



# The Solari Report

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## The Solari Report Staying Healthy in a Wireless World with Jason Bawden-Smith



Catherine Austin Fitts



Jason Bawden-Smith

**Guest:** Jason Bawden-Smith

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**Summary:** Jason Bawden-Smith returns to The Solari Report for an in-depth discussion of biophysics and the dramatic breakthroughs in wellness resulting from rebalancing biochemistry and materialism with an understanding of our electrical body.

Jason updates us on the latest developments in the rollout of 5G and its impact on your health, particularly on your mitochondria. We review steps you can take to identify your EMF radiation risk, mitigate your exposure, and strengthen your immunity for the wear and tear of invasive technology.

**Links:** : [www.Mitochondriacs.com](http://www.Mitochondriacs.com)  
[www.MitoShades.com](http://www.MitoShades.com)

**Bio:** Jason is a successful entrepreneur, environmental scientist, and author as well as frequent guest on The Solari Report. You can learn more about Jason and his new education company and podcast at MitoHQ.

**Discussion Topics:**

- A.MitoHQ
- B.Hyper-materialist world
- C.Artificial frequencies
- D.Biochemical mechanisms
- E.Biophysical processes
- F.Governance problem
- G.Technology harm our biophysical reality
- H.Mitochondria
- I.Mitochondrial health and quantum biology
- J.Electric fields, EMF radiation
- K.Voltage-Gated Calcium Channels (VGCC)

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1. Get a professional to test your home
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7. Insects
8. Blue-blocking glasses
9. MitoHQ will be the business site, Mitochondriancs.com will be the community site
10. Radically reduce chronic disease, Let's reverse that
11. Actionable intelligence, prioritize your health
12. Lake Constance Lake Constance

**C. Austin Fitts:** Ladies and gentlemen, welcome to The Solari Report. Today we get to talk to one of my favorite people, Jason Bawden-Smith. We are going to be talking about how to stay healthy in a wireless world. For those of you who have heard Jason on The Solari Report before, you know that he is my go-to person on any question in this area. He has a fantastic book called *In the Dark*. I am hoping that he has a new one coming, and we will talk about that later.

Let me give you a little background before I bring him on. Jason would never say this, so I will say this: He is a killer entrepreneur; he is an excellent businessperson; he has started four companies. Jason, is MitoHQ the fifth or the fourth company?

**Bawden-Smith:** It is the fifth.

**Fitts:** So Jason has started five companies in his career. One of them is included in the largest and most successful environmental consultancy companies in Australia.

He is now CEO of a new venture, **MitoHQ**. You can find it on the web, and it is dedicated to helping us stay healthy in a wireless world.

His background as an environmental scientist is very impressive, but the most impressive thing about it is how he became one of the first to try to clean up the pollution in the Australian beaches. He is a surfer, and he helped clean up lead poisoning in Australia for the children. So, this is somebody who keeps bumping into environmental problems and then tries to figure out how to make a successful business cleaning them and fixing them.

Of course, I think that is the way to do it. He also has an excellent book out called *Making Waves: How I Fought off Dolphins to Swim with Sharks*. It's really about solving problems, and how you generate a profit solving the problems you care about.

So with that, Jason, welcome back to The Solari Report.

**Jason Bawden-Smith:** Thank you, Catherine. It's such a pleasure to be here. My favorite subscription in the world is Solari, so I am excited to dive into today's topic.

**Fitts:** You are coming to us from Sydney, where you are based. I should say that I appreciate you getting up early in the morning to do this.

You and I have been talking about **biophysics** and how it's a new paradigm for health. Could we take a moment for you to explain to us what biophysics is, why it is such a big deal, and how it is that you came to it?

**Bawden-Smith:** Great question! Knowing what I know now, it's as if the old paradigm is new again. If you go through history, there are a lot of wonderful people and scientists and medical people who use 'vitalism'. There are several words for the energy side of the equation of being human. You have had some terrific speakers. Thomas Meyer has done some great work with Rudolf Steiner and touched on it. And, of course, Ulrike with her series is phenomenal.

We are getting this old paradigm coming new again, and the big breakthrough is the materialist – which I was brought up to mean where you have to measure or observe something for it to be true. We now have tools called **quantum mechanics and related quantum electrodynamics** where we cannot actually measure-but we can observe in a way without having the **'observer effect'** (which is another subject altogether)-the impact of electrons, photons, protons, and how that relates to biology. Quantum biology is the new science behind biophysics, and we are now working out that we are photoelectrical beings as much as we are biochemical beings.

This entire 'divide and conquer' between vitalism and materialism has been going on for the last 100 years or so, and maybe Joseph (Ferrell) should write a book about it because I know that he could dive so well into this subject. He has a physics background as well. So, Joseph, if you are listening or reading this, your next book could be vitalism and materialism.

We are moving into this **hyper-materialist world** where everyone wants to live forever. They want to put nanobots into your cells and eat away different cancers. They are going to connect your brain to Google and do all of these so-called 'wonderful things', but they have forgotten how we have been biologically designed for millions of years to be exposed to natural frequencies – those frequencies of the sun, the earth, the plants, the animals, and each other. Those frequencies are what we are designed biologically to be healthy.

We, being too smart for our own good, decided that we can have all these **artificial frequencies** – everything from AC power right up to the 5G millimeter waves, including all the lights and all the artificial frequencies. We spend all of our time in it, and then we wonder why we are getting sick.

So, now we have the **biochemical mechanisms** and the **biophysical processes** to explain how this happens, and now that we know how it happens we can take actions to mitigate that to make sure that we can survive this crazy world that we are living in today.

**Fitts:** We have multiple entire industries rolling out products and services essentially on the biochemical model, and not even that. They are indifferent to what it does to our biophysics or our biochemical reality. It's almost as though it's a giant experimentation. We are talking about multiple industries that are, in my opinion, treating us like we are lab rats.

**Bawden-Smith:** Correct. I think that the problem always goes back to governments, and this is why I love you and Solari so much. We have a **governance problem**. That is really what we have. If you see how they got around this and how they are going to 'pull the wool' over our eyes, they set the standards at a thermal level. So, if it doesn't heat your DNA or your body up enough, it doesn't cause damage. That is fatally flawed on so many levels that I am not even going to get into it now. But they have maintained this really high level and told the engineers, "Hey, this is the safety level. Work off that."

