

Actionable intelligence to live a Free & Inspired Life



# The Solari Report

September 10, 2020

## The Contagion Myth with Sally Fallon Morell



**Summary:** This week on The Solari Report, Sally Fallon Morell joins me to discuss her new book co-authored with Dr. Tom Cowan, *The Contagion Myth: Why Viruses (including “Coronavirus”) Are Not the Cause of Disease*. You will find both Sally and Tom honored as **Solari Pandemic Heroes** in the *2nd Quarter 2020 Wrap Up*.

Sally is founding president of the Weston A. Price Foundation and editor of the Foundation’s quarterly journal, *Wise Traditions*. I have been one of the Foundation’s fifteen thousand members for many years. The Foundation has almost six hundred local chapters worldwide that offer an excellent opportunity to find neighbors who are growing local food or encouraging local food systems. Sally also founded A Campaign for Real Milk. Sally is well-known as the author of the best-selling cookbook, *Nourishing Traditions®: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*.

Before *The Contagion Myth*, her most recent books were *Nourishing Diets: How Paleo, Ancestral and Traditional Peoples Really Ate* and *Nourishing Fats: Why We Need Animal Fats for Health and Happiness*. Sally is president and owner of NewTrends Publishing, serving as editor and publisher of many fine books on diet and health, including other books in the Nourishing Traditions® series. Her other books include *The Nourishing Traditions Book of Baby & Child Care* (with Dr. Cowan), *The Nourishing Traditions Cookbook for Children* (with Suzanne Gross), *Nourishing Broth* (with Kaayla Daniel), and *Eat Fat Lose Fat* (with Dr. Mary Enig).

This year, we have recommended numerous books that together build an understanding of global health issues, covering the impact of “virus mania,” vaccines, heavy metal toxicity, EMF radiation, and the risks of misleading information regarding health and science. *The Contagion Myth* does a remarkable job of integrating many of these health issues into one beautifully written overview that not only delves into what is causing our health to deteriorate—and why viruses are not the problem—but also informs how we do something about it. It is infused with the powerful healing energy of two people who have dedicated their lives to helping people live free and inspired lives.

In this interview, we cover the topic areas in *The Contagion Myth: Exposing the Germ Theory, What Causes Disease?* and the Choices

Before Us.

**Bio:** Sally's lifelong interest in the subject of nutrition began in the early 1970s when she read *Nutrition and Physical Degeneration* by Weston A. Price. Called the "Charles Darwin of Nutrition," Price traveled the world over studying healthy primitive populations and their diets. The unforgettable photographs contained in his book document the beautiful facial structure and superb physiques of isolated groups consuming only whole, natural foods. Price noted that all of these diets contained a source of good quality animal fat, which provided numerous factors necessary for the full expression of our genetic potential and optimum health. Sally applied the principles of Dr. Price's research to the feeding of her own children, and proved for herself that a diet rich in animal fats, and containing the protective factors in old-fashioned foodstuffs like cod liver oil, liver, raw milk, butter and eggs, make for sturdy cheerful children with a high immunity to illness.

When the youngest of her four children became old enough to attend school full time, Sally applied her writing skills and training in French and Mediterranean cooking to the subject of nutrition and began work on a comprehensive cookbook that would combine accurate information on nutrition with delicious, practical recipes. She teamed with Mary Enig, PhD, an expert of world renown in the subject of lipids and human nutrition. With over six hundred thousand copies in print, *Nourishing Traditions*® has stimulated the public health and medical communities to take a new look at the importance of traditional foods and preparation techniques, and to reexamine the many myths about saturated fats and cholesterol. The book places special emphasis on the feeding of babies and children to ensure optimal development during their crucial growing years.

The culinary ideas introduced in *Nourishing Traditions*® have stimulated the growth of a variety of small businesses providing traditional nutrient-dense foods including lacto-fermented condiments, kombucha and other lacto-fermented soft drinks, bone broth and

genuine sourdough bread. Raw milk production is flourishing as are direct farm-to-consumer buying arrangements.

Sally is frequent contributors to holistic health publications. Her work is widely respected for providing accurate and understandable explanations of complicated subjects in the field of nutrition and health. Several articles on the dangers of modern soy products have generated intense controversy in the health food industry. Her presentations on *Nourishing Traditions Diets* and *The Oiling of America* have earned highly complementary reviews throughout the US and overseas.

In 2009, Sally and her husband Geoffrey Morell embarked on a new venture: they purchased a farm in Southern Maryland. [P. A. Bowen Farmstead](#) is a mixed-species, pasture-based farm that produces award-winning artisan raw cheese, whey-fed woodlands pork, pastured poultry and pastured eggs. The farm does not use corn, soy, GMOs, pesticides, herbicides, hormones or antibiotics.

