



---

# The Solari Report

February 23, 2017

---

## Health Care Independence with Dr. Laura Thompson



Catherine Austin Fitts



Dr Laura Thompson



# Health Care Independence with Dr. Laura Thompson

February 23, 2017

---

**C. Austin Fitts:** Ladies and gentlemen, it's a pleasure to welcome back to The Solari Report, Dr. Laura Thompson. As a matter of disclosure, Dr. Thompson is my nutritionist and health coach and has been since 2006. She has joined us for The Solari Report several times – great Solari Reports on how to build your immune system and how to detox. Those are forever timely, so I would encourage you to access those as support to what we are going to be talking about today.

Our topic is healthcare independence. It's something that is very significant to me.

First let me tell you about Laura, and then I'll tell you why I think it's so important that we talk about healthcare independence.

Laura is CEO and founder of Vitamin Love. Some of you have worked with her through her prior institute, and she has now closed the institute and started something that reflects what she has learned and what is in her heart to do, and I think it's a very special service.



She is a well-known figure in the holistic health movement. She is a family nutritionist and has her PhD in human behavior and nutrition, and I will say this: Her knowledge base is extraordinary. You name it – hormones, brain neurotransmitters, metallic balancing, natural food, lymphology, herbology, and the list goes on and on. She specializes in holistic healthcare that includes cellular nutrition, food nutrition supplement programs, brain enhancement, nutritional support for healthy digestion and elimination. A lot of people will tell you that it all starts in the gut. She also specializes in child and teen health programs.

She is the author of two books; *Our Children Are What Our Children Eat*, and *Smart Food, Smart Families*. Her main focus is helping people become healthcare independent and taking charge of their health and making sure they know what they need to navigate this system.

She offers nutritional counseling and coaching by phone, and that is how I have worked with her for many years. She is also a consultant for businesses and practitioners' offices and all sorts of enterprises, including schools and corporations.

You also know her husband, Jon Rappoport. I always say that Jon Rappoport saved my life because he introduced me to Laura.

So I called Laura. She has done superb Solari Reports with us on building the immune system and detoxing, but I am observing an enormous diversity of people's ability to handle the healthcare system. In the financial world, in the old days, a broker would churn your account and waste away your principal.



I'm seeing couples being churned by the healthcare system and their finances being destroyed. This is a financial matter. It's the number-one financial problem my clients face, and you can only avoid it by getting intellectual mastery and taking responsibility for your health in a whole new way. That's why today, we are going to talk about healthcare independence.

There is a great deal of diversity between people who know how to do that and do it well, and they are very successful and live much longer lives, and people who don't get completely churned and eaten up financially as well as physically by the system.

So healthcare independence is important. I assure you as an investment advisor that there is nothing more critical than your finances that you achieve it and do a good job at it. Only you can take that responsibility.

Laura has joined us today to talk about that. So, Laura, welcome to The Solari Report.

**Dr. Laura Thompson:** Hi, Catherine. Thank you. I appreciate being here. I love talking to your peeps.

**C. Austin Fitts:** Well, people always say that Solari has the finest network, the best people —, and it's true.

I want to talk about getting the best from holistic and conventional healthcare.



I called you when I decided I wanted to do this, and I was so upset about what I was watching that I had to pause and reflect until I finally figured out that what I'm talking about is that some couples know how to navigate holistic and conventional healthcare and get the best from both worlds and others don't. The ones who don't are absolutely getting financially destroyed by that ignorance.

So you had to talk me off the wall and help me see what was going on. I know you are someone who is absolutely emotionally committed to helping people master their own health issues. So talk to us a little about holistic care. Let's define holistic care and conventional care, and about the strengths and weaknesses of both systems so that we get a clear picture of the two systems.

**Dr. Laura Thompson:** I was looking at definitions in prepping for this interview, and I could say something off the cuff, but I thought it would be a good idea to see what has actually been written. In looking at holistic and the definition of it, most people know that it is taking into consideration healing body, mind, and spirit of the whole person. When I'm looking at definitions of holistic medicine, you get a third definition which is, "Holistic healing of body, mind, and spirit, and offering conventional medicine if needed."

I thought that was interesting that there seems to be about three categories. There would be just holistic health, holistic medicine, and conventional medicine.



Conventional medicine is the medicine that is based on allopathy, which is to cure or medicate disease, focusing on the elimination of physical symptoms. It's not necessarily looking at the whole person, although it can be.

What would you say so far as to what I just said?

**C. Austin Fitts:** I would say that holistic looks at the whole person, but it also – in my experience – tends more to look at the person as an electromagnetic and spiritual being.

**Dr. Laura Thompson:** Yes, that is so important.

**C. Austin Fitts:** It's not just looking at a person physically, but it's looking at them spiritually and emotionally at what some people would call your aura, not just your physical being. It's a much broader definition.

**Dr. Laura Thompson:** Yes. It encompasses that which science can't necessarily validate, which as I've gotten older or as I've become more experienced, I've seen how much healing comes from the person's own energy and ability to accept the healing and change their energy field. That is one of the reasons I have been drawn more to homeopathy over the years. I still utilize nutritional supplements and, of course, superfoods, but homeopathy has nothing there except energy. It sparks the electromagnetic field and the different workings to bring into balance or bring into focus whatever is out of balance.

