

BUILDING WEALTH IN CHANGING TIMES



The Solari Report

DECEMBER 19, 2013

A winter forest scene with snow-covered trees and a path. The trees are bare and covered in snow, with a path leading through the forest. The overall tone is cold and serene.

Winter Wellness
with Dr. Laura Thompson



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C. AUSTIN FITTS: Okay, well, I'm about to welcome to The Solari Report a woman who needs no introduction, Dr. Laura Thompson, who's the founder of the Southern California Institute of Nutrition. She's my nutritionist, of course, and she became my nutritionist because I heard so many stories of people being healed, who had given up and thought things were hopeless. Some of my favorite ones come from her husband, John Rappaport, who also needs no introduction on The Solari Report. So with winter upon us and severe weather happening, I thought it would be a great time for us to do a roundup on winter wellness and draw on some wonderful programs that she has in the archives of The Solari Report, which we can draw on today as well. I think this is a perfect time to have this conversation, and so welcoming in from the San Diego area, Dr. Laura Thompson. Laura, thank you so much for joining us today.

DR. L. THOMPSON: Hi. Yes, I'm happy to be here. I love talking with you, Catherine, and I love also talking with the Solari audience. They're a cut above.

C. AUSTIN FITTS: So we know one thing that you've taught us all, and that is that one of the grand solutions to all health issues is to have a strong immune system. So maybe if we could start off today with you describing what the immune system is.

DR. L. THOMPSON: Yes, sure. So, yes, it's kind of a nebulous term, isn't it? Basically, I call it your army, your internal army. But the reason that it's kind of hard to understand is because it's really a combination of things. It's a complex network of tissues and organs, which means cells and then the cells clump together to make tissues and then the tissues come together to make organs. So organs, cells, chemical messengers, and basically their focus is to protect us from daily bombardment of things,



which could be anything what we think of as germs (bacteria, viruses, parasites, fungus, yeast, mold, allergens). I mean anything that could create an inflammatory response. So those organs basically are the thymus gland (which is at the top of the chest, and that's basically the king of the immune system), then you have the spleen and you have the lymph system, which is a system of vessels – very, very tiny vessels, much smaller than the circulatory system. The lymph system carries lymph fluid, and lymph fluid is where a lot of your immune cells flow. Then you have the T-cells and the B-cells. The T-cells are made by the thymus gland, and they basically fight infection and cancer and that type of thing. Then the B-cells are made in the bone marrow, and they make antibodies, so they kind of deal with the memory of what has come into the body – allergens or viruses – and then we have something called the Peyer's patches, which I'll get into a little bit later, which are in the gut. So you can see the immune system is really strewn throughout the body, and then that doesn't even include the chemical messengers that go from the gut to the brain and other organs. So it's a pretty vast network when you think about it.

C. AUSTIN FITTS: Right, so what happens – how does winter challenge our immune system?

DR. L. THOMPSON: Well, it kind of depends on where you live, I guess, what the weather is like, but certainly the weather. I mean, actually anywhere, because it's all relative to where you are. I'm in California, and when winter comes here, people act like they're on the East Coast. I mean, Californians are kind of wimpy anyway, but – we're dealing with a shift in the weather, we're dealing with less sun. Typically it's colder, and then you're dealing with other stressors and certainly have holiday time, and I think all of these things play into it. Plus with winter people kind of go inside, even personally. They just kind of go within and so emotions shift and it's just really one of those things we have to roll with. We have to get our body able to adapt and roll with it, which it's totally capable of doing. You just have to – I guess you don't have to, but it's helpful if you know how.

C. AUSTIN FITTS: Right, and it's also the time of year when our body's need



for an occasional hibernation or cleansing comes to the fore, in my mind.

DR. L. THOMPSON: Yes, it's true. It's a time to shed and, yes, I think it's from an emotional standpoint as well as physical. So I look at, I call them, the big three and those are the three basic organ systems that we need strong in order to winterize our bodies, and that's the immune system. I include the lymph system in there, as I mentioned earlier, and then there's the digestive tract, which I'm going to refer to as the gut. So if I keep saying gut, pardon me, but I'm just so used to saying it that way that it's just force of habit. That is where the largest part of the immune system lies, in the gut.

“It's a time to shed and, yes, I think it's from an emotional standpoint as well as physical.”

C. AUSTIN FITTS: Right, I know, for years I've wanted to – well, last January I stopped eating bread and tried to live a completely gluten-free life, and I just feel like my gut is so much stronger and my immune system, as a result, is so much stronger. Now it just – because I got tired of listening to you and all those folks talking about what it was doing to my gut.

DR. L. THOMPSON: It finally worked.

C. AUSTIN FITTS: It worked. It finally worked. I finally got sufficiently scared to death to realize I have to do something.

DR. L. THOMPSON: Yes, it's so great that you did that. I know it's not easy and, I mean, I fall prey to the occasional piece of Italian bread when I'm out, but hardly ever. But this is the thing. Somebody said to me just the other day, one of my patients said to me, what is the big deal? Why is this whole thing about gluten being blown out of proportion and all my friends are blah, blah, blah? I said everybody's just going with the pack and I don't really care about this. I said, I think that you probably would have been right years ago if this was happening, but the gluten molecule has been so hybridized and so changed that our bodies don't recognize it. The point that I want to make, and this is actually pertinent to this discussion because we have a continual mucus



membrane in the body. We think of mucus membranes as maybe being in the nose or the throat, the ears, and eyes, of course that's true, and the mouth. But we have this continuous mucus membrane, which is basically like an organ that is just all through the body, and it lines the lungs, it lines the digestive tract or the gut, surrounds the joints. It's in the vaginal area. It is basically an organ. So the thing about gluten is it pierces the mucus membranes of the body. So it creates offense, which really, physically is in the form of tears or inflammation. Almost like if you were to look at it, you might see tears or red blotches or something like that, which you can't see because all the mucus membranes are hidden. But that's what gluten does. So when people have sinusitis or when they have asthma, or if they have Crohn's disease or other intestinal problems, or even arthritis and you take the gluten away, a lot of times you can incredibly reduce the inflammation and some of these problems will disappear.

C. AUSTIN FITTS: Right. I'll never forget reading and listening to Jeffrey Smith talk through the studies on GMOs. When you create these seeds which are Round-Up-proof, they literally have poison in them, and it goes into your stomach and your gut and it stays there. So you literally have sort of pesticide generating stuff in your gut, and I remember reading it and thinking no wonder people feel so horrible. Anyway, so I said that's it. I'm not eating any of that stuff anymore.

