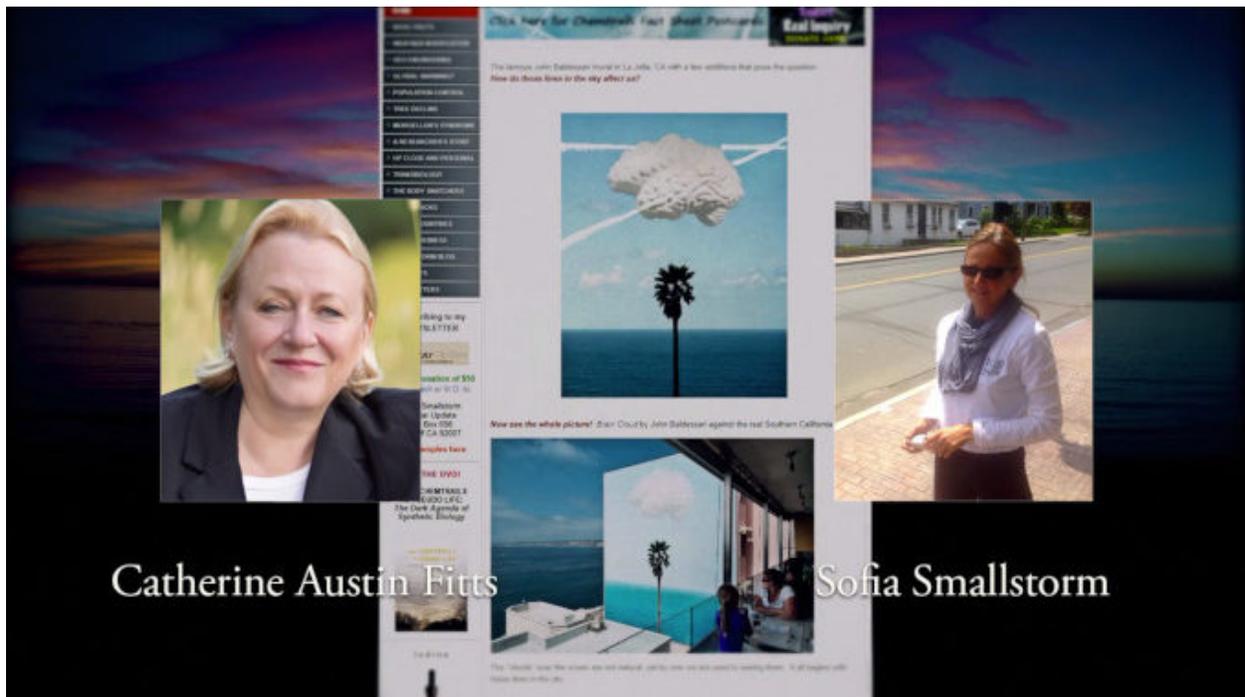




# The Solari Report

April 11, 2019

## The Glyphosate War with Sofia Smallstorm





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**C. Austin Fitts:** Ladies and gentlemen, welcome to The Solari Report. It is my privilege to welcome back a guest – someone on The Solari Report that needs no introduction. Sofia Smallstorm is the proprietor of *About the Sky* website and is the author of the *Avatar Update* newsletter. I am not only a faithful subscriber to it, but as soon as I get it, I have to read it; I can't put it down.

In my opinion, Sofia does remarkable investigative research and has a unique insight to many things that are not necessarily apparent.

Sofia, welcome to The Solari Report.

**Sofia Smallstorm:** Thank you, Catherine, for your very kind words about me and I really appreciate that. Someone like you who has the stature that you have in the world of dot-connecting and analysis, I am very honored to have you say those things about me.

**Fitts:** It's surprising because whenever I read *Avatar Update* I think, "Wow! I never saw that! I never thought of it that way."



You have a unique way of reshuffling everything. It's as though, "Wow! I'm looking at the world in a whole new way." So, I always get surprised by your newsletter.

I want to talk with you on The Solari Report about our topic, The Glyphosate Wars, and I have wanted to talk with you about glyphosate for a long time now. You have done a series of newsletters on glyphosate. In fact on The Food Series, we had Dr. Don Huber, who you had written about before.

The Solari Report subscribers have been introduced to glyphosate in that conversation, but what I would like to do is talk a little about what glyphosate is and why it is so important to know about it. Then I want to talk through the amazing newsletters that you have done on glyphosate. I want to recommend to everyone to get Sofia's newsletter because it's really terrific. It's one of my favorite sources and you will always be amazed.

You have done some very good work historically on glyphosate. If people want your back newsletters on glyphosate, can they get them?

**Smallstorm:** Yes, they can ask, and I will send them the PDFs if they subscribe. There have been three at different intervals.

First of all, it's not glyosphate, and it's not glyphosphate; it's glyphosate. It's an organophosphate, and it is a water-soluble compound that was invented or engineered in Switzerland in 1950, but it wasn't marketed or patented until 1974. That is when it really got its launch, and that was when John Franz, a Monsanto chemist, independently synthesized it.



I understand from two MDs who are all over the glyphosate issue, and have looked at its history, say that it was actually created as a mineral chelator for factory chimneys to scrape out or dissolve or pull out, what they called, flue dust or baghouse dust. Now it is used rampantly on agriculture.

So compare and contrast. Glyphosate now is being used in this product that we know as RoundUp, which is a weed killer. But for the first couple of decades, glyphosate was used as an antimicrobial in agriculture. It also was used as a desiccant, which is a drying agent on crops. It continues to be used as a desiccant even though now it has been folded into the formula for RoundUp, the weed killer.

**Fitts:** They brought up the RoundUp Ready crops in 1999, correct?

**Smallstorm:** Yes, 1998 and 1999.

**Fitts:** I thought that they were starting to market in the 1970's.

**Smallstorm:** From what I have read, it was patented as a mineral chelator, which is a nutrient remover, and then a bactericide, and also a desiccant. So it can do many things. It is a jack of many trades in agriculture. But it was taken off patent around 2007, so now anyone and their brother can make it.

**Fitts:** The actual patent came off in 2000 – not on the RoundUp Ready crops, but on the RoundUp.



**Smallstorm:** I've seen different dates, but Dr. Zach Bush has done a lot of research into glyphosate. He is a very good authority, and I heard from him in a seminar that I listened to that it was taken off patent in 2007.

The main point here is that everybody makes glyphosate now. China makes tons of it. The number for how much glyphosate was being circulated and used in 2016 was 2 billion kilos, and now it's up to 4 billion kilos worldwide. So, you could call it the world's most prevalent toxin.

It's water soluble, which means that it moves rampantly in living things. They have likened glyphosate's arrival in farming and agriculture to the advent of penicillin in medicine. They think this much of glyphosate. So as an agent acting upon crops, it basically stuns their immune systems just to truncate it and sum it up. It gives plants a form of immune deficiency; you can call it 'plant AIDS'.

It doesn't kill them directly, but it stuns their immune system such that they become very susceptible to pathogens in the soil. One way that it stuns their immune system— and this applies to bacteria as well, which will become very important when you look at our bodies and how we depend on bacteria — is it shuts down this vital chemical process that plants have. It's a seven-step process by which plants and bacteria produce this triad of amino acids, which are very important to their immune defense.



We, as higher life forms-meaning that we are more complex and have greater energy needs-have outsourced the production of these amino acids to the plant and bacterial world. So, in our bodies we have, what is known as the 'gut bio'. We have bacteria living in all kinds of organs, and we have a quadrillion of them living in our gut.

