



The Solari Report

May 25, 2017

**Protecting Against EMF
Radiation –
What 5G Means to You
with
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C. Austin Fitts: Ladies and gentlemen, welcome to The Solari Report. This is Catherine Austin Fitts and it's May 24th in the United States and May 25th in Sydney, Australia where I'm sitting with entrepreneur and environmental scientist, Jason Bawden-Smith.

For those of you who have been members of The Solari Report, you know that Jason has done two very special Solari Reports with us; one on his book called *Making Waves* about entrepreneurship, and the other more recently on his book, *In the Dark*, about EMF radiation.

Jason has continued to go deeper in terms of research and writing about EMF radiation and has now launched a new website www.EMFWarriors.com. I wanted him to join us today to talk about what he's been doing since and why he's made the decision to launch such an important new website and global network with EMF Warriors.

Jason, welcome to The Solari Report.



Jason Bawden-Smith: Thank you so much, Catherine. Welcome to our fabulous city and g'day to all the Solari Members. It's so great to be back on with you.

C. Austin Fitts: The last time we spoke you had just published *In the Dark*. Tell us what happened and what the response has been.

Jason Bawden-Smith: The response to *In the Dark* has been good. It's not a best seller, but it has been quite popular, and I think it has sold a few thousand copies. I haven't spoken to my publisher recently but it's quite popular in America – more so than in my home country.

When I wrote *In the Dark*, initially I thought I was better placed setting up a business focusing on technology solutions to counteract the onslaught that we're getting from these harmful EMFs, so I was looking at different technologies like blushield and the quantlet and some Russian technologies.

I was speaking on different podcasts and radio shows in my home country and I was invited to AVC Studios on a program that's heard nationally where they were going to debate my book. They were bringing in a professor to discuss what I'm saying and challenge me and I was so looking forward to it.

I returned early from holidays, and on my way to the studio, I received a call from my publisher telling me that it's been cancelled.

“What do you mean it's been cancelled?”



She said, “You’re a commercial guy, and you can’t go on government-sponsored radio.”

I said, “That’s not true; they have many commercial guys on there. Everyone is promoting books and discussing things. What is the real reason?”

She ran back and dug deep. The real reason – which I shouldn’t say publicly – let’s just say that the person who was going to debate me decided it wasn’t such a good idea. I think he did his homework and realized that I had credibility to actually put the case forward for why we should be addressing this, so the show was canned.

I said to myself, “What does my country – and maybe the world – need? Do they really need another business, or do they need a spokesperson? Do they need someone to lead and articulate the benefits and the harmful effects of EMF?”

After speaking to my advisors – including you and several others – I was so well-placed to be a spokesperson. I’m an accidental spokesperson; it’s not what I do. I’m a business guy. Sure I have two environmental science degrees, but really I’m a business guy.

Luckily, I have enough money coming from my environmental company and I don’t have any operational role anymore, so I could devote myself to this issue.



When you want to go deep into something, you have to really define the problem. So I spent even more energy trying to understand the two areas of concern.

Those who understand EMF know that it's a very complex issue. We start at one end of the spectrum where we have the sun and DC currents and all of the natural frequencies from Mother Earth and plants and ourselves. Then we go into all the ultra-low frequencies that start using FM/AM radio. Then we move into radar, and go up the scale into all the gadgets we use and all the Wi-Fi signals and the radio frequencies and the microwaves. Then we get into the complex of light – visible and invisible light. Then we go up the spectrum to x-rays, and eventually all the way to cosmic rays and galactic forces.

To comprehend that that is the spectrum that you have to understand and how it impacts biology is very difficult. So I spent much time looking at what the fields are that affect us and how they affect us.

There are two disciplines that we are going to mention today, and we're doing the Cliff Notes. The reason we're doing the Cliff Notes is because we apparently have 16 callers waiting to ask questions. So we're not going to dive deep into the subject.

The first discipline is a new one called quantum biology. Quantum biology is going subatomic into the realms of cells – diving deep and understanding how they operate and the impact of light. Light physics has now become known as the way in which all our biochemical processes are regulated. We'll get into that a bit more later.



We have to get into quantum biology, and then into the technology. So I needed an RF engineer - the electronic engineers, the guys who understand the 5G technology and know how to test it and, more importantly, know how to mitigate it.

It hit me. I said, “We need a global movement. If we are actually going to make a difference here, we literally need an army of concerned citizens who are going to come together, be well educated, and do what they need to protect themselves. When they learn how to protect themselves, their children, and their loved ones, then they will take it into the work place. Once we start progressing into the workplace, I think that we will see some real change.”

I don't have all those skills. I am not a quantum biologist, I'm not a doctor and I'm not an electronic engineer. So I recruited two people who I hold in great respect – a person named Scott Compton, who is a quantum biologist. He used to work at Stanford University in biology as a 'lab guy'. He understands quantum biology better than most. He is the star student of Dr. Jack Kruse. We may mention Dr. Jack Kruse and will put these links in the show notes.

C. Austin Fitts: The links are already in the Subscriber Links.

Jason Bawden-Smith: Dr. Jack Kruse is probably the best person who has brought together all the information on light physics, quantum biology, and a range of medical information. He's a neurosurgeon, so he is a brain doctor. He has his own problems with living in the modern world, and he went back to the Russian literature to try to understand it all. He had it all translated 15 years ago, and has put it together on a website called www.DrJackKruse.com.



If you're interested, he has a great forum and you can join as a member and dive very deep. One word of warning: It's very technical. He is a medical doctor and if you don't have a biochemistry background, you have the two hardest subjects at the University – becoming a doctor and a quantum physicist. So they are very difficult subjects to understand.

I would recommend anyone listen to his podcasts or his LinkedIn articles to get a good grounding. You can find them through EMF Warriors' library because the other thing we needed was a resource – an area where people could go to get curated content.

Scott, a lovely lady named Jamie Ann Montiel, and I cofounded EMF Warriors. Jamie is a nurse and very into mitochondria and biology. Other people are helping us put together 2,000 articles, presentations, interviews, podcasts – all curated through EMF Warriors' website. So it's a great resource to go and research.

The next person I needed was an engineer, so I discovered Australia's best testing and mitigation expert. He is electro-sensitive himself – severely electro-sensitive. So he can test all his mitigation on himself. We brought those experts together under EMF Warriors, and I'm using the same approach that I use for building a company: Identifying the problem, defining it, developing the solutions, bringing in the people who have the skills and expertise that I don't to build the team, and putting it in a format that is all digital in a way which people can access.



I know you don't like the word 'Facebook' but unfortunately that is what we are using for community development, mainly because that is what people love to do. EMF Warriors is a global movement. It's not a company; it's not a charity; it's just an idea that I had that I'm putting together.

We may turn it into a company down the line, depending on what happens. For now, it's just a group of people who really care and want to do the right thing and help each other out and then take it to the world. The website is www.EMFWarriors.com.

You want to dive into a little about mitochondria?

C. Austin Fitts: Before we do that, I want to step back. What happened with *In the Dark* is that you kept on learning, and saw that there was a need to pull together all the intelligence and the sources of intelligence into a living network?