**Fitts:** The engineers believe it.

**Bawden-Smith:** They are not biologists, so they are relying on the whole biology community.

I won't get into the corruption of how they did it, but it's genius – like everything – and the engineers do what engineers do; they just build great things, make productivity, and everything is efficient, and they are using frequencies that are hurting us. If they were told that, I know they would fix it, but they just don't know.

**Fitts:** We all love our little toys, so we are embracing it. This is a two-way street.

**Bawden-Smith:** We line up around the block to get the latest iPhone. It's what we do.

**Fitts:** We basically are rolling out a great deal of **technology that has the potential to impact or harm our biophysical reality.**

**Bawden-Smith:** It already is. It's not potential; it's real; it's here. I think it is the underlying cause – but not the only cause – of all chronic disease. We now have the science to back that up. Do you want me to get into that?

**Fitts:** We had a wonderful pediatrician on The Solari Report several weeks ago who identified that 54% of all children in America have a chronic disease. So, I'm not saying that EMF is the only cause because clearly vaccines are also playing a role, but we are talking – in the United States at least – about an absolute epidemic of chronic disease. We know that EMF radiation is a contributor. With the changes underway, it could be an even greater contributor.

I think it is fair to say that this impacts, not just my health, but also the health of everybody and everything around me. Is that fair to say?

**Bawden-Smith:** That is more than fair. Everything from the birds and the bees to babies and you and me. Across the board we are all affected.

The area that people forget is we were all told to study DNA. In 1971 Nixon said, "We found the answer to cancer, it's all in the DNA". Here we are today, and children are getting glioblastomas – brain tumors. That is the number one cancer killer of children.

Obviously, it's not in the DNA; it's in the other DNA that we never talk about, and that is called mitochondria. That is a separate DNA.

**Fitts:** Let's talk about **mitochondria**. What are mitochondria?

**Bawden-Smith:** It is a completely separate genome to what you have with your nuclear genome. You only get it through your mother. It is connected to your maternal – your mother and your grandmother. If you know where they were born, you know what type of mitochondria you have. That can be critical information to understanding how you should live, and we were never told this.

The number one expert for those who doubt what we are talking about – and I tell people not to believe a word that I say, but to look it up for themselves – is a man named Professor Douglas Wallace.

He is the person who found that we get the DNA from our mother. He specializes in mitochondrial research and has published a 'gazillion' papers. I don't understand most of them because they are above my 'pay grade', but they are really, really good.

How many mitochondria do you have in your body? For every cell, you have at least a few mitochondria. The only cells that don't have mitochondria are red blood cells. So, your heart and your brain have the most mitochondria. Why? Because it needs more energy. The amount of mitochondria in every cell – every brain and heart cell – is around 4,000 to 5,000. Some people would even say it's up to 15,000 mitochondria for every cell.

People have estimated that your total body weight is about 10-15% mitochondria. How the 'hell' didn't we get told about this?

**Fitts:** I never heard the word until I started 'hanging out' with you.

**Bawden-Smith:** I didn't answer how I got involved in understanding **mitochondrial health and quantum biology**.

I was one of those people who got the chronic disease, but I liked to do everything really well, so I had 20 of them – from cancer to heart disease and diabetes and all the rest. I was very sick. I didn't admit it to myself because I didn't think I was going to die, but several people thought that I had six months to live.

I looked at an alternative because I tried everything that I was told by the textbooks, and that is how I found out about quantum biology. I studied under a neurosurgeon, Dr. Jack Kruse. He can be a little volatile, and some people don't like him. But despite his flaws, he is six steps ahead of everybody when it comes to medicine and quantum biology.

Using his protocols – which are basically reconnecting to nature and minimizing technology –amazingly I recovered from all those chronic diseases. I didn't take any supplements or any medication. It's unbelievable.

I like to let people understand that this is real. I thought it was only me. I am very good at the power of intention and manifesting things in my life. It's a gift that I have, so I thought that it was the same thing.

I went to a Kruse function in Mexico during Christmas of last year, and there were about 30 doctors and approximately 70 people there, and about 30 people were medical or integrated holistic doctors. I thought that they were there as doctors, but they were actually there as patients.

The stories that I heard from them and how they couldn't recover, despite all the information that they had learned and every tool and every drug and every supplement – and we are talking Harvard Medical School professors and people who worked at Cannon Ranch with Mark Harmon. Mark Harmon's right-hand man was there.

They all turned to me and said, "We couldn't get better. We had to follow these protocols to get better."

I thought, "Oh my goodness! This is real." That is when I decided to get serious and start sharing this information with everybody. Now we have the tools to survive the avalanche of environmental pollution. It has nothing to do with chemtrails; it has nothing to do with water quality. It all has to do with our **electric fields**, and that is what we are missing. So, we will be talking about that today.

**Fitts:** Here is part of the challenge: **EMF radiation** is invisible. If somebody comes in and throws paint in my face, I can see it and I can feel it. But EMF radiation is invisible. I can feel it if it's high, but it's hard for people to see it and appreciate the damage that it's doing because it is so invisible to the naked eye.

Let's talk about how EMF interacts with our biophysics. What does it do? How do the interaction and the harm work?

**Bawden-Smith:** The main document written that proves the biochemical and the biomechanisms is probably Martin Pall's paper from 2013. He showed how electromagnetic fields act. It's called the **Voltage-Gated Calcium Channels (VGCC)**. These are little calcium channels around your cell, and the EMF fields get in there and open up those channels that are normally regulated beautifully. They open them up and let too much calcium in.

When you start to get too much calcium into your cell, that produces nitric oxides that are in all likelihood **free radicals**, and those free radicals lead to inflammation, oxidative stress, and DNA damage.

Once you have too much of this stress and inflammation in your cell, then your cells no longer work, and that leads to the diseases we now know as chronic diseases – all of them.

