



The Solari Report

June 16, 2016

Detoxing From Toxic Vaccines with Dr. Laura Thompson

VAXXED
FROM COVER-UP TO CATASTROPHE



THE FILM THEY DON'T WANT YOU TO SEE

Catherine Austin Fitts

Dr. Laura Thompson



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C. Austin Fitts: Ladies and gentlemen, it is a real privilege to welcome back to The Solari Report a woman who needs no introduction here, Dr. Laura Thompson. She is the founder and head of the Southern California Institute of Nutrition.

Just so that there are no conflicts of interest, she is my nutritionist, and I can't recommend her highly enough. Even though she has lots of bona fides and is a nutritionist, I will tell you that she has a real gift as a healer.

I came to know that because her husband, Jon Rappoport, said, "You've got to talk to Laura. You need real help. She can heal anybody."

Dr. Laura Thompson: Oh gosh.

C. Austin Fitts: And he was right. So, Laura, it's so great to have you back on The Solari Report. We're going to be talking about how to detoxify from toxic vaccines, and I want to begin by telling you the story of how I came to realize we had to do another Solari Report about detoxifying from toxic vaccines. We've already done one on swine flu if you remember.

Dr. Laura Thompson: Wow! That's right.

C. Austin Fitts: I have a little Solari Circle, and when the *Vaxxed* documentary was suppressed at the Tribeca Film Festival, it got a conversation going. One person went down to see *Vaxxed*. They were in Connecticut and they went down to New York City. They saw the documentary, came back, and reported on it. Then a discussion ensued about how worried many of the members were about what was happening to grandkids or other kids in their family and what they could do to communicate this kind of information to their family – both what the dangers are of toxic vaccines and also if you've taken a toxic vaccine and somebody has been harmed, how do you heal and detoxify?

Before we get going, I hear that you and Jon just went to see *Vaxxed*.



Dr. Laura Thompson: We did. You may know this, but the *Vaxxed* team was actually here at our place because they were actually going to include Jon in the movie. For whatever reason they didn't. Some of it had to do with the fact that they wanted him to shave his beard right there on the spot, and he hemmed and hawed and didn't think that he wanted to do that.

Anyway, after seeing the movie, I can see that it was a very focused movie. It was very easy to understand, and I really think that if Part Two comes out, Jon's place would be more appropriate.

It was very impactful. It was extremely well-received. I don't know what the audiences are like in other parts of the country. I wasn't surprised by the audience in Southern California, but they did a question and answer after the movie, and tons of people got up to talk. I mean, people are really asking a lot of questions from seeing this movie.

It was so well-done and it was so focused. The point was made very clearly about the whistleblower.

C. Austin Fitts: This is the CDC whistleblower, Dr. William Thompson?

Dr. Laura Thompson: Yes, right. He's of no relation.

C. Austin Fitts: No relation.

Dr. Laura Thompson: It was so impactful, and it was actually heart-wrenching because the mom who was in the film was actually at the question and answer after the film. She is a force to be reckoned with. She is a powerhouse. She has been through the mill.

Anyway, it was quite an experience, and I can see why the movie is being so well-received even though a lot of the conventional reviews are horrific. All you have to do is go see it and look at the audience, and they are absolutely stunned and want more.

This is really what we've been trying to get at for so many years.

C. Austin Fitts: I think we've hit a tipping point on this topic, and something is going. That is why I want to encourage you to go as far as you can before the boom comes down after the inauguration, which I think they are likely to push back. It's possible to hit a tipping point so it won't work.



I will say this. Every time the tapeworm has gotten backed up, it's by mothers. It's homeschooling and swine flu among others. Mothers are the most dangerous political force in America – and worldwide.

If Mr. Global and the tapeworm are afraid of anything, they're afraid of mothers when they get together.

Dr. Laura Thompson: Mothers rock!

Dr. Laura Thompson: Mothers rock!

C. Austin Fitts: Right. So you want as many mothers as possible getting the bit in their teeth over toxic vaccines.

So let's just dive in. So tell us about vaccine toxicity, and tell us how we see the symptoms that it has happened.

Dr. Laura Thompson: Before I go into that, I want to say something regarding your introduction. I want to make sure that people understand that I'm not a medical doctor, and when I work with people in helping them cleanse, etc., I think the most important thing to remember is that the body does the work; I don't do anything. I just give the information. The body does the healing.