The bacteria in our gut has a job to, basically not only digest our food, but they are the critters that liberate the fats and sugars from our foods that we eat. But they also manufacture these three amino acids for us, and those amino acids are phenylalanine, tryptophan, and tyrosine. They are very important to human and mammalian function.

They are precursors of neurotransmitters. They allow the sympathetic nervous system to kick in, they help us to sleep, and they regulate our physiological stress responses. As mentioned, the names of these three amino acids are phenylalanine, tryptophan, and tyrosine. Without them, we start to shut down as well. We start to malfunction in major, major ways. Our aggression levels rise, we have bigger appetites, carbohydrate cravings, depression, and we don't know how to respond to stress.

All these things you could really look at the modern world, and they line up with exactly what is going on.

**Fitts:** Right.

**Smallstorm:** Another thing that glyphosate does-let's remind ourselves that there are GMO crops, and I will explain how those have been treated to protect them against glyphosate. But glyphosate is intended to meet up with weeds and extinguish them, yet 99.9% of the glyphosate used today –



– that is 4 billion kilos, and if I did my math right the other night as I was falling asleep, 4 billion kilos is 4 million metric tons, and a metric ton is not too far off from the North American ton. So, imagine that if you don't understand kilos, there is a lot of this.

It's in our ground water and our rain and our air. All you have to do to get glyphosate is go to Home Depot, and it's on every endcap. They have big boxes of RoundUp.

Walk outside, and you will be showered with glyphosate.

**Fitts:** One thing that I thought was very good in *Avatar Update* was when you pointed out Dr. Bush's references to the glyphosate in the air and water in the southern states. What you explained is that even if you are buying organic food, between the air and the water, that food is being showered with glyphosate.

**Smallstorm:** Right. Glyphosate is everywhere. It's like this invisible veil that, not only shrouds everything, but it is inside you. That is where we get into real trouble.

Not only is it hampering or debilitating the bacteria in us from producing these enzymes that we desperately need to be healthy and functional, but another thing that glyphosate is-because of its construction, its molecular configuration – it is identical to the simplest amino acid in biology, which is called glycine.

People don't seem to understand this. It took me a while to understand how this works. Your body depends on proteins. Proteins are the workhorses of the body.



They are the structural components and they are the transportation taxicabs of the body.

Hemoglobin is a protein that carries oxygen to the cells. Myoglobin is a protein inside the cells—a taxicab—that meets the hemoglobin at the cell wall and carries that oxygen molecule to the nucleus where it's used in energy manufacturing.

We have proteins throughout our bodies that are the building materials of the material. Consider them to be like wood and metal and all kinds of trusses and 'whatnot' when you look at construction – physical house building construction. The simplest amino acid is called glycine. Proteins are made from amino acids, and they are coded. There is a DNA recipe that tells the body how to make collagen; that is one protein. It tells the body how to make myosin; that is another protein. It tells the body how to make keratin; that is another protein. It tells the body how to make all these proteins. They are recipes that are stuck in the DNA. They originate in the DNA, and they call for this amino acid plus this one plus this one in this configuration.

So glyphosate and glycine are identical, except for one difference in the nitrogen atom. I know this is heavy chemistry, but I will give you a visual. Glycine is a pure simple, sleek, supple, incredibly flexible amino acid. It is the simplest, smallest one. Glyphosate is the exact same thing, but its nitrogen atom has this extra side-chain in it. It is a methylphosphonyl side chain. I cannot explain to you what that is exactly, and your subscribers would probably forget once I mentioned it, even if I knew.



Basically, the nitrogen atom is overstuffed in glyphosate. So they look exactly the same, and they are the same except for this nitrogen atom.

So now let's do the visual. Picture a beautiful, sleek, cool, amazing compact car of the highest European design right off the factory assembly line. That is glycine. Imagine what a pleasure that would be to drive.

Now take the same compact car – the identical design – except one of the doors is wedged wide open and you can't shut it. That is glyphosate. That is that overstuffed nitrogen side chain in glyphosate.

So now try driving that car on the road. What is it going to do? It's going to wobble, it is going to be unstable, it is going to buffet in the wind, it is going to bend and crash and bump. It is not going to be something that you can park in a parking space. It is going to hit pedestrians. It is going to cause accidents and malfunction in a major way. That is what happens in the body when proteins are made out of glyphosate instead of glycine. They now function by stumbling and bumping and banging and crashing and causing accidents.

**Fitts:** When did it first come to the attention of the researchers like Dr. Seneff or Dr. Bush that the increase in the use of glyphosate – the introduction and the spread and growth of it – correlated with the extraordinary rise in certain kinds of diseases?



**Smallstorm:** I am not sure when Stephanie Seneff started noticing that. She is primarily the person, along with Dr. Anthony Samsel, who together wrote this series of papers, which are very, very in-depth. They are fantastic in their exploration of the different ways that glyphosate affects enzymes and proteins and many other things.

Dr. Seneff can be found on YouTube. She has given a number of talks about glyphosate, and is the person whose work I have studied and who I now have the pleasure of knowing and corresponding with by email, because of this new context of glyphosate malfunction that I stumbled into and have been trying to put on the map here.

You have to understand that we all live in watersheds, meaning that wherever you are, it is probably receiving a flow of water from somewhere else. It has to do with elevation of land. The watersheds of the world are exoreic or endorheic, meaning that they flow out to the ocean from the peaks – the continental divides and the mountain chains – or they flow inland into lakes and other catch basins. So, everywhere we live is really an ecosystem that is now being flooded with material – often man-made waste – that is coming from way upstream. That is what I wrote about in another newsletter.

Lake Okeechobee and the shoreline of Martin County in Florida, Port St. Lucie, Jupiter, and, what they call, the 'Treasure Coast of Florida is now full of this disgusting, green scum which is actually an algae (a cyanobacteria, not a good one) that is feeding on glyphosate because it is considering glyphosate to be a phosphate that it needs and wants. The proliferation of this scum is closing down all kinds of economies on the Florida coast.



Lake Okeechobee, which is inland, is the source of this drainage that is partly coming from the sugar fields of U.S. sugar because they took the swampland beneath Lake Okeechobee and converted it into sugar cane fields. Sugar cane is heavily managed with glyphosate. They spray all our grain crops, our sugar beet, our sugar cane, lentils, legumes, peas, rice, and all of this with glyphosate. Whether it's a GMO crop or not, the farming world loves to dry out, desiccate, dehydrate. That is one of the things that glyphosate does to the plant world; it dehydrates plants.

So, you spray a big crop with glyphosate and you start shrinking it and making it more brittle. You start dehydrating it, and then it's easier to harvest and it's easier to put in trucks-more of it fits in the trucks.

So, all this usage of glyphosate in farming is now making its way into the oceans. The oceans are turning green.

**Fitts:** Right, and I'm assuming that if you look at the rivers and what is coming down the Mississippi River from the agricultural heartland, you are getting enormous buildups of this.

**Smallstorm:** You are and it's all flowing into the same catch basin. I said that the plants are cyanobacteria feeding on phosphate, but it's actually phosphonate. I am not a chemist or somebody with a PhD or a string of degrees. I try to simply take in this information, explain it to myself, and then try to explain it in a reduced and comprehensive way to listeners.

The coast is being turned into a green scum catch basin, and here is another thing. We have to look back at the glycine/glyphosate twinning. Biological organisms are basically biochemical blind men.



