The Solari Report

November 3, 2016

Protecting Against EMF Radiation with Jason Bawden Smith

Protecting Against EMF Radiation

C. Austin Fitts: Ladies and gentlemen, it's a pleasure to welcome back to The Solari Report, Jason Bawden Smith, scientist and entrepreneur. Jason is an environmental scientist with extensive knowledge and experience for many decades of mitigating environmental risk.

He holds a bachelor of applied science and environmental health, and has a master's degree in environmental science. As important – if not more important – he is a highly successful entrepreneur. His first book, *Making Waves*, is a favorite of mine. He and I discussed it on The Solari Report. He makes a very compelling case as to the importance of having entrepreneurs solve the problems that we have.

One of his mottos, which I love, is, "Your complaint is your call to action." Jason is someone who takes plenty of action. He built one of the most successful contaminated land consulting companies in Australia and sold it for a pretty penny, and has now started a new venture, JBS Technologies, which offers real solutions for harmful EMF and other related challenges that we face with modern technology.

I've wanted to have someone on EMF radiation for a long time, and when I heard that Jason was writing a book, I was thrilled. He is publishing a new book. I can't recommend it enough. I've been reading it and tearing it apart. It's called *In the Dark*, and we'll be talking about *In the Dark* with Jason and what EMF radiation is and what you can do about it. Here is finally the great book that makes sense of this and helps you navigate this issue.

Jason, welcome to The Solari Report. Thank you so much for coming all the way from Sydney.

Jason Bawden Smith: Thank you so much, Catherine. I really appreciate your invitation, and I'm looking forward to sharing some of the findings and knowledge on the research I've done through the book and, more importantly, spending, hopefully, half the show going through the solutions so that people can have a way to deal with what probably is going to be known as the number one environmental health risk to humanity. It really is that serious.

C. Austin Fitts: My theory as to why you wrote this book is that you were trying to figure out how to protect yourself, and the more you dug into it, the more you realized that this is very, very serious, so you decided to write the book. Is that correct?

Jason Bawden Smith: That is correct. I want to say a couple of things just to qualify.

I'm not an electrical engineer, and the world of technology and mobile phones – or cell phones, as the Americans call them – is really an electronic engineer issue. I'm not one of those, and I'm not a medical doctor so we will talk about health a lot on this podcast, and I'm not recommending any health advice at all; I'm just speaking about my book, which is the impact of the environment on human health.

I just wanted to say that upfront. I don't want people to race off and do anything without doing their own homework, speaking to their own health professionals, and getting themselves empowered with the knowledge. Hopefully, *In the Dark* is one of the first steps you can take.

There are over 100 scientific references within the book. It's actually written at a high school level. You don't need a science degree to understand it. I've kept it very simple, thanks to the publisher, but we have kept all the links in. All those people who say, "This can't be true; this is going to be crap," there are over 100 scientific peer-reviewed papers referenced in the book. I encourage people to do their own homework.

Getting back to your question of why I wrote the book, there are a couple of reasons. There are two personal reasons. The first one is that my mother, Judith, who passed a few years ago, suffered from chemical hypersensitivity and also electromagnetic hypersensitivity. She was literally allergic to the city, and I had to move her to the country – away from city life – so she could have some decent quality of life, especially in the latter part of her life.

On her deathbed she said to me, "You have to fix these problems. They are really affecting people, and I need you to go off and fix it."

If you remember back to our first interview in February, I talked about the other campaigns that I've been involved in: The beach pollution, the lead poisoning of children, and a little bit on the impact of mining.

It was my mother who said, "You have to do the EMF story," as well. That has been something in the back of my mind for a long time, and I know through my experience in risk communication that you can never talk about a problem until you have a solution. You must have a win-win solution; it's not just in managing hazards, but it's also business. We need to have a win-win solution.

We talked much about that in *Making Waves* in our other interview. That is really important. It's really important that people understand that we're not against technology; I love technology. I had a technology company and made a fortune selling technology to the mining industry.

I have iPhones and iPads and Apple computers. I've got technology everywhere. I love technology. I just want to make it safe. I just want to have safe technology and use prudent precautions when dealing with it.

The other reason I wrote the book is because I got diagnosed with metabolic syndrome. I've had weight issues all my life, and interestingly, I look back at it and the thinnest periods of my life were always when I was outside.

We'll talk a little bit more about that later on. It wasn't outside doing exercise; it was out doing field work, and when I was a kid getting a suntan on the beach, etc.

When I said, "Why is this happening?" I couldn't understand through normal biochemistry what was going on so I explored biophysics, and what is now being called quantum biology.

It's looking at the body from a physics perspective so we see electrons instead of food. We see all the different life interactions going through your eye, so your eye is looked at as a clock and not just a camera. We're not going to get too much into the quantum biology today, but that sparked my interest. As I dug deeper and deeper, I realized the solution to my metabolic syndrome – for those who don't know what it is, it's being overweight, high blood pressure, pre-diabetic or diabetic, and a range of testosterone levels being too low, and a few other biochemical processes.

As I looked it up more and more and more, I found that the secret to this is actually getting back connected with nature. My whole problem was my indoor-living lifestyle. We will talk a little bit more about that as we move along.

Those are the three reasons for the book: My mother, my own health, and the new discovery of quantum biology. You may remember back in the *Making Waves* podcast that I only told you half the reasons I left New South Wales' health department. The other reason, which I didn't talk about, was that I was so disillusioned.

What had happened in the health department was I joined because of the connection between environment and health. We had a public health division that really took that seriously, and then soon after I started, they split that division off and took the environmental part and put it in the API, even though that focused mainly on flora and fauna and pollution issues. The health became all about hospitals and drugs.

C. Austin Fitts: Right.

Jason Bawden Smith: I just knew that this was not going to be successful and I had to leave and that was the other reason. This new quantum biology evidence is going to revolutionize health; it is going to have the same effects as all the new brain scanning technology that was achieved in the 1990's when we learned about how the mind works and how positive thinking and all those concepts that Bruce Lipton talks about. This is going to have the same effect on health, and we might try to convince The Solari Report to do more information on it.

I think it's time to move onto technology.