So, sometimes the toxicity is obvious, and sometimes it's not. Just to give you an example, I was working with a client who is a pediatric nurse. She had just switched her job to triage because she was so devastated by what she had seen in the pediatric unit as a result of vaccinations. She had seen everything from seizures to death on the table.

I told my husband, Jon Rappoport, about it after I spoke with her. I had asked her, "Would you be willing to be interviewed anonymously?"

She said, "Yes."

Then I asked him if he would be interested in interviewing her, and he said, "Yes." I tried to get in touch with her, and I never heard from her again because I think she wanted to keep her job.

When she told me that – and this is just one pediatric nurse, one little person like the rest of us doing their job – I thought, "Oh my gosh! How many other people are seeing this and not doing anything about it?"



So all I can say is what I've seen in my practice and what people have reported to me, and that is everything from parents of children who were diagnosed autistic who lost their ability to make eye contact the day after their vaccination and their ability to speak properly. Those are some of the more obvious things that were ultimately damage to the nervous system. Then you have the child who has seizures.

I know that my nephew after a flu vaccine had seizures the next day. It's really horrible. I understand what you're saying about your circle, and the grandmothers and mothers. It's not just women, but it tends to be the women who are really taking the bull by the horns here. They want to do something because you see reactions like this, and how is this going to impact the child down the road? How many things are going to crop up years later that you don't even know about because damage to the nervous system could be obvious – like we just said – or it could be just insidious and slow-build until something happens later in life, whether that be MS or some autoimmune disorder.

Sometimes the autoimmune disorders, I think, you need to look at what kind of vaccine may have caused this.

This is the thing: All problems occur in the body as a result of multiple injuries – layer upon layer of insults to the body. So it's hard to just say, "Alright, that was a vaccination."

C. Austin Fitts: Right.

Dr. Laura Thompson: In other words, there has to be a set-up. The body has to be in a certain place in order for a vaccine to affect it that way, and that place would be already toxic build-up with an inability to detoxify efficiently, and then the vaccine comes in and is the icing on the cake – so to speak.

C. Austin Fitts: One of the things I wanted to mention is we're going to be using *Trace Amounts* for this interview's 'Let's Go to the Movies'. Robert De Niro, when he was interviewed about *Vaxxed* after the brouhaha in Tribeca strongly recommended people watch it. It's about the mercury poisoning, including the thimerosal preservative in vaccines. So a lot of it is about vaccines, but it goes through the explosion of autism from 1,000-10,000, now up to 1 in 63 and rising. It ties it very much to the implementation of heavy vaccination schedules for children.

Dr. Laura Thompson: It's criminal.



C. Austin Fitts: If you look at the graphs by year of the implementation of heavy schedule and the skyrocketing of autism, it's pretty remarkable.

Maybe you could just describe heavy schedules because a lot of people listening have had vaccinations, but they never had the heavy schedules. It is a big difference.

Dr. Laura Thompson: Sure, I was vaccinated. Were you?

C. Austin Fitts: Yes.

Dr. Laura Thompson: And we had two, three, or five vaccinations – something like that – over a period of ten years, and certainly not on day one of life. It probably wasn't even before age two or school age. Now you're getting Hep B on your first day!

First of all, there are no studies on what happens when multiple vaccinations are given to a person. There is nothing scientifically proven, or even examined, about two, three, four, up to six vaccinations coming in on the same day. I mean, if you're going to be coming from the scientific point of view, why aren't you even going to take it that far to scientifically 'prove' that it's okay?

So that's number one. The kids are guinea pigs. That's where you're starting.

Secondly, why is it that some children have reactions and some don't? Well, some children have reactions because they can't effectively detoxify. So if they're being given one vaccination, maybe they will be okay. But if they're given two or three, it might be too much for the body to handle, especially if they're already in a compromised state.

You know how everybody is different. Some people just do not detoxify as quickly as others. An example for an adult would be someone who is really sensitive to alcohol. They can drink wine or some form of alcohol and say, "I can't drink anymore," or, "I can only do one or two and I can't go beyond that."

Other people can do four, five, or ten. So some people can detoxify more readily than others. The ones who have difficulty detoxifying would probably be the ones who would have more obvious insult and injury that you would see.