That is the original paper. There are more biophysical mechanisms coming in predominantly through the **artificial light**, which is an EMF frequency. Light is on the spectrum of the electromagnetic fields. The artificial light frequencies go through your eye and also through your skin. They interrupt this photoreceptor melanopsin. Once melanopsin is affected, it liberates retinol – like a vitamin A – and this vitamin A runs through your entire body, destroying every photoreceptor you have. As you destroy those photoreceptors, all the signaling that you get through your normal cellular function can't happen. So, that is one of the latest coming into play.

Martin Pall published an article in 2018 called *Wi-Fi is an Important Threat to Human Health* or something along those lines. There he details the affinity of effects of just the 2.4 GHz of **Wi-Fi and Bluetooth**. That is everything from apoptosis to oxidative stress, effects on sperm and fertility, all the DNA impact, hormonal changes, and of course, the calcium rise in cells. The big finding was one claim that every effect of Wi-Fi is real on cells. So, the deeply formed hypothesis of there being no effects of these electromagnetic fields occurring is gone. That is over and there is no more argument.

It's a **governance problem, not a science problem**. The scientists have very nearly proven everything, and we know it and feel it. We have a whole community of electro-hypersensitive people. It's like a peanut allergy for electricity; they can't go near these fields. They get immediately affected, and it's a really, really terrible condition. I feel for them tremendously.

I think that as we have increased our **electromagnetic pollution** we are getting more and more people starting to show symptoms that they didn't have before. If you go into a corporate office where they spent most of their time inside amongst all these frequencies, half of them will have tinnitus or ringing in their ears or heart palpitations or skin issues or they can't sleep. It's the beginning symptoms of a serious chronic disease. Nearly all of them have some symptoms now, and it is going to get worse. It's cumulative, and the frequencies are turning the power button up. The intensity is going up, up, and up, and this is before 5G. We don't even need 5G to see these effects. This is well before any millimeter waves get rolled out, and I am very concerned.

**Fitts:** I live in a rural area, and I tend to visit places that are fairly rural or suburban. So I don't spend a lot of time in the cities, but I have noticed in the last year or two that when I am in the cities for a long period of time – and I was just in Paris for four days when we went to see the Da Vinci exhibition and a whole series of exhibitions with Nina (Heyn) and Ulrike (Granogger) and Robert (Dupper). We had a great location and great things to do. The EMF radiation was almost unbearable. I couldn't wait to get out of the city, and I love Paris. Paris is a beautiful city, but they have become an electromagnetic prison. That is the only way that I can describe it. It is having a very dramatic deterioration on the quality of life there.

**Bawden-Smith:** As you know, I like tests. I am a double-degreed scientist, and I need data. I want to test, I want to observe, and I want to measure. We have these little **Mito Meters** that we love because they are tri-field. They measure all the different frequencies, and you can hold them in your hand.

They have a sound button, so I walk around and put them in my top pocket. As soon as it beeps, I pull it out to see what level it is and try to work out what the source is. The levels in the last six months in Australia – maybe twelve months – have gone from high to extreme. This is without 5G. Australia does not have any millimeter waves used for broadcasting signals. We do have a new frequency running at 3.5 GHz, but they have changed the antennas on the towers, and the antennas have gotten stronger and more powerful. The fields now are getting to ridiculous levels.

I can't go to the beach that I was brought up on without getting extreme levels of EMF. That is outrageous, and it's a crime.

**Fitts:** One of the things that you have always made clear is that they have ways of providing these services **without as much EMF radiation**. Is that the case?

**Bawden-Smith:** That is totally the case. If you look at other countries, even China – and everyone is saying, “China is so bad about this, that and the other,” but they actually care about their citizens a bit more than we do. You can see that they have at least ten times lower standards than we do in Anglo-America. They achieve that primarily by Ethernet cabling. They have optical cables running to every house. They don't have this ‘last mile’ problem that we do.

We get it to the last mile, and then we use these towers to ‘spray out’ like a fire hose all these artificial frequencies. They blast the ‘hell’ out of everything – not just humans, but insects and plants and everything.

It’s a different approach. So that is just a **simple cabling issue**, but there are other ways and other technologies they can use that work very effectively. This may shock many listeners and readers, but **millimeter waves** may be one of the solutions to our problem.

Everybody says, “Oh, how can you say that? That is terrible.”

The reason we can use millimeter waves is because they are point to point. They don’t spray like a fire hose; they shoot like a rifle, and you can set them up in an office and only go from the ceiling down to the computer without hitting a person. My electrical engineer friends and I think that we can build an office now with nearly one green on our Mito Meter, which is very, very low, whereas now, they are all sitting in high to extreme levels.

We know that it is possible, and we should never ever ‘throw out the baby with the bathwater’. Just because a technology looks hazardous, – like a very sharp knife where you could stab someone – you can also use it to cut up your meat. It’s not the tool; it’s the intention on how we use the tool.

I am very confident about this, but here is the sad news: I think it will be three to five years until we get to the tipping point where we go from the 2-3% EHS to the 10-20% or the other really weird diseases that you are going to start seeing. There are all these mystery viruses and rashes, and they can’t explain it. You might see the old medieval diseases make a comeback. Everyone is going to say, “What’s going on?”

Eventually they will work it out and have to fix it. So, I think it’s a decade-long problem. I think the **anti-5G crowd** may be being set up and being played. We don’t think that millimeter waves can be **used in satellites** very well.

If you go to a satellite installer or technician, he will tell you that he doesn’t want a tree near that satellite because it blocks all the signals. I don’t know about most people, but I live around a lot of trees, and I’m in a city. So, we think that the satellites are a cover story for example, the Secret Space Program, and a buildout of other things such as weaponization.

I can say this on The Solari Report, but I wouldn't say it on another podcast. All of your (Solari subscribers) wonderful people out there get it; you swallow the 'red pill', and you get it.

If I was Mr. Global saying, "I am going to have all this opposition to this telecommunication. What can we do? Oh, I know! We will let them think that it is all 5G. Then after we have rolled out all our technology using centimeter waves – so we are not using the big gigahertz – we will tell them, 'We are not going to use 5G anymore. Everything is okay.'"