Sally received a Bachelor's Degree in English with honors from Stanford University, and a Master's Degree in English with high honors from UCLA. She speaks French and Spanish. Her interests include music, gardening, metaphysics . . . and of course cooking. She lives in Brandywine, MD with her husband Geoffrey Morell. She has three beautiful grandchildren, all brought up according to *Nourishing Traditions*® principle

## The Contagion Myth

**Catherine Austin Fitts:** Ladies and gentlemen, welcome to *The Solari Report*. It is a privilege to bring back somebody who has been on *The Solari Report* several times. Her co-author, Tom Cowan, was on in June to talk about Germ Theory.

It is Sally Fallon Morell who runs and is the president and founder of the Weston Price Foundation, a group that many of you, I know, are members of. If

you're not a member, you need to become one.

She is also editor of the Foundation's quarterly magazine. Weston Price has incredible reach. If you go to Sally's website, they will say they have changed the conversation about what constitutes a healthy diet, and that is an understatement.

She also founded a campaign for raw milk, and it's amazing how many more raw milk sources there are since she started in 1998. I don't know if you know this but I first heard her on a speech, which was sensational, that she gave about raw milk and the economics of farming. I said, "Who is this woman?"

**Sally Fallon Morell:** I referenced you in that talk.

**Fitts:** I didn't remember that, but I live next to a dairy farm that should be operating, and it was put out of business by politics and regulation, not economics. You described it beautifully.

Sally is also the president and owner of New Trends Publishing, which publishes many, many wonderful books including her very famous *Nourishing Traditions*.

Sally, you may not know this, but I am in the Netherlands right now. I got so tired of not having my *Nourishing Traditions* that I bought a European copy. So *Solari Europe* now owns *Nourishing Traditions* and your book on broth. I can't be without the broth.

**Morell:** "Broth is the new juice," as we say.

**Fitts:** Luckily, we have some great raw milk sources near where I am. So, we are doing well.

So, check out Sally's books. Her latest one, which I haven't had a chance to read yet, is *Nourishing Fats: Why We Need Animal Fats for Health and Happiness*. Of course, Sally was the one who tried to explain to us that low-carb diets don't work.

Sally has co-authored a new book called *The Contagion Myth* with Dr. Thomas Cowan, who was on in June to talk about the Germ Theory. This book is absolutely marvelous. I'll tell you more about it after we begin.

Sally Fallon Morell, thank you for everything that you are doing, and welcome to *The Solari Report*.

**Morell:** I feel very privileged to be on your show.

**Fitts:** Every time I see what you've accomplished over the last year since I checked in, I think, "How does she do it?"

**Morell:** Talk about rapid – I think we got the idea for this book around April. The back story is that Tom did this 10-minute video that went viral online about the coronavirus and how it's not a virus, and they never isolated this virus. Then I had written a blog called 'Is Coronavirus Contagious?' and that went viral.

He emailed me and said, "I think we will have to do a book on this."

I emailed back and said, "I'm interested," and that was it.

I think we were very fortunate to get our publisher, Skyhorse. They did a wonderful job editing, and their 'claim to fame' is being able to get books out quickly. With any other publisher, we would have had to wait six months, and this subject was timely.

Everything that we are doing about this so-called virus is wrong, and ultimately, it is not going to work.

**Fitts:** We are going to get to that – what could work.

So, there are three sections in the book. I have to give a little pitch for *The Contagion Myth* before we start. When I talk to people about COVID-19, and in fact our recent *Wrap Up*, which we will send to the printer this month, was 'The Best of the Pandemic'.

One of the sections is 'Pandemic Heroes', which both you and Tom Cowan are

listed. We felt a need to aggregate all the sources. There is a list of all the *Solari Reports* that we have done, as well as the book reviews, and I find myself telling people, “Just listen to these ten *Solari Reports* and read these ten books, and you will have it.”

The beauty of *The Contagion Myth* is that now I can say, “Don’t read the ten books; just read *The Contagion Myth*” because it is phenomenally integrating in a very wonderful way. In other words, it’s not, “Here’s 5G and here are viruses,” and so on. Yes, you have different sections that cover these things, but it comes together and the readers feel as though you are talking with people about the biophysics of life. And that is what we need.

**Morell:** It gets down to that and how the body is constructed. Of course, we are making the argument that what this illness is – and we are not minimizing the illness or saying that it’s just a bad case of the flu; what we are saying is that it is a type of radiation poisoning largely due to the rollout of 5G, but overall, I think that the upgrading of 4G and just the amount of electromagnetic frequencies that we are living in today; it’s electro-smog and electro-pollution.

**Fitts:** If you look at the reports, we have subscribers all over the Northern Hemisphere and many of them are constantly reporting things about what is causing people to be sick. There are unprecedented levels of sickness.

In the last two months, almost every single subscriber is reporting unprecedented levels of cancer.

I refer to this as ‘The Great Poisoning’, and you cover this in your book as well, which we will get to. Basically, you are combining significant amounts of toxicity from a variety of different sources. It’s not one thing; you are combining it now with this electro-smog, and the combination is very devastating.