Jason Bawden-Smith: That is correct.

C. Austin Fitts: So that is what you are doing with the EMF Warriors. You are creating this living network that is trying to understand both the human biology and how it relates to the technology and what that means and what we can do about it.

Jason Bawden-Smith: Perfectly.



C. Austin Fitts: I think when you wrote *In the Dark* you still hadn't realized the full ramifications of what 5G could mean to the human race.

Jason Bawden-Smith: 5G was hardly mentioned when I was doing the initial research. It's only come about in recent times and, yes, you're right.

The more you dig into this issue, the more concerned you get. It gets to a stage where you say, "Oh my goodness! This world is totally out of control."

C. Austin Fitts: I remember when you were writing *In the Dark*. I knew how concerned you were. But after you published *In the Dark* and after we did The Solari Report on *In the Dark* and I kept talking to you, you sounded much more concerned even then. I hate to sound like Ed Sullivan, but this is really, really big; this is important.

Jason Bawden-Smith: I believe this is the number one environmental health threat on the planet. I'm an environmental scientist. I've been studying the impacts of the environment on human health for 30-40 years. I'm a founder of the biggest environmental consultancy company in Australia. We have 100 scientists and engineers looking at all the different contaminants. Unfortunately, we don't work on this issue at all because we're not allowed to. The government doesn't want anyone testing it.

Even in the US, they stopped testing for EMF in 1979. They don't record any readings.



C. Austin Fitts: If I go to the city/town council, which I have, and try to oppose a cell tower, I am not allowed to mention ‘health’ in a municipal context.

Jason Bawden-Smith: In 1996 they passed the Telecommunications Act. I think it’s Section 704 where they’ve written in the word ‘environment’ and the judges or the magistrates – you have a different legal system than we have in Australia; we have the British system – have interpreted ‘environmental’ to include human health. It’s never been challenged and I think the lawyers listening should look into that.

You can’t mention anything about health. You can’t make any claim that you’re suffering from anything. And if they have their way with the new legislation that they’re trying to run at the state and local level, you might not be able to object to these little small cells being put in your front yard – right at the light post outside of your house.

C. Austin Fitts: You say that this is more important than tobacco and that this is a bigger environmental problem than asbestos. This is our number one environmental problem, and we know the insurance companies have already copped out of this one. So the insurance companies have actually – as a legal matter – been waived out of any exposure or liability on this.

This is arguably the most important environmental risk that we all face.



Jason Bawden-Smith: How can we make that claim? That is a very big claim to make and you can't make a big claim without massive evidence.

C. Austin Fitts: So let's dive into the biology.

Jason Bawden-Smith: The reason I'm concerned is because you have an invisible contaminant that no one can see, smell, hear, or touch. Some people can feel it, and the electro-sensitive people can feel it, and it is affecting us at a cellular level.

C. Austin Fitts: Right.

Jason Bawden-Smith: Much of the research has shown the voltage calcium channels with excessive calcium being generated from these cells and getting vibrated. They're getting mini, very subtle electrical shocks, and are stressed. They are releasing this extra calcium that is causing all these free radicals. That is going to lead to the cancers and all of the other effects.

The area that is new – that hasn't thoroughly been studied – which I'm more concerned about, is the effect on mitochondria.

Most people know mitochondria as being the powerhouse of the cell. It's where our energy comes from. What happens when you turn the energy off? You die and that's it. Lights are off, and there is nothing going on.



So we can understand why mitochondria are very important. More significant is: There are two forms of DNA in the human body – two separate genomes. You have the nuclear genome – the double-helix that we were all taught about at school. We get those genes from mom and dad. Then we have a second genome which is the mitochondria DNA. From what I know, it's a totally separate DNA that you only get from your mother and that is the key thing.

The best person to look into the sites of mitochondria is Doug Wallace. The link will be there. He is the person who discovered this 30 years ago, but he's been doing more and more research with his colleagues and other people. Now they're saying that 80% of all modern disease is due to mitochondrial damage, not genome DNA damage. That's a massive piece of information.

So all our modern diseases – whether it be cancer, heart disease, and all the neurodegenerative diseases of the brain, autoimmune diseases, ADHD, and on and on – mostly have to do with heteroplasmy which is the degrading of mitochondria within the cell.

So you have thousands of mitochondria in each cell. The most mitochondria you have are in your brain, your heart, and either your stomach or your liver. So where are all of the modern diseases coming from? They're coming from the brain, the heart, and then cancer of the gut and liver, and cancer is spread throughout the whole body depending on where your immune system is weakest.



Here we have a finding that mitochondria is the source of all modern disease. How is it healthy? How do we keep mitochondria healthy? How does this actually work?

I don't want to get too technical because if there are any medical students out there, they will tell you that what gave them nightmares during their study was understanding mitochondria. It's a very complex subject. But in essence, you have five respiratory proteins along the inner membrane of the mitochondria, and they are called cytochromes. Electrons go from cytochrome one, two, three, four to five. Five is the ATP phase.

So you've heard of *ATP*. That's the generation of energy. It's like a spinning top that spins and creates the energy getting more and more electrons through that transport chain.

When we're exposed to non-native EMF – that is sources that our biology has not evolved with, unnatural, man-made, artificial, and including blue light, as are all the artificial lights. It's not only your Wi-Fi and cell phones. They cause the respiratory proteins to separate.

They measure it in angstroms, which is a tiny, tiny, tiny small movement. Every angstrom you separate from each of those respiratory proteins reduces the electron transport by ten times. So the *ATP* at the end spins slower. So the further you separate those respiratory proteins, eventually your *ATP* can't spin. When it can't spin anymore, you get a mutant mitochondria. The more of these mutant mitochondria you have within each cell, the higher your heteroplasmy is.



As your heteroplasmies go up, your energy comes down. Eventually they die. Once the mitochondria stop producing, your cell dies because it doesn't have energy anymore. So that's basic Mitochondria 101.

How do we get those respiratory proteins to stay close together and those electrons to keep pumping through to get more energy? There are two sources of electrons. There is one from food and everyone is focused on food. They like fats and carbs and lipids and this, that, and the other. It's entirely reduced to electrons. It doesn't matter where your food comes from. It all gets reduced down to electrons and put through this chain.

What we're finding with the science is that two-thirds of those electrons should come from nature, and only one-third should come from food. We do the opposite. We take about 90% from food, and hardly ever go out into nature.

So what the ancient and the elders and even now the spiritual crowd getting back to nature knew and we all know. How good do you feel when you go to the beach or walk in the park? You feel great because you're getting these natural photons from the sun, electrons from the ground – that's why you need to take your shoes off when you walk – and they are feeding your mitochondria.

C. Austin Fitts: Right.



Jason Bawden-Smith: That's why you're feeling energized and feeling great. Instead, we get up in the morning, go to work, spend all day in the office – surrounded by all these artificial EMFs – and we feel poorly. We feel tired and exhausted. The mitochondria are slowly dying. So we age quicker and we live much less healthy than we ever would if we understood this.

That's why I'm concerned. We're addicted to indoor living and gadgets, and we've forgotten how important nature is.

That's part A. Part B is: How are we going to live in this digital connected world that we're creating and keep our health? That is the question that we're going to talk about today in depth.