DR. L. THOMPSON: That was super smart. Super smart. I wanted to make a point because I didn't finish my big three list because I went off on a rampage. So just to reiterate, the big three winterizing organs are the immune and lymph system. That's number one. Number two is the gut, where the largest part of the immune system is, and in there is the Peyer's patches, which are this group of lymphocytes, lymph cells, that do a lot of defending and weeding things out. So they deal with toxins and they deal with infections because when you think of it, even if you have a sinus problem or a lung problem and you're swallowing all that stuff, it's actually becoming a gut infection, so it's like a secondary infection. So Peyer's patches handle all that. So anyway, it's the immune system, the gut, and then number three is the adrenals, which comes back to what we were talking about, weather and darkness and



light, because the adrenal glands are your adapters. They're your let's-roll-with-it organs. They're stress-modifying organs. When the adrenals are strong, a person is going to adapt to seasons more readily.

C. AUSTIN FITTS: Right.

DR. L. THOMPSON: Okay.

C. AUSTIN FITTS: So let's talk about what happens during winter that is a sign of a compromised immune system? What are the things that happen? What are the things that are bound to hit us during winter?

DR. L. THOMPSON: Okay, so the obvious is a cold and flu. I guess the standard would be two colds. I shouldn't laugh because it really shouldn't be a standard, but there are two colds per year. The Christmastime where the child brings it home from school and then the whole family and then everybody's down for Christmas. "Yes, I had a great Christmas except we all had flu." I hear this every year – I hate to admit it – from my patients too, but we'll talk later about how you can prevent all that. Then there's also, not even just for winter. But what I'm going to do is I'm going to list all the pictures that would indicate a compromised immune system.

Colds and flu, allergies, sinus problems, sinus infections, sinusitis, asthma, and gastrointestinal problems: they're rampant especially in holiday time because of how people eat. So that's basically what happens is when you're eating sugar and drinking alcohol and then you have the gravies and all the heavy foods taxing the digestive tract, it actually can lead to gut infections because there's a lot of fermentation and stagnancy that happens and it's like stagnant water. Well, what happens? It breeds mosquitos and whatever, and so that happens inside the body too. So infections occur in the gut, largely because of diet. I can't tell you how many people I know that get shingles or herpes, especially in the winter because they're more stressed, but we have really, really good ways of handling those.

Yeast infections, bladder infections, I think are from the alcohol and



sugar consumption. I'm not against alcohol or sugar. I like both of them, but I hardly do them because I've had my own days of all that, and it's just not good. Especially when you combine that with all the other food and the stress that people go through just sort of stressor upon stressor.

Skin problems are pretty common in the wintertime, whether it be eczema or psoriasis, fungal issues. The skin is also an immune organ. It's your actual first line of defense. It's the first thing that things from the outside hit. So those are certain ways that immune problems (skin irritations and infections) manifest on the skin.

Then you have auto-immune problems, which we won't talk about much today. I don't think they're necessarily indicative of winter problems, but they certainly are an indication. I really want to make the point because so many people are getting diagnosed with auto-immune problems nowadays, whether that be Hashimoto's thyroiditis, hypothyroid, lupus, MS, fibromyalgia, there's so many of the different neuralgias. There's so many different auto-immune problems now, I want to make the point that these medical systems, the reason they tell you they don't know what to do about it or all they can give you is prednisone is because they're not looking at what's causing the problem.

They don't know. They say we don't really know; you're just going to have to live with this. What's causing the problem is the immune system. That when you say auto-immune, it's the immune system attacking a certain part of the body, and different parts for each condition. So why does it just decide, wake up one morning and it says, okay, I think I'm going to attack the thyroid today and then it keeps doing that for seven years. No, the reason is because the immune system is being stimulated, being hyperstimulated by infections, allergens or toxins. Then of course, emotions come into play and other things too, but it's basically those three categories – infections, allergens and toxins. That's what one needs to look at when we're looking at what do we want to remove so the immune system can be strong?

C. AUSTIN FITTS: Right. So it's all about getting back to a healthy immune



system. If my immune system is healthy, Laura, what does it look and feel like? What does that world look and feel like, because to get there, we need a picture of what it looks like and to know it's possible.

DR. L. THOMPSON: I would say I sure know it's possible because I see it every day in my practice or every season where you go through the year without a cold or a flu or you go through two years or you go through seven years without getting sick. One of my ex-staff members said to me one year, and I think it was around Christmastime, we'd been bombarded with a lot of people who were sick, and she came in and she said, "I've been working with you for nine years now, and I think I've only had one cold the whole time." And she said, "I don't think you've ever been off one day, one sick day." That's one way you can look at a happy immune system, is a person doesn't get sick. Now, there are other people that say they don't get sick, but then I had a patient a couple weeks ago that said, I never get sick, I don't get colds or flus. We're coming to the end of the conversation and I'm saying, "Is there anything else you want to tell me?" She goes, "Oh, yes, I just want you to know that I had cancer two years ago." And I'm thinking, oh, my gosh, she thinks she's healthy. So basically high vitality, no sickness (I would say years without getting sick), really healthy digestive tract, no gas, no bloating, no infections, two bowel movements a day, stable, no allergies, just happy. And you know, being good to others. Not having to constantly defend yourself or be irritable because those are all signs of the emotional immune system being off.

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C. AUSTIN FITTS: Right.

DR. L. THOMPSON: Does that sound like a good picture?

C. AUSTIN FITTS: Yes, it does. And it sounds like a feasible picture, but in



my experience, it takes a real investment of time and money. I think this is particularly timely because I kind of feel with the new Affordable Health Care Act, that the whole country is now entering into a process I started into in 2000, which is saying, I can't access the traditional system. Or I can't depend on it or it's not there, and I have to get really radical about being healthy. I need to completely reorganize how I approach things, I've got to try and do much, much more for myself. So I've got to front-end load my investment in health. I can't look to the back end for help, which, of course, gets us to our eating habits. So maybe if we could talk about what are the eating habits that weaken the immune function? How do we change that?