The whole thing of these heavy schedules, aside from the insult to the body, do we think that everybody is a wimp? Do we think that kids don't have the ability to develop their own immune system and build their own armies? Why do we need to have artificial immunity when we have perfectly good immune systems that can be strengthened and supported by doing certain things without the need for all the artificial stuff coming in?



C. Austin Fitts: So let's start with kids. My child gets a vaccine, shows symptoms of real problems – whether it's seizures or fever or whatever. What do I do?

Dr. Laura Thompson: That would probably be short-lived, and I would say that the next step would be that for a child I usually take much gentler approaches with children. First of all, if there is a problem at the site of injection, there are ways that you can topically help with anti-inflammatory treatments. You have to look at this as a trauma. This isn't just toxicity, but this is trauma.

Aside from the emotional trauma of needles and things, it's a trauma to the body and the nervous system. So what is the effect of trauma? The effect of trauma is inflammation – some of which you may see at the site of the injection. You can do a castor oil pack, which is taking castor oil and putting it on a piece of cotton or wool flannel and putting it directly on the site of injection. Then you put a piece of Saran Wrap over that, and then a heating pad over that.

C. Austin Fitts: I just have to stop you right there. You got me to start doing castor oil packs, and I now swear by them.

Dr. Laura Thompson: Great!

C. Austin Fitts: When you first said, "You have to do a castor oil pack," I thought, "You must be kidding."

If you hadn't been insistent, I would not have done it. There was a big mental obstacle there, but I just want to reiterate that it's an amazing healing technique.

Dr. Laura Thompson: It is. It seems prehistoric in a way in these days of technology. Like, you actually have to do something and you have to be patient and the child has to be patient. The pack has to be there for a good 10-15 minutes. Anyway, that is a really good thing to do at the site of injection.

What I would do if the child had a reaction – and even if a child didn't have a reaction – I tell all the parents I work with that if they decide to vaccinate that you should give them an Epsom salt bath. I mean, the child is going to take a bath anyway. Just put some Epsom salts or some other types of salts in there. That is going to be a minor form of detoxification, but it is going to help. It is going to help to bring down inflammation.

Then there are other things. There is something called the 'mini body pack' which is a mud pack which you can actually put on the site of injection. I won't belabor all the details of that, but those are a couple of things that can be done that are pretty easy.



I think people should have these in their house anyway, in your medicine cabinet. You should have mud packs and castor oil and an MSM cream, which would be an anti-inflammatory cream. It feels really nice, it's cool, it doesn't hurt, and it doesn't sting or anything like that.

Then do homeopathic. I'm a huge proponent of homeopathics in general because of how they communicate at the cellular level. If you think of our cells as a computer chip, they function with minerals with an electrical charge. So homeopathics are really good at turning on the cells or quieting the cells. The cellular level is the level you want to get to because the bowels could be moving normally, the other areas of detoxification – urination and the skin – could all be fine, but the cells may be limping along. That could be a problem that you might not even see.

I use various lymphatic drainage formulas. I use vaccine detox formulas. They are very gentle and they are great for children. They don't taste bad, and they are easy to take. You just need small amounts of them. There is a certain schedule that you can follow.

Those would be the immediate things that a person could do whether the child has had an obvious reaction or not.

C. Austin Fitts: When would do testing?

Dr. Laura Thompson: I tell people to get various types of testing. I really like biofeedback assessments. I have a biofeedback person who I tell people to go to. She works long-distance.

I know you've done that and you felt good results from that. The reason why I like it is because it's not a medical test. It's not going to show you scientific values of things, but it's really good at looking at how the cells resonate with various toxins and how the body is functioning at an organ and glandular level, and where the areas of inflammation are. Sometimes people will do this before they even vaccinate to see if we can get some things working more efficiently before the vaccination comes into the body.

Certainly most people don't think that way. I'm not being negative, and your audience is probably different, but most people don't work on things until something happens. So at that point I will usually suggest that.



Sometimes if it's a vaccination that has mercury or aluminum in it, I will recommend that a person get metal testing. They can do that on their own because I don't do testing. There is a website called www.DirectLabs.com, and they offer discount testing to the public. They have a medical doctor on their staff there, and you can do it right online. You get your requisition form, you take it to a local lab, and you can do metal testing if that is necessary.