They are not used to sorting and filtering amongst 100,000 manmade compounds that we now face today. Any human being is likely to have thousands of residues and traces of materials that don't exist in nature in those kinds of combined forms. They are man-made compounds and chemicals, and they are hurting us in all kinds of ways.

The body has a 'loosey-goosey' way of recognizing molecules by shape and feel and something called receptors. Our cells have these receptors on them that are fitted to the shape mass and respond to the electrical charge – positive or negative – of molecules that are required in biology by our biochemistry.

Because glycine and glyphosate are so similar, the same way that iodine and fluoride are so similar, and iodine and bromine are so similar, the body just says, "Oh, here is the stuff I want!" And it starts building and manufacturing with it.

When it comes to proteins, the body knows how to tell a mistake once the mistake is made, and it can rush after that 'mis made' protein and denature it and disassemble it. It can go, "Let me try to make this one again because I made a mistake here." But when glyphosate is incorporated or folded into proteins, it becomes very difficult to take those proteins apart. It is also very difficult to do anything helpful with glyphosate once it is in the body. It just becomes disassembled into toxins that are really bad for us, or it is something that we have to shed and we don't know how to shed it.

You know how sometimes you have garbage that you absolutely cannot recycle, and the only place that it can go is a landfill? That's how it is in the body.



If you are looking at marine life, which is the basis of the complete trophic chain in the world, being contaminated with this organophosphate that it thinks is a phosphonate that it needs, and it is starting to try to integrate this toxin into itself, and all of that is going to flow upward into the food chain. It's flowing upward into our economy as well.

We have become really dependent on this agent, and we don't understand the very silent destruction that it is doing in our bodies. Our bodies are making our proteins out of this silent, toxic agent.

Now I'm going to give you an example. Collagen is one-fourth of the protein in your body. It is in your joints, your bones, and your cartilage. It's even in your blood vessels; it is everywhere. It is one-fourth of the protein in your body, and one-third of collagen. Collagen is a triple helix; it is a braid. It is a beautiful, supple biological construction. Every third atom in it is a glycine residue, so every third amino acid in it is a glycine residue.

So there is glycine and two other amino acids on the braid, and then glycine, and then two more, and then glycine. So now picture collagen being made with glyphosate – that car with the door open. Now the collagen is not supple, it's not flexible. It doesn't allow you the hinge movements that your cartilage material in your joints should give you. It is going to cause you to hurt, it is going to be brittle and you are going to break. This is what is happening in people.



They have massive degenerative disease. You are seeing arthritis in children who are so young that they shouldn't even be knowing this kind of pain.

It's in all our tissues. We have this imposter taking the place of the world of biology's most beautiful sleek amino acid, glycine.

**Fitts:** One thing that I noticed – and I think it was in your first or second newsletter – is the fact that the European Union is much stricter on the levels of acceptable glyphosate than the United States.

**Smallstorm:** I know they are much stricter on GMOs, but I don't know about the desiccant use of glyphosate, I really don't. They may be using it to dry crops prior to harvest.

Here is where it gets tricky: The word 'organic' really means no use of chemical pesticides. However, there is a silent, invisible twin to chemical pesticides, and that is chemical fertilizers. I learned from farmers at the farmers' markets in California that you can be certified organic, and you can still dump up to 250 chemicals on your produce in the form of fertilizer.

If you want to purge the food supply of something, it has to be purged in all its forms and uses, not just one.

**Fitts:** If you really want to avoid this as much as possible, you have to know your farmer. You have to know where it's coming from, and you have to know the methods they use.



**Smallstorm:** I've been at farmers' markets in California where it costs approximately \$4,000 per year to pay the state to be certified organic, and then you have to give them a part of your gross profit—about 10%—in addition to the \$4,000 every year. The small farmers just don't have the money to do this. Particularly with the drought during all these years, they were paying so much for water that they were going out of business.

I have witnessed the state agriculture people going up to these middle farmers at farmers' markets who are not certified organic. They have a little banner that they have posted that says, "No chemicals," and they are told to take that down.

**Fitts:** They don't want their monopoly interrupted.

**Smallstorm:** That's right. I made the mistake on my first visit in the early days to a particular farmers' market. They had these gorgeous tomatoes and I said to him, "Are these organic?" I was only innocently asking.

He said, "No." That was all he said because he was tired of explaining to people. I ascertained this later. He was tired of saying, "No, they're not organic because I can't afford the \$4,000, but I don't use any chemical pesticides and I don't use chemical fertilizer."

I got to know that farmer later, and I could just hear that he was shut down. He didn't want to explain all this to me and wasn't allowed to put up a sign. So, it wears you down.



**Fitts:** Exactly.

**Smallstorm:** So what is a RoundUp Ready plant? Let's examine this for a bit. I wrote to Dr. Seneff to ask her if these RoundUp Ready crops had, what is called, the shikimate pathway. Remember a while ago I talked about the seven-step organic process? That is called the shikimate pathway. It sounds Japanese, but it's not. Somebody told me where it got that name, but I have forgotten; my head can only hold so much.

The shikimate pathway is the critical organic chemistry process by which plants and bacteria make the three important amino acids that we need – phenylalanine, tryptophan, and tyrosine.

I asked Dr. Seneff, “Do these RoundUp Ready crops have a working shikimate pathway?”

This is what she said: They have a version of the shikimate pathway, and that what biotech has done. They have added a GMO insertion in the way of a synthase gene. They got this from a bacterial form that found out all by itself how to become glyphosate resistant. So, the bacterium managed to modify its genetic code to get rid of glycine and call for alanine, which is a different amino acid. So, this is what biotech does to RoundUp Ready plants. It puts in them a synthase gene that changes the recipe for glycine into one for alanine. That brings immunity to glyphosate because now glyphosate isn't being used as glycine would have been used.



Now the plant has a different amino acid, which we don't know how it is going to function with this different amino acid. It is going to change everything. It's like saying, "Catherine, take the nose off of your face and put somebody else's on there."

Is that you anymore? Does it look like you? Or take out your brain and put in somebody else's.

I feel that what they are going to do is to offer us all synthase genes – these modified genetic codes to bypass glycine at the residues that require it in our proteins, and then they are going to tell us, "Abracadabra! You have immunity to glyphosate. You are not going to have rheumatoid arthritis like this anymore, you are not going to have all these digestive issues. You are not going to have any problems if you just accept our IGT."

IGT is a real term that is being used now in medicine. It stands for Immunoprophylaxis by Gene Transfer. So, I think that they will introduce genetic modification to us in this way that saves us from the pain and the distress and the biological breakdown that glyphosate is already causing in us. This will be the future and that is my prediction.

**Fitts:** So we will have RoundUp Ready people?

**Smallstorm:** Right, 'Frankenbeings' with GM insertions.

**Fitts:** Let's go back to Florida again for some discussion. One of the things that struck me so much about your newsletter was describing how these algae and the buildup of this toxin in the water -



- and in the environment was basically destroying the small business and property owners along the shoreline, and that land could be accumulated by a totally new and different group of people.

**Smallstorm:** That is right. You pointed that out to me in an email, and it is all about changing the economy. It's called claiming land, but if they drive out a certain type of land user, then they can put in another one. Why don't you comment on that for us?

**Fitts:** It's very interesting because it reminds me of a video that I recently posted about Seattle called *Seattle is Dying*. It is about how you have a drug addiction population that is living in the streets, and it is being protected in essence by the orders given to law enforcement. Law enforcement, of course, is very frustrated.