I told you that my beach is extremely level, and there is no 5G. We are already in 'deep do-do'. If they do use 5G – and if anyone is going to do it, it is going to be the Americans because Americans are out of control on so many levels including RF from microwaves –we will see it in America first. Australia hasn't even auctioned their 26GHz field yet, but America has. They have auctioned up to 40 and even higher.

I don't know what you are doing, but if you are in New York or L.A., run! That would be my recommendation. Or even Paris.

**Fitts:** We have coming: **5G, the Internet of Things, Smart cities, and virtual reality.** They are all rolling out together. I happen to believe that with this, comes enormous amounts of invasive mind control and entrainment and subliminal programming.

I can't imagine how much more intense a city could be with these rollouts and what it could do to the population.

**Bawden-Smith:** We are going from that 2-3% EHS to the 10-20% in the next three to five years. I could be wrong; it's only a prediction. But I can't see in the world where we go from six to eight devices that are two-way communicating our RFID chips. We are going from eight to 30 now. We are in the process of going there now. You have the smart meters. Let's leave the surveillance capitalism and everything else to the side since there are better persons on that than me.

All those **frequencies coming from all those gadgets in your home;** the way they will bring 5G millimeter waves into your home is through a Wi-Fi. They will do it through a router, or they may put an antenna on your house. You are not going to get it through the walls, so you are going to have to invite it in.

**Fitts:** They have now changed the regulatory structure here so that they can put them on private homes. They can rent from private homes, from private individuals, and the neighbors can do nothing.

**Bawden-Smith:** They can do something. We now have **legal procedures** that we have tested and successfully used to stop any tower or any technology- including the smart meter- from being built using a criminal assault method. It can be used in American law because they have criminal assault in their legislation.

**Fitts:** Is it possible for me to get links that I can use to send people that information?

**Bawden-Smith:** I have a PDF that we can include in the show notes. It's 22 steps that are being developed by Barrister. We have a different legal system here. England and Australia work on a much different system, but the bottom line is that if there is criminal assault in your regulations, then you can use the same procedure.

I will make sure that we have that in the show notes. Hopefully, the attorneys listening or reading this will have a good look at it. There are ways of stopping it from coming into your house, but you will not stop it rolling out across the world. This is a trillion dollar gold rush, and the forces behind it are just too big.

**Fitts:** Right, and if you look at the profits they anticipate on the Internet of Things and smart cars and Smart cities and all this, they anticipate making a fortune.

**Bawden-Smith:** Trillions! You can't fight that; it's like a tsunami. You just can't fight it. It is going to come, and it is going to hit. What are you going to do to survive?

I don't know if there is a segue to go into prevention.

**Fitts:** Let me first ask you what the **symptoms** are of **EMF radiation toxicity** and harm?

**Bawden-Smith:** Everyone is different. There is no complete set of symptoms that are too broad. The dominant ones are usually the first ones that you get – ringing in the ears, brain fog is a very common one, and then you’ll get it in your heart; you will get heart arrhythmia. The palpitations of your heart will change, and it will feel like it’s racing. That is another big one. Then it goes to your skin. You might start to see more eczema or dermatitis or these weird rashes appearing – particularly in the 5G communities like New York and L.A. that are using millimeter waves.

One other important ones is fatigue. You feel like you can’t get up, and are so tired. That is a very early symptom. Those are the main ones. You can go into 100 others, but those are the common ones.

**Fitts:** I have to tell one story, and I think I have told it to you before. I want the subscribers to know this.

I had a very dear colleague and friend who was living in a city where the 5G was going to roll out starting on December 1<sup>st</sup> of last year. I spoke to him towards the end of the month, and said, “How are you?”

He said, “I’m just flipping. I think age has taken over. I’m just aging, and my mind is going.”

I said, “Are you sure? Tell me exactly what your symptoms are.”

He described his symptoms, and I said, “I want you to look at your calendar. Did this start around December 1<sup>st</sup>?”

He went through his calendar and said, “Oh my God, yes it did! It started on December 1<sup>st</sup>. How did you know?”

I said, “Because that is when Verizon rolled out 5G in your neighborhood.”

It was so bizarre because if he had that intelligence, then he had a way of dealing with it. He was going to believe that this was an aging problem and do nothing. He literally didn’t realize that this could be an external event. It was remarkable.

Anyway, it was so amusing because he said, “How did you know?”

**Bawden-Smith:** It's very common. I've seen people whose symptoms trigger when their smart meters are installed, particularly in Europe. Europeans seem to have smart meter issues.

A lady in Denmark who lived in Copenhagen was telling me that, not only did she get severe symptoms, but also the whole system was designed to lock people up in mental institutions. So, she went home.

**Fitts:** You are kidding!

**Bawden-Smith:** No. It was a horrific story. Be careful going to your doctor in some countries because they **try to blame it on mental health**, and mental health is another big problem when it comes to electromagnetic fields. It really is the underlying cause of all that, and we can get into the mechanisms, but probably not now because I know that everyone is going, "I know how bad it is. How am I going to live? How am I going to cope with what is coming?"

**Fitts:** I'll never forget when Truthstream Media went over this. There is an area in the United States where there can be no cell service because there is a huge telescope, and you are not allowed to have any cell or Wi-Fi or anything within this certain area. So the two reporters visited, and all the way there everybody they dealt with was 'tense and snapping'. Suddenly, they got to the area, and everybody was happy and normal. There was a dramatic impact on emotion and mental health. It was dramatic.

**Bawden-Smith:** Here is the litmus test for people who think that they are not affected and that everything is alright. I want you to go out for a weekend – and if you can do it longer, go longer – and camp. Go to Yellowstone National Park or somewhere where there are very few frequencies, and just camp; no technology, no reception, just be with nature for three days.

Watch your sleep, watch how you feel, and then go back to the city. You will know that you are being affected. It is a very simple test, and actually a very good mitigation strategy because we are now going to have to deal with being exposed to these frequencies, and having the strategies to mitigate them as much as we can. Nature time is definitely a key recommendation.

**Fitts:** Let's talk about **staying healthy in a wireless world**. You've taught me because I'm sitting in the sunroom; the first thing is sunshine.