C. Austin Fitts: Let me ask you something because you've talked about magnetically-sensitive individuals. Are they only feeling the damage? What is the difference between somebody who is sensitive and somebody who is not? Are they simply more aware of it?

Jason Bawden-Smith: No, they actually have physical symptoms.

There is a scale. The most affected sensitive people will have heart palpitations, they will have tendonitis and ringing in the ear, they could have burning on the skin and rashes, and they could have many symptoms that would be misdiagnosed as common colds or merely general malaise or fatigue and other things like that. So it's very hard to pinpoint.



What they notice is when they get into fields of high artificial EMF, the symptoms evaporate. Scott, who is a quantum biologist, had problems with his eyes. His eyes would actually bleed.

It depends on the individual, but you soon know that as soon as you're getting close to the Wi-Fi router or to your cell phone, your symptoms get worse. But that's only one to three percent of the population – which is a lot. Then there is the mild and the moderate people who won't feel it and won't even know that they're getting exposed. That is why we like to test the environment.

C. Austin Fitts: That's one thing you constantly underscore – the importance of testing.

Jason Bawden-Smith: It's invisible. How do you fight an invisible enemy? You have to make them visible, and we do that through meters.

C. Austin Fitts: One thing that we're not going to spend a lot of time on today is the impact on adults. I believe the impact on adults is different, in a sense, from children and babies. Babies and children don't have their skull or their body fully formed.

Jason Bawden-Smith: There are several reasons children are more at risk from all contaminants, not just EMF. They are underdeveloped – their blood-brain barrier is not developed, their immune system is not as sophisticated.



One of the most concerning things I see – and it just pains me – is a mother with a newborn child a few weeks old, and mothers will know that when a baby is born, they have a cone-shaped head like an arrow so it properly comes out the vagina. It can take several weeks for that cranial cap to flatten out and round and form. So they will be breastfeeding a child with the phone right next to the child's head, texting away or talking or doing whatever they have. It's just horrific; it really is. If they only understood how much EMF is coming off that phone into their baby and into themselves, they would be shocked.

C. Austin Fitts: Right. Let's talk about 5G. 5G isn't rolled out yet.

Jason Bawden-Smith: It's being trialed.

C. Austin Fitts: It's being trialed, so what is 5G?

Jason Bawden-Smith: To understand 5G, what does the G stand for? It stands for the generation. So we started with 1G, which is the analog systems we had – the original ones. They used to call them the old bricks. They were 30 centimeters big and very chunky. They were basically analog phones in the 1980's.

Then we moved to 2G in the early 1990's, and that started voice and texting. Then in 2001 we went to 3G. The third generation allowed much better voice, it put us online, it connected us to the internet, but things were very slow. You wanted to watch that YouTube video and it wouldn't stream because it didn't go fast enough, and everyone got frustrated.



In 2010 – and this is all very recent, which many people don't understand – we brought out 4G, which allowed us to watch those videos. It allowed us to connect to the cloud. Our phones essentially became a computer, very similar to your laptop or your desktop.

C. Austin Fitts: Right.

Jason Bawden-Smith: So that's summarizes it in terms of the technology and it works very well. People are mostly happy with it. You have the broadband capabilities. What has happened is everyone has fallen in love with their gadgets. So we have billions of gadgets all connected to the internet via these wireless communications, whether it's Wi-Fi or whether it's through our cell towers. The spectrum in which 4G was developed is saturated, so it can't handle many more gadgets and they need to open more spectrum.

The other thing in play is that Mr. Global, as we can talk about here on this radio program, is hell-bent on connecting everyone and everything. People call it the internet of things. I call it the internet of everything because that's what they really want.

To be able to connect-I think the goal is for 25 billion devices connected by 2020- they need to have 5G rolled out. They're going to a higher spectrum and we'll get to the technology in a shortly.

5G needs to be faster – probably 10,000 times faster – to achieve what they need to achieve. Why is that? Think about the autonomous cars. The senses on the cars are moving, so we need to have really, really fast, sharp feedback so we don't smash into the car in front of us.



C. Austin Fitts: So it has to be redundant?

Jason Bawden-Smith: Yes, it's what we call latency, so the speed and latency and reliability have to improve. We're getting to the higher frequency of the spectrum and going from megahertz to gigahertz. What is a hertz? It's a cycle per second. So when we get into gigahertz, we're talking a billion cycles for every second. So we're getting up to energy levels which are very high. They are untested, untried, they are military-grade, and they are being rolled out across the residential areas of America, Australia, and most countries right now.

There are four main technologies that they need to pull this off. One is called millimeter waves. These don't travel very far. They're very high frequency, but they don't travel very far. So when they hit buildings, when they hit plants and people, they're absorbed, so they have to go to small cells.

We're used to these big towers that send out omnidirectional waves and carry waves for all the frequencies. Because it doesn't travel very far and it hits a building and stops, they have to start putting these small cells everywhere. We don't know exactly how many and how they're going to do it because there are no standards – they haven't worked it out yet – but imagine every third light pole on your street having a little cell tower. They will vary in size, but they could be the size of a small briefcase.

C. Austin Fitts: Right now they are trying to legislate without local municipalities being able to stop it.

One of the issues is: Can they literally put it on your property without you being able to stop it?



Jason Bawden-Smith: I doubt it, but they will be able to put it on the street, which you don't own, and put it on a lamp post that is 15 meters (or feet, as you would say in America) away from your window. So they will get as close as possible, but I doubt that they can go on your property.

I think most local government and states should be told about what is going on.

C. Austin Fitts: I don't think that they understand the danger.

Jason Bawden-Smith: No one has talked about it. No one has sat down, put it all together, and put it out there. This is why we are doing the show. The reason I love Solari is because you are two years ahead of everybody else.

C. Austin Fitts: What you are talking about doing is rolling out something that is totally invasive. It's a complete surveillance system at the most intimate level that can manipulate you at a cellular level. So it can collect intelligence and can manipulate you in an energetic level and can mind control you.

We're not going to spend much time on mind control today, but I put up some of the related Solari Reports on this issue. We're talking about something that can be overlaid with addictive technology that can literally manipulate you and your mood and the mood of the people around you.



Jason Bawden-Smith: Yes, and much more worse. We don't want to go into all the dark side of this because it's bad enough just knowing what we know now. What we need to talk about is how this is going to be rolled out. The reason it's being rolled out is our fault. Why is it our fault? Because we buy the gadgets.

C. Austin Fitts: Right.

Jason Bawden-Smith: If we didn't buy the gadgets, we wouldn't need 5G.

C. Austin Fitts: Right.

Jason Bawden-Smith: We line up and go to an Apple store when the new iPhone 8 comes out. It will be a mile long and everybody will line up to get it.

They might be encouraging us to buy it through mind control and advertising and that sort of thing, but we love it. Everybody loves their gadget. I love my gadget. I love technology. So we need to take some level of responsibility rather than pointing the finger all the time. But I want people to understand that the ultimate goal is to roll out a trillion sensors around the globe.