Essentially, what it's doing is driving out the small businesses and the small property owners. You step back and look at it, and it appears as though the big tech companies want to drive out the little guys so that they can buy up and control.

It looks like a drug addiction population is being weaponized for gentrification. That is a theory, and I don't know if it's fact.

It is difficult to come up with a logical explanation that doesn't include this population as being weaponized, but it is basically driving out the middle class. If you consider what you described in the Florida town, I was so struck because it almost looked like the same playbook, just in a different form.



**Smallstorm:** Right, with a different agent.

**Fitts:** There is another possibility, of course, and we are going to discuss this shortly about the racehorses. You have a model, and that model has become deeply dependent on glyphosate. As you explained, it's up to 4 billion kilos a year.

Nobody wants to change the model, and the risks of dealing with the model are very great for a variety of reasons. But now the model is starting to poison the land and the industries of very wealthy, powerful people. So, the poison is making its way up the economic food chain, and there is real tension about whether or not the wealthy people in a Florida town have the clout to change the industrial agriculture model.

In other words, you have dueling models. You have a model of tourism and wealthy resort living on the shoreline, but then you have an agriculture model, and the agriculture model is bumping into the wealthy people model, and the two are at odds.

**Smallstorm:** There are many not-so-wealthy people who vacation at the shore, and I think they are the ones and the small business owners – the people who service boats – who are being affected. You don't have to be a jet setter to own a small boat or to come to the beach one week during the year. So, nobody wants to go there.

The wealthy people who live there may be waiting for everything to be emptied out or for other wealthy entities and huge LLCs to fix it.



I wrote a newsletter about New York. The ownership of buildings and new construction is really splendid. It's all glass and metal and there are these giant skyscrapers in New York. It's all corporate and all LLCs. The small landlord who would fix the plumbing when you requested is gone.

**Fitts:** I don't know if you've seen the headlines, but there were over a million acres flooded and the businesses on them destroyed in the farmland in the Midwest as a result of these big storms. Serious flooding is wiping out the small farmers. I suspect that is what you are going to see. You are going to see corporate landowners moving in and buying up and stockpiling the land.

**Smallstorm:** I wrote about this book in my second newsletter on glyphosate. It's called *Against the Tide* by Cornelia Dean. Cornelia Dean is a science writer at the *New York Times* and is a very, very good researcher. She wrote a book about the history of the shoreline and shoreline erosion. It was released in 1999 and was published by Columbia University Press. A friend of mine was the editor there who published that book.

I happened to wander into a bookstore in 1999, and opened the book. It was on the New Release table. I read in it that by the year 2000, 80% of the United States population would be living within an hour's drive of the coast. I never forgot that.

I realized in later years that all this hollowing out of the bread basket – all of those little towns that supported the farms –



– are ghost towns now. These agri-chemical companies have come in, such as Monsanto. They have bought up this farmland for pennies on the dollar. So, nobody lives in the Midwest anymore the way that they once used to. They have all abandoned the bread basket, and they have moved to the cities in search of other ways to make money.

**Fitts:** In fact, it is the cities that are getting the biggest flow of the Federal subsidies. This is very much orchestrated by the Federal engineering of cost of capital and the Federal engineering of the contracts and subsidy flows. It's no accident.

**Smallstorm:** It's part of the population dislocation and population concentration in these urban areas that are coastal. There is a great deal of land claiming.

In the old days, they were claiming the marshlands and trying to ascertain how to stabilize the coast to grow all kinds of things. They figured out how to grow potatoes and I'm talking about the settlers in the early days.

Horses that worked the marshes had to wear marsh shoes, and they were 'bitten to death' by mosquitos.

Today we have rigidified the shore, but it is a place now for shopping malls and resorts and homes with views. So we are doing it again.

**Fitts:** I want to talk about your February newsletter because I was stunned when I read it. I am someone who used to be a serious rider. I love horses, and I follow some horse news.



I also have subscribers who are very knowledgeable about the horse industry and racetrack. I pride myself on knowing what is really going on.

Your February newsletter came in, and I read it, and I almost ‘fell off my chair’. I couldn’t believe that I didn’t know about this. So, why don’t you explain what is happening with racehorses?

**Smallstorm:** I happened to hear this on the local news channel a few weeks ago that the Santa Anita Park track, which is in Arcadia near L.A., had to shut down because they already had 19, and then 21, and now 23 horse fatalities since December 26<sup>th</sup>. So those are 23 fatalities since Christmas.

The television show said that they had over 500 fatalities in the last ten years just at that one track. I could not believe it. How is that possible?

I knew vague things about horses. When horses break a leg, particularly thoroughbreds, they have to be put down because they won’t live.

I wanted to know why, so I googled it. I learned that a horse can’t actually stand on three legs. If it injures a leg badly enough that they have to keep it off the ground, the other three legs are supporting such a burly body – horses weigh about 1,000 pounds – and so you have these three spindly legs made for running, and they cannot sustain the weight of that horse’s body. The working legs that are trying to support the horse develop a condition called laminitis, which is an inflammatory condition.



It results in warping bones in the foreleg, and those bones can push through the hoof. These can get infected, so they won't survive anyway.

That is why these horses that have been stumbling and falling and breaking and doing catastrophic damage to their ankles and their sore leg bones (there are many different bones that do different things and are arranged in different configurations in not only our feet and legs, but horse's as well) have to be euthanized.

It's not only Santa Anita; it's unbelievable. I found out that in Australia from 2016 to 2017, which is one horse-racing year that starts in August and goes all the way to the end of July the following year, 137 horses died on Australian racetracks. That is one every 2.6 days. The majority were from catastrophic limb injuries – breaks, tears, and fractures of the foreleg. Some of them had coronaries and had blood vessels exploding.

There is a website that you can check called [www.HorseRacingWrongs.com](http://www.HorseRacingWrongs.com). In 2015 in America, there were 953 fatal consequences to racehorses on the track.

**Fitts:** That was the U.S. only?

**Smallstorm:** Right.

**Fitts:** It's being reported globally. I was talking about it with some subscribers in Stavoren in the Netherlands, and one of the subscribers was from Australia. He confirmed that it was a serious problem there. So this is a global problem.



**Smallstorm:** It is a global problem. When I first considered it, it was blamed on the rains in Southern California because they've had so much rain this winter. It's the equivalent that they would get in Oregon. Sure, the track surface was muddy.

Track surfaces come in three varieties: Turf, which is grass and dirt, and then they have this synthetic surface. One name for the synthetic surface is Polytrack. It's a horrible mix of ground-up rubber tires and synthetic carpet fibers and plastic covering insulation for phone wires. They grind it all up and coat it in wax. It's a chemical product is totally gross.

A friend told me that she had worked for a recycling company locally, and Del Mar Racetrack was very proud of its 'recycling'. "They have 'recycled' tires and carpets, and they made a whole track out of it. Come and see!"

**Fitts:** So, all these chemicals are working up through the horses' hooves.

**Smallstorm:** That is what I thought. I thought it had something to do with the synthetic track, but it isn't. The love affair with synthetic tracks was brief in the horseracing world, and it seems to have died around 2015. They have replaced those surfaces with the natural surfaces again.

One has to think logically and say, "Is it this?" And then look into that. Then you can say, "No, it's not that."



The next thing that I thought was myosin. I was aware from a discussion with Dr. Seneff – and I put this in one of my newsletters – that myosin is the protein in muscle that contracts the muscle. I thought, “They have myosin that is being misfolded and made with glyphosate.”