C. Austin Fitts: I really want to focus everyone on the importance of light. Maybe you could briefly talk about light as food and the importance of light.

It's from that understanding that you really begin to comprehend EMF radiation and the importance of how to reverse it.

Jason Bawden Smith: Yes. Thank you, Catherine.

I'm going to say that, first of all, when you observe the EMF spectrum and I'll put a bit of a PowerPoint presentation together with this talk and a few slides; I want people to go back to their high school chemistry and understand the spectrum.

When you see the spectrum, it goes from the short wavelengths where cosmic rays, gamma rays, ultraviolet lights hit, right to the other red ones where we get to microwaves, radio, and other broadcast bands. That's the whole spectrum. That is all EMF; it's one big electromagnetic frequency band.

Light, sort of sits in the middle. The visible light makes up a very small sliver of the overall band. But it is this sliver that relates to human biology and a lot to nature. Within the visible light spectrum; on one end you have ultraviolet light and on the other end you have infrared. They are both invisible, but they are still part of what we call 'full spectrum sunlight'. They are both super-critical. They are the most important part of human biology, and are the parts that have been demonized or forgotten about. We are going to go through that a little now.

Blue light sits around the 500-550 nanometer part of the spectrum, and is part of the normal sunlight, but it is in balance because it only makes up a small target, and it is very well balanced by the red light. When blue and red are in the same field, blue light is not a problem. We need blue light. Blue light is really important for cortisol as well as a few other reasons.

What we've done is taken that blue light spectrum together with a few of the others, and loaded it up into what we call, 'artificial sun' or what everyone knows as light.

We've moved sunlight indoors, but we've left out the two most important components: UV and IR. The reason we left that out is because engineers are about efficiency, not about health so the light engineers want to have efficient electrical output. This is why we've developed the new LED lights – for energy reasons. They are toxic to human health. We haven't realized it enough.

We're starting to see the American Medical Association put some papers out on the importance of streetlights, but it applies to all light. I'm going to say now that my metabolic syndrome – which I call 'blue light disease' – was because I spent too much time in the last two decades under artificial light and not getting enough full spectrum light. There are other reasons, but of all the ones on the EMF spectrum, that is my biggest concern to my personal health.

It's a big statement, especially when you realize that we as a modern society spent over 90% of our time indoors. The USEPA produced a study, and I think they said that 93% of our lives are spent inside. It's incredible.

We are born naked. We're not born with any clothes, and we're meant to live outside. But we're too smart for our own good, so we leave everyone indoors in comfortable air conditioning and artificial lights, and it's now starting to show up in our biology and health problems.

This is going to be a big issue, and you are going to hear much more about it. Let's talk about two reasons about this. Why it is happening, and how does blue light actually affect the body? Then I want to talk about why the sun is being so demonized by society.

What's happening is melatonin is suppressed by blue light, and the light coming off computer screens and TV screens is four times as strong. The color intensity of blue light compared to the natural sunlight is four times as strong, and it's not balanced out by the red light so not only is it just blue, but it's four times as strong as it should be for our natural biological processes.

Melatonin is really important because it suppresses or decreases the person's leptin. Leptin is a hormone that regulates appetite. It actually is a massive hormone that does a lot more than that, but for what we are talking about today, leptin is really important.

If you're suppressing your leptin, you're never feeling satiated; you're always hungry. Even though you've got all these fats stored and these high energies stored, you're still hungry. You're consuming more food than what your body needs so, basically, blue light makes you fat.

Blue light also affects sleep. The main thing that you'll hear about in the mainstream is, not only that blue light suppresses melatonin, but also it stimulates cortisol. Cortisol is the hormone that you want in the morning. It's the one that if you wake up at 4:00, 5:00, or 6:00 in the morning, that the body is producing to wake us up. But if you are getting cortisol at 10:00 at night because you're spending time watching TV or working on your computer, it's going to ruin your sleep.

I don't know how many people you know who have sleep problems, but insomnia and sleep issues are massive. EMF, like RF and microwave frequencies used in wireless technology, has a role to play other than blue light as well, which we will get to later.

Looking at the literature and at all the studies, exposure to blue light is going to make you fat, it's going to increase your risk of diabetes, it is going to give you high blood pressure, and it even potentially leads to cancer. There are a whole host of health issues we can go through which I don't think we have time for today, but it relates to how it ruins the mitochondrial function through the photoreceptors in our eyes and also in our skin. These receptors control all growth and all metabolism pathways in the human body so it is very significant.

What we need to do – and we'll talk about this later – is to protect our eyes from blue light, especially at night. But I even wear blue-blocking glasses during the day just because it's too strong.

C. Austin Fitts: Really?

Jason Bawden Smith: I do. I'm wearing blue-blocking glasses now as I'm speaking to you. It's about 9:30 in the morning, and I'm in an office building surrounded by artificial light. I even have full-spectrum bulbs inside my office, but it still gives off too much blue light. My screens, even though I've got flux and I have a sticker which helps reduce the blue light on the screen as well, I'm still wearing blue light blocking glasses.

C. Austin Fitts: One of the pages that most impressed me in *In the Dark* was on page 53. You had Richard Lear's chart on the increase in disease from 1990 on, and it's absolutely stunning. Chronic fatigue went up 11,000%; bipolar went up 10,000%; fibromyalgia went up almost 8,000%.

When you read down the list, you realize that something very dramatic is going on here.

Jason Bawden Smith: If you review the original work by Darwin, everyone talks about his work on natural selection. But if you go back to his original papers, he actually talks about the biggest effects on human biology is the environment. The biggest change he's ever seen in human biology is the change in the environment.

We are going through the biggest shift in environmental change that our society has ever seen in the shortest period of time. We haven't really understood that because it's all invisible and we're not putting the pieces of the puzzle together. That's what I've tried to show in *In the Dark*. I'm trying to put those pieces of the puzzle together to let you understand that this is a real issue; it's not just the blue light issues that we're going to talk about in a minute, but it's a real issue.

I've seen articles where teenagers and 20-year-olds are getting dementia. Toddlers are getting diabetes; this is insane, it's just insane.