**C. Austin Fitts:** Right.



**Dr. Laura Thompson:** That is true. That is something that is not necessarily in the conventional medicine umbrella.

The other thing that I have noticed over the years – and I saw in a comparison of holistic and conventional medicine that was written by the Academy of Integrative Health and Medicine – is that many times you see people who are artistic as holistic healers or holistic doctors or holistic practitioners. It attracts people who are artistic in some way or another, whether they know it or not, because there are arts involved in the holistic modalities.

It's not that there aren't in conventional medicine, because certainly there are aspects of conventional medicine that absolutely require an artistic hand or an artistic eye, but I've had and I've been in holistic clinics and worked with so many health practitioners. One thing that gives holistic health practitioners a 'bad name' or a flakey name is that many of them do tend to be artists, and not necessarily the best at business. I'm sure you've come into contact with that.

**C. Austin Fitts:** I've seen that in the medical practice, too. The intervention of government has forced more business-like practices, but if you review the economics, I would say that they are not particularly economic.

**Dr. Laura Thompson:** Right.



**C. Austin Fitts:** You're right as well. I do think the holistic practices seems to attract more creative people, but also people who have worked in conventional medicine and become dissatisfied. It's a combination of the very creative and the very experienced. That is what I've run into.

One thing I would describe is conventional often tries to solve things with more power and force and intervention than need be, and that is one of the attractions for people because I think if you want a quick solution, conventional medicine offers something that is much faster.

If you have poor nutrition, if your system is weak, if your immune system is weak, if you're toxified, dealing with those holistically takes a lot of time and patience whereas conventional medicine offers something that – for many people – seems it is going to be fast. “I just take a pill, and it's dealt with, and I don't have to worry about it,” whereas holistic means, “I have to take responsibility, I have to learn a large amount of things, and I've got to do this and do that.”

**Dr. Laura Thompson:** “I have to change my diet.”

**C. Austin Fitts:** Right. It means, “I have to change.” I came to holistic medicine because I was politically in a situation where I couldn't access conventional medicine. It wasn't safe. So the question for me is: What can I do on my own? That is when I fell into old-time recipes, among other things, and it wasn't until I could afford to work with you that I really discovered all the different things that you could do, and I got into learning more about holistic.



I would say that holistic takes more responsibility, more time, and more staring in the mirror and real changing, but it works. It is also – in many, many cases – much more economical than conventional.

**Dr. Laura Thompson:** Yes, especially in the long run.

**C. Austin Fitts:** Right. My father was a surgeon. Surgery has risk. If you can deal with something holistically as opposed to going into surgery, you avoid those risks because when surgery goes wrong, it can go very, very wrong and kill you. So holistic is almost always safer than conventional.

**Dr. Laura Thompson:** Just look at the stats of several studies. One of the most recent is that medical errors are the third-leading cause of death in the US after heart disease and cancer.

**C. Austin Fitts:** Right. They are talking about medical errors, and I think it's about 250,000 a year.

**Dr. Laura Thompson:** Barbara Starfield said about 106,000, but there are different categories. If you really look at medical errors that don't cause death, then you can see serious illnesses that are caused by medical errors.

**C. Austin Fitts:** Right. So here is what I see. As I was driving around America, I saw simultaneously three things go up: a criminal justice center, private prisons, and hospitals, while all the businesses dramatically increased the amount of aisles going to pharmaceuticals.



You realized, “Oh, the whole population is being liquidated. The poor folks are going to the prison.”

If you can get them on illegal drugs, then they can go through the prisons. If you can get them on pharmaceutical drugs, then they will go through the hospital. But this is a liquidation model. It’s really scary to realize how it works.

My concern on medical errors is not what those studies are going to define as medical errors, but essentially putting people on a treadmill of pharmaceuticals that makes them weaker and weaker. Their immune systems go down and their toxicity rises. Particularly once the chemtrails and GMOs started, what I see is the general population of America is steadily having their toxicity levels rising and immune systems falling, and the pharmaceuticals facilitate that process. Then everybody gets sick with whatever their particular physical weakness is.

What they don’t realize is that they are part of an epidemic that is very simple, and it’s the same thing. It’s a series of inputs that drive their immune system down and their toxicity levels up. In the meantime, they are on a treadmill where they keep going to doctors for whatever the symptom of that is.

**Dr. Laura Thompson:** It’s hard to get off that treadmill.

**C. Austin Fitts:** Right.



**Dr. Laura Thompson:** I was talking to a client last week that had returned to me from twelve years ago. Of course, we were all younger then, but I was talking to her about medications. She was concerned that she was on many medications. I think she said that she was on five or six different medications. I asked her to list them, and after six she had three or four more. Then, during the conversation, she added two more. By the time the conversation was over, she had told me that she was on 12 medications, and she didn't even realize it because after a point, they all lumped together.

Inherently, medications take control. I see my job as, not to get people off medications, but to help them take control of their health so that eventually they can go to their doctor and reduce the medications and ultimately get off the medications – maybe all of them. Maybe this person can get off six of them, or maybe she will be able to get off ten of them, but it's going to take time. It does take time because, if something is controlling your body, then you have to – in a sense – train your body to take control back, which means to strengthen your twelve organ systems. It takes time to build and rebuild and to detoxify.

I was having this discussion with my husband the other day because he wanted me to give him something to have everything be okay. I said, “You know, you've got to be okay with the process.”

That's it. The body has its own process, and everybody's process is different. So the timeline is different.

The good news is that you are in the process of becoming healthy. Ultimately, that is the way it always will be. We're always in the process.



