other words.”



C. AUSTIN FITTS: I also wanted to touch on the idea of families detoxing together, because one of the things I find is one person in the family realizes the power and the opportunity and starts to do it, but the other members aren't, and that makes it more difficult for everybody. So I know you have a pattern where one person comes to you and the next thing you know, slowly they get the whole family doing it.

DR. LAURA THOMPSON: Yes its really great. Usually, its the mom who starts because maybe for other reasons and then eventually I take them through a detox program. And as far as families cleansing together, some of these things that were talking about you know, the free things are the ways that most people can cleanse together. You know, teach your kids how to breathe. Everybody should be using a slant board, trampolining, drinking water all that stuff is a way to cleanse together.

Homeopathic routines I have I've had various families multitude of families do homeopathic cleanses, like parasite cleanses, or I have numerous families that do radiation cleanses with a radiation-binding homeopathic thats really I'm just saying homeopathic because those are really good for kids. Depending upon the age of the child, they can do colon cleanses. But it is great to have people everyone being on the same page because the family is going to work more as a unit.

What is the saying, how one voice or many voices is really bigger than the voices themselves. Its like that unity that happens the great power that happens when people do things together.

C. AUSTIN FITTS: There was one other thing that we got a question about or a comment about I wanted to read and then ask you about. A year and a half ago, I went to a natural health practitioner on recommendation of a friend. Using her Rife machine, the practitioner diagnosed me with high levels of heavy metal toxicity and told me bluntly that she wouldn't treat me unless I had my mercury dental fillings removed, which I did a little over a year ago, feeling immediate relief after the removal. Now what do you think about that about getting your dental fillings changed to remove the



mercury?

DR. LAURA THOMPSON: Well, the biofeedback testing that we do often shows that there is a great need for the toxins to come out of the teeth. I don't think I would ever say that to somebody because its very, very expensive. You know, its like depends on the person, but it could be \$500.00 per tooth and/or into the ten thousands to get the mercury removed. So anyway, I think its great. I think its great to do that.

But before people do that, I think you should always check in to make sure you're ready for it, and you definitely should go to a biological dentist. It sounds like this person went to a biological dentist, because I think I read the excerpt there that you sent me, that they were using the proper dams and they were doing it the right way, dealing with the methyl mercury that could be breathed in when the mercury is taken out of the teeth, because that could be even more toxic.

C. AUSTIN FITTS: Yes, if its not done properly, its very dangerous.

DR. LAURA THOMPSON: Oh, yes so that person obviously had a really good experience, but I've had other people who oh my gosh, one of my favorite lymph therapists had her mercury removed because she saw that it was tox you know, she had did a test and saw it was toxic, but her body wasn't ready for it, and she had mercury poisoning. And she went to a biological dentist, but her eliminative systems were not this goes back to the initial part of our conversation, which is you have to open the exits.

If you haven't opened you have to open the exit doors, create your exit plan, allow the bowels and the lymph and the lungs and the skin and the kidneys to be open so that when you're going to detoxify because when you get your metals removed, you are going to detoxify then everything will go smoothly. So I would say that would just be my word of caution.



C. AUSTIN FITTS: Okay well, Laura, I've kept you way over time, and I want to thank everybody for their patience. But you know, I'm very interested in our subscribers becoming as powerful individually and collectively as they possibly can. And one of the things I know is that real attention to detoxification is a real pathway to personal power and just tremendous physical and mental energy. And it has an impact on all parts of your life including your spiritual part.

So to me this is one I wanted to take all the time on and make sure everyone had the access to the sort of all the different therapies and many more that we haven't discussed that are available. So in closing, Laura, any thoughts you want to add, and please let us know what your website is and your contact information before you go.

DR. LAURA THOMPSON: Okay yes, well, my phone number - I have an 800-number - (800) 608-5602. My website is www.DrLauraThompson.com, or for short www.SCICN.com, Southern California Institute of Clinical Nutrition dot-com. I guess, you know, in these days when people are I don't know. I work a lot with people who have stress. I mean, I'm sure most people have a lot of stress, and I think its really important to get your personal growth stuff in place, whatever that might be. Some people pray. Some people meditate. Some people just do their own thing.

Whatever it is because it really helps to be really centered before you detoxify. If were going to take detoxification seriously sometimes I'll even start a person with an emotional remedy or something because when you detoxify, and you're doing it right, and you're doing a really good job of it, you're going to detoxify emotionally, too. And to emotionally feel like you're in a good place strong and confident is a good place to be before you detoxify because you don't want to feel not good.

You don't want to get depressed or have mood swings or feel like you failed at the detox. So anyway, that would be I guess my final piece of advice.



C. AUSTIN FITTS: Oh, that's good advice because one of the things that happened to me as I was detoxifying, the memory both the information as to what happened both plot and emotion was revisited as the stuff went out, so it would literally cause you to relive certain experiences and the feelings associated with it. And it was just part of getting the physical material out. It would inspire the relive. And so you really needed a way to deal with that.

DR. LAURA THOMPSON: Absolutely. That happens with a lot of people. It's actually one of the laws of detoxification is that you're actually retracing. And sometimes those things that you're retracing I know, I got to stop talking or we could start a whole other subject. But when you retrace, you can retrace the emotional things, too, I guess is the point.

C. AUSTIN FITTS: Right its reruns. Its emotional reruns. Okay Laura Thompson Dr. Laura Thompson, thank you very much. You have a wonderful evening, and God bless you from everybody at the Solari Report.

DR. LAURA THOMPSON: Oh, you guys, too. I had a great time. Thanks a lot, Catherine.

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