You will have sensors that will do video surveillance, traffic flow, motion, facial recognition, and a whole range of sensors watching, listening, and monitoring you. It's literally all the human senses except for feel. They'll never be able to feel; that is a pure human thing.



They can see, they can smell, they can hear, and there is even a new technology forthcoming for touch. That feeds into intelligent devices. Those devices are your smart meters, your smart appliances, smart thermostats, and all these other smart gadgets that feed back into the smart meter that allow the smart home – these connected ecosystems – to function.

We go from sensors to devices to ecosystems. So think of your home where your toaster or your oven or your fridge or your washing machine or your TV and on and on are all feeding back information to your smart meter that is going to the smart grid. Whoever is controlling that is surveilling you on everything you do; they will know everything about you. They will know when your milk needs to be purchased. It's amazing the level of depth of information.

That's going to the smart grid, and the smart grids are feeding smart buildings. So all the buildings will communicate to each other. The cars will start communicating to the lamp posts. So we're going to have this connected ecosystem.

Think of all the artificial EMF that is glowing if you could see it. It's like a fire. Then they're going to get hyper-connectivity, and are going to power up the whole grid. Across the country they are going to have everything connected everywhere, and it's going to be insane.

There are many great things you can do with that kind of connectivity in terms of productivity and in terms of convenience.

C. Austin Fitts: But what does it do to your body? What does it do to your physical strength?



Jason Bawden-Smith: We've seen the increase of modern disease from 1990 to 2015 go up hundreds, if not thousands, of percent. So we're on an exponential increase of modern diseases from 4G.

Once we get to 5G and go from a billion sensors to a trillion sensors, the implications are so horrific that I can't even mention them. All the things we have now-everyone I know is sick. Every second person you know has heart problems, cancer, or dementia. There are children with dementia now. There are toddlers with diabetes. They are all mitochondria-related. It's all because we are living indoors with a connected, artificial environment under blue light, and we don't get out to nature.

We have to talk about solutions soon because we're getting close.

C. Austin Fitts: So when does the wave of disease create the feedback where people realize that something is really wrong? We're dealing with this invisible technology and it's causing serious problems.

Jason Bawden-Smith: 5G hasn't rolled out yet. I don't know the answer. I'm not a doctor, and it's very hard to predict the future. If I were to guess-if 5G were rolled out- say at 2025, we'll be at epidemic levels.

C. Austin Fitts: So the goal is to have 5G rolled out at 2020 in the big urban areas?



Jason Bawden-Smith: That is the goal. The problem they have – and we can talk about it in the business section you’re going to do in a minute – is they are all fighting amongst themselves to see who gets control. What I don’t like about that is they’re rolling out their data at different frequencies trying to take market share – the cable guys, the tower guys. They are all competing, so we are getting hit with everything in the trial areas right now.

We can talk about some of those areas we know about but they are getting hit now. I would expect diseases to start increasing exponentially in those areas over the next few years. It’s going to take a bit of time, and even when it’s recognized, they will blame something else. “It’s this, that, and the other.”

They won’t ever admit that it’s EMF because they can’t.

C. Austin Fitts: The insurance companies have opted out.

Jason Bawden-Smith: Right, and all the telco’s are buying the media companies now, so they control the loop.

C. Austin Fitts: Right, so you have telecom, you have cable, you have the tower guys, and you have media. Here is the interesting thing: Let’s take any dense area. On one hand you have legislators and the legal system fighting tremendously about how to provide for healthcare. Healthcare is exploding as a percent of the GNP.

Twenty or thirty years ago in the United States healthcare was 7% of GNP. Today it’s approaching 19%. That is part of the political problem.



At the same time you have the healthcare system and the budgets grappling with, “How are we going to pay for all this modern disease?” We’re putting something in that is going to turbocharge that modern disease. And we’re going to put it into a system where we know that the number one form of growth in warfare is cybersecurity. What we’re discovering is all of these systems are not trustworthy, but now we’re going to drive our cars on them?

You look at this and you think something has to give. We can’t cope with the feedback now – whether it’s the security systems or the health systems. Now you’re going to turbocharge the insecurity and the absence of health. How is this going to work?

Jason Bawden-Smith: It can’t. It will work for a while, and then it will implode.

C. Austin Fitts: I don’t know.

Jason Bawden-Smith: It can’t work long term.

C. Austin Fitts: But every Solari Report subscriber is sitting in the middle of this war, and these waves are going to come at us like a tsunami. What do we do?

Jason Bawden-Smith: First of all, it’s already hit us and everyone is already sick. We’re going to get sicker and faster. So what are we going to do? There are many things that we can do.

C. Austin Fitts: Let me discuss the money for a second. I’ve really tried to understand what the economics are of 5G, and we haven’t



brought up virtual reality. I want to talk about that, too. What are the economics of virtual reality?

I can't figure it out and the reason I can't figure it out is because you essentially have a system that lacks integrity, and their plan is to double down. Their plan is to come out with something far more powerful and far more intense, and they have no plans – that I can tell – to deal with the integrity issues. So it's a huge double-down, and I don't see how this works.

I can't figure out the economics because the economics don't make sense and the fundamental industry doesn't make sense. But I do know this: What you're doing is combining your delivery system with technology that is highly addictive, and in the middle of this you're trying to plop in your currency. So you're trying to create a digital cashless currency that is dependent on this very integration that we're talking about. You're putting our mitochondria completely at war with the central bankers. That is the only way that I can describe it.

Before we talk about how we deal with it, let's just dive in for a second and discuss a bit about virtual reality. What is virtual reality? Where does that fit in?

Jason Bawden-Smith: There are two forms: There is one called VR, virtual reality, and the other one is called augmented reality. These are goggles you put on your face, and then are taken – in the case of virtual reality – into a cartoon land under the holodeck of Star Trek where everything is not real. But you get to create the reality that you desire.



C. Austin Fitts: Right.

Jason Bawden-Smith: All the kids and people who are addicted to games are now playing it in real life but it's not real; they think it's real.

C. Austin Fitts: The other thing is the blue light. The EMF is attached to your head, and it's much more abrasive than if you're playing a video game on a screen.

Jason Bawden-Smith: Right. It's like putting your cell phone on your eyes while you're playing. That's what you're doing. You're getting blinded by all the artificial light, and bombarded by all these very high frequencies because, to play VR and get the feedback, you're in 5G-land, or getting close to it. You're getting much more frequencies a lot quicker.

I've been playing with them a bit at conferences. The biggest problem they tell me they have with them is that they can only wear them for 45 minutes. The reason most people can only wear them for 45 minutes is all the little mitochondria screaming inside your head going, "Please take it off! Take it off!" and the pain is too much and it's too uncomfortable. So they can only wear them for about 45 minutes.

C. Austin Fitts: Wow!

Jason Bawden-Smith: Augmented reality is being half in reality and half in virtual reality.

C. Austin Fitts: So it's like the Pokémon games where you're walking along with your phone and it's showing you comic characters.



Jason Bawden-Smith: It's much more real than that. We could rave all day – and maybe we'll do a show on VR. It's very cool and it's heaps of fun.

C. Austin Fitts: I always take people to the Magic Leap website where they show the whale jumping out of the gym floor.

Jason Bawden-Smith: That's like a hologram more than VR.