DR. L. THOMPSON: Okay. So I had a patient yesterday who actually came to me because she had these bugs in her scalp. They're called springtail, and so I had to educate her about how, when you have an infection in your scalp, that means that you have an infection inside the body. So my point is that after about eight months of treating her, she did a retest on this biofeedback assessment that we do, and she was appalled when she got her retest because she didn't understand what a lot of the numbers and words meant. I said, hey, look, this is a really good retest. You've done some great work here. And she goes, "You mean I'm not done yet?" She got rid of the bugs and she had to shave her hair twice in the past year. Anyway, she got rid of all that, she's feeling better, and she said, "You mean I'm not done. Do I have to continue this?" I said, "Well, this is a choice. You can continue. You should. I think you should. You're in a much better place. You feel better, but this doesn't stop. You're taking care of yourself is the most important thing."

So we talked about food because she's been gluten-free and she said, "Now, can I start loosening up?" And I said, well again, you can do whatever you want to do, but the best way to eat is really to eliminate all the chemicals and anything that's processed. Anything on a shelf that can sit: that's dead. You can't create life with dead food. If you want to have an occasional glass of wine for a celebration, that's not a big deal, but two glasses of wine per night is probably not good. I know it seems to be almost a standard. When I ask my patients about how much alcohol they drink, 'well, just a glass or two of wine per night.' I don't



think that's good. I guess organic would be best, of course, but that's a lot of processing for the liver and then alcohol turns into sugar, so I said that's like eating two desserts a day.

The other issue is fats. We've so highly processed our fats in our society. I'm sure a lot of your listeners are not doing fast foods or anything like that, but oils are super important. The flax oil, the hemp oil, olive oil, evening primrose oil, coconut oil: these are all really good things to incorporate every day. I would say at least two servings a day, but you have to know that they're best unheated. The best one to heat would probably be the coconut oil because it has a higher flash point. So utilizing really good oils helps to eradicate what the bad oils do to the system because bad fats can suppress immune function. They can clog up the liver and the gall bladder and basically, that actually affects the brain too. I used to say to people, "Your brain is made up of 60 percent fat. Do you want a brain made of French fries or sunflower seed?"

Keeping the brain healthy is so important. I had this 76-year-old woman sitting in front of me yesterday, and she's so sharp. She comes back to me every year for what she calls her check-up because she doesn't go to normal doctors. I was looking at her thinking she's like a 25-year-old or so, and she has been taking care of herself. When you see older people – I know everybody talks about Uncle Charlie who smoked a cigar every day and always drank and still lived to be 93, and sure, some people can do that. I think you're going to see less of it. You can tell nowadays, and you can tell that by looking at the kids and how –

C. AUSTIN FITTS: Well, one of the things is the environmental toxins and pollution is just mind-boggling compared to what they were even 20 years ago. If you look at what you have to do to stay healthy in today's environment, it's a very different thing.

DR. L. THOMPSON: I know it is, and you used the right word, mind-boggling, because sometimes when I start looking at it all, I get so overwhelmed. It's like how are we going to protect from all this? We just have to be as pure as we can physically, and we have to keep good thoughts and keep a good head on our shoulders because that will help



us. Basically what we have to do is we have to be a good filter. We have to keep unclogging our big filter.

C. AUSTIN FITTS: Right. Well, to me, that's why there are two things that are going to build your immune system. Keep detoxing because without a strong immune system, given what's being the bombardment, you're not going to make it. So it's just unbelievably important. I should mention we did a show last January on detoxing, and that's, to me, one of the things you can do to help your immune system is just keep detoxing because the toxins are just going to keep coming in. There's no way to protect yourself from it. It comes in the oxygen, it comes in the water, and it comes everywhere.

DR. L. THOMPSON: It's true, and it seems to be getting worse and worse, so we just have to keep at it, sort of like in the exercise world. There's the anabolic and the catabolic. You have to build and then you tear down, and the tear down would be the detox, which is a good tearing down, then you rebuild. I'm a firm believer in seasonal detoxes, even if it's just a two- or three-day juice cleanse or something, but I do believe that, at least twice a year, not just January. Now, everybody thinks it's January, which is good. It's good. It's a great thing to do, but I think it needs to happen at least twice a year if not four times. And there are different detoxes for different people. Some people, especially if they're working super schedules, may not be able to do a full-on, you know, five-, six-, ten-day cleanse, but you can always pull something off, you know. If you've never done it before, you just got to dig in and start because it's not really that difficult. Once you get past the two days of attachment to food, I think that the emotional attachment to food is really one of the biggest stumbling blocks, don't you think, to –

C. AUSTIN FITTS: Yes, my church in Washington used to have a church-wide fast in January, and it was fantastic because you really helped each other get going and support each other and different groups did it in different ways. It depended on your approach, but it was very supportive, and we just said, "Okay, now we've got to clean our minds, we've got to clean our bodies," and it was a great thing to have.



DR. L. THOMPSON: Yes, wow. It definitely does help. This past October, I did a ten-day cleanse, and I usually do cleanses alone, as my husband really doesn't like to do those kind of things, but one of my staff did it with me, and it had been a while.

C. AUSTIN FITTS: Yes, it's very helpful.

DR. L. THOMPSON: Yes, such a great thing because it's a difficult thing to do. Well, anyway, I just wanted to mention what I think are the five eating habits that weaken the immune system, which we've talked about mostly already. Chemical and processed food, alcohol, bad fats, sugar, and in that I want to mention high-fructose corn syrup. That plays a role beyond just the fact that sugar destroys or interferes with the ability of the white blood cells, which is your immune system, to destroy bacteria. Aside from that, high-fructose corn syrup does that, plus it's so toxic to the liver and it really wreaks havoc with the pancreas and blood sugar, and of course, it's just really poor quality.

The fifth category, which we sort of touched on, is food allergens, which a lot of people think they don't have any, and maybe they don't. I think also a good word to use would be sensitivity, which wouldn't be a bona fide allergy, necessarily, but a sensitivity might be causing a problem that you wouldn't recognize because it's not manifesting in a way that you would think it was a food, and that could be even achy fingers or gas or bloating. Everyone who has IBS has food sensitivities. So the common food sensitivities or food allergies would be gluten, dairy, eggs, corn, peanuts, sugar, soy (soy's a big one), chocolate, and then sometimes citrus fruits and berries, depending upon the person, can be pretty inflammatory.