**Morell:** In fact, I mentioned this a couple of times in the book. You have these millimeter waves – basically microwaves – that are in the 5G (and they are also in airport scanners by the way) and they are more toxic when there is a lot of particulate matter in the air, and how they bounce off these particles.

In other words, when there is a great deal of smog and air pollution, the 5G is

more toxic.

**Fitts:** I have subscribers who are constantly equating the levels of disease with the spraying that is going on overhead.

**Morell:** The one thing that we really didn't touch on was the chemtrails. I didn't want this to be dismissed as complete 'nuts'.

**Fitts:** Yes, but you have plenty on the different kinds of chemical toxicities.

**Morell:** The ones that we zeroed in on were the glyphosate, which is being sprayed on the crops. We are poisoning our world with this glyphosate, which isn't acutely toxic. You don't drop dead if you are exposed to glyphosate, but what glyphosate does is substitutes the glyphosate for glycine in your body, and glycine is an extremely important amino acid – particularly for lung function.

This illness definitely impacts the lungs first and foremost. I think I quoted one pathologist who said, "These people who we know that have died of this disease, not people who died but tested positive, you can't even recognize their lungs. Their lungs have been so degenerated. They don't even look like lungs anymore."

That is serious. Viruses don't do that kind of thing, even if there were such things as viruses.

**Fitts:** I think that one of the things that was hard for me, and it took a plenty of reading and research to grapple with, is how the germ theory could have gone on for so long. I have to compliment you because you are much more polite about it.

You call it a mistake; I call it a money-maker. If you look at how often this has been used to protect the insurance companies from liability or make money in a variety of ways, it's a complicated story.

**Morell:** The germ theory was promulgated by Louis Pasteur and his German counterpart, Robert Koch, and there was a tremendous amount of opposition to it in their day. Most scientists didn't know what was causing disease, but

many of them talked about poor diet or poisons or what they called a ‘marsh gas’, which is swamp gas. But Pasteur said, “No, it’s one microbe per disease,” and the microbe causes the disease.

We know from his private notes that he cheated. He could get these bacteria, and when he exposed an animal to the bacteria, the animal didn’t get sick. So, that disproved his disease. But he created, what he called, virulent bacteria, which he did by adding an abundance of poison. Then when he gave that to the animals, often by drilling a hole in their skull and putting it into their brains, that made them sick. That was how he proved the ‘germ theory’.

The germ theory went right into the vaccinations; they are tied together. A good example is anthrax, which he never actually could find a real bacteria for anthrax, but he kept saying there was one, and then he had a vaccine. He made a large amount of money on the vaccine, but it never worked. It actually killed many sheep.

But the germ theory and vaccinations are ‘joined at the hip’, and the only way that we will get rid of this practice of vaccinating is to show that it is not based on sound science.

**Fitts:** It’s interesting. This week, I read all of Forest Mearns’s books. I don’t know if you’ve read them, but it really helped me understand because in his book on polio, he goes through how all the liability on the DDT was basically sheltered by playing this game with the virus and the vaccine.

**Morell:** Exactly. The bacteria or the virus is the ‘fall guy’ for whatever is ailing people, and the doorway to making a large amount of money on an antiviral or a vaccine or an antibiotic, etc.

When we have a disease, it is usually a sign that we either need to feed people better or clean something up. Of course, modern medicine takes credit for the fact that we’ve cleaned up our water supply. We have definitely cleaned up our cities; we don’t have horses in our cities anymore. We can say many bad things about our cities, and there are still plenty types of air pollution there, but they are much cleaner than they used to be.

**Fitts:** Absolutely.

Your first section was on Germ Theory, and my favorite chapter was 'Resonance'.

**Morell:** Wasn't that a beautiful chapter?

**Fitts:** It's a beautiful chapter, and if you want to understand the world or be healthy, this is something that you must understand. Both you and Tom are so sensible and grounded that you can communicate this. So maybe you could just say a few words about resonance and why you added that chapter.

**Morell:** Actually, Tom wrote this chapter, but it's about an experiment that was done by a conventional virologist who would not agree with us that there is no such thing as a virus. He did this fascinating study where he had two beakers of water far apart from each other. In one beaker he put only some amino acids and some genetic material, in the other beaker he put fully-formed DNA.

There was no connection except for the surrounding air between these two beakers, and over time, the genetic material configured itself into the exact replica of the fully configured DNA in the other beaker. That is what he calls resonance.

It is a very good explanation for how things change, how we adjust, how our bodies learn to cope with toxins.

The perfect example is the electricity. We talk a great deal about 1918 and the Spanish Flu being caused by worldwide radio being rolled out. People were really sick. They tried to prove that it was contagious, but they never could.

Most of us have no problem with radio today, right? There are very few people who can't be where we have normal radio waves. So, it was a big shock to our bodies all over the world, but we have adjusted to radio. We've done this by this concept of resonance.

Can we adjust to 5G? That is the big question, and we don't know.