Have you ever watched Star Trek? Look at the holodeck which is an artificial reality where you get to interact with people and talk with people and play with people.

C. Austin Fitts: So we could have conference calls together?

Jason Bawden-Smith: Yes. You could be in the US, I could be in Sydney, and I would have an avatar, like a hologram, appear at the board room table, and we would have a virtual conference room, and you would see me.

C. Austin Fitts: So there is some great business out there.

Jason Bawden-Smith: Fantastic! They're doing this technology because it works; it's amazing. I think that we should be allowed to have technology. The key solution to this is making it safe; we just don't want to do it because it's too expensive.



I'm not going to go into the details on this podcast but maybe we'll do it another day. At the moment there are single frequencies that pulsate so that an antenna can get to a receiver and a cell tower can get to your cell phone and your cell phone back to the receiver. It's pulsating – boom, boom, boom. If they overlaid the frequencies of nature – which we know how to capture and code and put onto a chip – and add that to the frequencies they are using currently, then our body would be sharing waves with the waterfall. That one frequency that we're communicating with would be ignored.

C. Austin Fitts: So we can have all the great technology without the harm.

Jason Bawden-Smith: I believe so.

C. Austin Fitts: One of my favorite applications is the educational application where you can bring up the star system in the middle of the room and can look at everything.

Jason Bawden-Smith: Yes, or if you're teaching heart surgery and can open the heart and get to the valve and go in deep so you can make sure that you make the right incision at the right place. All the education, architecture, construction, etc. It's fantastic technology, and we should be able to use it; we only need to make it safe.

C. Austin Fitts: One thing that you and I have to confess is that we are both technology junkies.



Jason Bawden-Smith: Totally, I love it.

C. Austin Fitts: Let's talk about the *Day in the Life* because I want to make sure that our subscribers know how to go through their daily life and protect themselves.

Jason Bawden-Smith: So we know how to maintain our mitochondria – by getting as much nature as we can and minimizing the artificial frequencies.

C. Austin Fitts: Sunlight.

Jason Bawden-Smith: Let's go to nature and go through my typical day. Everyone is different, everyone's situation is different. I'm not saying that everyone should adopt what I do, however, this is what I do. All I can talk about is my experience.

I awake always with the birds. As soon as the birds start chirping and the sun starts rising, I get up.

C. Austin Fitts: Get up with the sun?

Jason Bawden-Smith: Get up with the sun. That is how quantum biology is designed – to get up and be in the cycle of nature and that is how we're designed. So let's do it, people! I get up and I have a wonderful balcony where the sun comes in and I sit there for about half an hour.



Whenever possible, I take as many clothes off as practical, the reason being that it's not only the UV receptors and IR receptors we have in our eye – which are real – but our skin is like a solar panel. So we want to get as many of these natural frequencies under our skin as well.

C. Austin Fitts: You want to take in as much vitamin D as possible.

Jason Bawden-Smith: Vitamin D won't happen in the morning, and we'll discuss that in a minute. We're getting our circadian rhythms in synch with nature and our biology working like it's meant to.

If you're going to do five minutes, do five minutes. I also drink about one and a half liters of spring water – mountain spring water. I won't go into the water story, but drink the best quality water you can get. Americans have great mountain spring water and should drink that.

C. Austin Fitts: We do.

Jason Bawden-Smith: The reason we need to have very good hydration is, because if you put a piece of meat in the microwave to heat up your dinner, what happens to the meat?

C. Austin Fitts: It gets dehydrated.

Jason Bawden-Smith: Right, it turns to leather. What are we doing? We're running around in a microwave oven. That's what we've created for ourselves, so we're chronically dehydrated.



If you test for your BUN creatinine level when you do your blood test, you will see that most people on this program are dehydrated. So I start with one and a half liters of water before I do anything else. That's a lot of water for many people, and I'm a big guy. You don't have to drink as much as me, but you should drink numerous glasses of water in the morning so that you start off hydrated.

I then have to go to work as most people do, and I work in the EMF sewer of Sydney. So do most people. They don't realize it's a sewer; it's an invisible sewer in these fields.

In the blog that I've written for this program, EMF Warriors, I know that I'm going to get a dose of EMF on the way to work – whether I drive or get on the ferry or the bus.

C. Austin Fitts: The link is in the show notes.

Jason Bawden-Smith: If I drive my car, there is a lot of EMF, as all of the cars around me also. All modern cars are riddled with EMF; they just are. It's not only Tesla; it's all of the new cars. And you're driving past cell towers and constantly getting hit.

I can't do anything about that artificial EMF. I can't mitigate it. It's impossible for me to mitigate it. If I'm on a train or a bus, I can't do anything about the person sitting next to me using their cell phone. So the only thing that I have left is to use the technology.



I'm not saying that this technology has long-term data to show that it works. I don't know. We have good anecdotal data. You use it, I use it, and many of my friends use it and we like it. Some people don't. I don't want to push that hard, but I need something, so I turn on a portable blue shield, and I have that on in the car or on me if I'm on the ferry or a bus.

C. Austin Fitts: I travel with a portable blue shield.

Jason Bawden-Smith: That's how I get around that. The other thing I like to do is get a lot of sun whenever I can. If I'm driving, I open my sunroof. If I didn't have a sunroof, I'd open the window. I want to let the light in. Outside light has to come inside as much as possible.

I'm not spending eight or ten hours in an office that is surrounded by cell towers. There are thousands and thousands of people with cell phones. There is Wi-Fi everywhere. It's an EMF sewer.

I can't do much about that. In the big scheme of things, I can do little things about it. So I have a big blue shield for the office for everyone to get some protection. For the fluorescent lights, I have four spectrum fluorescent lights, which aren't perfect, but they're better than the cheaper very intense lights that you use. I have a switch and I turn off the lights whenever I can inside my office. Some people can't do that.

Usually I open a window. Some people don't have windows, so it's very hard to get natural light in. I'll go outside. We used to call them smoke breaks when we all smoked; now we have sunlight breaks.



If you're going to eat lunch, eat it outside. Go to the park, take your shoes off so you get the grounding. You have the electrical drive building up inside your body from all the electricity you're getting and all the EMF.

C. Austin Fitts: So if I take my socks off and put my feet on the dirt, what does that do?

Jason Bawden-Smith: Basically the earth has an ability to bring your body into a natural state of electromagnetic status. So if you have too much electrons and protons, it will balance it out. If you have too little, it will give you some.

C. Austin Fitts: In our documentary that we put up for this Solari Report, *Resonance: Beings of Frequency*, it talks about the Schumann resonance. Does that have anything to do with the Schumann resonance?

Jason Bawden-Smith: Schumann resonance is about 7.84 hertz; it's the natural frequencies of the planet. It has something to do with it, but it has more to do with how the earth normally has its natural state of being which we are totally connected to. Without Mother Earth, we would not be here. We are so dependent on her and Father Sun, and we've forgotten that. We've become disconnected, and we have to tap back in.

After work, I go back home, usually around sunset. So I want to make up for the lost infrared rays that I've missed, which you can get at sunset. You can get UVA and IR through the whole day, but I'll take an infrared sauna, and that will help balance out my missing frequencies –



plus it's good for your health anyway. That's the general daytime.