C. Austin Fitts: One of the things that I thought of, and it's a very short part of your book but it underscores the situation, is the major insurers taking steps to make sure that they're not liable for any of this. It's very quiet, but it's a very significant piece of information.

Jason Bawden Smith: Yes. They have been burnt before. They've been burnt with tobacco, they've been burnt with asbestos, and they've seen these environmental diseases causing massive claims. I'm about to tell you that this is going to be the biggest claim that we've ever seen.

When the links are made, this will make smoking look like nothing.

C. Austin Fitts: I have to mention that there was a case where a reporter tried to cover this on mainstream TV in Australia, and the story got pulled. It was quite a big brouhaha, but you're seeing more and more of that where investigative reporters are trying to cover it and the corporate media gets really clocked for trying. You can see that somebody is very worried about the financial risk.

Jason Bawden Smith: Let's save that discussion towards the end because we've got to talk about how it's all hidden. They're being very sneaky because they have to be.

Before we leave light, I want to talk about the sun just a little.

C. Austin Fitts: Alright.

Jason Bawden Smith: If you look back in history, sun was seen as a divine power in many cultures – in ancient Egypt, in Greece, in Arabia. The sun was seen as being divine and healing.

How do we go from being called a divine, healing power and the source of all life, to being classified as a Class 1 carcinogen by whom? UV light is classified as a known cancer-causing chemical. This is insane! I had to look at this.

I said, "I don't understand. How did this happen?"

Heliotherapy is the technical name to use for sunlight to heal. If you're interested in reading more about it, *Light Therapeutics* by Dr. John Harvey Kellogg

is probably the best book for the history. He talks about how, in 1893, Dr. Finsen won the Nobel Prize for using UV light as a medical cure. His work led to a Switzerland doctor, Dr. Auguste Rollier. He became the master of this modern healer therapy in the early 19th century. He was treating tuberculosis – not just the skin condition, but the underlying manifestations of the disease. He would gradually adapt a patient's exposure to the sunlight and cure whole hosts of the disease.

He has written textbooks on it. You can look it up. The most interesting thing that I read was, that after 50 years of research, Dr. Rollier specifically mentioned it in the very last textbook he wrote that he never saw a skin cancer caused by the sun or heliotherapy; in fact, he treated skin cancer with sunlight.

What the hell happened? How do we demonize the UV aspect of light? Why is UV light so evil?

Well, it's hard to find, but if you go to a bookstore, look for Dr. John Ott. He dug down to a paper in 1959 which shows how this retrolental hyperplasia – which is somewhat the cause of blindness –where they're using UV labs that have affected these children. That's the paper they used to build the story about the sun being evil.

What happened after World War II was that big pharma got all its power, and the last thing big pharma can have is a natural cure for so many diseases such as, "just spending some time in the sun and not taking a pill."

C. Austin Fitts: Right.

Jason Bawden Smith: Read John Ott's book called *Health and Light*. It's very, very good if you want to research the history.

Before we leave light, what does it really do? We hear much about vitamin D. It's actually vitamin D3, and it plays a crucial role in disease prevention and maintaining optimal health. There are around 30,000 germs in your body, and vitamin D affects at least 10% of those and a whole host of other receptors throughout the body. They now know that vitamin D3 is very important in the prevention of cancer.

C. Austin Fitts: Right.

Jason Bawden Smith: How do you get vitamin D3? You get it through UVB rays – the ones that they really don't like – where it converts cholesterol in the skin into vitamin D3.

How can a cancer-preventing vitamin, D3, that is only accessed through sunlight – unless you're taking it as a pill – be turned around and saying that it causes cancer? It's just insane.

C. Austin Fitts: I don't know if you've ever been in a situation where you're very, very short of vitamin D3, but what you'll see is it's much easier to control people who are deficient.

Jason Bawden Smith: I didn't know that.

C. Austin Fitts: Yes. It is much easier to control people with a severe deficiency of vitamin D.

Jason Bawden Smith: Wow! Well that explains a bit, doesn't it? There is such an effort.

In Australia we call it the 'Slip! Slop! Slap! Campaign'. You slip on a shirt, slop on a hat, and slap on some sunscreen. Because of these campaigns and the demonization of the sun, Australians and New Zealanders – who have access to all of the sunlight – approximately a third of them have inadequate vitamin D.

C. Austin Fitts: Unbelievable!

Jason Bawden Smith: I know. It's insane. It's just insane. When they go out in the sun, what do they do? They put their sunglasses on- so they cover their eyes- and they've always have clothes on, and putting on heaps of sunscreen.

In the book – and we won't talk about it now – there are some good references showing that sunscreen is probably one of the causes of skin cancer, particularly the tinted version. UV sunlight cures your health. It promotes health and it cures disease.

I'm not saying that you should go and sunbathe all day; you definitely don't want to do that because sunlight can cause squamous cell and basal cell carcinomas. These are the kind of lumps and bruises on our skin that we get with age, but only 5% ever turn into cancer. There is a very, very low chance.

We'll talk about sun exposure when we get to the control measures, but I really wanted to put in that natural full-spectrum sunlight is critical to health. It is absolutely critical to health.

C. Austin Fitts: Can we turn to man-made EMFs and talk through some of the different sources of it?

Jason Bawden Smith: Yes. I'm going to give your audience another slide which is showing the spectrum again, but using pictures to show where different frequencies are used for different technology.

In the lower end, the best way to describe it – and it's really important to understand – is technology uses the non-ionizing radiation section of the spectrum. The ionizing radiation is the nuclear end; it's the x-rays, the gamma rays, and the heavy end.

We talk about how government and the radiation advocates have always said that there is no effect from this technology unless it's thermal. Unless it heats you up, it cannot give effects. Well, that is completely BS, and we're going to review why in a minute.

To understand the different types, this electrical engineering subject is a bit difficult. It's quite confusing, and I think you need a particular brain structure and wiring to fully understand it, and I don't have that. But we're going to keep it simple so that I can understand. If I can understand it, you guys can as well. But it can get very complex, and that is part of the circus they use to keep us in the dark.

Our appliances and power lines live at the very end of the spectrum. It's somewhere between 3 and 300 hertz, so it is extremely low frequencies or ELFs. You had a guest, Dr. Sam Milham, who talked about the effects of that so I won't go into much detail on electricity unless you want to.