**Bawden-Smith:** Yes. Now we understand the mitochondria are the underlying cause of all chronic disease. They are not the only cause, but the underlying cause. So if we know that, how do we **maintain healthy mitochondria**?

Mitochondria thrive in natural frequencies; that is how they thrive. They do very poorly in artificial frequencies. That is really the rule of thumb for everything moving forward. So, we have to get more **natural frequencies**. The most important natural frequency you could ever get is morning sunrise.

People say, “I don’t have time to get up,” and this, that, and the other excuses. I don’t care; you get up. If you can’t get up, your circadian biology is ruined. If your circadian biology is ruined, your mitochondria are dysfunctional, and it is only a matter of time before you get sick and die. Inability to get your circadian biology corrected is going to be a very key measure of whether you are going to survive the next round of Internet of Things and 5G.

**Fitts:** I can hear my mother’s voice saying, “Early to bed, early to rise makes a man healthy, wealthy, and wise.”

**Bawden-Smith:** So true. The other important part of **sunlight**, which is the giver of all life, is it does not cause skin cancer or melanoma – which we won’t get into now. You are speaking to someone who had his face hacked off because of squamous-cell carcinoma. I literally have a big scar on my face where I had surgery a couple of years ago. That is how I got involved in all of this. I traced it back to the artificial frequencies that caused it – through dehydration primarily – and not the natural frequencies of the sun. So now, I get two to six hours of sun every day, and I have never been so healthy in my life.

So why do you need to get sun after sunrise? It’s all about the vitamin D production. Don’t think that you can take a pill and it has the same effect; it does not. Anything that we can make, you should not take. That is the rule of thumb for a ‘mitochondriac’. That is what we call ourselves, those of us who are obsessed by making **healthy mitochondria**.

The third part of the light hygiene is that you have to block the artificial light at night. If you need to turn the lights on, then wear blue-blocking glasses, and cover your skin as well because you have melanopsin in your skin.

Everyone says, “Why? How am I going to do this?”

You get used to it; use red light, use candles. Your eyes get used to it, and you can read. If you are going to watch television or a screen, put the blue-blocking glasses on. That is the third part of light hygiene.

There is a new science out called **photobiomodulation**. It used to be called 'low level laser therapy'. It's the science that is going to replace pharmaceuticals if we ever get our act together. Light therapy is going to revolutionize how we heal. The early stages of red lights that people see- they are using a 660 and 880 nanometer or infrared light-is that they are having incredible benefits to mitochondria that works through cytochrome C. I won't go into the technical details, but it reduces pain and inflammation. They are amazing.

I don't need them now because I'm better and I get plenty of sunlight. When I was sick, I got two big panels and put them in my cupboard, and I stood there like a piece of toast in a toaster because I was blue light toxic.

It wasn't the electromagnetic fields from Wi-Fi and wireless that got me; it was too much artificial light coupled with the EMF. So, that is the light story.

The second part of building mitochondria health is around water. Despite what we have been told, I could be classified as a water expert. It is something that I have done all my life. I started my whole career on water pollution on Sydney beaches. I was shocked at how little I knew about water.

The real answer to water for health is: It's the water you make, not necessarily the water you drink.

People are asking, "What the 'hell' are you talking about?" **Mitochondrion makes water**. It's a special water that is **low in deuterium**. Deuterium is an isotope of hydrogen. It has an extra neutron in it, and it is twice the mass and twice the weight of hydrogen. It's in very small amounts, but it has a tremendous effect.

If your mitochondria are not operating properly, they don't make DDW water, which makes up this cell water that Professor Pollock called 'easy water'. This is like a gel; it's not like ice or liquids or vapors; it's actually like jelly. I think he called it 'Jell-O' and that carries all the signals and all the information. That is the lattice that everything works through.

Water carries inflammation; it carries so much. If you are not making this water, then you are intra-cellularly dehydrated. There is a metabolic test we have where we can measure that. You need to focus on improving that.

Everyone asks, “What do you drink?” Of course you need to drink water as well. My recommendation for drinking water is good quality spring water. The main issue with spring water in most countries – and it’s all specific, so you need to get the test results – is bacterial contamination, and there is not as much chemical.

You want a clean spring, and there are companies that tap into them. I like spring water as my first choice. Number two would be any non-fluoridated water. Many countries like Australia have fluoride added to their water system which is just ridiculous. However, we can remove it. If you can remove fluoride, you can remove everything. It is the hardest in the filter width. Many of the filters out there will say that they can do it, but they can only do it under very low flow. So, don’t run your tap fast; you want to do it slowly. So, any non-fluoridated water would be my next best thing.

Then if you want to get serious about treating chronic disease, **deuterium-depletion therapy** is a very effective way to add to that. I say to people you have to do everything; you have to do the light, the water, your EMF mitigation, and you have to do your **proper food**. You have to do it all; you can’t only do one thing.

I won’t get into deuterium-depletion because I don’t like talking about treatment or diagnosis because I’m not a doctor. But watch out for that therapy; it is going to be very popular.

**Fitts:** I will say this: I have been drinking the deuterium-depleted water for more than a year now, and I find it to be remarkable. It is very, very helpful.

**Bawden-Smith:** I have been also. It was the final piece of the puzzle that I needed to get to the next level of energy of a 30-year-old when I was bedridden five years ago and I could barely get out of bed. But I needed to do everything.

Soon my mitochondria will get to a level where I don’t need the assistance of DDW. Now we are going into summer, so I don’t think I will be drinking DDW because the sun can do such an effective job in producing deuterium-depleted water in the mitochondria. So, I think I’m nearly finished.

I don't want to tell people that this is something you will have to drink forever. I see it as a supplement; I see it as something that you need to take because your mitochondria aren't working properly. Get them back to normal, and then you won't need it.

I will give one big caveat: We measure, what they call, the **BUN-to-creatinine ratio**, which is your blood urea nitrogen over your creatinine ratio. That is the best measure of intracellular hydration. I can tell you that in any major city if I tested a population, 95% would be dehydrated. Why are they dehydrated? Think about a microwave. A microwave is 2.4GHz frequency. You put a piece of meat in a microwave and it dehydrates it and turns it to leather. What are you doing? You have your Wi-Fi on all day – 24/7. What do you think is happening to your body? You are being dehydrated.