We do many things with the equipment. We put shielding around cables and we have blue light glasses. I wear 50% blue light glasses at work because with 100% it's hard to see the screen. We do other things inside as well.

When I get home, I don't turn the lights on.

C. Austin Fitts: Right.

Jason Bawden-Smith: My problem has been blue light toxicity. I've been overdosed to indoor living more than the electronics. So I don't turn any lights on. I have candles, and the only lights I have are little red lamps that aren't good for reading, but they give you enough light to see around the house.

If I have to turn the lights on or watch a TV screen or a computer screen, I wear 100% blue-blocking glasses.

C. Austin Fitts: It's called 100% blue-blocking, so you're blocking the blue light?

Jason Bawden-Smith: Yes. We'll put a link to another article which is not up there now so people can read it. Some people wear glasses, like you.

C. Austin Fitts: But I can wear the 50% or the 100% right over the glasses?



Jason Bawden-Smith: You can, but some people can't. They find them uncomfortable. This article will teach you how to make your own tints so you become independent. We'll link the article to the show and I'll put it up after this interview.

I also make sure that I go to bed fairly early; I'm in bed by ten.

C. Austin Fitts: So you can get up with the sun?

Jason Bawden-Smith: Yes, and I want people to understand that if you're looking at a screen at eleven o'clock at night, the color intensity of that screen is so much like midday sun – even more intense. You're telling your body that it's the middle of the day, and then you wonder why you're having trouble going to sleep.

So you need to understand the circadian biology and the melatonin and cortisol cycles.

C. Austin Fitts: It stops the melatonin from being created.

Jason Bawden-Smith: It does and it ups your cortisol. Cortisol happens in the morning; it's the hormone that wakes you up and gets you going. It keeps it high, so you can't go to bed. Then people say, "I'll read my iPhone and my iPad until I fall asleep," and then wonder why it takes them all night to fall asleep.

So that brings us to the bedroom. I call that the 'sleep sanctuary'. The sleep sanctuary is so important because melatonin, which I talked about, is twenty times more effective as an antioxidant than vitamin C. It's a very important hormone, and we need to get it right.



Your bedroom should be completely dark and you shouldn't be able to see your hand, so you may need total blackout blinds. There are many streetlights and neighbors' lights coming through your window, so you have to block that out.

Some people have circuit boards that you can switch off so there is no electricity going into the bedroom at all, and you can't plug anything in. We're not going to talk about gadgets, but your alarm clock has magnetic fields that you put next to your head, and they are very, very high and magnetic fields are my biggest concern. They are more concerning than 5G signals, so you don't want any electronics.

Anyone who has a TV in their room who is listening to this right now should lose their membership. There is no TV, there are no electronics. If you can't block everything out, wear the night shades that you get on the airplanes that cover up your eyes.

C. Austin Fitts: I have some more questions for you, Jason, but I want to move to Q&A because we're getting off-track and we want to do Q&A. We have many links that we put up, and I want to walk you through those before we go.

So are you ready for questions?

Jason Bawden-Smith: Fire away.

C. Austin Fitts: Ladies and gentlemen, if you want to ask a question, press *2 and our producer, Justin Woods, will bring you on. He's going to un-mute you, and you can ask your question. I'll refer to you by your location, so press *2 if you have a question.



Anonymous raised their hand.

Anonymous: Hello, I have a question. Thank you for this wonderful show. It's such an important topic, and it's very interesting to my family. We are all slightly sensitive and can tell when there's a tower or some sort of electromagnetic router or somebody with their cellular on their phone turned on. We also have meters to pay attention to what we are being exposed to.

My question is about how far away a person would need to move if they didn't want to be exposed to the constant radiation on every building. How far away do you have to be from a smart meter or a cell tower, especially with the 5G rollout?

Jason Bawden-Smith: We don't know the answer for 5G, but as a general rule of thumb, you want to be at least 400 meters – which is a quarter of a mile in your units of measure. When it comes to smart meters, you can actually shield them so the signal is pushed in the other direction from your house. You don't want to put it onto your neighbor, but you can point it into the street.

Your meter should be able to tell you how far you need to be from things. When 5G rolls out and everyone has so many gadgets that it's ubiquitous, I'm going rural. I want my nearest neighbor to be a cow or a tree. That's how concerned I am.

Anonymous: We don't have a smart meter, but our nearest neighbor – who is probably a couple hundred meters away – does. So are we getting affected by that?



Jason Bawden-Smith: I can't tell from here; I'm on the other side of the world. If you turn your meter on, you should be able to measure it. You should be measuring in microwatts for square meters, so you're in the RF mode. You'll be able to tell if you're picking it up.

You can put some reflecting shielding up. I don't like absorbing material; I prefer to use reflecting material. You can put some of that material up, which is usually comparable to a silver-lined paper. The best thing to try first is the heat blankets that they put around you when you have hypothermia. They are very good reflecting and aluminum has very good reflecting ability as well.

If I want to build a house that is low EMF, I would hire a building biologist or someone who is a very clever electrical engineer. I would walk around the house with them – testing, understanding what they're doing, and then looking at mitigation. It's quite complex and people can spend literally tens if not hundreds of thousands of dollars and actually make the problem worse.

Anonymous: Right.

C. Austin Fitts: Jason, you've said that there are more and more people who are doing the building biology service.

Jason Bawden-Smith: What's happening is that people are becoming sensitive and they're starting to research and work this out for themselves. They are buying better meters and they are diving deeper. They're going, "Wow! I can actually do this as a job."



So there is more and more transpiring. I don't recommend individuals unless I've actually used them myself. So I just say to type 'building biologist' into Google for your area, and there will be a list of people. The questions I would ask are: Are you sensitive yourself? What meters do you use? How many people? How many service have you done? How much mitigation have you done? What are your references? Can I speak to other clients?

Do your normal due diligence like you would when hiring any contractor.

C. Austin Fitts: Right.

Anonymous: Thank you.

C. Austin Fitts: Does that answer your question?

Anonymous: Yes. Thank you so much.

C. Austin Fitts: Next we have New York City.

New York City: Hi there. Can you hear me?

C. Austin Fitts: Hi. Yes, we can hear you.

New York City: Great! My concerns are: I don't understand how the technology could be done in a healthy way. I heard you mention earlier that there are ways that the EMF doesn't have to be unhealthy.



The other thing is: For somebody who does live in New York City, we are just bombarded everywhere. I don't have hundreds of thousands of dollars – or even tens of thousands of dollars, or even thousands of dollars – to help mitigate this issue. Any suggestions would be appreciated.

Jason Bawden-Smith: I'll start with the second question first. You need to try to maximize your exposure to nature. As a general rule of thumb – and this information comes from Dr. Jack Kruse – for every 45 minutes that you spend in a 'toxic environment' you need 15 minutes of natural exposure. So you need to go to the park or the beach or be outside in the sun for two hours every day if you're doing an eight-hour workday.

So you want to spend as much time as you can in nature, and that will help balance out any effects. So that is really number one.