I’ve seen how much horses eat; they eat tubs of oats. They live in straw, which is the shaft part of the hay, alfalfa. They eat one-part alfalfa, and sleep in another part of it. I know that these wheat/grain/grass crops are all sprayed with glyphosate. So, I was aware that horses are getting vast quantities of glyphosate in their system, and something is happening to their proteins.

But then it occurred to me that it’s the collagen. As I started reading a book on racehorses, I realized how fast they run. They run at 40 miles an hour and are very fast. So, 1,000 pounds racing at 40 miles an hour, and they are suffering.

The term they use in the racehorse industry I think, is called equine breakdown. It’s the proteins in their bones, in their cartilage, in their hooves that is not functioning properly. It’s this malformed protein that is causing them to break down when they are running at such high speeds. It makes all the sense in the world.

**Fitts:** So, in the video at the website you sent me that had all the statistics on horse deaths, it showed a chart of the deaths at Santa Anita tracks starting in 2009. So, in the 2009 to 2010 season there were 42. The 2010 to 2011 season was 37, 2011 to 2012 there were 71 –



– which is the highest so far, 2012 to 2013 there were 43 deaths, 2013 to 2014 there were 52 deaths, 2014 to 2015 there were 46 deaths, 2015 to 2016 there were 62 deaths, and 2017 to 2018 there were 44 deaths. Now I guess it's only a partial season, and we are up to 23. Although if you go back further, they said that September 18<sup>th</sup> through March there were 34.

If you look at the 71 deaths from 2011 to 2012 and the 62 between 2015 and 2016, this has been occurring for a while.

**Smallstorm:** They have been using glyphosate for a while. It was taken off patent a decade ago, and more and more of it is getting into our proteins. It is also getting into the horses' proteins.

The reason I wrote a newsletter on this is because I had seen the film *Secretariat* for the second time. Secretariat is considered the greatest animal that ever lived. He was a monster. I use that term affectionately as everyone does when they refer to Secretariat.

He had a heart that was 22 pounds. A normal horse heart is nine or ten pounds. A racehorse is 10 to 12 pounds and Secretariat had a 22-pound heart. There was this dual between Secretariat and his cousin, Sham in the early 1970's. Sham was a darling of a horse. I want to say to everyone who is a horse lover and is interested in horse racing in the least, get the book by Phil Dandrea, *Sham: Great Was Second Best*. You will learn so much about racehorses. It is such a brilliantly written book.



Sham's heart was 19 pounds and was a cousin of Secretariat. The reason I wrote a newsletter on this was because I had no idea until I started to really dig up some of the things that I had saved over the years about horses. One of them was this article. This is how long I save articles. I would tear them out of magazines when I used to subscribe to so many magazines. I have boxes of articles, and they are filed by subject.

Some articles I just have a folder that says 'Important Articles'. I had to start a second folder that said 'Certain Important Articles'.

So, one of these important articles was *Horseman Pass By* from October 2002 by John Jeremiah Sullivan, who was born in Kentucky. He had attended a Kentucky Derby, maybe it was around the turn of 2000. He wrote this incredibly long, brilliant, brilliant article about the racehorse world. In it, he mentioned the work of an archaeologist, David Anthony. I never forgot it because the writer in the *Harper's* article talked about how this archaeologist, Anthony, was working on a theory that horses would not have survived had it not been for their partnership with man. It was the herdsmen of the Indo-European Steppes back in the Bronze Age who had the bright idea to get on the back of a horse.

Between that combination of man on the horse, they became the dominant in clans and tribes of the Steppes of Asia. Their European language had morphed into English, which is the dominant language of the world. So the horse, which was headed for extinction and already went extinct in North America, where it was supposed to have originated, was not going to survive. I will explain why later. This is quite fascinating.



The horse would not have survived if man had not jumped on its back and made this pairing happen. The Indo-Europeans would not have conquered everybody else if they did not have the partnership of the horse.

David Anthony wrote a book in 2007 called *The Horse, The Wheel, and Language: How Bronze Age Riders from the Eurasian Steppes Shaped the Modern World*. I want to mention the title in case anybody desires to look it up.

**Fitts:** It sounds fascinating. So, that brings me to the horse industry. The horse industry is, first of all, a huge industry. Horseracing and horse sports are a very, very big business. Many of the people in that industry love horses. Horses are in their blood, and it's a lifestyle choice for many people. You also have extremely powerful and wealthy people who see it as their sport.

I remember when I was a partner at Dillon Read, and after we sold the firm, and my promise to myself was, "No, I am not going to buy racehorses," because a variety of the partners did that.

The nickname has always been 'the sport of kings'. So, we are talking about an industry that is quite significant culturally. It is also quite significant financially and is quite significant in terms of political power. Now many of the racetracks like the Churchill Downs is owned by big corporations. You would think that this is an industry that has a vested industry in getting to the bottom of this and doing something about it. And yet it seems as though everything is very quiet and frozen.

**Smallstorm:** Can I mention the earning potential of a prize racehorse just so people can get an idea?



I don't think people are able to appreciate how much money is paid for these horses and how much they can bring in.

There are 'umpteen' – I can't even name a number – descendants of Secretariat out there, and some these are War Admiral and Man O'War. They all have war names because fundamentally, the horse is a flight animal and man is a fight animal. So, we paired with a flight animal, got on its back, and basically militarized it. That is what the cavalry is all about. We conquered other people with it.

It is the ability of the horse to run because that is its only defense mechanism. It can kick a bit, but against the big cats of the wild, horses don't have a 'prayer'. They have to outrun them, yet the cat is faster. So, the horse has the ability with endurance to outrun the cat. Otherwise, the cats would jump and bring it down.

Thoroughbreds are a mix between some British horses, going back a few hundred years, and Arabians. They are what was called 'Outcross'. Now they have become a breed unto themselves.

Thoroughbreds love to run. That is where this industry has its beginnings. The lineage of horses precedes the human eugenics movement. It was actually a book called *General Stud Book* from 1791 by James Weatherby that started recording the pedigrees of horses and their antecedents. The art of breeding the fastest and the best horses is now something that people indulge in worldwide and have been experts in for many generations. There are families of breeders.



I did not realize how young these horses are. When they are born, they are sold at a year old or a little older than that for millions of dollars. Back in the 1970's at the Kentucky Derby, the descendants of Secretariat were being auctioned off for \$5 million. They were being bought by Arab sheikhs and old aristocratic American wealth and European wealth, and then the new wealth – people who lucked out in economic boon times – and Japanese billionaires.

People are coughing up millions of dollars –\$5 to \$10 million – for a horse who has never even run a race in its life. Then they have to train it and hire the best trainers. They have to feed it the best food if they want to groom it and make it into a prize-winning animal.

Then there are the purses. These horses can earn millions of dollars in purses for the few years that they run. They are running – in our terms – as kindergartners and first and second graders. That is how old they are.

Imagine if we put kindergartners, first graders, and second graders on a track, made bets on them, bought and sold them for millions of dollars, and made them run for purses of millions of dollars. That would be the equivalent picture.

**Fitts:** So, if a horse is so valuable and so important to its owner, why would they feed them RoundUp Ready crops and food that basically is filling them with toxins?

**Smallstorm:** I don't think they know that is what they are doing. Let me just finish this whole potential. These horses are investments.