It may not be necessary for most people, but sometimes metals are the reason for neurological damage, so that's an option.

C. Austin Fitts: So let's say that they do testing and they find out that they've got serious heavy metal problems. *Trace Amounts* goes through mercury, but there is aluminum and other things. So let's say they have very serious heavy metal toxicity. What do they do?

Dr. Laura Thompson: There are different ways to approach that. First of all, I'm a huge fan of topical detox, like I just said. I'm a huge fan of baths, foot soaks, castor oil packs, and then there is the Medi-Body Pack which is a mud pack. I have them do mud packs on the palms of their hands and the soles of their feet.

This goes along with the Eastern form of medicine, which is basically opening up the meridians in the body. The body wants to be in balance. I always say to create a good exit plan. If you open the channels that things can exit through, then the doors are open and there is going to be a much better chance that they're going to go out the door.

So if you look at the channels of elimination, that would be the bowel, the kidneys, the lungs, the lymphs, the liver, and the skin. Those are all your exit doors. These mud packs are really one of the first steps that you take. It gets things opened up – maybe the key to unlock the door, so to speak.

C. Austin Fitts: I have to stop you here and explain that you got me to do this, and at one point I had done a lot of chelation, but I was very tired and we were trying to figure out what was causing it. You said, "Maybe stuff has gotten built up in the thyroid. So let's do the mud packs."



After my experience with castor oil, I knew that whatever you said was going to work. The idea of sitting out in the middle of Hickory Valley with mud all over my neck and hands and feet while my neighbors drove by in their pickup trucks, laughing at me, I thought, “Laura, are you serious? Do I really have to do this?”

Well, after the first time I did it, I felt like I had taken a time-capsule Dexedrine.

Dr. Laura Thompson: Wow!

C. Austin Fitts: It was like massive energy. I thought, “Oh my God! Can this really be true?”

Dr. Laura Thompson: Isn’t that great? You got rid of the blockages.

C. Austin Fitts: It totally worked. I said, “Well, I can look ridiculous in front of all the pickup trucks from here on out.”

I’m sure the only way I can get time-capsule Dexedrine is illegal, so I might as well do mud packs.

Dr. Laura Thompson: I love the topical forms of detox because they basically support the body to do the best it can. Give the body what it needs to do as much as it can on its own. I utilize homeopathics for liver function, for lymph decongestion, for kidney function. Again, it helps the filters do what they’re supposed to do. They’re supposed to filter the blood.

C. Austin Fitts: What about the diet?

Dr. Laura Thompson: With diet, I always said that the best way to look at diet was to just not put in the bad things. I mean, there are obviously many things that one can do with diet, but the first order of business is to do what you always tell your subscribers to do, and that is to get the chemicals out of your life as much as possible. Be organic, and go with slow food. In other words, whatever takes time to make is probably better than anything else.

Go with high ORAC foods and high anti-oxidant foods. Go with fruits and vegetables. Of course, berries have gotten huge acclaim. Utilize foods that feed the body and strengthen the body and strengthen the immune system. Foods are actually therapeutic, and that’s why we eat. We don’t just eat for substance; we eat to feed various aspects of the body.



Then go with real food, and go with food that actually is easy to digest – high enzymatic food. Go with food that is raw – but not all raw. Help your digestive system utilize the food and turn it into fuel instead of a lot of empty foods.

C. Austin Fitts: You have to build up your gut.

Dr. Laura Thompson: That's true, too. If we think about it, 60% of our immune system is in the gut – which is quite an alarming percent when you think about it. Getting the gut healthy is, I think, the primary part of detox. Aside from what we've just said, the next step is feeding the gut. Utilize fresh food that is high in enzymes and foods that your body can actually use because it's been predigested, creating the exit of the toxins.

When you utilize foods that support digestion, then a lot of the toxins are going to just naturally go out with it. By the way, that's at least two bowel movements a day. If you're eating two or three meals a day, it should be at least two bowel movements a day. It should be about the size of a large banana, and it should be medium to dark brown and one piece flowing easily out of the body.

You help the body to eliminate as much of the toxins on its own as possible before you do a detox plan. The dangerous thing about doing a detox plan is if the detox inspires toxins to leave the body, and the toxins are trying to leave but there's no door for them to go out, then they're going to just keep cycling around, and then you're going to be in bed. It's going to wreak havoc in the body.