The second section is in the next band, which is radio waves to microwaves. This is what smartphones and wireless devices and cordless phones and other smart gadgets use. These run between 3 kilohertz to 300 kilohertz. As you get closer to the end, you get the heavier microwave radiation, which runs from about 300 megahertz to 300gigahertz. That's the weaponry they use to cause problems, and we'll talk about that more as well.

Basically anything that runs with electricity has the potential to generate harmful EMFs. The more that you are exposed to, the worse it is.

C. Austin Fitts: Right.

Jason Bawden Smith: When you're looking at exposure, it's always dose times time. It's important to understand that. It's not just the concentration or the density of the power, but it's also the length of time that you're exposed to it. Hence, smart meters and wireless phones concern me the most.

Let's do a little history lesson so we understand. I'm going to pick on someone who everyone loves, and his name is Nicola Tesla. What happened before technology? We had the earth's heartbeat that I call the Schumann Resonance. It was essentially weak, low frequencies generated from lightning and full spectrum sunlight. It had heaps of visible light and ultraviolet and infrared.

What happened in the 1890's? The easiest way that I try to explain this is that most people know AC/DC. AC/DC is a famous Australian rock heavy metal band.

That name was actually one of the reasons that I know AC/DC, but it was apparently named after the war of the currents.

Back in the early 1890's there was a war – a business war – between Nicola Tesla and Thomas Edison. Thomas Edison wanted to use the DC – the direct currents – and I wish he did because DC is what nature uses. Think of a solar panel. Solar panels absorb the direct current from the sun, and then a transformer is used, which is a source of EMF, to convert it into alternate current so we can use it to power our lights and our freezer, etc.

Nicola Tesla said, "No. We have to use the alternate current." There really was a massive war between the two that people don't understand.

Westinghouse backed Tesla, and Edison was backed by, what became known as GE. The problem that Edison had was DC current is nowhere near as efficient as AC. When they started developing the companies and the technologies, the businesses noticed that it was much more profitable to use AC because it was so much more efficient, just like we do with the lights. We get rid of the inefficient, natural, biologically important currents and frequencies, and we go for the ones that save us the most energy and make us the most money.

Nicola Tesla won that battle. Edison is a pretty smart dude, so he eventually merged companies and GE ended up taking over the AC world. I think Westinghouse was compensated to build out the actual wires and the lights. They ended up losing their contracts over time, and I think they also got the Niagara Falls hydro project.

Going back to the original use of electricity, we should have gone for DC because that's what nature uses. Instead we went for the profitable, efficient AC. Unfortunately I'm not the biggest fan of Nicola Tesla, and I know that is going to upset everybody, but that's what my research shows.

So then what happened? We brought electricity into the house, and all of a sudden we started seeing these radio telegraphs. Do you remember those old movies that put a pin inside a box, and they would have those lines in linking all the telephones. That was the first sign of people suffering from nerve disorders and convulsions and depression/anxiety and many of other things.

C. Austin Fitts: Leukemia grew tremendously from that.

Jason Bawden Smith: Correct, we started to see it straightaway. We ignored it, but we saw it straightaway. Then, of course, after the wars we decided that we should have radar and start using microwave and radio waves to communicate and to spy on people. Then soon after that television was born.

You go to the literature, and all the radio operators were suffering similar symptoms to the telephone switchboard workers.

What was happening on the other side of the world in the Soviet Union was very different. They saw the same problem. But instead of ignoring it, they documented it. If you review all the scientific literature, which is now being translated – and one good thing about technology is translation has become a lot easier. Speaking Russian is beyond my ability. It's 'White man China' as we called it.

From the mid to the late 1960's there were many papers on what was called 'microwave sickness'. It's the same symptoms – the headaches, the blurred vision, lack of concentration, poor sleep, etc. They were really concerned about it. They said, "Hey, we're really concerned about this."

During the middle of the Cold War they tried to have meetings with the Americans, and the Americans didn't want to discuss it. They just ignored them.

The Russians went right to: "Let's do an experiment." I figure it was actually a wooden clock that they gave as a present for the US Embassy in Moscow. From 1906 until 1969 they had it at the Embassy with 4,000 – 6,000 millivolts of microwave. It became what was known as the microwave signal.

The Russians wanted to make a point. They wanted to prove to the Americans that this was a real issue. The Americans just ignored it for over a decade. They started having health problems with the Embassy workers. A guy named Milton Barret, I think, was asked to investigate a project called Project Pandora. I think it was in 1984, but you can look it up, there was a documentary called Opening Pandora's Box where one of my favorite scientists, Dr. Robert Becker, an orthopedic surgeon, came out and blew the whistle on what was going on.

Here we have the Russians practicing their microwave sickness on Americans to prove a point back in the 1960's. The Americans eventually woke up and said, "Okay, we need to look at this."

Then they did their own studies through the Naval Medical Institute and also the Defense Intelligence Agencies, and even NASA and the US Air Force did a study as well a little later on.

Of course these studies weren't published then, although they are published now. They showed exactly the same problems – problems of the nervous system, the immune system, germs, and all of the biological processes.

We have the American and Russian governments with clear evidence that this is going on, but did we listen? Of course not; we kept going on.

This is my first interview, by the way, and it's probably going to be one of several that I'll be doing in the coming months. I'm sticking my head out. I know it's going to be punched for coming out and speaking about this issue, but I've decided after careful consideration that we need to talk about it. It's too important and too many people are getting sick.

The number one way they're trying to shut us up is by saying, "Show us the biochemical biological pathway. We need to know the mechanism. We have no proof that this actually affects the inner body." That's not true, either.

You'll see in a slide I'm going to give you, as part of the presentation, where a great scientist named, Dr. Martin Pall, has shown equivocally how electromagnetic radiation affects the Voltage-Gated Calcium Channel. This is a channel where calcium goes into the membrane of the cell.

C. Austin Fitts: Right.

Jason Bawden Smith: You can't see it, and most people can't feel it, but our cellular structure is being shaken. We're getting affected at the very, very root of our existence constantly. I won't go through the technical data too much, but basically we know that when calcium increases in a cell, we get free radicals being formed. It's these free radicals that damage the cell structures and the DNA and cause inflammation and oxidant stress and a whole host of other diseases.