**C. Austin Fitts:** The complaint that I hear about doing things holistically is how much time it takes, but if you consider the time I see people lose by going into this treadmill of doctors' appointments and drugs, doctors' appointments and drugs, doctors' appointments and drugs, and the costs of all that and the time it takes to earn the money to do all this, it is much more time that I can't explain why anybody would use conventional medicine. It's like allowing a monster to get a hold of your time, and steal all of it.

Part of this relates to the economics of the money and the time. One thing I became so adamant about is, during my time in the wilderness, I tried every old-time recipe there was. What I discovered was that many of them work.

**Dr. Laura Thompson:** What was your time in the wilderness?

**C. Austin Fitts:** It was regarding not being safe to work with conventional medicine. It was 1998 to 2006.

**C. Austin Fitts:** I found one MD who would work with me and not keep a record of anything we discussed or said, other than my name.

**Dr. Laura Thompson:** I see.

**C. Austin Fitts:** Now with digital records, it's dangerous. So I would try all these old-time recipes because I had to do whatever I had to do. Interestingly enough, I found that the most effective strategy was prayer because prayer would tell me what I needed to try to do. It was amazing. It would just occur to me what I needed to do, and there would be all sorts of help and intervention.



Many of the old-time recipes were the cheapest things that you could do. So iodine is one of my favorites. The other favorite I have is one that you gave me, which is castor oil packs. One thing that I've discovered is that all the things before 1998 that I would go to a doctor for – and I would go to the doctor at the drop of a hat – iodine and castor oil packs will solve 90% of those ailments if I just do those two things.

Or, I drink plenty of water and get a fair amount of sleep and say lots of prayers. So water, sleep, prayer, iodine, and castor oil will help almost anything. I live more than an hour away from any MD. We have a great nurse practitioner where I am now, but it's a big time saver to do the natural ones because I can do them at home. I assure you that it is very low cost.

Anyway, I think holistic means a whole different way of looking at things. One thing that my situation forced me to do is it said, "Okay, you're on your own. You have to let go of all of this."

I was one of those people who always had fantastic healthcare insurance, disability, and plenty of insurance. I was very much in the system, and I had to let go of all of that.

I'll never forget the day when I realized, "Wait a minute. My ancestors had been alive for thousands of years on this planet, and they never had healthcare insurance."



In fact, I had an old-time plantation book on medicine that the original settlers here who came to Tennessee had, and that was their healthcare. They had a book on healthcare. It was plantation medicine that you did yourself. I finally realized, “Wait a minute. They’ve made it all the way through the centuries without all this stuff.”

It was like coming out of a trance. It took a couple of years, but I finally realized that I can’t trust the system, and I have to take responsibility.

**Dr. Laura Thompson:** I’m going to flip the coin a little and say that one of the pros of conventional medicine, because you were just talking about the early settlers, they didn’t have a very long lifespan.

**C. Austin Fitts:** Exactly.

**Dr. Laura Thompson:** That is one of the pros of conventional medicine. If that is the ER or the life saving, whether it’s the life-saving techniques, drugs, surgery-those things that breathes life into the person again so that they can go on from that point. It could be a stop-gap measure. It could be looked at that way. It could be a wake-up call to, “I really have to take care of myself, not just continue on this path.”

**C. Austin Fitts:** If you review my history, I would have been dead on numerous occasions if it weren’t for conventional medicine. I would have died from appendicitis, I would have died from a tonsillectomy when things got really bad, and I could go on and on. I’ve never been in a serious car accident, but look at all that trauma situation.



My family are all doctors. My grandfather brought antibiotics to Tennessee. We had another cousin who was a state legislator. Together they worked to bring antibiotics into Tennessee. I do everything I can not to take any antibiotic, but when you desperately need it, it's a life saver.

I would be dead many times over if it weren't for conventional medicine. That's why I think it's so important to understand what the strengths are of the two systems and to use them together well and economically. If you're not careful, you can get harvested by both systems and your economics can be destroyed by both systems if you don't know how to navigate them.

Let's talk about the biggest problem that our subscribers run into. Most of The Solari Report subscribers are amazingly responsible people. They love to learn, and they will figure it out. They will learn holistic medicine, they will learn conventional, and they will learn how to navigate the systems. However, they have somebody in their family who is absolutely dedicated to doing things – particularly in the conventional system – that scares them to death.

So their spouse wants to get on the treadmill and is dying in front of them, and they can't talk them out of the treadmill. They can't talk them out of twelve pharmaceuticals, or they can't talk them out of going through chemotherapy. They are very stuck. Whatever the doctor says is fine. Part of the problem is that they go to doctors who can't help them because there are many qualified conventional doctors who will help them focus on nutrition or more whole system medicine.



I run into this frequently with subscribers who are scared to death about heavy schedules of vaccines for their grandchildren, and their children are doing heavy schedules of vaccines. Of course, the grandparents know that it's going to cost \$5 million if they have a heavily autistic child, and the grandparents are going to be on the hook because they have the money. So it's an economic issue.

What do you do when one person in the family is willing to take responsibility and learn and practice family healthcare independence, and somebody else isn't?

**Dr. Laura Thompson:** There is no one answer to that. I've certainly worked with it many, many times because I've worked with plenty of families; because I've had a lot of focus on helping kids with attention deficits. I ran across the vaccine problem, of course. Having been from California where it is now mandatory, people are actually leaving the state to avoid that.