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I had a patient yesterday who came in after doing the Medifast program,



which is medically prescribed, basically bars, and she did it for four months, and she lost 28 pounds, and she was really happy, but she felt terrible and she was losing her hair. Her hairdresser actually sent her to me because she noticed that her hair was really, really thinning, and her nails were all bumpy and everything. Anyway, I'm bringing this up because of the soy. She said the thing that made her stop the program is that she had so much gas. She has had to walk out of the room because she was farting constantly, and come to find out, she then decided to look at the ingredient list and saw there's a lot of soy in these bars and all chemicals and everything. Anyway, the point is that sometimes we have normal reactions like gas, but we don't realize that it's probably more than it should be, and we should look at what we're eating because you can usually trace it back to something.

C. AUSTIN FITTS: Right.

DR. L. THOMPSON: On that note, as far as the food sensitivities and allergies, a leaky gut, which a lot of people, I'm sure, have heard of by now, which basically just means there's tears in the intestinal tract that have come from infections or irritations from allergens. That allows certain molecules of protein to slip into the bloodstream. This leaky gut can be healed. I see it all the time. We do this biofeedback test thing, and we see leaky gut with over 50 percent of the people I work with, but when you have a leaky gut, what that means is that certain things are in the bloodstream that shouldn't be there. The predigest food that's not been fully digested. And other things too – yeast and parasites and things can actually get into the system, which would be called a systemic infection, and that's one of the things that causes the immune system to flare up. So one of the ways to protect the immune system and strengthen it is to heal these tears in the gut, stop wrong foods from getting into the bloodstream, and therefore, reduce the immune response, allow the immune system to do what it's supposed to do, which is proper surveillance and creating little skirmishes to kill bacteria.

C. AUSTIN FITTS: To protect you.



DR. L. THOMPSON: Yes, and allow it to do its job and not give it all these false alarms.

C. AUSTIN FITTS: I just have to bring up one more. At any given time, I'm always working on breaking one bad habit, and that is dehydration. So I've been trying to drink eight to ten good glasses of water a day, and I finally made it. I'm really into good water habits, and what I find is, if I'm dehydrated, I can't think of anything that weakens my immune system faster than going through a period where I forget to drink water and I get really dehydrated, and then everything just stops working. So I would also make –

DR. L. THOMPSON: That's a great point. Because basically when you get dehydrated, what that means is that your cells are not working. They are sparked by the electrical current in the body, which is sparked by the minerals, the sodium, and potassium chloride and that's just some of the things that the water is giving you. It's basically like a great multimineral. As if so many people are dehydrated and don't realize it, and it's not only about how much water you're drinking. Of course, it's great that you're making that change because it's so important right now and such a basic need for balanced health, but it's also how the water is being absorbed and one of the things that I find in my practice, because we do certain types of testing, is that people could be drinking the right amount of water, which is basically half your body weight in ounces. So if you weigh 140 pounds, then 70 ounces would be your target. But even if they're drinking that much, if it's not actually getting absorbed at the cellular level, then the cells can be dehydrated, though you're drinking water. So there are certain homeopathics that one can use to open the cells and allow the cells to spin properly and uptake the water. I just wanted to throw that in there.

C. AUSTIN FITTS: Right. It makes a big difference, and I know what I find is the quality of the water has a big impact for me on whether it gets absorbed or not, so if you come to my house, I have my own well and I have a whole-house filter and all this other stuff, so –

DR. L. THOMPSON: What do you do when you go on the road?



C. AUSTIN FITTS: I pray a lot.

What I do is I have these sort of tanks that I fill up on my well water and I put it in the car, and my strategies for how I access food and water on the road very much relates to getting high-quality water. So I'll go to extraordinary lengths and carry, you know, huge supplies of water with me.

DR. L. THOMPSON: So, I know I've seen you and your car is full of ice –

C. AUSTIN FITTS: Something.

DR. L. THOMPSON: You have, like, everything. I don't even know how you see out of the rear window. I didn't realize that you were carrying water also.

C. AUSTIN FITTS: At some times, I can be carrying as much as, you know, 50-plus gallons of water.

DR. L. THOMPSON: Oh, Catherine. Well, that's actually spectacular, but that's a lot of work.

C. AUSTIN FITTS: Yes it is, but here's the interesting thing. Let's say I do a three-day drive up to Montana or out to California, if I pack all my food and water, and I eat from the car, I arrive happy, healthy, full of vitality. If I just eat and drink from the road, when I get there, I feel like I'm a dead person. I feel like the walking dead. We used to play a game where we would stop and try and find real food. I mean you literally have to live on oranges and bananas. It's the only real – and nuts. Some places you can't even get that, so now with Nutribullets and all these things, you can juice out of the car pretty easily. You know, I'll take my Nutribullet and juice in the motel room.

DR. L. THOMPSON: That's fantastic.

C. AUSTIN FITTS: Yes, but it makes the difference in terms of the quality of your energy and ability to perform. If you look at what I do, my mind



has to be coherent. I can't be in a fog. I just can't. If you go into the back of my car sometime, you'll laugh, but I find it works. So let's jump on to the immune depleters, is what you call them, because there are many, and we need to touch base on these.

DR. L. THOMPSON: Okay. Well, we talked about some of them already, the foods, and of course, you have the non-food immune depleters, which – well, probably the most common one would be stress. It's so common. I mean, everybody has stress, of course, but how you handle the stress. I mean, I always say to my patients, I can't take away the stress but can help you handle it better because when the body is strong and the adrenals are strong, et cetera, then you just have different reactions to things. So anyway, stress – emotional stress, work stress, trauma, you have vaccines, and of course, with the kids, these are tremendous immune depleters. I'm sure you've talked about this and you've had other guests who have talked about vaccines. But from the flu shot on down to the first day of birth with the bombardment of all the needles, we're trying to create artificial immunity when all we really need to do is keep going and strengthening the natural immunity. Then you mentioned the environmental toxins, which you're probably even more familiar with than I am. I know all your members who have become patients of mine are extremely educated about environmental toxins. I mean, I learn from them. It's incredible. So do you want to list some? I mean we have, of course, industrial pollution and automotive pollution and the metals that are in the environment now from all the pollution.

“We're trying to create artificial immunity when all we really need to do is keep going and strengthening the natural immunity.”