**Fitts:** Drink water.

**Bawden-Smith:** Yes. It is very effective. The most effective way is to get rid of the Wi-Fi and everything and manage your environment much better.

That goes onto the next segue: **EMF hygiene**.

There is really only one thing that you can do with EMF hygiene, and that is to buy a meter. I am biased. I have this little **Mito Meter** that I 'love to death', and have had the Cornets and the TriFields and the Acoustimeters. This is better.

**Fitts:** Can Americans buy it? I love your meter. I think it's the best one I've ever had. Can Americans buy your meter?

**Bawden-Smith:** They can. In the very near future, they can go to MitoHQ and buy it. I've worked out a global shipping arrangement with the manufacturer we ventured with. It will take a week or two to get to you, but it will be there.

We will get more into this at the end of this report, but the answer is: Yes, you need a meter. If you haven't a meter, some are better than others. They are all screening tools. You cannot go to court with the results of these little meters, but they do help.

**Fitts:** Let me tell you the best meter to have: The best meter to have is one that you will take with you. The only meter you can do that with is a meter that is small and easy to carry and decent-looking, and the Mito Meter is that.

I've had many meters, but 'at the end of the day', I don't take them with me because they are too big.

**Bawden-Smith:** The other thing that we know about this meter is that we can talk in colors. It is very confusing understanding all the different units. People get lost and they don't understand it. So, we have a color spectrum. When someone calls me and says, "I have three yellow," I know what that level is. It's a very high level, and I can relate that straightaway to the person.

If I start talking about, "What is the microwatts per square meter, milliwatts per square meter, volts per meter, milligauss and nanoteslas", everyone gets lost in translation. So, we like the fact that we can talk colors, and it also has sound that will beep when it gets to high levels.

I literally walk around with it in my top pocket because I want to know what is going on in my environment – because it is changing every day. So, you need to have a meter. It will beep, and I will pull it out and say, "Holy s\*\*\*, where is that coming from?"

I will work out another source that I never heard of or knew about before. You cannot see this; you have to make the invisible visible. The only way to do that is with a meter.

We may try to organize a discount or something for Solari members for our small meters. I put my reputation behind it because I have evaluated toe-to-toe with the best building biologist in Australia. He could not believe how accurate and precise it was – so much so that he has a hidden link on his website where he recommends it to all of his clients. But he can't do it officially because he sells Gigahertz Solutions, which are the top-shelf makers.

If you are in inspector doing inspections, you need a better meter than, what I call, my little 'sniffing meter'. It will do the job for everything you want, but it's not for a professional.

**Fitts:** This meter is perfect to tell you, "Okay, you made a reservation at this hotel, but it's not going to work because you are going to get sick if you stay here. Get out."

**Bawden-Smith:** Exactly. If you want to get serious, **get a professional to test your home** because there are ‘tricks to the trade’ that you will miss because you are not experienced in testing. You could do it with a Mito Meter, but you don’t have the expertise to know where to test. It’s important that you get a professional for that.

I will give you an example: People don’t realize that their oven or stove is really, really hot. If it is an electric stove or, more importantly, if it is an induction oven, those are sources. The other big source is your vacuum cleaner.

Anything that spins a motor is a source, so you don’t want to have a vacuum cleaner on your back. You want to have the earlier models that you pull along. There are many little tricks like that that you will find out.

If you go to *In the Dark*, I will make a link for those who haven’t bought it already to get a PDF copy.

**Fitts:** Wonderful! Thank you!

**Bawden-Smith:** You need that. It has all the home solutions that you can be aware of and work on.

**Fitts:** And there is so much that you can do to your home. It is remarkable.

**Bawden-Smith:** Yes. We will put a link into the show notes, and you can go to a webpage and download the book. That is really important.

The next step for EMF hygiene – and I won’t get into all the things that you can do in your house because you can read the book – is a **sleep sanctuary**.

Mitochondria have a natural ability to repair itself and to die. Cells die and get replenished naturally. It’s called autophagy and apoptosis. That occurs at night while you are asleep, but it only occurs when you have a good night’s sleep. So, if you are not getting the adequate rest you need, you are not clearing all the damaged cells out of your system. They accumulate, become senescent, and that is another cause of disease.

What is a sleep sanctuary? It starts with being completely black. So, you want block-out blinds; you want electrical tape over anything that has a light on it that you can't get rid of, and you want to make sure you have no electronics at all – even a lamp or a clock. If you need a clock for an alarm, get a battery-operated one that has a red screen. I would cover even the red screen. Just set the alarm and go from there. You really don't want frequencies in your sleep area, if possible.

This can be hard for people who live in cities because they are getting frequencies through their windows and through other holes or through the walls. They may need to get the 'mosquito net'. It's like an old-fashioned mosquito net that is woven with silver, and you sleep under it like a princess; you sleep under a net to ensure that you can keep those frequencies out.

My rule is if I need to build Faraday cage or if I need to wear personal protective equipment to live in my home, I have to move; I just have to move.

Think about it. Are you going to put a spacesuit on and a mask on? That is what you really need to do in an EMF sense to mitigate it, and I can't live like that. No one should be forced to live like that.

You can **mitigate houses**, but they are very expensive and very hard to do. I recently met an electrical engineer who spends 20% of his time remediating people who put all the black paint up – graphene paint that is sold by many of the EMF people – because they do it wrong. It's really expensive to put on, and ten times as much to take it off.

So, you have to be very careful. You need to find professionals if you are going to try to mitigate your house.

I am lucky where I live because I live in an area where there isn't a direct line of sight with any towers, and I built my house into the hill. So I'm not under it, but in my bedroom, one-third of the wall is in the ground, and then the window starts. So, I am purposely getting protection from Mother Earth by building a house the way I did.

Of course, upstairs is open, but I am lucky that I have picked a house that is not in line of sight with cell towers. Most people don't even think about that. It's hard to find.

The number one rule if you are going to live in an apartment in cities is to get a ground floor apartment. The penthouses are now the biggest problems. Why? Because they have the views. They have the views because they have glass, and glass does not stop any of these fields from coming through.