So detoxification plans can back up if you don't have the gut in good order.

C. Austin Fitts: Would you use the foot bath with a child?

Dr. Laura Thompson: Sure. The only problem with children is that they're just funky. So they may not do things for a long period of time.

I'm a nana; my friends have granted me the right to be the official nana. My granddaughter is three years old. Before she was born, her parents are so pure they said, "We're never going to have a TV and she's going to be totally sheltered from that which other children see."



Of course, that kind of statement always comes back to bite you because now I can see that she will do almost anything if she has the iPad in front of her. So you put the child with the iPad – and I don't want to tell people how to parent – but sometimes you have to do things like that to get done what you need to get done.

C. Austin Fitts: Right.

Dr. Laura Thompson: So the foot bath would be fine for a child. It's just minerals. I think you make a fun game out of it, and that would be great. It's a great technique because it's a wonderful thing for parents to teach their children some of these techniques that they can use for the rest of their life and then pass that on to their children.

C. Austin Fitts: Right. I think given the toxicity in the environment, these are things that people need to do on a lifelong basis.

It was interesting that in both *Trace Amounts* and in the movie, *Vaxxed*, the movie was produced by Andrew Wakefield, who was a doctor in Britain who lost his medical license fighting the establishment over vaccines and now lives in the United States.

They made a movie – a fictional drama – based on the story. In the story it centers around one child who Wakefield worked with, and that child successfully detoxed.

You see it in *Trace Amounts* and you see it in that movie, and in other documentaries. So detoxing really can work and bring about significant improvement.

Dr. Laura Thompson: I've worked a lot with autistic children, and mostly high-functioning Asperger's, and some less-functioning, and I've seen a lot of the children improve. I can remember one girl who I worked with. She was very unusual. She went from special classes to normal classes. I know at one point the family moved, and three or four years down the road the new school didn't know that she had been in special classes before. The teacher was amazed because she was totally normal.

So it can happen.

C. Austin Fitts: Right. It's a lot of work, but it can happen.



Dr. Laura Thompson: I want to mention something about adults. Of course, all of what we're talking about applies to adults, but one of the things that I've seen with flu shots is that maybe two to three weeks after the flu shot I've seen people break out with herpes. I've seen this probably 15 times.

I think that the importance of building the immune system before having a flu shot is there. I mean, some people have to have them because of their job, and some people just want to have them for whatever reason. If you're going to do that, do your due diligence and work on your immune system. Support and strengthen your immune system all the time, but especially before doing that.

I think something happens with the viral load with the flu shot, and there are multiple stories of people then having shingles or herpes afterwards.

C. Austin Fitts: I had a very dear friend who got the flu shot every year automatically. Finally when they couldn't get people to take the swine flu, they integrated it into the flu shot in 2010. I don't know if you remember that.

I begged her not to take it, and as soon as she took it, it's as though her entire immune system just disappeared and the cancer just went wild.

Dr. Laura Thompson: Oh, gosh.

C. Austin Fitts: Nothing could stop it. It was as though she had literally blown up the damn and the cancer just wore through. It was – bang! You could just see it and watch it.

So if you're already managing some kind of condition, it's that issue of: Can your immune system afford to take the hit and still deal with whatever it is you're already dealing with?

Dr. Laura Thompson: Exactly. It's layer upon layer of insults to the body, and the vaccines are big insults.

C. Austin Fitts: There's one thing that I want to mention before we leave the topic of kids entirely. One of the people who I most respect has worked with autistic kids as well as teachers, and they are a real expert who has done this professionally all their life.



We were sitting around talking about it, and they said to me, “You know, I’ve come to the conclusion that at some very deep, subconscious level one of the things that is causing the trauma is that deep down inside they know their parents will not protect them and they are at risk. Their parents are not only not protecting them, but they’re facilitating the harm, and they know that at some sort of subconscious level. That is part of what makes them crazy.”

Dr. Laura Thompson: Wow! That sort-of goes back to what I said earlier. Why aren’t we relying on what our bodies were meant to do, which is to be strong in itself? Build your internal army.

I think if parents understood that, then they wouldn’t see the need for the vaccine. I mean, I work with a multitude of families who think the opposite. They think in the way that I just said. They think the opposite of how a lot of conventional families think.