C. AUSTIN FITTS: The one thing I will say, because I've done heavy metal detox with you, and I was astonished. Now as I drive around America, what I realize is the vast majority of the people I see are struggling with heavy metal toxicity and they don't realize it. What amazed me going through that detox process, and I would say it's never over, and that's one of the reasons we did the detox show last year, but what I realize is a lot of people think that something is natural with age, and it's not; it's



heavy metal detox, and they can get rid of it. My process, I literally got 20 years younger in terms of mental capacity by doing it so. If you want a significant improvement in your mental energy and your sort of emotional happiness, just dump some heavy metals. Well, to me, it's one of the greatest opportunities in America, and most people really don't realize that we're all heavy metal toxic, as far as I'm concerned at this point. And –

DR. L. THOMPSON: Well, there's so many ways that they accumulate nowadays, and they don't always detoxify first. So if people do your normal cleanses, unless you're using things to actually chelate the metals out of the body, you're probably not getting to the deep layers of metal accumulation. And so this impacts everything from a fatty liver to asthma to memory, focus, and concentration. There's so many ways that metals can impact the health of the heart because metals are basically minerals, so they throw off the mineral balance. And them being toxic is one thing, but also throwing off the balance just with other minerals in the body. So, so many things can be impacted by metals. I do want to bring up radiation also because I'm not sure. Maybe you can tell me how people think things are going out on the East Coast as far as radiation, but on the West Coast, I mean, really there's a big buzz about the radiation –

C. AUSTIN FITTS: Are you seeing signs of radiation poisoning in your practice?

DR. L. THOMPSON: Well, this is what I'm seeing. I don't really know what that looks like so much as far as radiation poisoning, but this is what I'm seeing. I'm seeing the surfers being a lot sicker, because I'm in an ocean community. So when I'm working with surfers, I'm just seeing them – I mean, if you look at our health as being an accumulation of all the good things and all the bad things that are in our bodies, I'm seeing that the surfers are getting sicker more readily. They have more infections. They're having more skin problems. They're losing hair. I don't know if that's radiation poisoning, but I do know that with the biofeedback testing that we do, we can see certain levels, and in the past year and a half, I've seen the radiation levels on the West Coast in people go way up



after the Fukushima incident. So I know it's in the water, and I actually had one of my surfer patients say to me the other day that she's moving to Puerto Rico because she's looking at radiation and she's doing research on all the waters. She's so passionate about surfing that she's moving her business to cleaner water, but the other thing is that they're saying that there's a higher incidence of hypothyroidism among babies on the West Coast since the Fukushima incident. So, of course, if you look at the iodine, the iodides have an affinity for the thyroid. I mean, the body will uptake iodine, the thyroid will uptake it because it needs it to make thyroid hormones. So, if it's uptaking sort of a toxic form and there is higher incidents of hypothyroidism among infants, that's pretty scary. I was just wondering, is there a buzz in the East Coast about the radiation?

C. AUSTIN FITTS: I don't know. There's not too much talk of it here in Tennessee, but I spend about three to four months a year in California. When I'm in California, it's very much on people's minds, and of course, on The Solari Report, we've tried and tried and tried to figure out what the truth is on Fukushima, and it's always a struggle, but I think where I really hear the concern is out on the West Coast. Up into Vancouver and Canada, you hear it a lot.

I should mention we did, right after Fukushima, we did a Solari Report with Laura on radiation poisoning, and that's linked from this blog post, and I would encourage you to listen to that because I think it's very useful.

DR. L. THOMPSON: Generally speaking, even after dental x-rays or whatever type of radiation that you might have gotten, you can do a homeopathic detox, which is super inexpensive. Two or three homeopathic drops that really help to get into the cellular level to get radiation out of the body, taking Epsom salts baths, doing medi body packs, these kinds of things are really helpful too. All are part of keeping strong.

C. AUSTIN FITTS: Okay, so strategies for boosting our immune system.

DR. L. THOMPSON: Oh, okay. Yes. So the positive side of the conversation;



It's always good to end on that note. Well, of course there are more than ten strategies, but I'm listing ten, and I'm dividing Strategy Number 1 into two parts, and that really is creating your own natural medicine cabinet. I am a huge proponent of having everything at your fingertips that you could possibly need in case. I've actually created what I consider to be my ideal natural medicine cabinet. I've created it on paper, and now that I'm looking at it, I'm thinking, okay, I need to pick up a few more things for my home because I have a huge inventory, so all I do is go to the shelf and grab something. But it's really important to have the anti-infectives, the natural antibiotics, the natural anti-inflammatories, the topicals that can help with skin infections and eczema and psoriasis and injuries. It's really important to have all this stuff at your fingertips so that if you have a cold or flu or your child brings something home from school and you start dousing your child with certain homeopathics, the whole family doesn't have to get sick. You could stop something in its tracks. If you feel that scratch in your throat and you think, okay, here it comes, and you really, in a focused way for twelve hours really get a lot of things into your body that are going to help strengthen the immune system and kill that particular whatever it is – virus or bacteria, what a great savings that is. What a great way of improving your life and your whole family's life. I work with families and it's such a great thing. I get choked up when I think about the parents that I've worked with them for maybe eight months, a year, sixteen months, and just kind of educate them about how to create your natural medicine cabinet and be able to be your own doctor. I mean, I know we need doctors for certain things, and doctors can do miraculous things. I think we could all admit that the medical system is being crowded out with people who are going to the doctors for some ridiculous, minute things that they can handle on their own, but they don't know how. So having your own medicine cabinet and then knowing how to utilize it. Oh, I wanted to complete my story. It's so great when I'm working with – I say parents because, to me, it's so great to see parents being able to treat their children for colds and flus and scrapes and things that people would usually go to the doctor for now, and how empowering it is for them and how much of a savings it is for them and how they feel okay about not having insurance. I have parents who will have their catastrophic insurance but they either got dropped or they chose not to go forward with insurance policies



because they feel empowered. They know how to do things –

C. AUSTIN FITTS: The economic decision for many people is ‘do I spend the money on insurance or do I spend it on health care.’ And you’re talking about people who have made the decision to spend it on health.

DR. L. THOMPSON: Right.

C. AUSTIN FITTS: So, yes.

DR. L. THOMPSON: That’s spectacular. So again, having your medicine cabinet is, I think, imperative. I mean, you carry yours with you when you travel.

“Having your medicine cabinet is, I think, imperative.”

C. AUSTIN FITTS: I do. Yes, I’ve got the whole thing, it’s not just what I need day-to-day. It’s the what-if, so I’ve got my what-if pack with me.