Concrete does, but you have these panoramic views through all this glass, and if you look out the window, you will see three or four towers shining straight at you. You can't live there. I tried it and did it on purpose to see if I could live there. I tried all the blue shields; I tried all the DDW, and all the sunlight. I tried every mitigation technique humanly possible, and in three months I had tinnitus. I couldn't sleep properly, and I said, "I can't beat this even with all the tools I have. I have to get out of these fields."

So, get a meter. If the meter reads high, it's a bitter pill to swallow, but you may have to move. In fact, you probably will have to move.

I would recommend selling properties that have high EMF exposures as soon as possible because once this gets out, the penthouse will no longer be the penthouse; it will be the doghouse.

**Fitts:** Is there any danger that the **insurance companies** are going to drop houses that have bad EMF?

**Bawden-Smith:** There is no insurance coverage for most of these technologies now. They are all self-insured. Lloyd's of London and Swiss Re now have exemptions in all their policies. I think that the insurance industry is already covered – at least the reinsurance has covered themselves.

It is something that I haven't looked into too much, but it is going to take some science to change the opinion before it happens. We are rather slow because of the mind control, and we follow the official reality instead of creating our own reality. When you are stuck in the official reality, then you are going to believe the stories they tell you instead of what is real.

**Fitts:** One thing that most concerns me when I listen to your work, read your books, and listen to the presentations that Ulrike has done for *Future Science*, and this last one was very clear: We are intelligent, and the universe is intelligent; life is intelligent. There is **intelligence all around**. It's through biophysical means that we connect and draw on that intelligence. We are talking about something that basically messes with our entire mind.

**Bawden-Smith:** It is absolute strategy to disconnect us from the divine intelligence and ourselves. Soon we will have those augmented reality goggles that you referred to before – the virtual reality.

You think that the youths are addicted to games now; ‘you’ve seen nothing yet’. They are incredible. I’ve used them at a tech conference, and oh my goodness, they are amazing and are so much fun! The child is not going to go out.

You are getting a triple ‘whammy’ there because you are getting the blue light from the screen – and they are using millimeter waves on their head because they need really fast data – so you are in the confined space with a powerful router and modem, and they are shooting wirelessly these signals to your head. People can only wear them for 20 minutes because they get headaches.

**Fitts:** I seem to be rather insensitive, but in Duluth they had a virtual reality show that was about 15 minutes. By the time I took the thing off my head, I hated it. I felt terrible, and the physical impact was frightening.

**Bawden-Smith:** It’s really bad.

A question that I get a great deal is: **Where are you going to live?** It’s really hard to answer that. I’ve been looking at areas – and I call it the Armageddon-out-of-here strategy – and I’ve been testing places which I thought would be at least low to medium, but they are now high. They are not extreme like Sydney is, but they are medium to high.

The only way to get very low fields is to move away from people, and that is unfortunate. The nicest areas are usually populated. That is why they are populated – because they are nice, but they are all radiated. So, you have to ‘bite the bullet’ and live further away.

If you visit those areas, you only stay for a short period of time to have a meal. If you go to the beach or some venue, you just go for a short while, and then you leave. You can’t spend a lot of time there.

Population density is bad, not just because of the cell towers, but all the gadgets. With the Internet of Things that is going to be around there, it is going to multiply by two-, three-, or four-fold in the next couple of years. The signals are going to get more and more dense, and it’s not going to be pretty.

You have to make your mind up about what you want to do and what it means for your family and what it means for work and what it means for your social connections. It's really hard.

I've recently decided to stay in Sydney for a bit longer, but I'm in my 'bunker', so to speak. I have a gorgeous house with a pool, and it's very low fields. When I go out, I have chosen areas that I know are low. So, if I do my sunrise – because I can't see the sunrise from where I am in my house because I'm in the ground at the bottom of a hill – I go to a beach that is not popular. There are some cell towers there, but they are at acceptable levels.

If I am going to a surfing beach, I go to a place where I get surrounded by parklands – not houses.

You need to pick the **areas where you want to spend quality time.**

Remember, if you are at the beach and you are in the water, you are fine. **Water is a natural Faraday cage.** It's just like your mitochondria are building their little water Faraday cages.

**Fitts:** So if I'm in the Jacuzzi, I'm fine?

**Bawden-Smith:** Yes, what is under water. Your head is not fine, but everything else is.

I know people who are recovering in Mexico with maximum sun who spend six to eight hours in the water. They have waterproof laptops on a boogie board or a surfboard, and they sit there all day in the water.

**Fitts:** How clever!

**Bawden-Smith:** They are getting the magnetic energy from the Yucatan Peninsula. So, you have the big crater there – the meteorite that apparently wiped out the dinosaurs – and you have more **magnetic flux.**

Another place that you can get magnetic flux is volcanoes. It's a moving magma. So, when I go on holidays – since I don't have a lot of magnetic energy here in Australia because we are so old and there are no volcanoes – I go to the Pacific Rim, or the 'Rim of Fire' as they call it. So, whether it's Fiji or Bali or Vanuatu, Tonga, I have all these places in the South Pacific to go on holidays.

I purposely seek those out.

I don't seek to go to Paris to watch an event as my holiday anymore, which is a pity, but that is a decision I made. When I have a holiday, I want to detox. I don't want to detox from metals; I want to detox from electromagnetic fields.

**Fitts:** I would like to ask you a question. Everywhere I go in Europe, people are very, very concerned about the environment. One of the things that you hear all the time is the extraordinary drop in the number of insects. If you were driving a car in Europe 10-15 years ago, you would drive three hours, and the front of your car would be completely covered by **insects**.

Now it's 50% or less than it was, and clearly diminishing. I have no idea how life continues without insects.

How much of that do we know is coming from EMF radiation?

**Bawden-Smith:** There has been plenty of work done on bees and there is a direct relationship with bees. In my book, *In the Dark*, you can read about all about that. I have all the science and all the links in the book.

I have noticed the same thing in Australia. When I was a child, my dad had to stop every two hours to take the bugs off the windscreen. Now you hardly have any. And that was during the day. At night you couldn't drive because there were just too many moths and bugs. Australia had a lot of insects and, of course, a lot of birds.