I learned that a Saudi prince could have 50% share of a horse, or 90% share of a horse. These horses may be owned by LLCs jointly or famous families or the top earners of the world. But the stud fees after they finish racing is amazing. They are put on stud farms, and are commanding hundreds of thousands of dollars every time they ‘cover’. When they successfully mount a mare and impregnate it, and that results in a healthy foal, that foal can be sold for \$5 to \$10 million, depending on who its ancestors are. Or the stud – the male horse – brings in \$100,000 to \$300,000 for that mating event.

Some of these horses are introduced to 300 mares a year. They are possibly going to successfully sire 50 or more foals. So that is 50 times \$100,000; look at that money.

The mare, even though she can only give birth once a year, if her baby can be sold for \$5 to \$10 million, that is a large amount of money in addition to the purses.

**Fitts:** I should mention that we are talking about the really successful horses. There are plenty where the economics are not nearly as attractive.

**Smallstorm:** So, let’s say that you are ‘such-and-such muckety-muck’, and you spend \$7 million on a foal that has never even run a race, and then you shell out another couple of million dollars to make sure that it’s stabled and trained by the right people, and it runs and is decent and wins maybe a couple hundred thousand dollars in purse money. But then because its father is so-and-so, you can stud it out.

Let’s say it wins \$1 million in purse money and this is all foreign language for me. I don’t run in these circles. ———



— But I was looking at this thinking, “Why don’t the people who lay out this kind of money, who have this kind of earning potential in these very expensive, precious animals want to preserve the resilience, the health, the vitality, and the performance of their animals so that they can recoup this tremendous gain on their original investment and do something about this breakdown issue? Why don’t they respond to the information that we are trying to put out?”

I am in a discussion group that Dr. Seneff started after I first contacted her. We have a couple of veterinarians and some horse breeders and horse trainers. We have a man who does stress management clinics for horse health. We have a couple of medical doctors and a woman who runs a horse supply company.

From the exchanges that we have been doing, I have learned that there are clearing protocols for glyphosate. I know of three already. We have a lab- HRI labs in Iowa-, which will test for \$99 the urine of a horse or human being for the presence of glyphosate. There is a period of cellular replenishment in every kind of tissue. If you can clear the glyphosate out of tissue A, B, C, D, E, F, G, and can check again after a period of time to see if there is residue still present, all this is possible.

My question to the horse world is: Why don’t you look into this? Change a few things in the way your horses’ regimen goes. Inform your trainers and your groomers and your supply sources, and preserve your investment rather than having it stumble and fall and break its leg when it’s three years old.



**Fitts:** One of the problems, of course, is if all the top trainers start ordering organic hay for the stalls and organic oats for the feed, isn't this the canary in the coal mines? Doesn't this say, "Nobody should be eating this stuff"? It has dramatic implications for the human population

**Smallstorm:** Exactly. Here is the comparison: In human life, it is considered highly distasteful – although I believe some people do it. Let's say that a doctor and a lawyer married, and had a child. They say, "We are going to send our child to Harvard. Then he is going to Yale medical school. He is going to be a top earner."

They don't count how much money their child is going to bring in, but they do this in the horse world, I'm sure.

**Fitts:** One of my questions to you is: To what extent are we watching a compounding in generations as generations of horses get weaker as a result of what is in the food and some of the other things going on in the environment? Is this a genetic deterioration in the strength of a horse?

**Smallstorm:** I cannot answer that because I'm not qualified to answer that. I can only speculate. But I can tell you that one of the people in our group reported – and I don't know if it was her mare or somebody else's because she is in the horse breeding world –that this mare aborted, and this mare's urine tested extremely high for glyphosate. So, there is that possibility as well.

Talk about viability! They possibly don't even have reproductive viability. These are things that need to be looked at. It is a 'clash of the titans'.



**Fitts:** If you look at charts, the generations are compounding much faster for horses than people. So, if the generations are weakening, you are going to see it in horses faster than you are going to see it in people.

**Smallstorm:** Exactly! But we don't put the dollar value on people's lives the way that we expect in the horse world. It's not considered distasteful to brag about your prize racehorse that you just bought who is a descendant of Seabiscuit or whatever, and looking forward to the earnings. That is what people do.

My question is: Why wouldn't the people who have the most money in the world and all these LLCs who are investing in these prize racehorses do this? Why don't they start comparative regimen change and see the results? Then they will be the people whose horses prevail and survive and are winning the races.

I have just started on this and I'm not in this world, as I said.

You are better equipped to comment on what I am about to describe, but I have learned that many of the money people who have bred and owned a stable full of horses are in their 80's. They have dementia. They are getting really old, and they are not the ones who are in control of their assets anymore and how these horse stables and farms are run.

However, they have heirs. Their heirs are in their 50's. Would their heirs not be interested in preserving the viability of these 'investments'? (We will call the horses 'investments'.)



I live right on the line of Rancho Santa Fe, California, and one thing that I have heard was that they have more horses in Rancho Santa Fe than anywhere else in the U.S. So, the other thing that I have learned from living very close to horse country and looking at the horse world and making inquiries of people who are familiar with these thoroughbred owners is that you can't reach them because they have this pyramid of executive levels of people under them. You would have to go to their trainer.

**Fitts:** I believe that the people you can reach are the trainers and the vets.

**Smallstorm:** The trainers are in charge of hundreds of horses, and the vets are the worst. The old school vets will not listen to glyphosate, which they can't even pronounce. If they weren't taught such-and-such in vet school, then it doesn't exist. They are all into the whole drug scenario.

I also found out from somebody in the horse world that you absolutely cannot penetrate this armor of 'What do I need to do?' and 'How do I get my horse to function as fast as possible?'

It's almost like athletes. You see these athletes with injuries, and they still go out on the tennis court and the basketball court and the football field, and they still play because they are taking drugs and they have splints and bandages and supports. This is the thinking today.

The thinking is: Milk what you can right now. Reap what you can.



**Fitts:** The majority of people who I have known in the horse world really love horses, and they are not close-minded people, but they are busy people. I think that the biggest problem that we are facing here is that we have a series of invisible inputs.

The poisoning of the food system is invisible. The pear still looks like a pear and the beet still looks like a beet.

We have EMF radiation. We have whatever is in the spraying that most people can't see is really happening.

You have all these amazing environmental inputs, which are totally invisible to them and are slowly poisoning everything – the air, the land, the food. People can't fathom that it has gotten this bad and they don't know.

I liken it to a computer that has an operating system where, when you tell them what you are trying to say to them, you are asking them to change a database on their computer that is going to force them to not only change that database, but reinvent the operating system. Then asking them to change the other 50 databases because now the other databases are no longer going to be compatible because they need a new operating system.

They can't fathom that it's that bad, and they can't fathom that it has gotten this bad without them knowing.

**Smallstorm:** I fully understand. Also, it isn't only the invisibility of these toxins; it's their synergy. There is a synergistic effect of a multiplicity of toxins, and they just keep adding to the load.



If you bother to learn something and you start to do one thing—one of the horse protocols that I learned about was glyphosate-clearing protocols —, which involves three things. It involves kelp, which is basic iodine, and the product Restore. I sell Restore in my *Avatar Products* online store, and I have found it to be wondrous. I have sold plenty of it over the last couple of years.

Zach Bush and his team recently released a white paper that explains a bona fide clinical trial. It is awaiting peer review now. Two weeks of Restore clears 23% of the glyphosate out of your body. That is very impressive.