DR. L. THOMPSON: Anyway, I created a natural medicine cabinet list, which I guess you may put on your web site, and I sent it over to you guys.

C. AUSTIN FITTS: Okay, good.

DR. L. THOMPSON: But another part of the natural medicine cabinet, for me, is your portable natural medicine cabinet. Every morning I spend a good five minutes thinking what do I need to take with me today. Sometimes I forget, I just don’t have the time to grab it, but I have now this pouch that I put everything in, and now I carry two purses to the office, my health pouch and my purse. So that’s a great thing in that I would usually have lymphatic, I would have drainage products. I always carry colloidal silver spray. I was marveling at one of my best friends who’s 24 and she has a nine-month-old. She was changing the baby’s diapers the other day and she had the colloidal silver spray that she was spraying when she was changing the baby, and then she washed her hands with it afterwards. I was thinking, okay, wow, that’s a great idea. So I said to her, “so I’m doing this conference call with Catherine. Do you have a suggestion for me as far as how people can help winterize their bodies and protect their immune systems?” And she said make sure



people spray their cell phone and the doorknobs with colloidal silver spray.

C. AUSTIN FITTS: That's a good idea. I had never thought of that. One thing I have to say, which my dear friend, Georgie, taught me is wash your hands. You cannot wash your hands too much. When I'm on the road and traveling, it is the best habit in the world to wash your hands because you would not believe what you get into.

DR. L. THOMPSON: Yes, well that's what's really one of the first medical breakthroughs, right, in –

C. AUSTIN FITTS: Right, washing your hands: doctors washing their hands in the hospital.

DR. L. THOMPSON: I know. I'm laughing now, but it does help so much.

C. AUSTIN FITTS: Wash your hands before you eat. You go out to eat, wash your hands before you eat. I got a very serious year-long training in food safety rules, and not the ones used to control farmers, but the ones that really, really do make a difference and washing your hands makes a huge difference.

DR. L. THOMPSON: How did you get that education?

C. AUSTIN FITTS: I was up in Montana for 2005 working with one of the leading experts in the world on food. Somebody who built the largest fresh-food market in the country in the '80s and so we were trying to figure out a venture capital model to build a local food system. Of course, one of the big business risk issues is food safety, so if you want to look at the economics of food, you really need to be immersed in food safety rules. I've gone with him to other countries and gotten into import-export across borders and all the food safety issues. Food safety issues are used for great things and for evil things alike, so they can be terribly misused, so the political risk issues all get you into the arcane food safety issues.



DR. L. THOMPSON: Okay, so back to our list. So you have your medicine cabinet that you may need for home and stuff to carry with you. I am a huge proponent of fermented food, so the second thing on my list for immune boosters is things with live cultures. So making your own sauerkraut, kimchi, kefir, and homemade yogurt. This is your probiotic system with your own natural probiotics. Wow, isn't that great to have probiotics in your own home and the probiotics that help your body make its own antibiotics. It's the most important thing to remember about probiotics. Everybody's thinking of Activia, which is the thing on the TV ad about the Activia yogurt. They're always talking about it for regularity, 'become regular, the bowels will move,' but the whole thing about probiotics really is that they help the body manufacture its own antibiotics. So, acidophilus helps the body manufacture acidophilin, and bifidus helps to manufacture bifidin. These are the antibiotics that our body uses to destroy bacteria and it's part of our army, our intestinal army. So live culture foods, which you can do in your own kitchen.

We talked with our outline about – I'm trying to think of the term now – New Year's resolutions. So Point Number 3 is going to be my New Year's resolution. I was a huge exercise fiend all my life, really, really high impact, just high intensity exercise, until I got to be 57 or 58 and I was in this boot camp with these 20- and 30-year-olds. I'm running around the park and I'm doing 200 jumping jacks and 300 sit-ups and 400 tricep dips and I'm thinking, I'm crazy. I'm 57 years old or 58, whatever I was, and I'm tearing down my body. I'm going home, I'm rushing to work, I'm not even eating so I'm not rebuilding. So basically my point is that I injured myself pretty badly – tendonitis and I just can't believe it. Even people who are supposed experts screw up. I just didn't treat myself right. So anyway, back healed, great chiropractic, great body workers that I've had, and doing my own little self-healing exercises, but I'm going to get back to exercising, so people should be active, whatever that means. It doesn't necessarily mean you have to go to the gym. I truly believe that people should have fun at whatever they're doing that's active. If it's hiking or biking or walking or yoga or going to the gym, which some people love and feel great, so whatever it is, it needs to be part of your routine.



C. AUSTIN FITTS: There's a great line in *World War Z* where Brad Pitt looks at this family that's hiding from the zombies and he says, "Movement is life." That's the line. It's like get up and start moving.

DR. L. THOMPSON: So that would be Point Number 3. Point Number 4, we've already talked about, which is pure water, whether it's your well water, a good filter system, whatever it is, and the right amount of water. I recommend rehydrate drops because they don't taste bad or anything and they really help the water get into the cells. Then Point 5 would be the great food, the great vitamins and minerals that are in your really colorful foods: oranges, your greens, your yellows. Make your plates colorful. Have your food be at least 25 if not 50 percent raw and/or lightly steamed. In the winter, sometimes we need to have warmer food, but these are the foods that we need. All the different colors mean that there are different vitamins and minerals and phytonutrients, and these are your antioxidants. These are what build the immune systems and oxygenate your cells.

Point Number 6 is super important, which is building the adrenal glands. I recommend salivary hormone testing/adrenal hormone testing because that's the way that I've found to help people get really strong, to be able to build muscularly, to be able to metabolically be where they want to be, to have the energy, to be able to sleep. Adrenal function is so important for the immune system, and I think that a lot of times, when people get older, they kind of get a little complacent, 'well, I guess I'm supposed to be settling down, I'm supposed to have not as much energy. I'm having aches and pains and that's all part of it' because you see your parents were like that, but no, you don't have to go that route.

C. AUSTIN FITTS: Right, it doesn't have to be like that at all.

DR. L. THOMPSON: Then sleeping more than ever. I'm hearing people sleeping four to five hours a night. Oh, what is the problem? Well, I wake up, I have to go to the bathroom, but if I wake up, I can't get back to sleep. I'm laying there with my eyes open and my body is buzzing, waking up fatigued, and part of it is the adrenal glands control the 24-hour clock, so there's something going on with the adrenal glands at



night. They're usually spiking if a person can't sleep, but also, I work with the brain neurotransmitters, so we work with serotonin and dopamine and GABA and all the brain chemicals. Sometimes people really need to have those fortified because 90 percent of the serotonin is actually made in the gut. A lot of times we don't have the best of gut health, so that will actually affect brain function, and therefore, affect sleep. It's amazing the chain reactions, isn't it, in the body?