I am now seeing birds in my backyard trying to eat my breakfast when I'm out in the sun. Magpies will literally dive-bomb me to get a hold of a piece of lamb or whatever I'm eating. They are starving; they are literally starving.

They say not to feed the birds, but I'm going to look at ways to keep our population of birds alive around us because I'm really, really worried about them.

People call it the 'Sixth Extinction' level, but I don't know if it's that bad. That's not my area of expertise. But if the bugs go, so do we; it's as simple as that.

**Fitts:** That's what I think, too. We have to keep the bugs thriving.

Tell us about **MitoHQ**.

**Bawden-Smith:** MitoHQ was a company that I started with a friend who wanted me to build a retail brand. I am not a retail person; I am a business-to-business operator. I've been a consultant my entire life. I just don't see myself on a shopping channel.

I've turned MitoHQ into more of an education company. I'm writing a new book that is well underway. We hoped to have enough information to put it out to independent publishers later this year or early next year.

At the moment, it's called *Light or Death*. I have the URL so I can say the name, but the publisher may change that.

I am building a 'tribe', but the best way for us to get this information is always word of mouth. It's not through affiliate marketing and collecting emails. It's about talking to people and sharing the information as we do with the Solari members. So, that platform will be a community platform known as [www.Mitochondriacs.com](http://www.Mitochondriacs.com). We've started a closed Facebook group just to kick it off, and it's quite popular. If you go there, you can join that.

Early next year, I will have MitoHQ taking the money for the cost, and I am setting up global distributorships for the two products that I care most about. I am a prevention person. So, the two products that you must have to prevent any illness moving forward is our Mito Meter. If you don't test, you don't know. The other one is the **blue-blocking glasses**. I've spent a lot of money and time working on getting the best ones with the best manufacturer, and I am going to be doing a deal with BluTech Lenses, which are the best lenses in the world. It will be called [www.MitoShades.com](http://www.MitoShades.com). We will be able to distribute all the glasses, whether they are prescription, the readers, or obviously the normal plain ones. So, that is what is coming.

**MitoHQ will be the business site, and Mitochondriacs.com will be the community site.** When I release the book, I will have an online course that will walk people through the important things. If you know who I am, I 'cut to the chase'. I don't put all the 'waffle' in to show you how smart you are and make you watch 20 videos just because you paid some money. You want to know the answers, I want to know the answers, and it's a how-to course. That is what I really want to build.

If you want to dive into the quantum electrodynamics, I am happy to do so in a Q&A and invite all of the really smart quantum biologists onto the program. At the same time we will have our own podcasts. So Mitochondriacs, look out for that.

You are going to come onto the show as well, and talk about governance and why we can't believe the government – despite what everyone thinks. That will launch early next year as well. So, look out for the Mitochondriacs. You people will be the first to know when it goes live. It's a few months off, but I have finally worked out what I want to do and how I want to do it. It's rather exciting.

**Fitts:** I know what you want to do: You want to **radically reduce chronic disease**, and the thing that really inspired you is that you know with the rollout of smart cities and 5G and all these other things, is that chronic disease is potentially going to skyrocket.

**Bawden-Smith:** It already has.

**Fitts:** One vision of the world is skyrocketing chronic disease, and your vision is, “No, it doesn't have to be. **Let's reverse that.**”

**Bawden-Smith:** You can reverse this, and I've done it. Right now, hundreds of other people have done it as well. We can all do it together. We are going to do it, but we can only help those who want to listen.

We are not going to preach; we are not going to shout from the mountain; we are not here to save the world; we are only here to help those who want to help themselves and those who want to listen.

**Fitts:** Right, and all this knowledge is free to spread. One thing that I should say to every Solari Report subscriber is that we always encourage you to share this information with your close family and friends. So, please feel free to share this Solari Report with somebody who you think can use it. No doubt if you have this knowledge, and you implement it, it is going to make a huge difference.

I know that only with the things I've done, it's made a difference, and there is always more that I can do. If you look at the things that I've done, it has made an enormous difference and I am very, very grateful.

The Solari expression is ‘**actionable intelligence**’ that you are providing.

**Bawden-Smith:** That is the goal, and it works, but it’s a bit of work. You have to change your lifestyle. So, you have to **prioritize your health**. But if you do it, I can guarantee you that you will be the healthiest you have ever been, and your life will be completely different.

If you want to lose weight, I’ve lost 35 kilos, and I have not dieted one day.

**Fitts:** No, you just eat more oysters.

**Bawden-Smith:** I eat more seafood, get my DHA levels up, and do all the things that we’ve discussed. It just drops off, and you don’t have to worry about it.

**Fitts:** I do want to mention that there is one opportunity for Solari Report subscribers to meet you. You are one of the speakers at our Hang at Lake Constance in August 2020. If everybody goes to The Solari Report website, on the home page there is a little section on the **Lake Constance Opera Hang**.

You are going to be speaking about biophysics and staying healthy in a wireless world. We are looking forward to that because the first big Hang event we ever did was because you made me do it. We had two great groups of people go to Uluru – some of whom are going to Lake Constance. It’s a fabulous group.

We are going to be there, and it is going to be a real conversation of ‘How do we jump the curb on all of these things? Of all our intelligence and the intelligent universe, how do we keep that human paradigm going in the face of all these different onslaughts?’

It is going to be a great opportunity to deep-dive all these topics.

**Bawden-Smith:** And I will have the time to share some other knowledge that I have on this topic that I just can’t cover in a one-hour or two-hour podcast. So, you will have a week – or at least several days – to discuss things with others and me. It will be wonderful, and I can’t wait.

**Fitts:** Great! Everyone who is coming is very intensely focused on this. How do they stay healthy and intelligent and human in this environment?

It's a very, very powerful group. I said, "All the fighters are coming!"

When we were at Chartres, one of the young subscribers said, "Oh, I get it. Only Gideons are invited."

Jason, I can't thank you enough for joining us. This has been very, very helpful. I will get the links from you, and we will get this up.

I am joining you on the podcast soon, and I look forward to talking to you.

**Bawden-Smith:** Thank you.

**Fitts:** 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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