As far as family is concerned, it's really common for me to see when I'm working with a family, that a husband and wife does not necessarily agree on what the child should have. I have my way of working with it. I talk to both of them and almost act as a mediator. I try to explain to them why I'm nearly always for the holistic. I try to explain with logic.

The problem is that emotions come into play. Of course, you're working with your family and trying to agree, and there is emotion. Logic goes out the window with that. In fact, fear is usually the first thing that comes in.



So I think dispelling the fear, getting educated about whatever it is, and learning to ask questions is a way to combat it.

Learning to ask questions and questioning authority – not just to be a rebel, but to really question the authority, the doctor – and find out the deeper reasons for things, not just taking it at face value.

I'll give you a quick example. I was talking to my mom who is 84. She was having a problem, and she didn't want to tell me. She said, "It's just really little. I didn't tell you," because she knows that I will dig in. She looks at her doctor as the authority. She admires me and she utilizes products from me and she takes my advice most of the time, but this time she wanted to go forward with the scope that she was getting.

So she came home from the doctor and called me to say, "I just wanted to let you know that this is what I did."

I said, "Well, what did he say?"

"He didn't really say anything; he's a really quiet man."

I said, "Mom! What do you mean? This is your body. You can ask, 'What are you seeing? What is the result?'"

She said, "Well, he said he was going to see me in a month, so I just assumed that everything is probably okay. And he gave me these two medications."



I said, “Mom! You’re not on any medications!”

I’m so proud that she is 84 and not on medications. She said, “Well, it’s just for a little while.”

So I sat down and I wrote out a list of questions that I wanted her to ask her doctor. That was an easy situation compared to what a lot of people go through. What do you think about that?

**C. Austin Fitts:** Jon Rappoport, your husband, has written some of the greatest enlightenment on this. There seems to be – and I think it’s an authority reaction – a place where suddenly the brain stops and we start doing what we’re told.

When I was a young adult, the word in the medical community in and around my father was, “The worst patient to have is a doctor’s child because they know, and they ask questions, and they don’t believe a thing.”

My father used to come home from a day of surgery and say, “Look, if you have surgery, I want you to get a local anesthesia and I want you to watch what is going on.”

We would say, “Why, daddy?”

He would say, “You want to make sure they’re cutting on the right thing and they don’t mistake you for another patient.”



So we would get all the horror stories. Of course, we were always trained. We have several reports on health care proxies with a superb attorney, Jo Kline Cebuhar. We were trained that if we were not able to navigate the system because we were out cold that somebody else better have the authority and the power to do it. Again, conventional medicine can be very powerful. If you're in surgery, you can be under anesthesia, etc.

I often tell you this story about a dear friend of mine. Her niece had her healthcare proxy, and I was the trustee on her money. Together we were like two Foo Dogs. We went through a period of ten years where we were walking her through cancer therapy. Unfortunately she went conventional, and unfortunately, wouldn't stop taking vaccines, which I think the combination was lethal. But she stayed alive for much, much longer because every time she went into the hospital and they tried to churn her, we were there.

I'll never forget the final time when someone in the emergency room got her to say that she was depressed. They asked her if she was depressed, and she said, "Yes."

Well, from then on, the psychiatric guys would show up with a string of interns, trying to put her on psychotropic drugs, and we wouldn't let them. They said, "But she's depressed. She needs Valium" – or whatever they give.

I said, "Of course she's depressed; she's dying. That's a healthy reaction. No more drugs."



It's peculiar because you had all these different rotations – the cardiologist rotation, the psyche geriatric rotation, and every rotation. The hospital is trying to get her to say 'yes' to something so that they could show up and give her a drug, and would charge thousands of dollars to walk in and check every day for five minutes. It was like churning a stock portfolio. We were two Foo Dogs, and we would stop it and not let it happen.

I can't tell you what a difference it made to her health that we were there and were trained, and had the legal powers. It was like warring with an insurance company. It was like going through litigation. It's a very legalistic system, and we knew how to navigate that system. Of course, she received great healthcare in certain instances from the system.

It goes back to having the knowledge and the ability and understanding that you have to take charge. You're the one who is responsible for your health; you know you. And if you review the economics of where the health system has gone, most of these people are not paid to get to know you. They don't have time.

**Dr. Laura Thompson:** Right.

**C. Austin Fitts:** So if you look at my relationship with you, over the years you have had time to get to know me. I've known you for ten years, so we have an accumulated knowledge and relationship, but you have to make that happen. If you want a healthcare practitioner who has a relationship with you and who understands you, then you have to pay for that, and make that possible.



You are investing in a relationship, and you have to invest in those relationships if it's possibly going to work.

Back to the family, I would say that the way to have your family get into alignment and agreement about this is – for Heaven's sake – do not marry somebody who disagrees with you on this. You do not want to have a child with somebody who is committed to heavy schedules of vaccines. Unfortunately, the guy who is committed to heavy schedules of vaccines when your child becomes heavily autistic is more than likely to desert you and leave you with it.

I hate to be brutal, but those are the facts. So get in alignment before you get into a relationship. This is a very important aspect.

If you can't, what you need to do is start working on building healthcare literacy and independence long before anybody gets sick. One of the saddest things I've ever seen is a relative, who gets cancer, and they are using the conventional treatment, and they finally realize that they need to learn holistic.

They came to me and they ask, "What can I read?"

If you look at how much time it takes to read things and to learn and to change your mental paradigm, that can take time. So don't wait to get literate.

It's similar to getting hired on a job and then you're going to learn how to read. No. You need to learn how to read before you get hired.