“Sometimes people really need to have those fortified because 90 percent of the serotonin is actually made in the gut.”

C. AUSTIN FITTS: Yes.

DR. L. THOMPSON: So getting sleep, you know, really, really fortifying, rejuvenating sleep – seven to eight hours per night.

Point 8 is washing your hands, which we talked about. Point 9, we sort of touched on, which is just reduce your stress. I know you can't just change your job or change your family situation, but when you start empowering yourself and working on yourself, then all of a sudden, stress starts to melt away. You begin attracting different things but do whatever you do whether it's religious or whether it's praying or meditating, communing. I'm a nutritionist, but I'm going to say this is the most important thing is whatever you do, to get good with yourself, to get centered, and then that brings up Point Number 10, which is releasing negative emotions because these are the things that give messages to your immune system, negative messages to the immune system. So having a positive attitude actually has a positive effect on the white blood cells.

C. AUSTIN FITTS: Right.

DR. L. THOMPSON: That's the list.

C. AUSTIN FITTS: That's a great list, Laura. Thank you, that's a great list. It's really funny because the important thing is to just do it. So, to me, a



lot of this is about creating habits and great habits, which can be a struggle. What was it Scott Peck said? “With perfect discipline, you can solve all problems.”

Okay, so let’s talk a little bit about the endocrine system.

DR. L. THOMPSON: The endocrine system is really your system for adaptation. It starts with the pineal, pituitary and hypothalamus, the glands in the brain, in the head. They perceive what’s happening externally, whether it’s the weather or whether it’s toxins or people. They basically take that information and send the messages to the rest of the endocrine system, which would be your adrenal for stress balancing and energy production, which would be your thyroid for metabolism, which would be your pancreas for blood sugar balance, your liver for so many things, and your thymus gland, which is the seat of the immune system, the ovaries and the testes, the genitals. So the organs and the brain, control the rest of the endocrine system. Really, if you get the brain right, then it gives the right orders. It can delegate appropriately. I’ve been doing a lot of neurotransmitter testing recently. I guess my practice is attracting people with insomnia or they’re on antidepressants or anti-anxiety meds or they’re just people who feel like their memory is slipping. I’m 61, so I’m seeing a lot of people in my age range that are not as tip-top as they used to be. So we do this neurotransmitter and amino acid testing, which is done through the urine, and then people get customized amino acid powders, based on their test. Sometimes we use creams. It depends on what the person needs, but it’s really incredible to see people’s memories improve and people who thought they were on the road to senility bouncing back. Just people feeling a lot more functional, kids being able to do their homework and that type of thing. These are all very important ways that we can reduce stress by feeling better, but I mean, I’m assuming that you wanted to talk about the endocrine system and how it deals with the winter. It’s super important, because there is more darkness in the winter, to help your body clock become adaptable. I think working on the hormone system is the way to do that. I’m sure there are probably other ways. You could sit with the lights or the –



C. AUSTIN FITTS: Whenever the sun comes out, I run out and just walk around and get some sun.

DR. L. THOMPSON: Yes, I do the same thing. I know out here you think that the sun is always out, but it really isn't. But helping the pituitary and the pineal and the hypothalamus glands – they're the ones that receive light, especially the pineal gland, which is in the back of the cranium. There are actually homeopathics that you can use to enhance pineal function, enhance hypothalamic function, and enhance pituitary function. One other thing that happens in the winter, which we should mention, is appetite shift, and that's actually part of immune function as well because it's part of adaptation. As we mentioned earlier, as you kind of go within, people tend to not eat as much, or maybe they store up some and then they go more in spurts with eating. What do you find with winter eating? Do you notice anything?

C. AUSTIN FITTS: I notice, because it's colder, that I'm hungrier. I like to eat at least 50 percent or more fresh, but a salad, of course, is cold, so I'm hungrier for warmer foods. So the struggle for me is to say how do I achieve the 50 percent or better fresh, but get the warmth. Of course, the way I do it is I love making soups or having soup, so I drink a huge amount of soup in the winter.

DR. L. THOMPSON: Soup is a major go-to food for me because I work so much and I can't cook every day. I don't have the time to do that, so I make soup and I make usually one or two soups on the weekend and, boy, what a great meal. Even out in California, we do eat soup in the winter. But the other thing about the cold is that the thyroid gland can become challenged. Of course, the thyroid gland is in your throat and it governs metabolism, but it also works hand-in-hand with the hypothalamus and temperature control in the body. So having good thyroid support and really taking care of the thyroid gland is super important for handling body temperature.

C. AUSTIN FITTS: Right.

DR. L. THOMPSON: There are certain supplements that you can take for the



thyroid, and, if I'm not mistaken, there's a test – I think I told you about it – oh, yes, I'm just looking at my notes here. So one of the blood labs that we use, they're offering a complete blood test, which is complete CBC, TSH, T-3 and T-4 thyroid hormones and a complete metabolic panel, and the whole thing is 25 different results for \$75.00.

C. AUSTIN FITTS: I'm ordering that right now from you because I want to take that.

DR. L. THOMPSON: Wow, what a deal. That is like –

C. AUSTIN FITTS: We talked about this when we did the detox program, but I want to stress the thing you taught me was the advantage of doing testing. Once for your biofeedback test, the blood work, heavy metal urine test: once a year, it really pays to get a test on all these things and really do a check-in on how you're doing, and it's very valuable. That intelligence is really worth its weight in gold, so one of the things I would encourage everybody once a year is to sit down and get that kind of check-up and testing. So this is –

DR. L. THOMPSON: You know, your body shifts. That's part of being a human being; we shift, so it's nice to see where you've shifted to.

C. AUSTIN FITTS: Right. So New Year's resolution – my resolution last year was to stop eating bread, and I can't believe it, I did it.

DR. L. THOMPSON: So great.

C. AUSTIN FITTS: So my question that I'm figuring out now is what's going to be my New Year's resolution this year. So tell us, what's going to be your New Year's resolution? What should we think about in terms of doing a New Year's resolution?