Conventional families think they’re doing a good thing. This the ultimate way of them protecting their child, and they just don’t know. They don’t understand about the way the body works.

C. Austin Fitts: Here’s the thing: They can’t fathom it. If you don’t know, and then you have to face how dangerous this is, it has huge ramifications for your whole paradigm, your whole world, your everything.

Dr. Laura Thompson: Yes.

C. Austin Fitts: It’s a big leap for them to fathom.

Dr. Laura Thompson: I know, and it’s so difficult. I don’t know how families do it nowadays – families in that ballpark that we’re talking about. I’ve travelled to various parts of the country with the family that my husband and I are close with, and we’re looking for a really solid place to live. Some of the first things that we’re doing is looking at the schools for this three-year-old who we are close with, and the first thing that we’re looking at is: What is the vaccination policy in that town or that state? What are they going to allow as far as the affidavits that you need for exclusion? Are the school systems going to be open to it? Are the private schools going to be open to it?

C. Austin Fitts: What are the health freedom rules, and what is the culture?



Dr. Laura Thompson: Yes.

C. Austin Fitts: I wanted to ask you: Have you ever seen a documentary called *The Horse Boy*?

Dr. Laura Thompson: No.

C. Austin Fitts: It's about a child from California who was severely autistic who the family took to a healer in Mongolia who literally – with his hands – manipulated the child's electromagnetic field and produced dramatic improvements.

Dr. Laura Thompson: Wow!

C. Austin Fitts: Watching it, what you intuitively see is there is something going on with his toxicity which messes up the wiring, if you will, in the aura and the electromagnetic field. It's very interesting.

The last thing – before we leave kids – is we have a commentary up on the website called 'A Collection Cup' for vaccine materials. We're looking to identify the best documentaries to give to parents to help them understand the risks of toxic vaccines.

Two that have come to the fore are *Trace Amounts* and *The Greater Good Movie*. I haven't seen *Vaxxed* yet, but I'm assuming *Vaxxed* will be one of them, too. Are there any other documentaries or movies you would recommend?

Dr. Laura Thompson: What about Sherri Tenpenny's arsenal of documentaries of her lectures? I don't know the exact names of them. I have a few of them. I don't want to take the time on this call to look them up, but I could email those to you.

C. Austin Fitts: That would be great. Okay, on to adults.

What is amazing is the quality of intellect and personal integrity it takes to become a leader in this area. It's quite amazing.

Dr. Laura Thompson: The amount of bravery involved with it, too. I would imagine that most people who are in that camp don't even really think about it; they are just so passionate.

When I look at it, I think, "Oh my gosh! That takes so much guts to be able to stand up, especially as an MD.



C. Austin Fitts: Right – to wave the facts in front of \$1 trillion. When you have a trillion dollars saying that the sky is green, and you’re saying, “Wait a minute. I have the facts. The sky is blue.”

It’s both an intellectual feat and an enormous, courageous feat.

So with adults, we’ve gone through kids. What do adults do in addition to all the things that we’ve described for kids?

Dr. Laura Thompson: Are we talking about adults who are detoxifying from childhood vaccines? Is that what you mean?

C. Austin Fitts: What if they just got a tetanus shot and it had thimerosal in it and they’re in real trouble?

Dr. Laura Thompson: There are homeopathics that work for helping to detoxify metals. Again, I’m a huge proponent of homeopathics and working at the cellular level.

I just want to say that anybody who is using homeopathics or is going to go that route, you always want to make sure you’re doing what is called ‘drainage’. There are different formulas you can use for draining the lymphs, draining the mesenchyme, which is a meshwork of connective tissue that form lymph vessels and blood vessels that really help in circulation.

There are products that you can use to help the drainage pathways so that your body can more effectively eliminate at a deep level. Again, you can use things like EDTA. I have a product that I like to use called Ultra D, which has EDTA and other things that help the toxins be eliminated through the bowel. But you really want to make sure you’re also working at the cellular level.

You want to work at the macro level and the micro level, so the organ level as well as the cellular level.

C. Austin Fitts: Right. So with EDTA, you’re talking about chelation, right?

Dr. Laura Thompson: This is an oral form of it. It’s a product that works really great for the bowel. It has blue-green algae and it has other things in it. In fact, I take myself through a series of that product about two or three times a year, just as a standard thing that I do.