If you speak to the researchers in Parkinson's and Alzheimer's, they know that the main cause of that is excessive calcium in the cell.

We are seeing hard evidence that the biochemical process has been documented by Dr. Martin Pall's research. I really want to stress that. This is front-page news. They can't fight the cause and effect anymore.

C. Austin Fitts: We have the wave of what happens with dirty electricity from the 1920's and 1930's and onward, but then if you examine the numbers on the diseases that I just quoted you, those were appearing in the 1990's and on. How much of this has really ramped up with the cell phones and the cell tower networks?

Jason Bawden Smith: It's exponential. If you consider the rollout of the cell towers, you have mobile phone or cell phone masts – the actual towers – and you plot that against these modern diseases, and ask where the correlation coefficient is, it's in the 0.9's. It's amazing.

Now I'm not saying that all of these modern diseases are caused by EMF.

I'm not saying that at all, but I'm saying that there is a clear association with it. My personal opinion, and I'm not a very good doctor, is because we're getting constantly bombarded. We're getting electrified every day. It's the Chinese water effect: tap, tap, tap, tap, tap.

A body hasn't got a chance to deal with the other issues that it needs to deal with. This is why the illnesses are settling in because it affects at a mitochondrial level – and we're not going to get into mitochondrial health now – that is the energy plant within a cell. That is what is being targeted, that is what is being affected, and that is what is called heteroplasmy. Its' how much mitochondrial DNA is separate from your genome. It's how much battery power a cell has. The more disease it gets, the sicker you become. Eventually the cell dies and you die of too many dead cells.

C. Austin Fitts: One thing that I should point out is if you study the trajectory of the rolling out of the cell towers and the cell phones and the adoption by the general population, that paralleled – particularly in places like the United States – the rollout of GMO food and the rollout of heavy schedules of vaccines.

Jason Bawden Smith: Here is an interesting link for you, Catherine. If your mitochondrial cells are not healthy, you cannot handle other toxins.

C. Austin Fitts: Right.

Jason Bawden Smith: You get your mitochondria DNA from your mother – not from your dad.

It's a different DNA, and it's straight from your mother. If your mother had poor health when she gave birth to you, you were born with poor heteroplasmy – unhealthy mitochondrial cells. If you got a jab the first day you were born with mercury and other toxins in vaccines, your body can't handle it. That's where you're starting to get this autism and other problems. It's not just the vaccine, but it's having an unhealthy mitochondrial system to begin with. Autism was around before vaccines; it's not the only cause, yet it's the leaky boat effect. We need to plug all the holes to build resilience.

I was going to go into more health effects, but I think we've convinced people of it enough.

C. Austin Fitts: The one thing that I will say is that because EMF radiation is invisible, it's hard for people to realize that this is very real and very serious. If a truck is coming at you at 60 miles an hour and it's going to run over you, you can see it and you can understand it. This is invisible, and it really has snuck up on us, particularly because – as I said – it combines with other things which are invisible. You can't see them.

That's why I was so glad to hear you say that this was going to be the number one risk issue or environmental pollution issue. The impact is so devastating, and I think we need to see it. That's really what you're helping us do.

Jason Bawden Smith: There are two ways to see it – one good and one bad.

The easy way is to buy a meter. There are three types of EMFs. I don't want to go into too many details, but you used to have to buy three meters: one for the magnetic, one for the RF frequencies, and one for the electric. Now there are trimeasures, and you can get one measure that does them all, and they come with sound.

People can buy these products in America from 'Less EMF', which is probably one of the better stores. Jeremy Johnson's site is also wonderful. He recommends certain measures.

You can measure them, you can test them, and if you have the sound on, when you walk into a classroom and the beeping begins, it really gets people's attention; so we can measure it.

The second way we're seeing it is through disease manifestation. That is the bad way. We talked off air about the rollout of 5G and the addiction of virtual reality when we put goggles on our face, which is full of blue light and RF signals, and is how we get the feedback. We're increasing the power density by putting more and more antennas and receptors out.

I'm not an electrical engineer, but someone told me that for every third streetlight you should have some of these devices installed – these little antennas and broadcasters. We're getting massive increases in power density, and we're getting much more physical locations spreading out across the nation. I think in Boston and Seattle, which may lead the world, have decided to try it out first.

My concern is that our biological bodies are at a tipping point, and when they roll this out and saturate the country,

we're going to see a proliferation of disease.

Humans are pretty strong, and they have different abilities to handle different toxins, so we might last a little bit longer, but you saw from the stats that we mentioned earlier that this is an exponential problem. This is not a gradual problem, but an explosion.

I remember that Tom Wheeler, the head of the FCC, did a presentation that
you posted on The Solari Report. When I watched that, I saw a five-star general saying, "We're happy to accept collateral damage," and the collateral damage is the human health. The energy from that is incredible. "We're not stopping, we're not waiting, we're not testing. We are rolling this out no matter what."

I was horrified. I thought, "Oh my goodness! This is incredible."

They are going to get it out, and they are going to use it, not just as communication, but also for surveillance and control. I don't know if you want to segue into really dark stuff.

C. Austin Fitts: Let's talk about solutions because that gets us into the dark stuff. We have a Solari Report on entrainment technology. I talk a great deal about it because I'm very concerned that it's used to manipulate people in a way that impacts their time and money against their best interest so I talk about it a lot.

One of the things that you do go into which is really marvelous – almost a checklist – of what a person can do to protect themselves.

That includes technology solutions.

One of those is the blue shield, which you introduced me to, and I use it when I travel and here in the house. But I have to confess that once a week I produce Money & Markets for The Solari Report, and, until I installed the blue shield in my house, I would spend the entire three to six hours while preparing, being angry because I was covering and researching a lot of very negative things going on in the world. The world is changing, and people are getting hurt. I'm mama bear; I want to protect everybody, so I would get angry.

Then I loaded the blue shield, and I stopped getting angry.