I'm just going to talk as an investment advisor: If you care about your families wealth, then as a family you need to start working on healthcare independence steadily as a process now because that is the number one risk to your financial wealth – not taking care of your health and taking care of it economically and taking care of it in a way that you can't be harvested.

**Dr. Laura Thompson:** That's a good point. Conventional and holistic healthcare are not mutually exclusive; you can be in the conventional medical system and still work on yourself and be in control of your body. Obviously that's what you were talking about before – the best of both worlds.

One thing that I've seen and have actually experienced in my family is pertinent. Sometimes when you're in a critical situation, though you may be holistic and have been living that way for years, suddenly a frightening event occurs and you find yourself confronted with making a decision to use conventional medicine and to choose it.

At the time I couldn't believe that it happened in my family, but now I look back and I see that it all makes sense; it's just part of being a human person.

The word 'unconditional love' comes to mind because sometimes you have to be with whomever the person is resonating with, and who is anyone else to say that what they're resonating with isn't going to work? A person can't do what they don't feel in their gut is right.



**C. Austin Fitts:** Right.

**Dr. Laura Thompson:** It's a combination of all those things – getting educated and understanding the logic of the body. I don't mean that you have to be a scientist or anything, but you need to be able to monitor your body, understand that what you put in becomes you, and that you are built from what you eat and what you think and your environment. I think if you have those basic ideas, you can use conventional medicines for the best of what it offers.

**C. Austin Fitts:** Right. I know you have a twelve-month program to help families create healthcare independence. I think this is a really valuable thing for a family to do. I wanted to walk through it and the most important features of what you do as part of that program. It helps us understand what we've got to do if we are going to be healthcare independent. So just guide us through it.

**Dr. Laura Thompson:** I've been in practice for 30 years. It's peculiar because we use the word 'practice' and that is really what we're doing; you keep practicing and practicing, and you keep getting better and better. We weed things out that don't work anymore.

I think I came to the point where I realized that I just wanted to be an educator and guide people to whatever is best for them. I guess my goal is to help people become their own sovereign entity so that they have the power and they are the ultimate decision-maker. For a family, that is usually the mom, but sometimes it is both parents, and sometimes it's the dad.



For the individual, what are the things that are going to create a healthy body and a healthy mind? It's going to be different for different people, but from my perspective, I like to help people learn how to read their body. I think that is probably the number one important thing. That is listening to the gurgling in your stomach and figuring out what it was that you just ate or what is the pain that is shooting up your calf while you're standing on it. I notice these things more as I get older because I never had any inkling like that before, but I'm 64 and I notice things more.

I like helping people hear the noises, listen to what is in their head, see what is on their skin, see what is in the toilet, or whatever it is, and help them to decide what to do with all that information. There are certain 'home tests' that I like to teach people how to use so that they have their own markers that they know how to determine what it means if their pH is 5 and that type of thing.

I'm noticing this with a certain amount of clients who I speak to once or twice a year, and usually they come to me because they just had a test or want to understand what is happening or want my take on something. They probably have a family doctor, and then use me as: "Let me get the logic from Laura now."

I think it's important for people to understand their tests. It's pretty daunting to look at five pages of medical jargon. So what I do is go through with them to understand, "What does this mean? What does that mean?"



I'm not diagnosing; they're not diagnosing. We're just understanding, "What is a creatinine? What does it mean if my white blood count is high?" and that type of thing because the longer I've been in business, the more I see out of range test scores not reported to the patient. I think doctors are so used to seeing certain things out of range – even maybe just a little high or a little over or a little under – they don't necessarily say anything because they are so used to seeing it.

They are thinking, "Oh, this person doesn't have a disease so I don't have to really do anything here." But the person could be sent home anemic, and the child or the individual would not know it because many of these out of range test scores have become so common.

Anyway, I like to help people understand what the writing means. Then they can go back to their doctors, and can either present it to them or ask them about it.

**C. Austin Fitts:** Is it possible for somebody to learn how to arrange for and read their tests without going to the doctor?

**Dr. Laura Thompson:** Yes. I was going to say that [www.DirectLabs.com](http://www.DirectLabs.com) allows you to order your own blood tests. They have other tests, too. I think they have urine and salivary and different tests. Although some of their tests are more expensive, the bloodwork is not expensive. It's very economical.

The way it works is that you order your test. If anybody wanted to know, they could ask me what type of test they might want to order, but the general wellness profile – and I believe they call it CWP–



is basically what you would get done for a physical exam. It's a full blood panel with the metabolic panel, CBC, and basic thyroid. It's only \$97 or thereabouts.

They print a requisition form, and if you go to their website they tell you what lab is near you so you can go and get your blood drawn. So even that can be in your control.

**C. Austin Fitts:** One thing you taught me which has been tremendously helpful is regular testing. If you are going to be healthy, you need a feedback system.

I was shocked when we started doing the heavy metal test and I realized how toxic I was. I just thought I was being lazy. "There's something wrong with you. You're not working hard enough. Mush! Mush!"

I think that getting educated about how to test – home testing and using something like DirectLabs – and being able to read it yourself is very, very powerful for independence.

**Dr. Laura Thompson:** Being able to read it yourself, and the next year being able to compare it to the year before, and see if a pattern is starting to develop. It's so empowering to have that in the palm of your hands.