**Fitts:** That's great!

**Smallstorm:** The third in the horse protocol is citric acid. A person who I have been communicating with comes from a family of horse specialists. Her brother-in-law is a hall of fame horse trainer, but he is in his 80's, and he is not open to this whole idea of glyphosate because it's too complicated. There is too much science. You cannot talk to these people about protein synthesis because they haven't heard this kind of 'lingo'. This is biochemistry. Most people are not versed in even the simplest tenets of biology.

Stephanie wrote to me and said, "It's kindergarten biology. Everyone should know the DNA codes for protein folding out of amino acids."

I said, "Are you kidding? I only really grasped that a year ago, and I'm considered well-educated."



**Fitts:** I still haven't grasped it.

**Smallstorm:** Exactly. To somebody who has a PhD at MIT, for her it is simple. This is kindergarten biochemistry. But for me, you have to marvel that the DNA is actually this intelligence system. It is in every cell and is throughout the body. There is a communication mechanism between the cell and its DNA across the RNA. It is actually quite amazing.

The DNA codes write recipes for how to build proteins that the cell obeys, and then the biotech people can come in and change that recipe through synthase gene insertion. That is very sophisticated!

**Fitts:** Is it fair to say, if I am listening to this and I want to know how to protect myself and make sure that I get my glyphosate levels down, that I should go to Dr. Zach Bush's website?

**Smallstorm:** No! Head to my website and buy Restore. I give a free pump.

Try it for two months. Take some iodine. That is what the kelp ingredient is that this particular person uses. She and her husband have been trying to educate the horse world about glyphosate, including veterinarians. They told me that they have the hardest time with veterinarians, and they have been trying for years.

I am the new kid on the block. I knew about Restore, and I was using it.



Let's picture your digestive tract. You have a protein coming in such as gluten. Everybody is gluten-intolerant. Why are they gluten-intolerant? Because gluten, which is in various foods that we eat, is a protein. It is being made with glyphosate instead of glycine. Our body is rejecting it. Our body is saying, "Yuck! What is this stuff? I don't like it. I don't know how to break it down. Get rid of it!"

So, the first thing that happens when you eat something with glyphosate in it, or gluten in this example, is that your gut wall opens up. Your gut wall is a membrane. It is one cell thick. If you were to spread it out, it would be the size of two tennis courts.

It's not only your intestines in your stomach, but it is your esophagus and your mucosal passages. The gut is a big spread of membrane in your body. As soon as you get glyphosate into you, your tight junctions – the openings between the cells and the gut wall - open up, and the body says, "Bring me water from the bloodstream. I have to flush this stuff out." So that is a 'leaky gut'.

This Restore product keeps those tight junctions shut so you don't have this glyphosate escaping through your gut wall into your bloodstream where it then wreaks havoc in your proteins.

**Fitts:** I tried using it. I should try using it again because I didn't notice any difference from the first time I used it. But I didn't do the testing. I think that you really need to do the testing.

**Smallstorm:** Over time you will notice many things that correct, and there are many reasons Restore works



There is a complete ancient electrical language that it regenerates in you, which is another discussion altogether. I am amazed by the brilliance of finding Restore.

This will be appreciated by people who are into this entire farming story: The biome in our soil has been destroyed by modern chemicals starting from World War II. The nitrogen and petroleum based products that they have used in terms of fertilizers and then pesticides on crops have really limited the biome in the soil. The biome is the diversity of bacteria.

Now we have an additional problem. Glyphosate has shut down the shikimate pathway in the bacteria in the soil and in the plants themselves. So, we are getting a really bad soil picture.

Zach Bush went to the Southwest American desert and extracted a sample of the soil there, which is old, old, old topsoil. It is as many millions of years old as you might believe the world to be. That is original topsoil that is now compacted and dried, but it has residues of carbons in it. When you take Restore, they go back into your gut, and rekindle the redox signaling. It is an ancient electrical language between the bacteria in your gut and the mitochondria in yourself. It is responsible for conducting and moderating a good portion of your health and well-being.

So that is why Restore works, and that is why I like it. I believe it is a no-brainer to take it. If I can't get certain things from today's soil, if it was in the soil of the desert – and this doesn't only mean the American desert; it could be the Sahara Desert or the desert anywhere – then we still have something available to us that we can call on to give ourselves.



**Fitts:** The reason I first started it was because Jeffrey Smith also recommends it. I have tremendous respect for him.

Before we close, I want to bring up the effort that Dr. Bush is making. We have a ‘Let’s Go to the Movies’ section on The Solari Report, and I am going to use his video about the documentaries that he is making about regenerative agriculture. He realized, “I can heal people from cancer one person at a time, but if I don’t change the agriculture, we are never going to make any change.”

He started to work with farmers to get them unaddicted to the pesticides.

I don’t know if you are familiar with that effort, but it seems that if the small farmers are going to survive, they are going to have to get off the pesticide and the GMO treadmill because it’s draining them financially, as well and making their families sick.

**Smallstorm:** And the fertilizer. There is a movie that I watched that was so sad called *Genetically Modified Children*. Cinema Libre release it. It was about the tobacco farmers in Argentina. It is absolutely shocking. These people are poor and they live right amongst the tobacco fields where they grow tobacco plant crops. They are required by Philip Morris and Bayer to fertilize and treat their crops with glyphosate and other very specific agrichemicals.

After 25 years of using these chemicals and living next to these fields where the children run around these tobacco plants, they are getting the most horrible birth defects.



These are people are poor, and are reliant on this way of making a living. They don't know what to do because the only way of making a living they know is sponsored by this giant, Philip Morris, and it is destroying them. It is killing them and killing their children, and they are having to watch it.

**Fitts:** Unfortunately, it is a metaphor for what is happening to all of us.

If you look at most of the environmental pollution that is going on, it is caused by the day to day work of many of us. Why are we doing it? We do it because we think that we need to do it to get a job. And around and around we go.

I think that part of breaking out of the model of economic pollution is that there has to be an economic model breakout as well. It's all part of centralizing ownership and control, and you have to decentralize ownership and control if you are going to decentralize out of these models. I think that is part of what the regenerative farming and agriculture is about.

The industrialization of agriculture is a global effort. It has been happening for much longer, but if you look at the push that they made in the 1990's with the GMO, it was part of really institutionalizing central control.

We just finished our last Wrap Up on megacities, and that is part of what is driving this push into the urban environment in the megacities.



If you look at the combination of things happening, it's a very planned event, and it is hard for me to believe that the people who are leading the racehorse industry won't look at this and won't see what it is doing to their economic model.

As you finished your last newsletter and said you hope that this situation could start to turn the tide, I hope so too.

Before we finish, I did want to mention that Monsanto was sold to Bayer. Since that time, we have had litigation that has really brought up the connection between cancer and RoundUp. We now see Costco pulling glyphosate from its store.

**Smallstorm:** That is amazing. The *Wall Street Journal* just wrote a piece about that win in court and called it 'Junk Science'. Junk science produces a cash cow for somebody.

So, there is always going to be this pushback, but the people are ultimately the ones who are going to collectively have the power. If people don't buy this, if they don't use this it, if they have an awareness about this – which could be anything, even fluoride or whatever – the people have a chance to make that statement as a group.

People are so beleaguered now and so overwhelmed by all kinds of challenges. Some of this material is very hard to absorb and grasp. It's hard to grasp how proteins are folded and the fact that they don't work right if they have the wrong thing inside them.

Maybe that is why it is too hard for people to grasp.