Jason Bawden Smith: The other story concerning you was when you were in Australia last year and were looking at a presentation that I was giving to a conference. I was talking about plants and bees – because it's not just humans getting affected by EMFs, but all the animals.

You talked about your orchids.

C. Austin Fitts: That was my favorite thing. I had 32 orchids that had stopped blossoming. For years all the orchids I would cycle into the sunroom when they stopped blossoming. It was spring, so we had some natural help, but when I loaded the blue shield, a month later 30 of the 32 had blossomed. It was one of the most remarkable sites I'd ever seen.

Jason Bawden Smith: I'm going to be completely honest, I don't have enough empirical scientific peer-reviewed data to say that blue shield works, but I have tons of experiential evidence. There are lots of pendants and gadgets and materials, and most of them are complete crap. I looked at them, and I didn't like any of them.

I went into the blue shield team being a major, major skeptic. I'm still a little bit skeptical, but I went and met the inventor because I always like to understand the technology. This inventor suffers from EHS, and they are the real heroes of this campaign.

C. Austin Fitts: Can you explain to the people who don't know what EHS is? That would be very helpful.

Jason Bawden Smith: It is Electro Hypersensitivity. These types of people just can't tolerate electromagnetic pollution anymore, so they suffer real symptoms. The Russians actually have hospitals now where you can go into shielded rooms for EHS patients.

Most of the Western countries, excluding parts of Europe, don't recognize it. They think it's psychosomatic, so whenever there is an issue like this, it brings out all the psychiatrists and the psychotherapists, and they say, "It's all in their heads. They're making it up. Yeah, their symptoms are real, but it's this nocebo effect."

I'm telling you now that this is not true because my mother had it, and I saw it firsthand.

C. Austin Fitts: Right.

Jason Bawden Smith: It's real. *Lo and Behold* is a new documentary coming out. Maybe it could be your video for this week. In the first 20 minutes I call it the 'Tweeting Monks'. It shows an area in America that has very low EMF, where EHS sufferers used to live because they made the low EMF signals for all their satellites and radar for space viewing. It's a very interesting phenomenon.

They call themselves 'refugees' because they can't live in modern cities. I'm expecting this to increase. In fact, everyone here is suffering from a mild version of EHS. Everyone I know either gets headaches, trouble sleeping, and all these symptoms and they are not putting two and two together.

I think half of the population is suffering from a mild version of EHS, but only one to three percent has the real clinical symptoms. I think it's Austria and the UK that have very good medical practitioners. Maybe I'll put that in the paperwork that I'm going to give with this presentation so that those who may be EHS sufferers can look even deeper. I'm expecting this to increase with the roll out of the 5G network and to linger to the right of 5k. It's not good.

C. Austin Fitts: I just got back from a trip driving to California and back, and I was in areas with extremely high EMF and areas with very low EMF. I've come to the point where I really can't stay in EMF areas for very long. The difference is so noticeable that it's difficult for me to understand how much of it is simply where the feelings and the impact on your intellectual state is in relation to the physicality of it, and how much of it is the entrainment. It's impossible to tell.

All I can tell is that it makes it much more difficult to be productive – much more. And it's much less pleasant.

The world is full of cities with people who I love and wonderful things that I love doing, so I'm not going to stop going to cities. But it is clear that the impact on quality of life is enormous.

Jason Bawden Smith: And it's getting worse.

C. Austin Fitts: Well, there is nothing more frightening than turning on your laptop and looking at 100 options for Wi-Fi. That is very scary.

Jason Bawden Smith: If that's the case, you really have to move. We'll start talking about some solutions now, but many people look at EMF protection from protecting the body. That is the wrong approach. If you are forced to wear shielded clothing, where they make these clothes out of fine metal like aluminum, it's quite easy to block a lot of frequencies. They put it on babies, and they have blankets to wrap around your pregnant tummy to protect your baby.

If your EMF levels are so high that you have to shield a person, then your environment sucks; you've got to move.

I like taking a different approach. I call it the 'hierarchy of control' in the book. I'll put a slide in for the people as to what it means. If you want to solve a problem, you've got to get it at its source. If I want to clean up a petrol station that is leaking fuel, I've got to get rid of the tank that is leaking. That is my number one thing; I'm not going to start pumping up ground water and treating ground water if the source of the pollution is still going on. We still need to tackle it at the source.

Let's go through a house and work through the hierarchies of control on the things that we can do, and then we might spend a little time on cell phones and smart meters and specific issues.

C. Austin Fitts: Okay.

Jason Bawden Smith: Do you think that would be good?

C. Austin Fitts: Yes. Please.

Jason Bawden Smith: How do we do this? Let's start with a house. Let's walk through someone's house. I think that is probably the best way to do it, just like I do in the book.

I'll give you an example of a family. The mother is a scientist by profession, but now she is a fulltime mother. The kids and the dad have some issues, and he works for a tech company so she buys a meter and walks through the house. As she walks through the house and starts outside because that's where you want to begin. There could be outside sources that you are unaware of. The main one is going to be: Are you close to any base stations or towers – not just mobile or cell towers, but radio and TV antennas, electrical substations, high voltage cables, and a new one, that has just been rolled out, is the smart meter. You did a show on smart meters, but you would be surprised at how someone else's smart meter can affect you.

I had a lady with seven smart meters outside of her living room. She was living in a unit, and corporate decided to put all the smart meters in one section, which just happened to be in her living room, so she

was getting bombarded by seven of them.

You have to look at the outside sources. If you have a meter, you can tell by watching the readings on the meter. I can assure you that in Australia smart meters have pretty much been rolled out everywhere. It is mandated by law. I think America will be well and truly underway with its smart meter rollout. I'm not exactly sure with the rollout schedule.

Let's start with the smart meter. What are the hierarchies of control? The first one is to get rid of it so you ring your electricity supplier and say, "I've got issues with EHS. I'm having health problems. I want it removed and replaced by an old analog system, or a digital meter that doesn't use any EMF signal."

That is the first thing that you can do. If you can't get rid of it, you substitute it. If you can't substitute it, then you have to use engineering controls; engineering controls, include shielding.