**C. Austin Fitts:** There is also testing by various kinds of machines.



**Dr. Laura Thompson:** I love the biofeedback testing. There are various forms of biofeedback which actually, it's not a test; it's an assessment because there is no diagnostic capability with it.

We are all an accumulation of ourselves and our environment and our thoughts. I think when you look at biofeedback assessments, you are able to see what that accumulation is and what has accumulated.

**C. Austin Fitts:** Right.

**Dr. Laura Thompson:** It's really helpful being able to look at what is beneath the surface of a diagnosis because diagnoses just don't fall out of the sky. It takes years to build a disease. It's usually a combination of your stressors and genetics and your infections and diet and things that create inflammatory processes. That's what diseases are.

If you could just break it down, that is such an important point. Going back to talking about families who disagree or spouses that disagree, it's analyzing whatever it is that is going on. Just having a discussion about this heart disease or whatever it is, and looking at all of the components of a disease, like: What is the foundation? How do you build on that to create a disease? Then you can start to see that diseases are just names.

Yes, things have happened. Bodies are in a certain situation. But if you can look at one aspect and then the other and all of the four corners of the different aspects of it, you can start to work on a condition and essentially tear it apart limb by limb.



**C. Austin Fitts:** Right. On the statistics, I always say that America is dying of a broken heart. It's true if you look at the numbers. America is dying of a broken heart, and if you scrutinize all of the different things that happen during the day, there is much going on to break your heart.

One of my favorite scriptures is, "Guard your heart."

Anyway, I want to summarize the different aspects of your twelve-month program quickly. One, of course, is detox. We have a great Solari Report that you did for us on detox, and I really encourage people to do this. I find a lot of this is just about making sure that you detoxify.

The environmental pollution in America is rising, and it is much greater than people realize.

**Dr. Laura Thompson:** I hoped in that conference call that we did on detox that I brought up the point that there is a macro-level of detox and a micro-level of detox. We can detoxify every day - what we eliminate through the bowels and through the kidneys and through the skin and the lymphs, etc. We are always in contact with toxins, so we always have to be detoxifying through our normal exits – the doors that release the fluids.

But there is still the micro-level of the holding on of toxins, and that is in the cells. So inspiring the release on the micro-level of toxins is much more subtle.



Some of homeopathies and prayers and your thoughts could actually inspire release at that level because that level is so governed by the electromagnetic field.

That is really important. That is one of the major topics that we talk about in the year-long program. Or if someone just wants to do a detox, that can be arranged also. I think that is overlooked in a lot of the conventional detox programs.

**C. Austin Fitts:** Right. Then you have something called ‘Creating your family medicine cabinet’.

**Dr. Laura Thompson:** I love this; I really do, because being your own sovereign healthcare and having healthcare independence, you need to have tools. It’s just like anything else. It’s a job, and you have to have your tools.

Some of the tools, I think, are in your medicine cabinet – which, by the way, is not in the bathroom; I think it’s ridiculous.

**C. Austin Fitts:** Mine are in the kitchen.

**Dr. Laura Thompson:** Yes, keep them in the kitchen. I walked into one of my friends’ bathrooms the other day, and I saw all of his supplements and everything. I thought, “These are all foods. What are they doing in the bathroom?”

It’s having at your fingertips your fresh organic castor oil, your cotton or your flannel for making the pack, having your iodine.



I would be willing to help a person or families customize their medicine cabinet.

I think ‘medicine’ probably isn’t the right word, but I would help them customize their health cabinet so that they have at their fingertips what they need if someone gets diarrhea or has an infection or an ozone cream for the skin, maybe for a cut. It’s whatever is needed that you can go to and very possibly not have to go to the doctor because you’ve handled it yourself.

I think that part of the problem with the amount of money that is spent or needed in the conventional medical system is because people don’t know how to use the old- folk remedies anymore and the old-time recipes that you were talking about, and they are going to the doctor for little things that they could actually handle on their own.

**C. Austin Fitts:** Right. Absolutely.

‘Tools for stress relief’. I do think that on the theory of ‘guard your heart’ that stress relief is extremely important. Folks are often carrying way too much stress.

**Dr. Laura Thompson:** Yes, it is a fact of life. I always say to people, “It can’t reduce your stress; it can only help you handle it better,” but it’s rather like less stress begets less stress, high stress begets more high stress. It’s sort-of an energetic thing.



Working with the adrenal glands, they are your stress-relieving organs. They communicate with the stress hormones or the stress neurotransmitters in the brain. So the brain and the adrenals have a network, like a two-way street occurring there. That can help a great deal with stress relief to get those in balance.

Most people have some kind of stress relief – exercise or yoga or breathing. My husband is a big advocate of breathing exercises. He actually teaches people how to do that.

I wrote this thing in the outline for you, “Vacation.” Somebody had to remind me, because it’s not even in my consciousness, that I haven’t taken a vacation in many years, and the last vacation was ten years before that.

Do you take vacations, Catherine?

**C. Austin Fitts:** I like to take vacations, but I haven’t been taking vacations. The one thing that I can say in my defense is that I turned what I love into a business, so I do what I love, and because of doing what I love, I travel all over the world.

**Dr. Laura Thompson:** That is true. You are always on the move, so you don’t have to get away from something.

**C. Austin Fitts:** No. I wouldn’t say that my life is one long vacation, but it’s very different when you do what you love. I’m my own boss, so I go where I want when I want.



**Dr. Laura Thompson:** Yes. I'm more in that camp than I ever have been in my life before. I was a maniac. I was a maniacal worker, but I've found a sense of balance after so many years of being on my own treadmill – even as a nutritionist. In my work, I was crazy.