Number two would be to buy a testing meter. Find out what is actually going on in your apartment or your house. You may be lucky because all these towers bounce off buildings and they move around. You can only tell by measuring.

I would buy a screening level meter. You can buy a \$150 meter or up to about a \$40,000 meter. I love the cheap one. The cheap one – and I have no interest in it, so you can buy whatever meter you want to buy – I like is the Cornet ED88T, the Cornet electrosmog meter. I like that because it does all the fields and has a sound button. It's fairly easy to use, and it's pretty reliable and for the price, it's unbelievably reliable.



If you want to do a survey if go to court, you need to get a real-time spectrometer, which will cost you tens of thousands of dollars. So buy a cheap meter and test your house. See what you're dealing with first. Then when you realize what you're dealing with, you can ask questions at our private Facebook group, EMF Warriors. If you join EMF Warriors on Facebook, you can ask questions there. Our number one go-to guy, David Blake, who is a genius at that, could offer some suggestions for you.

Or you could hire a professional and have them test your house. It's \$500 well-spent. Listen to them, learn from them, and you should be able to find that most of your house should be able to be made fairly low EMF without too much problem.

New York City: Great! Then how do we switch to a healthier version of this technology to be implemented? What would that look like?

Jason Bawden-Smith: That's a fabulous question, and I don't have the answer.

I have arguments with several people in industry, as you can well imagine, and I say, "How does an alcoholic give up alcohol? They admit they've got a problem."

If you don't realize you have a problem, you're never going to fix it. So the first thing we need to do is to show people that this is real, the effects are real, and we need to get around this issue that it's all 'nocebo'. This is the fancy word they use to mean that it's all in



your head – you’re crazy and you’re making it up. That is not true, and we have so much evidence to prove that that is not the case. So we have to admit that we have a problem.

I know there are super-smart engineers, biologists, and physicists out there who will fix this much quicker than we realize, but they will not be given any money and they will not be given any opportunity to address the problem unless we admit we have one.

C. Austin Fitts: The industry clearly knows that we have a problem because they had legislation passed so that health couldn’t be discussed at the municipal level when dealing with approvals, and the insurance companies wouldn’t have opted out unless they knew. So they know.

Jason Bawden-Smith: They know, and they’ve known for decades.

C. Austin Fitts: Right.

Jason Bawden-Smith: They don’t want to admit that they have a problem.

C. Austin Fitts: Right.

Jason Bawden-Smith: They have to admit that we have an issue. I can understand why they’re running scared with the liability and all the other issues occurring, but we have no choice. Our kids are getting sick.



C. Austin Fitts: One thing that I would say in answer to the question is, if you look at some of the links to this Solari Report and also at EMF Warriors, there are links to some great experts and videos. There have been studies that show the damage.

I think that the more we educate people with making what is highly technical information about the health impact available to them and the more education we do will be very helpful.

Jason Bawden-Smith: Yes. We're finding more and more famous people coming out and speaking about it now. The daughter of Quincy Jones is on a website www.JolieTalks.com, who is Jolie Jones, the daughter of Quincy. She is EHS, and has finally let it be known, "This happened to me, this is why, and this is what I'm doing about it."

So as we get more and more famous people talking about it, it helps. My daughter doesn't listen to me, but as soon as Adele says that Wi-Fi is an issue she said, "Oh, okay. Adele says so, so I must be interested now."

There are many ways we have to do it.

C. Austin Fitts: Any more questions? Does that answer your question?

New York City: Yes, absolutely. That answers my question.

C. Austin Fitts: Definitely enjoy Central Park.



Next we have Tyler, Texas.

Tyler, Texas: When you're talking about what we can do, not everybody is as lucky as we are. We have a grassroots organization here. Currently we're almost at the end of our legislative period because we only meet every other year here.

I will tell you, though, that if you have a good grassroots organization and you have influence – which we do in our state legislature- I recommend that you go through your state legislature the best you can because you are not going to do this on a Federal level unless you have enough states saying, “We don't like what the Federal government is doing and what the Federal government is allowing.”

We don't really want Federal money fixing this problem; we want people who know the answer to this problem being allowed to be heard.

C. Austin Fitts: That's a very good suggestion. I find the state legislators to be much more interested and much more aware. Increasingly I think they can get much done.

Is there any information you want to give us for our Texas subscribers for where to plug in?

Tyler, Texas: Grassroots America: We the People, in Tyler, Texas. JoAnn Fleming, our Executive Director, has now been assisting all kinds of grassroots organizations throughout our state – no out of



state stuff. We all want her here. However, I am telling you Grassroots America: We the People, JoAnn Fleming. If she can't help you through email, you're out of luck.

C. Austin Fitts: Okay. I know you people are getting a lot done, and I really appreciate it. Does that answer your concerns?

Tyler, Texas: Yes, ma'am.

C. Austin Fitts: Thank you. Remember to press *2 if you want to ask a question. If we don't have any more questions, I'm going to start walking us through the links.

Let's start on recommended links. We put up links for *A Day in the Life*, which you wrote. So lay out what you described in *A Day in the Life*.

We have a list of writings up as well, and we also have links on the Subscriber Links of many of Dr. Jack Kruse and some of the other doctors, including quantum biology writings.

I wanted to take a minute to discuss some of the related Solari Reports. I mentioned that we did Protecting Against EMF Radiation and Making Waves with you, but we also did Dirty Electricity, which gets into the electricity issues. The people looking at the dirty electricity have done a great deal on the health issues during the last decade. So there is a huge body of knowledge.



The Solari Report that I try to get everyone to read is the Entrainment and Subliminal Programming and Financial Manipulation because we've been talking about the health impact of EMF radiation. The problem is that we're talking about a technology that also delivers entrainment and mind control.

It's very hard to get everyone out in nature if they're all sitting inside addicted to the technology. So I see a very critical relationship between the EMF technology and the mind control. I don't know if you want to say anything about that.

Jason Bawden-Smith: I don't but I'll give you one example, which has nothing to do with mind control but a little to do with surveillance, and it's quite scary.

Everyone is on Wi-Fi now, and all the schools have laptops or tablets, and they're all active, and they're all in one classroom together.

A predator was outside the school, tapped into the local Wi-Fi, and all the unencrypted files he was surveilling and picking up. He was using that intelligence to go about his horrendous business.

That is a small example of existing technology that is being manipulated at a very local level that is just horrifying in my opinion. Now if you take that with a fully connected city, the surveillance that is going to happen, the data that is going to be accumulated, the information or the 'control file' is going to be built up against everybody and used against us. It's just too scary to fathom.



C. Austin Fitts: Right. It's odd because if you look at the battles that are happening now in Washington, we really have a battle on who controls the control files. When you see the launch of 5G and the different industry fights, to a certain extent you are fighting about who controls the control files.

Jason Bawden-Smith: Yes.

C. Austin Fitts: One thing that we've tried to do at Solari for the last year is find books that help parents in particular understand the impact of this technology. I did a book review on a book called *Addiction by Design* that talked about how online technologies are used to get people hooked on gambling. Then we did one on porn.

What I'm finding is that online pornography is an epidemic which is exploding, and it's very much involved with the entrainment technology. That's what I believe and it's the same with online shopping.