Now while I said that shielding people is a really silly thing to do because your environment is too toxic, you can shield devices. In America, since this is a mostly American audience, you can buy shields or you can just use aluminum foil. Shielding is very complicated, very difficult, and very costly if done poorly, particularly if you want to start using shielding paint and all these curtains and these other things. I think it's a waste of time and money, but shielding a device that you can't get rid of is a good move. Just make sure that you test before and after, and make sure you're not pointing the smart meters' frequency into your neighbor.

The last two aspects of control are administrative control, which you really can't do with a smart meter. The third one is called personal protection, and that is where I use a blue shield. I really think the blue shield is going to help many people, but I'd rather get rid of the problem than rely on it.

It's as if you're working in a factory. The last thing you want to do is wear a respirator to stop exposures of toxic fumes. You would rather that the toxic fumes not be generated in the first place.

When you're getting down to the last resort, you need something like a respirator or a blue shield, but let's start at the top. That is smart meters. The number one issue we have is smartphones. Everyone loves them and everybody uses them. I'm giving away the free chapter on smartphones and its solutions on my website. I'm even happy to include it as a download for you on the show, Catherine.

We can go through that today, but I see that we are already over the hour, so I don't want to go through every single thing with cell phones. Just please, please, please don't carry it in your pocket, and don't carry it in your bra. If you understand the reproductive science on cell phones, oh my goodness! You just don't want to do that.

There are many other strategies, and we can go through them now if you want, Catherine.

C. Austin Fitts: We should mention an air tube headset because I think keeping it away from your head is really important.

Jason Bawden Smith: Right. Before I used the air tube headset I would actually have my phone on speakerphone and put it a good foot away from me. Speakers work very well, but unfortunately if you're in a café or a public area, you don't want people to hear your conversation. You can use air tube headsets. Don't use a straight wire because the wire acts like an antenna and takes the frequency into your head.

An air tube has an air gap between where the wire stops and the ear tube ends, so the frequency won't travel into your head. It will still be on your body, but it won't travel to your head.

We talked about secret warnings before. If you go to your iPhone or other smartphones, they all have warnings on them – warnings basically saying, "Don't hold the iPhone near your head." That is what the warning says. It's unbelievable. They're saying, "Don't hold your phone," and the reason they're saying that is because Swiss Re and Lloyds have now exempted exclusion clauses in their policies for smart gadgets, particularly smartphones and smart meters. They're not covered.

C. Austin Fitts: Right. They have to know a major issue is coming. Do they cover the fires caused by smart meters?

Jason Bawden Smith: I don't know specifically. When I spoke to my broker, he says it's a case-by-case basis if I look at the policy. I was more concerned about our staff. Here I am writing a book about how I'm poisoning them and I don't want to do that, so I'm taking every precaution I can. It's a worker's compensation issue and government policy issue, so the government assures you worker's compensation in Australia.

They said that with mobile phones a lot of manufacturers might be sued because, from the occupational point of view, it's the government's fault for allowing them to have in the space to begin with.

The recent legislation coming out in Europe and the UK is that EMF has to be assessed in workplaces. It's not Australia or America, but it's coming so you're right it is coming.

Telstra, which is our Verizon or AT&T supplier in Australia, sends a text message to all the users, saying, "Beware of EMFs", so they are covering for themselves.

C. Austin Fitts: One thing that I wanted to mention is I used to travel with a Stetzer meter to make sure I wasn't staying in places with high dirty electricity problems. On the Stetzer meter, 50 and below was okay.

At my home, I'll take the Stetzer meter around, and it's anywhere between 20-40, but it's well within the 50 range. A couple of years ago I was in Pleasanton, California, which is on the East Bay. Now I stay in the Silicon Valley which, of course, is a high tech area. I rented a little apartment and before I rented, I tested it and it was below 50.

That was during the day. Then what I discovered after I moved in was that from 8:00 or 9:00 at night until 5:00 in the morning it would jump to 1,200.

Jason Bawden Smith: Oh my goodness!

C. Austin Fitts: It felt like I was being fried. I had to literally call Stetzer and order $1,000 of Stetzer filters because I had to unplug everything and plug Stetzer filters into everything to get it down to 50 so that I could sleep.

Otherwise it was like being in a microwave oven. It was incredible. I have no idea how anybody lives there.

I had thought that I had been so careful, and voila! What a surprise!

Jason Bawden Smith: Just for the listeners' benefit, Stetzer is a good product and it's done well over the years, but I've found better products, especially products that were invented by Alan Maher in the US. It's called AM Designs Health. I'll put it in the show notes. He's a grounding electrical specialist. I saw a very technical presentation by an industrial hygienist who compared all the products, and his products were exceptional. I haven't spoken to him personally, but I plan to do that. It's the best I've seen.

They just get better and better all the time, and Alan has done a tremendous job in custom grounding. He even has different antennas that filter the EMF frequency. They actually absorb it. He has done some really cool stuff, and I've spoken to a couple of people who use his products.

I think for magnetic fields, which is the dirty electricity field; his products are probably going to be the best. But there could be others; I don't know everything. The fact that you're listening to this and reading material is a good start. You can do your own research and you may find things that are even better.

C. Austin Fitts: It is a great start. One of the things I want to emphasize is that your book is very practical and very well organized and easy to read.

A person can take it and apply it to their life and start to really take action in many practical ways. Of course, there are terrific source materials and resources if you want to delve deeper into the different sections and the different areas.

Describe to us, Jason, how we can get the book, how we can find you on the web, and how we can continue to follow your work. Then tell us about JBS Technologies and what you hope to do with it.

Jason Bawden Smith: Thank you, Catherine. The other thing that I'm going to put in the show notes for you – because there are so many other solutions that I want to go through but we won't have time to get to today – is what I do. In the book I put in a section of all of the things that I do to deliver, what I call a 'high quantum yield', and how to get the electronics in my body working most effectively. I will put that in as a supplement to the show notes as well. We don't have time to go through all of the things that we do.

You have to get rid of your Wi-Fi and hardwire all of your computers. You have to get up early in the morning and get some morning sun. There are many things in the book. You're better off buying the entire book, but for those who don't want to, I will include what I do – which I think is one of the best parts of the book. It's just practical experience on how to change your life.