I have really found more of a sense of personal peace. I'm sleeping better. I also moved, so I am living more with nature than ever. That certainly helps.

People can find their own personal growth practice. I encourage it. I suggest things to release the old thought forms because all thought forms also keep diseases and conditions where they are. If you start changing your thought forms, your body starts to change.

**C. Austin Fitts:** Absolutely.

**Dr. Laura Thompson:** Whatever it is – if a person is religious, using that to break the mold or the boundaries of where they have been into another level of whatever it is that they're doing in their religion. I've found meditation super-successful and super-helpful.

**C. Austin Fitts:** There are many other aspects of what you do in the twelve-month program, but let me skip to 'Knowledge and tools'. I think that one of the ways to get people to understand how much is available and how much they can do for themselves, such as watching documentaries, talking to people about it, and getting an education. There are many great things that people can access.



One way to motivate the family being willing to do something like this is to start watching great documentaries.

**Dr. Laura Thompson:** You are really good at that.

**C. Austin Fitts:** If you review the Annual Wrap Up, we have all the ‘Let’s Go to the Movies’ and there is a whole group of recommendations. In fact, the documentary of the year was *Vaxxed*, which is on vaccines.

I had a great ally call me whose spouse was absolutely adamant about, “Everybody has to get vaccinated,” and they had their spouse to sit down and watch *Vaxxed*.

I said, “What happened?”

They said, “They cried the whole time, and now they realize that I was right.”

**Dr. Laura Thompson:** Oh my gosh!

**C. Austin Fitts:** Wow! It’s a conversion. Those conversions are hard to get, but we’ve had some recent documentaries that consists of many, many DVDs showing all of the different cancer treatments and the success that has occurred with more natural or less invasive methods. So I think there are a lot of great things that you can do to start getting people educated.



Get your family to watch one documentary a week or one documentary a month and start to educate them. If they see something like *Trace Amounts* or *Vaxxed*, it wakes them up to, “Wait a minute. We can’t necessarily just jump into the system without checking the references and the integrity of who we’re dealing with because here is what can go wrong...”

If you consider what can go wrong, it’s one thing to go to a great doctor, and it’s another thing to go to a doctor who has a real history of patient error and patient death from doctor error.

Anyway, I think that is important as well as planning. I’ve already mentioned healthcare proxies. Also having plans on how to deal with emergencies is important because emergencies happen. I travel a lot by car, so I do make sure that I’m prepared and the business is prepared and we are all prepared if there is a car accident, but I’ve never had one – knock on wood.

I want to talk a little more before we close on economics. One of the reasons I think it’s so important that we master the art of holistic medicine is that generally it is much more economical. It is much more economical to understand what to do yourself and to do it if you’re willing to take the time to get educated. The big investment is getting educated and learning how to do these different things or investing in a relationship with someone like you to help you learn. I’m one of those people who needs a coach and needs guidance on these things.



**Dr. Laura Thompson:** Most people do.

**C. Austin Fitts:** Absolutely. So invest in getting the independence, but if you can build healthcare independence, then you can handle these things so much more economically. It's unbelievable.

**Dr. Laura Thompson:** Also, when people have more holistic experience under their belt, they are more empowered. Then when they utilize the conventional medical system, they know how to navigate better and they know how to ask better questions. At an energetic level, they may attract a better situation.

**C. Austin Fitts:** Right. There is a big difference between a very bad holistic practitioner and a very good one, and a very bad doctor and a very good one.

**Dr. Laura Thompson:** Yes.

**C. Austin Fitts:** It's similar to arbitrarily going to a hairdresser. They are not all excellent. You have to check recommendations. Just because somebody graduated from medical school doesn't mean that they are trustworthy.

Unfortunately, I have seen tremendous debasement in integrity in many different professions all throughout the country, and much of it is economics. When professionals are constantly put into a situation where they are squeezed economically, they can spend less and less time to achieve the results or less and less time to get to know you.



It's not necessarily their fault, but they are in a system and they are dealing with economics where the insurance company is making the money, and they can't.

I have a wonderful doctor who I talk to about once a week. One thing he was saying is that you can't get patients to take responsibility and live right or eat right. "They've had two surgeries and they are still smoking. I don't know what to do."

So the responsibility issue is all around. We are in an ecosystem, and the ecosystem doesn't work. We are the ones who can take responsibility to build into a new ecosystem for ourselves that will work, but not everybody is willing to make the change.

**Dr. Laura Thompson:** Right.

**C. Austin Fitts:** You have to be picky about not letting anybody into your ecosystem who doesn't fit with the idea of you being vibrantly healthy for a long, long time.

**Dr. Laura Thompson:** It is important to be able to choose wisely. I think that what is beneath some of that, when people don't choose wisely, is the idea of wanting to be 'fixed'. So if somebody wants to be fixed, they are probably going to choose the conventional medical system. I've had a lot of clients who have wanted to be fixed, but they learn in short order that that is not what we are about.



When you go into the conventional medical system wanting to be fixed, then you're not a person who is necessarily going to be taking responsibility. That's a long conversation. It's months – maybe years – of unlearning. We are taught to be fixed, and it happens more and more as each generation is coming to life. I hope it starts to turn around.

I see it turning around and I stay positive on that. It's just so pervasive.