C. Austin Fitts: My layman's description of chelation is it gets the toxins out of the fat and into the bloodstream. Is that correct?

Dr. Laura Thompson: Yes, chelation means 'to claw' so there's something about the substance that actually claws or binds to the toxin – whatever toxin that may be – and then pulls it out. You want it to come out of the fat cells. You want it to go into the bloodstream, and then you want it to go out the channels of elimination, whether it be the bowels or the kidneys or whatever.

C. Austin Fitts: I have to tell you that I did oral chelation, and I really should do more, but I did it for a long time. If it wasn't for the foot baths and the detox foot pads and the Colonix, I don't know what people chelate without all that support.

Dr. Laura Thompson: I guess some do and some don't; it depends on the efficiency of that person's detox system. Some people probably don't need to do that, and other people need to do the whole gamut.

C. Austin Fitts: Do you ever use intravenous chelation?

Dr. Laura Thompson: Of course, I can't do it, but I recommend people go to do it. I have a couple of people who I refer locally to get Myers' Cocktails or glutathione pushes. Whoever I recommend they see would make the right recommendation for them, but it's a great thing to do. Some people will benefit greatly from that.

C. Austin Fitts: Right. What else for an adult?

Dr. Laura Thompson: I utilize a special transdermal glutathione which I find to be more effective than oral glutathione which is, of course, a dynamite antioxidant detoxifier. So this is, again, a topical supplement. You can actually put it right over the liver. It really helps the liver to detoxify.

I take adults through various methods of supporting the immune system of getting the gut healthy before really going through a detoxification level of supplements because most people, even though they think that they feel okay or they always think that they're doing well digestion-wise, they probably aren't. That's the most important thing to do.



Supporting the immune system in the gut, which is the gut-associated lymphoid tissue – the GALT – there are several products I use for that to support immune function and get the gut ready to then go through detoxification. There are different substances that are really good for that.

One, by the way, is colostrum. You can take colostrum capsules or powder, and children can take it, too. It's super-good for the immune system in general, but it's also really great to support the GALT and bodies in the gut.

C. Austin Fitts: One of the things I want to point out is we have two interviews with you in our archives. One is on building up your immune system, and the other is on detoxification. I think if you're going to seriously address any toxicity, including from vaccines, you want to not only listen to this interview, but also listen to both of those, because they are super.

Dr. Laura Thompson: Great!

C. Austin Fitts: Any other materials that you would recommend that adults look at to help them detox from vaccines, or anything to help them understand what has happened with vaccines?

Dr. Laura Thompson: My book, *Our Children Are What our Children Eat* actually applies to both adults and children, and I have a whole section in there on vaccinations – even going down to listing the ingredients and what the ingredients are for and how they can affect the body and various techniques you can use to get things out of the body. I also have lots of questions that parents can ask.

My job is to help people make the right decision for themselves. So I think once people start asking questions and understanding, “Does my child need to be vaccinated before the age of two? Is there a family history of vaccine reactions? Is my child sick right now? Does my child have any allergies?”

You can ask yourself these questions, too, but once you've gone through a period of self-examination and become really strong in your ideas about this topic, I think most people are going to make different decisions. That holds true for the decisions about themselves, whether it be a senior who is going for a shingles vaccine or the many number of people who are going for flu shots regularly.



C. Austin Fitts: I think the hardest thing for a lot of people is if you look at the marketing by the official reality of how good these things are for you and how safe they are, you have so many powerful and smart and intelligent and attractive people who are so adamant and clear. They refer to all the scientific evidence.

I mean, the presentation is quite amazing. You can't fathom that it's all complete yaya, which it is.

Dr. Laura Thompson: I think what a lot of people can't really fathom is: Could this be malicious? I don't think most of it is.

C. Austin Fitts: That's where you and I disagree.

Dr. Laura Thompson: I'm sure. My husband and I disagree on this, too. I'm not looking at this through rose-colored glasses, but I really do think basically that everybody is good.

I know there are people who are not, and I know there are machines that are not, but I don't think that most family doctors and most people at the level that the majority of the population are dealing with, I don't think they are bad and malicious.