**Fitts:** You hear these dire predictions, but throughout history, we have found a way of adjusting at great expense. Not everybody makes it.

**Morell:** Not everybody makes it, and I am doubtful that we could actually adjust to 5G. It's just too invasive and too toxic for us. But there are many things that you can do, and we do talk about this – how you can minimize your exposure, especially when you are asleep at night. I do think that we will see the abandonment of our cities because people won't be able to survive in them due to the 5G that has been put in the downtown areas.

**Fitts:** Certainly people are rushing out right now.

**Morell:** They are. Rural real estate is just booming. There are plenty of empty properties in New York City.

**Fitts:** The greatest stress that I hear about in our networks are real estate brokers in the rural areas who are working 14- and 16-hour days.

**Morell:** Yes, but they are making money.

**Fitts:** They are not complaining, but they are saying that you wouldn't believe the rural sales right now.

I used to work in restaurants, both as a maître de and waitress and bartender. When people are really hungry and they have to wait, they get very intense. You get this sense when you talk to these brokers that are dealing with people who feel that they are running for their lives.

**Morell:** I think so. I don't know how widespread this idea is that this is actually being caused by 5G and EMF in general, but I think that already there is somewhat of a murmuring about this.

**Fitts:** The thing that I loved about Part I on Germ Theory was, instead of having to now tell people to read ten books, I can have them only read *The Contagion Myth*.

In Part II, What Causes Disease, you go into the real causes of disease. This

section is four chapters, and it is absolutely wonderful because it re-grounds everybody in: What is the basis of life and health? It immediately leads you into how you are going to be healthy under any circumstances, including, what Jon Rappoport calls, 'dead epidemic'.

Let's just start in with water. You have water, food, toxins, mind, body, and the role of fear. You have quite a bit in the book on water, and, of course, Tom just wrote a book on water, which is outstanding.

**Morell:** He always gives us examples. Our bodies are 70-80% water, but if you cut yourself, water doesn't come out of your body. That's because the water in your body is structured; it's more like a gel. It's what we call the fourth state of water. It structures itself against the various membranes such as the cell membranes in your body – often only four, five, six, seven, or eight atoms deep. Those atoms form a kind of crystal that acts as an electric wire.

When I think of the cell, I think of this network of wires in your cell, and that is all of the little streams of water structured against the various membranes in the cell, including the mitochondrial membranes.

So how do we insulate these wires against all of this EMF coming in, and how do we keep it from disrupting what needs to go on in our cells?

I zero in on the saturated fats because it's the saturated fats that help us have these really strong, robust cell membranes. It's somewhat like having insulation on your wires. There is actually another woman who is saying that the root cause of this is the industrially-processed seed oils and vegetable oils which play havoc with our cell membranes. They make the cell membranes floppy and leaky and they cannot hold a good charge. Your wiring gets frayed, so to speak, in your cells.

So, once you understand how the water works in your cells and how the fats you eat affect that, there is your first step for protection against all of this. That is a diet that is based on saturated fats.

**Fitts:** I should also mention that you have an excellent appendix with some tips on water. I should mention that, too, because that was really a treat. I've

underlined all of that and pulled it out.

**Morell:** You want highly oxygenated water. That's going to be a big challenge to get that to everybody in the world.

One thing that I would like to go back and say is what we discovered when doing the research on this book was talking to Jerry Pollack, who is the 'water man'. He is the one who wrote *The Fourth Phase of Water*. He said that they have been doing studies. They set up a tank of water and can see how the water structures itself against the hydrophilic surface and it creates, what they call, an exclusion zone that is highly negatively charged like a wire. When they introduce or subject it to a Wi-Fi router, the zone of structured water shrinks by about 15%.

So, we know that this kind of radiation definitely affects the structure of the water in your cells. There is no question.

**Fitts:** Let's turn to food: The first thing that I would like to ask is: If somebody isn't familiar with Weston Price Foundation and would like to understand, you have revolutionized our thinking about food. You have certainly changed my diet and you have changed the diet of almost everybody I know who has discovered the Weston Price Foundation.

So, if I was going to go to one place to learn the overview of the Weston Price view of food and your teaching, where would I go, and how would I get that?

**Morell:** I think that the best place to start is our little informational brochure. It's about 24 pages long and is published by the Weston A. Price Foundation. We are getting close to one million of these. When you become a member, you get one free, and also if you just call and say, "Send me an info pack," we will send you one.

We have tried to summarize all the principles discovered by Dr. Price, and also formulated by ourselves. Lo and behold, we can show that many of these principles will leave you more protected against EMF, and one of those, of course, is the saturated fats – the traditional fats and oils. That would be butter, lard, tallow, coconut oil, etc. All the fats that we were told not to eat are the very

ones that we need to have good, robust electrical integrity in our cells.

Secondly is the broth; you know about the broth. The broth has a large amount of glycine in it, which is a very good protection against glyphosate. The glycine is also important for having all of these structures in the cells.