**C. Austin Fitts:** One subscriber, knowing that we were going to do this program, wanted to know what I thought of 'functional medicine'. Have you heard of the Institute of Functional Medicine?

**Dr. Laura Thompson:** Yes. Dr. Jeffrey Bland who coined the term of functional medicine educated me. Functional medicine is an area of holistic medicine. Most of the people in functional medicine are MDs, but they have learned how to utilize nutrition and nutritional supplements to change the structure and function in the body. You don't have to be a medical doctor to know how to do that, but the Institute of Functional Medicine has started with medical doctors, and then it branched out with people who are PhDs and herbologists and chiropractors and acupuncturists.

I've probably been to 50 different functional medicine seminars.

**Dr. Laura Thompson:** It's using food and nutritional supplements to change the function in the body to learn how functions can create what can essentially enable prevention.



**C. Austin Fitts:** I think we are seeing more and more, both in the conventional system and in the holistic system. It's one group of the more enlightened reaching out and working together. We're creating a synthesis that will ultimately emerge despite all the efforts of the pharmaceutical industry to stop it.

**Dr. Laura Thompson:** Good always wins – whatever that is, whether it's holistic or conventional. The good will always win. That is how I look at it.

**C. Austin Fitts:** I want to close by saying that what I see are families who have taken the time and know how to navigate the two systems are just doing terrific. People who haven't taken that time and are not 'master' of the two systems are getting churned. Obviously it's a serious health problem, and it's a serious financial problem. I really appreciate what you do to help people be independent.

Before we close, Laura, just explain how people can find you and how they can access you. Walk us through your website and how to contact you.

**Dr. Laura Thompson:** Sure. You can go to [www.scicn.com](http://www.scicn.com), and 1-800-608-5602. I would be happy to give a free 15-minute overview if somebody wants to know more and figure out what avenue they can take with my direction. I would be happy to do that.



**C. Austin Fitts:** One thing that I have always found with a situation like this, and I think I did it when we first started to work together, is provide a brief history. As an investment advisor, people send me a profile before we talk so I have a history and a unique understanding.

If they are willing to put together what their situation is and what they need, I think a 15-minute conversation with you will help them get a good understanding of how you might or might not work together. But I will say that this is an investment advisor. If you want to be financially successful for the next 20 years, you have to take the leadership on this issue. This is where you're going to get buried if you're not careful. This is where – if you address this risk, not just for you but also for the family that you're in –you will significantly improve your chances of being financially successful. It's not because you'll be healthy and have lots of energy, but because you won't get churned or tricked or preyed up on by the system.

This is an investment issue and it's a financial issue and I'm not a healthcare practitioner. Laura is being polite because she knows how ignorant I am, but I keep learning.

**Dr. Laura Thompson:** That's not true.

**C. Austin Fitts:** I keep learning. I find it very easy to learn anything about money, so derivatives is not a problem. I find health much harder to learn about.



I will say that this is a financial issue, and what I find after being an investment advisor for the last 11 years is that this is your number one financial risk. This is where you'll get tricked and this is where you'll get preyed upon. If the system doesn't have integrity, this is where it's going to hurt you the worst.

I will never forget the thing that really shocked me was that terrific mother from *Vaxxed* who has a heavily autistic child. I don't know if you remember the story, but she had two kids. She went to the doctor. The first child was vaccinated, and it was so bad that the second child refused to take it and she didn't make her. Of course, the first child is now heavily autistic and the other is wildly successful. It's a heartbreaking comparison.

What she said in one of the panels I watched after *Vaxxed* was, "You can calculate that it is going to cost \$5 million for a heavily autistic child to see them through to end of life."

I have to tell you that for most families, a \$5 million expense resulting from vaccine injury wipes them out financially. It destroys the family and it destroys their finances. So one vaccine injury, and that's it.

**Dr. Laura Thompson:** It's criminal.

**C. Austin Fitts:** Right, but there is no recompense unless you can get something into the vaccine courts, and that can take years. Who knows what you will get.



This is a very serious financial issue. If you have a car accident and you get into a hospital and nobody has your healthcare proxy and they make a mistake, that could be another million dollars – or your life.

Yes, there are very serious financial issues involved with this. I don't mean to terrify you, but this is a place where a good investment of your time can build healthcare independence, and it can make an enormous difference to your finances. I am so tired, Laura, of seeing people churned and preyed upon by the system through their healthcare fears.

I'll stop beating the drum now.

**Dr. Laura Thompson:** I just want to say in closing, that with the financial contribution, the taking the responsibility, and creating a strong body and a balanced mind, it all can lead to a life of creativity, of fulfillment, of productivity, and of happiness. That's almost all of what we want.

**C. Austin Fitts:** Right. You can be vibrantly healthy. That is our plan – every Solari subscriber is vibrantly healthy and denying harvest to the system.

**Dr. Laura Thompson:** Right.



**C. Austin Fitts:** A free and inspired life, Dr. Laura Thompson. Thank you very much for joining us on The Solari Report.

**Dr. Laura Thompson:** Thank you, Catherine. It was dynamite.

**C. Austin Fitts:** Have a great day.

**Dr. Laura Thompson:** You, too.

## MODIFICATION

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

## DISCLAIMER

Nothing on The Solari Report should be taken as individual investment advice. Anyone seeking investment advice for his or her personal financial situation is advised to seek out a qualified advisor or advisors and provide as much information as possible to the advisor in order that such advisor can take into account all relevant circumstances, objectives, and risks before rendering an opinion as to the appropriate investment strategy.