C. Austin Fitts: They're not bad or malicious; they're ignorant or they're afraid.

Dr. Laura Thompson: Yes. I mean, how horrible it must be to face the fact that most everything you learned is wrong.

I was sitting with a pharmacist the other day – a young kid, maybe in his late 20's. He married the daughter of a girlfriend of mine who is fairly holistic. She is using tea tree oil and she is taking supplements, and I had just told him the benefits of hemp oil. I was at a party, and I was asking him, "How are you feeling about your job?"

I always think, "What a great job it would be to have a young pharmacist who understands medication and works with people who don't understand medications."

So I was talking to him about that. I could see he was so frustrated because he had gone to school and done all the stuff. He had been working for five or six years in a pharmacy, and he's thinking to himself, "This is all crap. What am I doing? I mean, look at what hemp oil does. Why can't I tell people about that?"



So I'm sure there are a lot of doctors who, like you say, are fearful. I mean, it's hard to look at that and examine it and say, "Oh my gosh! Where have I been? My head has been in the sand."

C. Austin Fitts: I think the reason why the effort to make the swine flu vaccine mandatory failed was that so many doctors and nurses said, "No. We're not taking it, and we refuse to give it to anybody else," so it stalled out. There was such an adamant pushback.

Ever since then, if you listen to what they've been trying to do to mandate it in schools, they've been going to 'Plan B' to try to mandate it bottom-up by the very forceful, very granular push. So this is definitely a major debate.

I do think if you look at what is going on, people are going to need to know what the risks are, but they are also going to need to know if they do take a vaccine or their kids do take vaccines and have harmful reactions, we're going to have to know how to detox, too.

Dr. Laura Thompson: There is one area of foods that I neglected to mention, and that is the area of green foods – the algae's, the seaweeds, the blue-green algae, the spirulina, the chlorella, and different ones for different purposes. They're not only so great for building the body and strengthening the immune system, but they're also really good at helping to detoxify. You can make them taste good. There are ways that you can put them in juice or smoothies.

C. Austin Fitts: Every it's spirulina and cilantro. That's me.

Well, Laura, before we close, go through how people find you and how they find your book and how they find your website and how they arrange to see you if they want. Tell us how we access you and keep up with your work.

Dr. Laura Thompson: My phone number is 800-608-5602. We have internet phones, so you do reach a person, but you do have to press some buttons before you can reach the person. The email is info@scicn.com which is the Southern California Institute of Clinical Nutrition.

My book is *Our Children Are What Our Children Eat*, and so that can be ordered. I did decide that I wanted to do a Solari deal.



C. Austin Fitts: Oh, good!

Dr. Laura Thompson: So I could give people \$50 off on their first consult with me, which is quite a nice thing.

C. Austin Fitts: Yes, it is.

Dr. Laura Thompson: I don't think I've ever done that before, but I figure Solari people are probably all doing good things.

C. Austin Fitts: The one thing I will say is anybody who ends up working a lot with Solari Report subscribers always says, "Oh, God! I love Solari Report subscribers."

We just did a luncheon in New York City with Richard Dolan. It was the second one we did at Club 21, and it was fabulous.

Richard came to me and he said, "I've really been looking forward to this. I so love talking to Solari Report subscribers."

Dr. Laura Thompson: I know. You've attracted a fine group of people who are really doing so much of their own good work.

C. Austin Fitts: Yes, they're amazing, amazing people. That's why we love to get them together when we can do a luncheon at a place. We ought to do a luncheon in San Diego. That's what we ought to do.

Dr. Laura Thompson: That sounds good.

C. Austin Fitts: Let's do it in Carlsbad.

Dr. Laura Thompson: I'll have you over.

C. Austin Fitts: That would be great! You have to figure out where we have the luncheon. It has to be a private room. If you figure that out, we'll do one in Carlsbad.

Dr. Laura Thompson, you are a blessing to all of us. You are certainly a blessing to the Solari network, and we want to thank you for everything you've done and thank you so much for helping us figure out how we detox from vaccines.



If you have any ideas about great materials, just send them and I'll post them.

Dr. Laura Thompson: I will do that. Thank you so much, Catherine. You guys have been a great support to me, and I always love doing the calls with you.

C. Austin Fitts: We'll do it again. You have a great day.

Dr. Laura Thompson: You, too, Catherine.

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