**Fitts:** I have to put in a plug for *Nourishing Traditions* and then the *Nourishing Traditions on Broth* because those are great cookbooks. It's by reading the recipes and seeing how you take it down to a day-to-day diet that you really understand how it all works.

**Morell:** Another big subject for us is salt. It should be unrefined salt, but you can have as much salt as you want. Everybody's requirements for salt do vary, and your taste buds will tell you how much salt you need. You don't need to deprive yourself of salt.

Salt is critical for maintaining a different electric potential inside and outside of the cell. So, we have people on low-salt diets and low-fat diets or eating quantities of polyunsaturated fats, and they are not getting the real bone broth that we recommend. They are going to be much more vulnerable.

**Fitts:** Another thing that you mentioned is niacin. Maybe you could say a few words about that.

**Morell:** Tom understands this better than I do, but the niacin is very much affected by electromagnetic radiation – the cellular forms of niacin. So, you need those B vitamins also in your diet. You get those from properly prepared grains, organ meats, and fermented foods.

**Fitts:** The next chapter is on toxins, and I don't think that we need to spend any time here because if you listen to *The Solari Report*, you hear something telling you to detox every week.

**Morell:** It's one thing to detox, but it's another not to get the toxins in the first place.

**Fitts:** Absolutely.

**Morell:** Eat organic so you're not getting the glyphosate. The number one source of glyphosate in our diet is wheat, which is a desiccant.

It's a question of being reasonable and not eating an abundance of junk that has profusions of toxins in it, and doing your best to avoid exposure to toxins.

**Fitts:** One of the fascinating things that you had, which I don't think I'd read before, was the work on biofuels.

**Morell:** Oh, yes! That was fascinating! That's the work done by Stephanie Seneff.

**Fitts:** She always comes up with the most amazing things.

**Morell:** I know. These biofuels are, of course, made with the cheapest grains and are loaded with glyphosate (Roundup), and she shows they are particularly harmful to the lungs, especially when combined with the actual fuel.

She does a wonderful job correlating the outbreaks of disease with the use of biofuels. Large cities that have 5G but are not using biofuels may be protected – and I think she talks about Taiwan as an example.

**Fitts:** That was amazing because I've always wondered what Taiwan did that has protected them.

The last chapter in *What Causes Disease is Mind, Body, and the Role of Fear*. I thought that was fantastic, particularly when you connect it with what you wrote about Resonance.

**Morell:** What is contagious? Our emotions are contagious. Our emotions affect our DNA, and through this concept of resonance, it can be contagious to other people. So, we see now this great build-up of fear that this terrible virus is going nowhere.

What they are doing right now is saying that asymptomatic children are extremely dangerous. It has turned children into the culprits – innocent children. So you can't hug your neighbor, you can't get close, and you have to

wear a mask.

We've basically made everyone the enemy and focused on fear.

**Fitts:** One of the things that I was wondering as I read your discussion of cell phone pollution was: Does social distancing have anything on the rollout of 5G to keep everybody's smartphone away from each other?

**Morell:** We talk about how many people being together can cause an outbreak of disease that will seem like contagion because they are all using their cell phones. We give the example of the choir practice where everyone has a cell phone in their pocket or in their purse under their chair. They are all very close together, which is rather an unusual circumstance for cell phones. Nobody has their cell phones on airplane mode, and there is a cell tower in the steeple of the church. This is a recipe for the vulnerable – the electromagnetically-sensitive people – to get sick, and it is called 'contagion'.

Two other places that I am really concerned about are schools and sports. While we've had this lockdown, they have been installing 5G inside high schools and inside universities, and the 'experts' are absolutely right to predict another wave of disease when school starts if the students are actually in school being exposed to this. And, finally, sports stadiums. They are rolling out 5G in the football stadiums. You have 50,000 people packed together, all with their cell phones, and you are bombarding them with 5G. I hope they will have many ambulances right outside because people are going to have heart attacks and be unable to breathe. It's just a nightmare.

**Fitts:** One of my favorite series on the COVID-19 has been JB Handley's *Lockdown Lunacy*. He did *Lockdown Lunacy*, then he did *Lockdown Lunacy 2.0*, and he just published *Lockdown Lunacy 3.0*. One of the things that he points out in *3.0* is describing a poll where the Americans that were polled said, when asked to estimate what percentage of the population had died from COVID-19, 9%, which is 30 million people.

Then he describes the fear in the millennials, which apparently is the generation who is most afraid of COVID-19. He described two polls, and you realize that the fear is really contagious and so disproportionate to the facts.

**Morell:** And it's contagious because we know that emotions affect our DNA. They affect the structure of the DNA, and then that DNA communicates with the other DNA in the body and in other people with this concept of resonance. So, fear can be quite contagious.

**Fitts:** Not for discussion here, but one of my favorite *Solari Reports* is an interview I did with Adam Trombly on entrainment technology and subliminal programming, which I think digital systems can be used. I ran into it as an investment advisor because our clients were literally being manipulated.