C. Austin Fitts: Can I just point out that the most fun that you can have in life is to be at your place, to get up every morning, to jump in the ocean in Sydney, and then sit on the patio and have a magnificent breakfast overlooking the ocean.

You do get up early, and I must say that your first two hours in the morning are some of the most fun you could have in the world.

Jason Bawden Smith: The reason I do it is because it makes me feel wonderful.

C. Austin Fitts: Yes!

Jason Bawden Smith: It's like a natural drug. People don't understand how it makes you feel. You're just so alive. You're thinking, "Why do I feel so alive in nature and so unalive in the office?" Well, I think I've explained that today.

C. Austin Fitts: Yes.

Jason Bawden Smith: Therefore, get out. I end the book by saying, "I don't care what invention we come up with and what the next Blushield invention is, or what the next Stezer meter is going to be." The number one solution to optimal health is reconnecting to nature.

C. Austin Fitts: Go hug a tree

Jason Bawden Smith: Yes. Go hug a tree, and hang out in the sun – in the morning especially. Drink plenty of spring water, not fluid added water. Eat lots of seafood because DHA, which we didn't get into, is really important. There are many things you can do that cost absolutely nothing; it's free and it makes you feel wonderful. If you can't go to the beach, go to the bush, go into nature and walk around the park without shoes. Grounding is really important, but we'll stop there because we'll talk all night about what you need to do.

My new website is www.JBSTech.com.au. AU is the extension for Australia; a splash of gold, as we call it. I haven't fully decided what I am going to do with JBS Technologies, Catherine. My life as an entrepreneur gives me so many exciting things to do that I have to choose, but I am definitely going to keep JBS Technology as a major hobby. I don't know if I want to have another big business with a large number of staff and technicians etc., but I'll definitely have a great deal of information. It will be a very active blog site. I will be on Facebook, as much as I don't like it, and probably twitter, just to get the message out. I've been doing scores of podcasts and interviews. Hopefully there will be some articles written about the book and what we're doing.

I really want to build an army of angry mothers, because one group that we've established that does not lie, is an angry mum with a problem and a child that they cannot fix. They are fierce, and I want to build an army of them; with that we are going to get the political change that we need.

The best website is www.JBSTech.com.au and I'm updating it right now. It will be live and ready along with the book being out. You can get it through Amazon and Barnes and Noble and all the other bookstores.

It's an exciting time to be alive. It sounds really scary – and we didn't even get into the real scary items because we ran out of time – but Catherine does enough of that on Solari already.

C. Austin Fitts: I want to take some time to mention one other thing – another opportunity for those who would like to meet you. You and I are cooking up an event for 2018.

Jason Bawden Smith: Yes, it's the Ultimate Solari Circle. That's what I'm calling it and the reason I say that is because of the effect it had on you. It lives with me forever. I've had my own personal experiences at Uluru, so I know what it feels like, but seeing it in other people – it changes their lives.

C. Austin Fitts: Yes. This absolutely changed my life. You never look at the world the same from now on. I went to the Australian Outback with you last year, and it was quite a fun trip with you because it took four days. The first flight we had terrible weather in Dallas where I was changing planes. We finally got through and went to Uluru in the Australian Outback and spent four days exploring, what the Aborigine culture tells us about where we come from and our relationship to the stars and the galaxy. It's the most profoundly important introduction to our real history that I've ever been privileged to receive. It was remarkable, and I can't thank you enough.

What we are planning to do is conduct it in May of 2018. We're going to try to organize an event for a small number of people to come. It will be offered to the Solari subscribers first, and then open to the public if we don't fill it up. We now have a commitment from Richard Dolan, who is going to be one of the speakers. You will be spending four days with Catherine and Richard and Jason, and it will be – I think – just a remarkable time.

Jason Bawden Smith: I always say, "Why am I doing this?" I'm doing this because people need to feel it. They need to experience it, and the work that you have done, Catherine, and all of the Solari team has changed my life.

It has helped me so much to understand the big picture – what is going on in the geopolitical arena. I know we go off-world a bit with Solari, and I've got my own experiences with that. We can't talk about it publicly, but we can definitely share them at Uluru.

Australia is the oldest continent in the world, and we have very weird animals. We have expanses of desert. It's very unique, especially for Northern Europeans and Americans who want to come. The connection that you have with the land, with the people, and most importantly with the Milky Way and the galaxy and the stars is incredible. I would really encourage people who want to come to please come.

How are we going to do this, Catherine? Expressions of interest, and then if we get enough expressions of interest we'll put a landing page up, or something like that to take deposits?

C. Austin Fitts: Yes. For anyone listening to this, feel free to post something on the website or send something to customer service or Ask Catherine, and let us know if you're interested. It will be in May of 2018, and it will be approximately four days in the Australian Outback. Of course, the flight over and back will be each person's responsibility. We'll arrange the other part.

Richard has agreed to do a speech in Sydney, so I'm assuming that we'll fly through Sydney.

I have to say that it's something I'm very much looking forward to because, as Jason said, you have never seen the Milky Way until you've seen it in the southern sky.

I'll never forget seeing the rock formations. Jason, I realized we're children of destiny. We have a destiny, and we have a connection to the stars. It's a way of finding our power again. It's a remarkable experience. I can't thank you enough for making this available.

Jason Bawden Smith: It won't be cheap because getting there and doing the tours is expensive, so expect about $3,000 to $4,000 for the trip itself. That does not include flights. If I were coming to Australia from America or Europe, I would definitely stay a bit longer. I'm sure we could find a travel agent to help with flights if you wanted to go to the Great Barrier Reef or you want to see the Daintree or the Kimberley. You could spend a year in Australia and still have too much to see. It's nearly as big as America, and it's mainly bush or desert. There are only 23 million people living in the size of America – so great of distances to be travelled and lots of things to see.

C. Austin Fitts: There is a reason Australia is called the lucky country.

Jason, I can't thank you enough for joining us on The Solari Report. This has been terrific. *In the Dark* is a great book. You're going to be seeing more about it on The Solari Report.

Ladies and gentleman, thank you, and thank you again, Jason. Have a great evening.

Jason Bawden Smith: Thank you.

MODIFICATION

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

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