**Fitts:** Costco is a real market leader. If Costco takes it off its shelves, then there is tremendous impetus for consumer groups to push on Lowe's and some of the other big chains to also get it off their shelves.

**Smallstorm:** What exactly did Costco remove? You said glyphosate, but did you mean RoundUp?

**Fitts:** According to the founder of Moms Across America, Zen Honeycutt, Costco will no longer carry RoundUp or other glyphosate-based herbicides in their spring shipments.

**Smallstorm:** But that is only RoundUp and glyphosate in that context of herbicides. What about desiccants? Every single oat and oat product in America that is not organic – every single one that you can imagine – tests positive for glyphosate-rice, beans, sugar – it's in everything. It is also in wheat and they spray it to dry the crops.

It's almost like saying, "Let's take thimerosal out of vaccines, and now vaccines will be okay."

Well, if you take RoundUp off the shelves and you continue to quietly use glyphosate as a drying agent on crops – which nobody really talks about – we hear, "RoundUp, RoundUp, RoundUp," and that is the buzz.

**Fitts:** Here is the reality: As long as we keep poisoning everything with this, we are going to get sicker and sicker. So the question is: How do we as consumers start to push back? I think that it starts with consciousness. I think that your newsletters help with that.



I've heard for many years how important it is to do something about this chemical, but it wasn't until I read your newsletters that I really said, "Okay. We have to do a Solari Report on the Glyphosate Wars."

You have us going, we have started, and we might as well begin.

**Smallstorm:** I just want to throw out this image of glyphosate. It came to me in the middle of the night, and I actually had to turn the light on and write it down because I was frightened that I wasn't going to remember it the next morning: Glyphosate is the grim reaper of the world.

**Fitts:** I would say that that is a very strong statement, but I know that the people who know the most about food and agriculture agree with you on that.

**Smallstorm:** If it can sneak into our body tissues in that way and it can disrupt so much, and it deprives us of those critical amino acids that affect our neurotransmitters, our flight and fight response. We talk about the zombification of the world, and that is a direct result of not having the proper reaction to anything. We are just slugging around in this half-somnambulant state.

**Fitts:** My concern is a combination of cutting us off from the sun. We had Jason Bawden-Smith on The Solari Report talking about mitochondria and the ability of the body to circulate intelligence. So, high deuterium levels, lack of sun, buildup of glyphosate, GMO food, and then you throw in EMF radiation and take it up to 5G, and you are talking about an onslaught of physical challenges to a body that our bodies are not designed to handle.



I think that the question for every person is: Okay, what do I do? What is my action?

One of the actions definitely has to be to keep the glyphosate levels in your body low, or if they are high to get them low. Be very, very sensitive to what you are eating. To the extent that we can create pure forms of food and water, we need to do it. We need to take this very seriously. It is invisible, but it is very, very serious.

**Smallstorm:** What I have also discovered is that the first step somebody should take – and it could be a baby step to rectify all that seems to be wrong with what is on their plate in terms of what they are doing to themselves. It is very formidable to say, “Oh my God!” about the computer analogy – that you have to change all these different things in your computer. Well, your body is your computer. It’s your temple of a computer.

But I’ve noticed that people start with one very small thing, like taking iodine. Even a drop or two a day helps their brain.

**Fitts:** Iodine is the miracle drug. I don’t know if I’ve ever told you this. One thing that I learned through the litigation was that I couldn’t go to the doctor or the hospital; I had to come up with whatever I could do for myself. One of my takeaways after those years was: Don’t do anything until you’ve tried iodine or castor oil packs.

I believe iodine is the miracle drug. It can heal almost anything and it’s quite amazing.



**Smallstorm:** It's not even a drug; it's an element. It shows up in every one of your cells. It's a master ingredient of your thyroid hormones, which are your regulation mechanisms in the body. This is why I sell three different kinds of iodine in my store. It fits everybody's budget. There is a big two-ounce bottle, there are two different one-ounce bottles, and there is a quarter-ounce bottle for \$13.

**Fitts:** Which kind do you sell?

**Smallstorm:** I sell two forms of nascent iodine. There is a chemist who makes one ounce of nascent iodine for me that sells for \$20. That is the best deal on the internet. Everybody loves it, and you don't have to dilute it with water. You can put the drops right into your palm and lick them off.

I also sell a form of Lugol's iodine. You can add magnesium to your arsenal.

I tell people to start with one or two things, and you will notice the effects, and you will feel better and happier and stronger. You will get more excited about living because now you are on the path to something that makes you feel better and notice that you are feeling better. You will function better, and all this won't be so daunting.

You are powered by iodine. Then if you add Restore, you add the quality of sleep.

I want to add in one other thing for people and this is free. I can't sell it, but I can talk about it.



Tilt your bed. You can look at the website [www.InclinedBedTherapy.com](http://www.InclinedBedTherapy.com). This was put out years ago by a British engineer. Raise the head end of your bed – where your pillows are – and leave the other end of your bed on the floor so that the entire bed is on a slant of five degrees (which is the equivalent of five to seven inches). I ran to the garage and grabbed books from a box. I made a pile of books that were equal. I put them under the base of my bed at the head end.

I have to tell you that I woke up feeling like I could run a marathon, and I have not stopped the tilted bed since. That was last summer.

I didn't have to use heat at night all winter because it really helps the circulation. When you lie flat, your blood pools in your belly, your buttocks, and your thighs. Your feet are frozen, your kidneys are overworked because they are getting 25% of the blood coming out of your heart, and they are having to filter, filter, filter all night. You will stop going to the bathroom in the middle of the night if you tilt your bed. And 'musculoskeletally', you get an effect of gentle traction on your body because you are at this five-degree downward slant.

Your physical issues – backache, neck pain, alignment – all start to get rectified because you are now spending a significant amount of time at that tilt, and things are pulling into place.

You can see on the website at [www.InclinedBedTherapy.com](http://www.InclinedBedTherapy.com) that it can actually remove or significantly remediate varicose veins. And look what people pay for that!



My friend's sleep apnea went away in three days much to the delight of his girlfriend. It also helps with digestive issues. People who have had strokes have been able to get up and start walking with greater ease than ever before. There is so much that it does.

**Fitts:** Here is my takeaway on all this. Everybody has to find what works for them, but there are so many things like this –iodine and the other things that you are suggesting – that have worked for other people and are certainly worthy of trying. If they work for you, you will know.

I think that you have to start to create an intention that you are going to deal with this, and then start to take steps and try things. See what works for you.

**Smallstorm:** Right, and you can add things. I thought that life couldn't get better after iodine, and then I added magnesium, and then I added Restore and I couldn't believe that. Then I tilted my bed, and now I actually wake up in the morning and feel guilty that I slept so well and that I feel so good. I think, "What about all the people who don't know about this? I have to tell them."

**Fitts:** That is why at the heart of Solari is an intelligence network. That is why at the heart the one thing that I do recommend is for people to try your newsletter, *Avatar Update*. You can get it at [www.AboutTheSky.com](http://www.AboutTheSky.com).

Sofia Smallstorm, thank you for joining us on The Solari Report. Any final words that you would like to say?



**Smallstorm:** No, just thank you so much for all of your depth and wisdom and your tenacity. Catherine, you are something else.

I have mentioned you to a friend, and every time I bring up your name, he just thinks the world of you and that is what many other people think as well. So, thank you.

**Fitts:** We are in ‘cahoots’ and let’s keep going! Sofia Smallstorm, you have a great day.

**Smallstorm:** 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.