Sometimes people use this technology to sell investments, so I had Adam on *Solari*. Occasionally, I watch some of the Antifa people or BLM and I think, "Uh-oh."

There is a perfectly dreadful movie called the *Kingsman*, which I'm sure you've never seen. It has a church scene where everybody has their cell phone, and they turn on the entrainment subliminal programming, and off they go.

**Morell:** Anything is possible. I find it tragic how this outbreak (what they call 'disease') is actually being used against people of color and African-Americans. They are going to get the vaccine first because they are 'vulnerable'. They are the ones who have been most negatively impacted by the lockdown. They are the ones who have lost their jobs and have the least financial support.

I just hope that these communities can wake up to what is actually going on.

**Fitts:** It's interesting. I used to belong to a Christian church, and I studied there at a bible institute in Washington. It was a wonderful church, and they were exceptionally knowledgeable about all these things – about the risks from toxicity from vaccines or different things. But it's only a certain portion of the Christian community that has that technology; it's not everybody.

For ten years, I was an investment advisor helping individuals and families. One of the reasons I like Part II: What Causes Disease is that I would get so impossibly frustrated. If you looked at a family with two parents and three children and then grandparents, and you said, "How are we going to build

family wealth over the next 50 years?”), you suddenly realized that it was much more important what food you ate and how you avoided these toxins or stayed out of fear than what stocks you had in your portfolio.

**Morell:** I couldn't agree with you more. Part of it is just longevity. You don't have much wealth when you're young unless you've inherited it. But you build wealth as you live – especially if you've been healthy and you haven't had many medical expenses.

Over time, that is how you build wealth.

**Fitts:** I became very frustrated trying to help people rethink their strategy for preserving or building wealth and looking at it in terms of integrated risk.

I keep coming back to this word 'integrative' because that's what I love about *The Contagion Myth*. It is very integrating. If you read this Part II: What Causes Disease and you start to rethink your family strategy, you have a much better chance of avoiding the risks because healthcare problems are what are devastating family wealth in America.

**Morell:** Yes, it absolutely is, starting with the children.

I think that it is extremely important for families to make the sleeping areas safe. There shouldn't be any computers, cell phones, or anything else in the sleeping areas. There shouldn't be any electric alarm clocks by your bed. If possible, have a switch where you can actually turn off the electricity going through the wires in the bedroom when you sleep. It's not hard. There is a company that has these switches that are easy to install. Then you can get a meter and see how your sleeping area is. The meter should be on green for you and your children.

Even if you are in front of the computer all day and highly exposed, at least at night your body can recover and heal.

We should all have wired computers. Even if Wi-Fi is coming into your house, you can still put your computer on a wire. Then there are the settings on your computer. You need to turn off all the Wi-Fi and Bluetooth and all those things. Then you can have a computer that is perfectly safe – not emitting anything.

There are things that you can do. Just as we had to have 200 years of cleaning up our cities, we now have to have a clean-up campaign. We need to learn to clean up this electro-smog and electro-magnetic filth.

**Fitts:** What is so frightening to me is if you look at what has happened legally since the 1996 Telecommunications Act, we have taken the position as a matter of law and regulation that certain private industries are free to totally destroy and pollute our energetic space.

We have an energetic body. They can destroy it with us having no rights to protect the sovereignty of our electromagnetic health in space.

**Morell:** I think what is even worse is they have taken money that was earmarked for getting everything wired, getting fiber optics in every business and every house, and they have taken that money very illegally and used it to put in the 5G and the Wi-Fi. There needs to be consequences to this.

**Fitts:** It needs to be reversed. I tell everybody that if you sit down next to one of these executives at the dinner table, just tell them that you want nothing to do with them; get up and walk away. I'm a great believer in shunning.

**Morell:** I think that these people are trapped, and many of them just don't realize what they are doing. It's the same in the business of virology. I think that most of these people don't realize they are not proving what they say they are proving because of the way they do things. It's the same with telecommunications. They've all said, "Well, we can't afford to have wired technology; it's very expensive."

But if they were not taking the money for wired and putting it into wireless, that would not be affordable either.

**Fitts:** I won't bore you with the details, but there is \$21 trillion missing from US government accounts. I assure you that it is not that much more expensive to have healthy technology.

**Morell:** It's not. Just like everything else, we have sewers today. We make sure

that the water is at least clean from manure and sewage. I don't like the way we are handling other things with our water, but we recognize that it is absolutely essential to do that. We need to have that same recognition for the wireless.

**Fitts:** Part III is Choices Before Us where you talk about questioning COVID. Everyone on *The Solari Report* questions COVID.

I think my question that I wanted to ask you is: You do a good job of decimating the tests. Why in the world does anybody get tested?

**Morell:** These tests were designed to test genetic material; they were not designed to diagnose disease or to pinpoint the existence of viruses or bacteria.

