

Subject: Winter Wellness with Dr. Laura Thompson - Dec. 19

Date: Wednesday, December 18, 2013 2:23:10 PM Central Standard Time

From: Communicate (sent by The Solari Update <communicate=solari.com@mail54.wdc03.rsgsv.net>)

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Solari Report Update



Winter Wellness with Dr. Laura Thompson - Dec. 19

"What good is the warmth of summer, without the cold of winter to give it sweetness?"

~ John Steinbeck

By Catherine Austin Fitts

I love this time of year. Yet, I am struck by how many of our subscribers lose time to the ills of winter.

From The Blog

December 19

Winter Wellness with Dr. Laura Thompson

December 26

How Your Mind Creates Your Future, A Jon Rappoport Report

January 2

Year End Wrap-Up

The holidays are more enjoyable without colds and flu. And the new year is so much more rejuvenating when we invest in “major maintenance” – fasts, detox programs or steps to build our immune systems. Whether you are closing your books, preparing your taxes or managing a volatile market, 1st quarter finances call for strong personal energy.

So I asked my nutritionist, Dr. Laura Thompson, founder of the [Southern California Institute of Nutrition](#), to join me for the Solari Report to talk about winter wellness.

What are the risks and opportunities you want to consider to stay well over the new few months, particularly given more severe and variable weather patterns? What strategies are cost effective? The implementation of federal health care laws has underscored the importance of doing what we can with natural methods.

We will draw on Laura’s previous interviews on the Solari Report:

- [Detox Programs](#),
- [Radiation Poisoning](#)
- [Swine Flu](#)

In *Money & Markets*, I will discuss current markets and financial headlines from around the world.

Because the winter blues are always a possibility during this time of year, for *Lets Go to the Movies*, I am going to point you to our list of [The 20 Funniest Movies](#), including Rosaline Russell’s classic *Auntie Mame*.

Post your questions for *Ask Catherine* [at the blog](#).

See you Thursday!

[What’s Next? Primary Trends in the Global Financial Market and the Impact on Bay Area Real Estate](#)

Subscribers have been asking for a recording of my speech to the Appraisal Institute in San Francisco this fall.

[White House Team Recommends Ending Bulk NSA Surveillance](#)

Looks like the shadow government will own and control BIG BROTHER directly through the telecoms without interference from an agency subject to FOIA laws and Congressionally approved budgets.

[Modified Limited Hangout Watch: Pentagon “Waste”](#)

In the world of modified limited hangouts, the Pentagon waste story is the equivalent of the Caddyshack Gopher.

[Thank You, Dave Andrews!](#)

Holiday Greetings from Solari

Dear Friends, Clients & Subscribers,

The 2013 holiday season is here. We want to acknowledge our many blessings and give thanks for the strength of your support and friendship.

Every year at this time, we celebrate by sharing our good fortune. Here they are — our choices for Christmas 2013 donations. We would like to acknowledge and thank these organizations for nurturing and supporting children, families and communities:

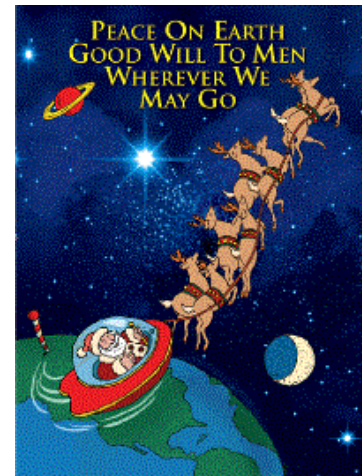
- [Michael Fields Agricultural Institute](#) of East Troy, Wisconsin for their efforts to help veterans learn farming. Thank you, Dave Andrews, Executive Director!
- [Creative Montessori Learning Center](#) of East Palo Alto, California for their efforts to provide high quality pre-school education for the children of working families. Thank you, Court Skinner, President of the Board! [Make a donation here.](#)
- [Open Source Ecology](#) of Maysville, Missouri for their Micro House workshops to teach people how to build their own homes. Thank you, Marcin Jakubowski, Director, and Chris Reinhardt, Homebuilder!

Wherever you are, wherever you may be, we wish you peace — peace in our hearts and minds, peace in our homes and families and peace on Earth.

Have a happy Holiday Season and a prosperous New Year.

— **Catherine Austin Fitts & The Solari Team**

[This year's Christmas card](#) featuring “We're Going to the Stars” was created by Ben Lizardi of Lizardi Communications, Inc. Ben was inspired by our Solari



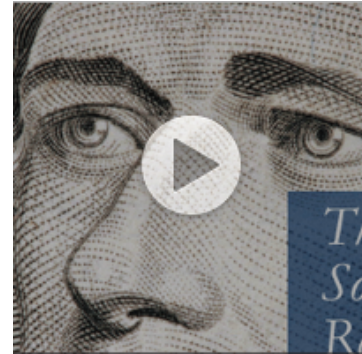
Report this year about the Breakaway Civilization with Dr. Joseph Farrell.

Just A Taste - Just Waiting

Get a "taste" of The Solari Report with this video excerpt from last week's report:

"Our theme tonight is, 'Waiting for the Financial Godot.' It's based on Samuel Beckett's play, 'Waiting for Godot' in which the two characters wait in vein throughout the play for someone named Godot. Life in the financial markets feels increasingly like Beckett's masterpiece where everyone is waiting for Godot. "

[Watch the video...](#)



Highlights from Last Week's Report

"So we're reading in the news every day that the U.S. is not an exporter of energy and is self-sufficient. Then, of course, the complementary articles are 'that's all ya-ya.' So bring us up on what has been happening in terms of U.S. domestic energy and whether or not we have become self-sufficient."

[See it here](#) or [Subscribe](#)



Coming Clean: Beyond the Fiscal Cliff

We are republishing each of the 22 challenges from Catherine's fiscal cliff article weekly. We hope this helps to digest them bit by bit!

Monetary Policy - 9th of 22 Challenges.

[Read more here!](#)



About The Solari Report

A live, weekly one-hour briefing with Catherine Austin Fitts and specialized experts, [The Solari Report](#) helps to navigate you through the shifting political and financial climates while building your wealth.



Here is what one listener says about Catherine Austin Fitts:

"Wow, Catherine! This chick is thinking way outside the box. Catherine Austin Fitts on the ramifications of the G7s latest clampdown on all that loose offshore money."

[Learn more and subscribe here.](#)

Nothing in this Solari Update 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.

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Our mailing address is:

Solari, Inc.
P.O. Box 880
Kalispell, MT 59903-0880

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