Part of the economics, and when you get into the economics of what the economics are of 5G or virtual reality, you're talking about what the technologies are of getting into people's wallets through their minds in a much more intimate and powerful way.

It comes back again and again to finance and investment. We're talking about creating addictions that makes money for people.



There is a new book that we recently did a review on called *Irresistible*. It's about how much time we're spending using these technologies and what it's doing to our minds. Basically, it's a business to create addiction, and now you're talking about enormous ways to create addiction that didn't exist ten years ago.

Jason Bawden-Smith: Correct.

C. Austin Fitts: So there are many links, including the link I put up to Quincy Jones' daughter, which you just mentioned. She did a superb video interview, and that is also on the links.

Jason made an effort to provide an enormous amount of information, both in the subscriber links and the commentary links at Solari, and there is tremendous information on EMF Warriors.

If you have questions, hit *2. Are there any more questions for Jason?

San Francisco, welcome to the show.

San Francisco: Hi. I have a question for Jason. You mentioned magnetic fields. I am measuring with my little Cornet meter over 430 milligauss in my bedroom. I cannot figure out where this is coming from. Can you talk a little on mitigating the magnetic fields?

Jason Bawden-Smith: If you're measuring 430 milligauss in your bedroom, do you have a transformer or some big electrical station near your bedroom?



San Francisco: No, but I have two smart meters. I'm in an urban area. There is nothing on the wall – unless it's a neighbor's smart meter. It shouldn't be because they're on opposite walls.

Jason Bawden-Smith: That's a very high reading to have in your bedroom. Is there electrical equipment that could be giving off that reading? Sometimes I've found hospital beds, where you press a button and the back comes up, that can have very high magnetic fields.

San Francisco: No. I had an innerspring mattress, and I got rid of it and I have a foam mattress now. I'm wondering if that was doing it. There is no television there, my router is not there and my electricity is turned off at night.

Jason Bawden-Smith: Wow!

San Francisco: I had better get somebody in to help me.

Jason Bawden-Smith: Yes, or maybe test with another meter just to confirm that something is not malfunctioning with the meter. If there is not a big electrical or mechanical source of electricity coming through, I have seen on occasions where you can turn the power off and the magnetic fields can still travel along the copper wire. So it could be coming from an industrial source via the wire into the house or via the gas line or via the water pipe. It could be an external field coming into your house that way.



Without being at the premises, it's impossible for me to tell.

San Francisco: Yes, but I think you've given me the information that I need to get professional help with this. I appreciate that and thank you.

Jason Bawden-Smith: You're welcome and thank you also.

C. Austin Fitts: Okay, Austin, Texas.

Austin, Texas: Great to be with you.

Jason, I work on the second floor down from the roof, and on the roof are what looks like maybe six of those cell tower devices.

Jason Bawden-Smith: Do you have concrete slabs between the floors?

Austin, Texas: Concrete floors? Yes.

Jason Bawden-Smith: Concrete is the number one material for blocking wireless signals, and that is because the moisture inside the concrete that absorbs the signals. I don't like the idea of being so close to a cell tower, but I would like you to either hire somebody or buy a meter yourself and test what is happening. As a general rule, being that close to a cell tower is not a good thing. However, if you're under a level of concrete, you may be mitigating it without even knowing it. I would test before I did anything else.



If you have high fields, the chances of moving that cell tower will be difficult. In Australia the building owners get around \$5,000 a month in revenue. Unfortunately schools are putting them up everywhere as well, because they want the revenue.

I would test it and see. You may be lucky, and the concrete may be shielding you and you won't know until you test.

C. Austin Fitts: If he's in this environment all day, should he be wearing the glasses?

Jason Bawden-Smith: If he's watching a computer screen all day, yes. I would buy gaming glasses, which are 20-50% blue blocking. It's too hard to read a screen with 100%.

C. Austin Fitts: Right.

Jason Bawden-Smith: Get some morning sun.

Austin, Texas: Thank you.

Jason Bawden-Smith: You're welcome.

C. Austin Fitts: Remember, if you want to ask a question, press *2.

Jason, tell us how we sign up for EMF Warriors.



Jason Bawden-Smith: Go to www.EMFWarriors.com and sign up for the newsletter. We send a fortnightly newsletter summarizing what is going on around the world and recent happenings. We feature a warrior whom we like, their material, and also a featured video. We put it on radio shows that I might be doing or that Scott is doing or any other interesting thing.

For the library, you go from the website to the library. Watch the introduction video on how to use the library. It's always best to do that first. You have 2,000 pieces of information and about 30 different playlists. You can spend months there watching and reading and learning, so type your particular subject into the search bar.

For disease, for people who are suffering from diseases, who want to look at managing their chronic illness in a different way, type in your disease and type in 'Dr. Jack Kruse' in the search bar in whatever browser you're using. That will take you directly to a link, probably on his forum, where they're discussing how people have recovered from every different type of chronic disease using this natural approach of quantum biology – of reconnecting to nature and minimizing your artificial environment.

If you're sick, you'll need medicine and supplements. But your foundations of health are: good natural light, full spectrum sunlight, good quality spring water, and grounding. That is the earth and taking your feet and putting them in the sand or on the ground. That is the foundational secret to health that we've never been taught that fixes nearly everything that is wrong with



us; and it's so simple, so easy, and totally free. I want people to do that as much as possible.

C. Austin Fitts: For me, it's going down to Sydney and hanging out on the beach with you.

Jason Bawden-Smith: You should be in an environment where you can do it yourself.

C. Austin Fitts: The other thing that I want to suggest is, I found *In the Dark* to be very helpful to getting me to reorient the flow of what I do and how I do it. I still have some copies of *In the Dark*.

If you've participated in this Solari Report and if you will send your mailing address to Ask Catherine or Customer Service, we will send you a complimentary copy of *In the Dark*.

Jason Bawden-Smith: If you get inundated, I will send you another box of books.

C. Austin Fitts: Okay, so if you would like a copy of *In the Dark*, let us know at Ask Catherine or Customer Service, and we will mail one to you. There are great suggestions and I need to dip back in again and look at the list to get inspired.

Before we close, is there anything that you would like to add?



Jason Bawden-Smith: I would just like to thank you and the work you do and everyone listening today. Everyone has access to EMF Warriors, so any questions you may want to ask, send an email to hello@EMFWarriors.com and we will answer it. You can join the Facebook group and study in the library and join in and help educate everybody else.

It's for the kids that we do this and that is what motivated me. At my essence, are the children. I can't have a world go to complete chaos and see these kids being brought up in it. We need to make a stand. You're doing a tremendous job, Catherine, and all the other guests you have on and all the Solari members. Let's all pitch in.

C. Austin Fitts: I feel that if each one of us does what we need to do to protect our own minds and bodies, we can make a significant difference to our families and ourselves in this next five to ten years. I'd like to think that every Solari Report subscriber will not be part of the Chuck E. Cheese brawl when it happens.

Ladies and gentlemen, you have one more chance to hit *2 to ask questions. If not, we wish you good hunting and I think that's it.

Jason, thank you very much and have a wonderful day.



MODIFICATION

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

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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.