You can set the way you run the test to get all positives or all negatives. It's an absolute disaster with these tests. Plus, the way that they are done is very invasive and painful and dangerous. They poke that swab way back, right through the membrane that separates your nasal passages from your brain. In fact, there was a baby who died recently. They started bleeding and never recovered from one of these tests.

Why can't they just take a swab of your nose? There is something very strange about the way they are doing these tests.

Then you are on a national database, and they have your DNA. They can use that to say, "Well, you have COVID, and you need to go into a nursing home," or, "You have to stay home and quarantine."

The tests are completely meaningless.

**Fitts:** I love how you mentioned the President of Tanzania.

**Morell:** He sent in some jackfruit and goat meat, and how did they test? Some tested positive and some tested negative.

Testing is the first thing that we really need to go after. That is the 'low-hanging fruit' because this test is not a proper test.

**Fitts:** It's not legitimate.

**Morell:** They need to be diagnosing on symptoms as to what kind of sickness people have.

**Fitts:** On *The Solari Report*, our issue is not that anybody is going to take the vaccine, but the question is how do we stop the mandates or all the sneaky things of, “You can’t transact unless you have a vaccine,” and, “You can’t travel unless you have the vaccine”?

I believe that there is not going to be only one. Moderna calls their vaccine ‘the software of life’. This is from their press release. So, I think they are going to play the same game that they played with computers, which is that you have to get a new one every quarter or every year.

**Morell:** Yes, they are actually saying that you will need a booster every year. These vaccines are a completely new type of vaccine; they are genetic material. The vaccines have three needles, two of which give a little electric charge so that your cell membranes are relaxed and opened up and the genetic material can go into your cells.

That doesn’t sound like a very good idea to me.

The hope is that enough people will say, “No.” It looks like half of the people say that they will say no. Then all of the companies that are saying, “You can’t travel,” or, “You can’t do this or do that unless you have a vaccine,” will realize that they will go out of business because there won’t be enough people to travel or use their business or whatever. But it has to be a very large portion of the population that says, “We are not doing this.”

**Fitts:** It was remarkable. I don’t know if you saw the video excerpts from the meeting in Switzerland in December. The global vaccine programs came together because they are getting so much pushback.

**Morell:** I know they have had many meetings regarding what to do about, what they call, ‘vaccine hesitancy’ or ‘vaccine refusal’.

**Fitts:** Dr. Heidi Larson from London is the anthropologist funded by the Gates Foundation who did a very detailed study of vaccine hesitancy. What she

discovered is that the practitioners in the different countries responding to the parents want scientific evidence that vaccines are safe and effective, and also that all of them together in one little body as a cocktail are safe and effective, and there is no science supporting any of those.

**Morell:** That's right, especially when they give two or three vaccinations – sometimes up to eight vaccinations – at a time to children and babies.

**Fitts:** You wonder if they remembered that they were being filmed because you realize that 30% of the practitioners are insisting on some science to prove that it is safe and effective, and you've been doing this all along and don't have any such science. What is your problem?

**Morell:** You have a huge problem. The only way you can do this is to have control over the media, control over the internet, and put out constant, constant propaganda. That, of course, is what you see every time you turn on the news (the fake news). They say, "We have to have the vaccine. We can go back to normal once we have the vaccine", and "We are rushing this vaccine so that everybody can be safe again."

**Fitts:** I think we are looking at information warfare. Recently *The New York Times* publish a big article about the tests not being reliable, and then the CDC revised their death statistics.

**Morell:** I saw that.

**Fitts:** I will give you a prediction: I think the reason that is so is if you look at our *Hero* page, it's you and Tom and so many different people – doctors and scientists and nutritionists and lawyers and government officials – from around the world, but they are all based in fact and science. They are all committed to human civilization one way or another.

**Morell:** Committed to the advancement of the human race.

**Fitts:** Right, and you cannot back them down because they have so much knowledge and experience, and they are finding each other.

There is this thing happening that is quite remarkable. People in different areas are finding others and connecting about the vaccines and the 5G and the food and water, and they are starting to put together something that is very, very positive and powerful. I think that the establishment is trying to regain the high ground. They have been outmatched in information warfare, and they are trying to grab it back.

**Morell:** I describe myself as the eternal optimist, and my office calls me ‘the abominable yes-monster’, but I am a little concerned. I just hope that we are not getting into a trap.

If everyone is saying, “Maybe this virus isn’t so bad, and the tests are wrong,” but then suddenly, they turn on the 5G and many people get sick, they will be saying, “See? We were right. This is a terrible virus.”

So, we really have to recognize that this is not about a virus and just kind-of ‘shuffle that off’. Otherwise, it will keep going on.

**Fitts:** I was in Basel for a workshop, and we brought Jon Rappoport in by Skype. He had pre-recorded a presentation that was wonderful, and one of the things that he said, which I loved, was, “It is not one thing. It is not one thing. Get this into your spirit: It is not one thing.”