DR. L. THOMPSON: Well, do whatever makes you feel like you're going forward and in a way that you can be proud of that you can feel like you've got something under your belt. For me, it's going to be getting active again. I've been inactive and it's so weird for me because I was an



athlete, but whatever, you go through stuff in your life, and I'm super excited about getting active again. I'm not sure exactly what it's going to be, but –

C. AUSTIN FITTS: We have some quick questions that I wanted to ask you before we close. One subscriber says, 'my work team is in the medical doctor mode. Is having a temperature over 100 degrees, say, within the last 24 hours still the measure for being a risk to others when getting over a virus or bacterial infection?'

DR. L. THOMPSON: Okay, so what to do, in other words? Are they at a risk?

C. AUSTIN FITTS: In other words, what's the test that says, 'okay, now I can be around others without causing them risk?'

DR. L. THOMPSON: You know, I have a different philosophy, so I might not be the best person to ask about this, but to me, it's your responsibility to be strong and it's not so much about what person is causing things to be in a risk category. It's more about the people who are not sick, and are you strong enough. That's your responsibility to – anyway, that's my take on it.

“It's your responsibility to be strong and it's not so much about what person is causing things to be in a risk category. It's more about the people who are not sick, and are you strong enough.”

C. AUSTIN FITTS: So having a strong immune system is also fulfilling a responsibility to those around you.

DR. L. THOMPSON: Exactly. Yes. I don't think that a person with a 100-degree fever is causing a problem. I'm around sick people all the time and I don't get sick from it. It's really good to shift your mind into you don't have to be feeling that you're threatened. That's like the germ series, the medical way of looking at things, but that doesn't sound like a serious problem to me. I just think – do you? Do you think that is? A 100-degree fever?



C. AUSTIN FITTS: No, I agree if you have a strong immune system, you don't have to worry. I think the problem is a lot of people have workplaces where a majority of the people don't have strong immune systems and then they're worried about how do I not pass it on. So let me ask you the next one.

DR. L. THOMPSON: Let me just say this, though, that there are things that you can do. The whole washing the hands thing, taking colloidal silver, I have a whole bunch of things listed in the medicine cabinet that are anti-infective. These are the ways that you can make yourself strong when there's that kind of situation.

C. AUSTIN FITTS: Right. It's funny, the toll operators when I travel, they're always saying, "What is that?" and then I educate them as to what thieves is because they can smell it. You know, it's full of spices, so I have no idea whether it works or not, but it certainly mentally makes me feel protected. Is Nosode attenuated – I can't even pronounce it.

DR. L. THOMPSON: Nosode.

C. AUSTIN FITTS: Nosode detoxifier for viruses, which is too complex for me to self-apply, it seems, a good product with naturopathic guidance?

DR. L. THOMPSON: I know that product. I used to give it.

C. AUSTIN FITTS: Can you explain what it is? I have no idea what it is.

DR. L. THOMPSON: Yes, it's a homeopathic dropper bottle, and it has different – I mean, it would take a long time to explain what homeopathics are, although some people probably know, but it's basically like treats. So in this homeopathic dropper bottle, the nosodes would be different energetics, let's say, different vibrations – I know that sounds really New Age-y. Different imprints of different viruses would be in this product. It's multiple viruses and the energetic of that virus, and then you take that to prevent the virus, and that's basically how homeopathics work, like treats. So I know the product is a very good product. That product should not be taken without drainage or



lymphatic homeopathics too, so a nosode product with those kinds of viral imprints needs to be taken with the lymphtone. I don't use that product anymore. I use a higher vibe – something that I like better than that now, but it is a very good product.

C. AUSTIN FITTS: Okay, next one. For years, I've been making my own five-PPM colloidal silver with 0.999 pure silver, wiring a regulated DC power supply that I built myself. I've found it useful as an antifungal agent for the skin, and I will also take 30 milliliters times two a day when I have a cold. When you make it yourself, it is an effective and inexpensive replacement for hand sanitizers. Is it better to make ionic silver with pure saline and distilled water or just silver and distilled water? Is there a difference in the effectiveness of the silver in the two solutions?

DR. L. THOMPSON: Well, this person obviously knows much more about making colloidal silver than I do. Yes, I know I spoke to you about this before, Catherine. I think that if you make colloidal silver and it works for you, then it's effective. The reason that I don't is because, first of all, I just haven't gotten into it, and I've always used over the counter products that I use. I use colloidal gel, I use colloidal spray, I use colloidal liquid, and I recommend colloidal nasal spray, so I have lots of products in my inventory that I know work really well, that are made by a company that I know really well. Some of your listeners probably know Robert Scott Bell, and he's affiliated with the company that I utilize the products. I know they have a tremendous reputation, and then, so therefore, I use what I know works. I'm not saying that making it yourself couldn't work because I do know that it can be successful. I just don't know enough about it.

C. AUSTIN FITTS: Okay, well that's it for questions. Thank you so much for this interview. Now, tell us how we stay current with you, how we access you. Give us a little 411 on finding you and getting more if we want it.

DR. L. THOMPSON: Okay. So yes, just call my office. I have an 800-number. It's 800-608-5602. Just tell my staff you came from The Solari



Report, and you get a reduction in the first appointment, which my first appointment is usually an hour and it's usually \$250, so coming from Solari, you're getting it for \$195, so that's a pretty nice –

C. AUSTIN FITTS: That's very generous of you, but I would point out what everybody says is the Solari people are always much more fun to deal with.

DR. L. THOMPSON: It is so true. It's such a breath of fresh air when I'm working with someone from Solari. I guess it is just more like-mindedness, and we just love it. Yes, and I wanted to reiterate about that blood test, that \$75 really comprehensive blood test, and yes, it's a great deal for people who don't have insurance or whose doctors don't want or won't – nowadays, there's so many HMOs and there's so many limitations with what insurance companies will pay or what doctors think they will pay that the doctors won't even order complete blood tests anymore, even if you ask. So that's why I like this because you don't need to go through your medical person to get it.

C. AUSTIN FITTS: Right. Okay, well, Laura, this has been incredibly instructive and I hope that this really helps a lot of members of our network be as healthy as they possibly can be this winter and every winter thereafter that they listen to this. So thank you so much. Have a wonderful day.

DR. L. THOMPSON: Oh, yes. Thank you so much too, Catherine, and goodbye to everybody. Talk to you later.

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