My concern is that they turn on 5G, but 5G is going to be interacting with the vaccines, with the pesticides, and with all the different poisonings, and it is going to be complex, but they will make it simple and sell it as one little virus.

**Morell:** The virus is the ‘fall guy’, and it’s a covering for the real causes. It’s the same with anthrax. I recently wrote a blog on this. That was a cover for the fact that the animals were being poisoned by arsenic. The symptoms of anthrax and arsenic poisoning are identical.

It was a way of protecting the people who were making these toxic chemicals.

**Fitts:** There have been a series of, what Jon calls, ‘dud epidemics’ where there was clearly a political motive, and once the political goal is accomplished, they suddenly disappear, and the statistics change, and you get these crazy patterns.

I'm with you. I think that we have only begun a process where this is far from over.

**Morell:** It's a wake-up call, and I have often talked about, what I call, 'the natural selection of the wise'. The people who wake up and ask the questions and are skeptical and look into this and take the proper steps to protect themselves will survive. The people who believe everything that they are told are not likely to survive.

So, let's just hope that we can wake up as many people as possible. I'm not a Luddite; I love computers and cell phones are great, but there are good and bad ways to use them. We just need to be careful in how we use them.

**Fitts:** As we proceed to navigate the next year and the rollout of 5G, if you are listening or reading this and you're not a member of the Weston Price Foundation, you absolutely want to get on board. I have been a member from almost when you started.

**Morell:** That's wonderful!

**Fitts:** We now have Pete Kennedy doing our *Food Series*, and we are trying to do everything we can to support the Farm-to-Consumer Legal Defense Fund, which you had a big hand in getting started.

So we are all foodies; we love food. I always tell people when they say, "I can't find any smart, positive people in my area," I say, "Find the Weston Price chapter."

**Morell:** Yes, and you will find your soul mates there.

**Fitts:** Are you going to be helping your members navigate 5G? We need good information about what is working and what is not.

**Morell:** We already have had some articles on this. Our last journal was dedicated to this issue. But what I am really excited about is our upcoming conference. Yes, we are having a live conference. Masks are completely optional.

There will be plenty of hugs, and no social distancing. It will be November 13<sup>th</sup> through 15<sup>th</sup> in Atlanta, Georgia.

We have a star-studded cast, including Tom Cowan, also Del Bigtree, and Robert F. Kennedy, Jr. is giving the keynote address. Also, Andy Wakefield will be there plus several other speakers. We are focusing on the 5G and the electro-smog issues at this conference.

We have Beverly Rubik, for example, who has done a great deal of research on how 5G affects the blood cells. I can't stress enough how much this is the conference to come to if one wants to just be with people, and this will be our focus at the conference.

**Fitts:** I confess that I have never been to a Weston Price conference, but every year I have so many people – including subscribers – tell me that it was one of the best conferences they have ever been to, and that happens every year. So, for the people who go, it is always an amazing experience – not only what you learn, but the relationships and connections that you make with kindred spirits.

**Morell:** If, God forbid, they tell us that we have to wear masks, then we will cancel and everyone will get a full refund. But right now, the Governor of Georgia says that he is not going to enforce any mask mandates. The hotel says that no masks are necessary. You can wear one if you want to, but this will be a regular conference; it's real people and you can see their faces.

**Fitts:** Sally, you are in the 'Hero' category; you have been a *Solari Hero* several times.

**Morell:** Thank you! Our website is [www.WestonAPrice.org](http://www.WestonAPrice.org), and a link is there right to the conference.

**Fitts:** Become a member, sign up, get the journal, and sign up for the conference if you can go.

**Morell:** We are will start giving the book as a prize to people who donate a certain amount.

**Fitts:** That is fabulous!

**Morell:** My own blog, which I am continuing this subject with information that is not in the book that you can follow up on is [www.NourishingTraditions.com](http://www.NourishingTraditions.com).

**Fitts:** And the book will be available on what date?

**Morell:** Now they are saying September 27<sup>th</sup>. You can pre-order on Barnes & Noble and Amazon for either the hardcover or the Kindle. Pre-order is very good for our numbers. We want to make a 'splash' with this book. I hope that if your listeners or readers know anyone in the government or with influence, they should get a book to them.

**Fitts:** Absolutely. Sabotage the whole ridiculousness; give everybody *The Contagion Myth*.

**Morell:** I like that word! Let's 'sabotage' this whole 'plandemic', as it is called.

**Fitts:** I don't know if you are familiar with this, but I end every *Solari Report* with this, and I'll say it now: Don't worry about whether it is a conspiracy. If you're not in one, you need to start one.

Sally Fallon Morell, you are doing great work. If there is anything that we can do to support you on the conference or the book or anything else, please let us know.

**Morell:** Thank you. We will send you an announcement on the conference, and it would be great if you could send that out.

**Fitts:** Absolutely we will send it out. You have a wonderful day, and enjoy all of the good health that you send to so many millions of people.

**Morell:** Thank you so much. It's been a pleasure.

## **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.