

BUILDING WEALTH IN CHANGING TIMES



The Solari Report

MARCH 24, 2011

A photograph of a commercial airplane flying through a thick, dark, smoky atmosphere, likely representing aerosol spraying.

Aerosol Spraying - Mitigating the Harm to Your Health

with Dr. Gwen Scott



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C. AUSTIN FITTS: Our hero this week, not surprisingly, is our guest, Dr. Gwen Scott.

One of the reasons I started *The Solari Report* is I wanted to make sure that the people who I felt were the real leaders, who we could trust and depend on in critical areas of our life got heard from.

Dr. Scott is truly one of my heroes.

I haven't gotten this question, but I've been expecting it: "Your shtick is money, how come you keep talking about health?"

Nicholas Negroponte, when he was head of the MIT Media Lab, said that data about money is more important than money. And that's because in a digital age, or the kind of economy and world we're in, the guy who wins in the marketplace is the guy who has the best intelligence.

I was trained on Wall Street and in Washington to believe that good intelligence was everything. Even in a world full of uncertainty when you couldn't know what was going on, 3% knowledge made you a millionaire when the market was filled with people with 2% knowledge.

So, since my focus is money, why do I keep talking about health? Because the way you steal somebody's money, the way you get their money, is first you steal their mind, or you steal their body.

You give them false maps of reality, you fill their head with subliminal programming, you encourage them with false fears, you make them tired and sick - all of these are tricks in the game of economic warfare. These



tricks help others get control of your economic value, whether it's your money or equity or time.

I get so many subscribers who say they are worried about their gold being confiscated. That's not my biggest fear. My biggest fear is that your mind and your understanding of the world is being confiscated to persuade you to behave or invest in ways that run counter to your own self interest.

I can confiscate your gold if I can confiscate your mind. We've seen it many times. I've seen many times when the price is pushed down and an effort is made to frighten investors and they sell their gold cheap. That's confiscation.

Teaching people to become powerful in the face of that which reduces or destroys their power, including making out of bounds knowledge accessible to them, requires more fearlessness than anything. It requires real courage and real personal power.

Dr. Gwen Scott is one of the best examples I know of someone who does that. She's brimming with intelligence, courage and real personal power to just say what she has to say with integrity and to find solutions for people that are not only effective, they are also economic. There are plenty of solutions, if we all are willing to fly to Switzerland and get stem cell therapy, but not everybody has \$100,000 to do that.

Let me just tell you a little bit about her background. Dr. Scott was a highly successful television news anchor. For over thirty years, among many other shows and accomplishments, she co-anchored "The International Hour" on CNN. She had a personal healing crisis early in life solved by natural remedies. This experience got her interested early on in natural remedies. She became a naturopathic doctor in 2002 and is also a master herbalist.

It's a great privilege and pleasure to welcome Dr. Scott to The Solari Report. Are you with us?



DR. GWEN SCOTT: I am Catherine. I'm honored to be with you, my lady.

C. AUSTIN FITTS: Well, we are going to talk tonight about the **10 Steps we can take to mitigate the health impact of aerosol spraying, aka chemtrails**. I thought we could start with **Action #1** that you and I talked about earlier today, and it was called, "**See the Miracle** - we are alive, how is that possible?"

DR. GWEN SCOTT: Yes, because that's really the truth of the truth. Before we get into all the alls, of what's being done to us. It is a miracle. It's a true miracle. When you begin to understand the insult with malice against humanity on all levels, whether it's food, air, water, whatever. And the scientific community has said to me time and time again, "We really shouldn't be still standing."

"It's a true miracle. When you begin to understand the insult with malice against humanity on all levels, whether it's food, air, water, whatever."

C. AUSTIN FITTS: But we are.

DR. GWEN SCOTT: We really shouldn't be with the lack of oxygen and on and on, and all the toxic metals coming in, and the poisonous food, and yet here we are. So there is a miracle, and there's something beyond what we can see or touch, or whatever, that is supporting us. We have to be deeply grateful for.

C. AUSTIN FITTS: And we're amazingly resourceful. It's funny, you get hit by the evil in one shape or another and it's kind of like the universe burps out another resource to deal with it.

DR. GWEN SCOTT: Every time one door closes another one opens. Then something unusual and unexpected walks through.

C. AUSTIN FITTS: I know you see it when helping people with their health and educating them about their health, and I see it with money. There is a grace in the universe and it is helping us. So, I think it's important to understand we have that power and we need to appreciate it, we need to



count on it, we need to use it if we're going to mitigate the health impact.

Action #2 is to **Get and Stay Informed**. You want to help us with that? How do we get and stay informed?

DR. GWEN SCOTT: It's very important and maybe all the information isn't going to light you up or make your day but really and truly, I think that's the most important thing you can do, is to keep abreast of what's going on particularly for you, your family, your friends, those you love, and for all of humanity and what you can do to help in these times. I think every human's effort is critical.

C. AUSTIN FITTS: You have a couple of articles and videos that are up on the web? If we just do a search for your name, will we find a couple of videos and articles?

DR. GWEN SCOTT: Surely, you can. CarnicomInstitute.com. There's work there. ArizonaSkywatch.com, which is directly related to the aerosol spraying, or the more popular name, chemtrails. I wrote some papers there, so sure yes, go ahead and do that.

C. AUSTIN FITTS: In addition to you and Clifford is there anybody else you would recommend specifically on the health?

DR. GWEN SCOTT: I think it gets to be murky out there because we know that a lot of the information associated with chemtrails, including on Morgellons disease, are psyops - they've been infiltrated.

You really have to go back to what you were saying earlier, Catherine, about the money situation, I think all these rules apply to everything – you must depend on your instincts.

There are a lot of snake oil salesmen out there selling all kinds of junk for people to stay healthy, usually costing lots of money, and on and on, and half the time it doesn't work. You're going to have really use that divine knowingness -I call it the inner physician – to pick through it because it's



murky waters. You can certainly depend on Clifford Carnicom and his work as being sound.

C. AUSTIN FITTS: Well, I don't feel so bad now because I listen to you and I listen to Clifford and then I listen to you and Clifford and I kind of go around and round and that's it. I don't feel so bad now.

Actions #3 and #4 - Eat Well and Access Natural Remedies.

DR. GWEN SCOTT: It's just a no-brainer. Your body repairs, detoxifies and rebuilds using the nutritional value of the foods you eat. And I know it's getting harder and harder because our conventional food chain is so denurtured and chemicalized and poisoned really.

So then you say, "Okay, I'm going to go to organics." But now they're messing with that. Senate Bill 510, where they're trying to outlaw even good old organics and we have to fight for sure for that.

At least try to keep our ability to grow our own, and the local organic farmers to grow their own organic foods. But, good, whole, pure foods is a no-brainer.

As to how you prepare it, shut the microwave up. Tape it, make it a pasta storage cabinet, I don't care what you do. It just destroys food, makes people fat. Everybody's so happy when they close the thing up. They lose 15-20 pounds and they can't understand why. Go back to cooking the old fashioned way. Be conscious of the water that you're drinking. Anything going into your body is either going to enhance its ability to be well or not. So you have to go back to Hippocrates and think of food as your remedy. Your remedy is food. He talked about food as medicine and in truth, that's what it is.

C. AUSTIN FITTS: I'll never forget the first time I heard your name, was when I was watching *Aerosol Crimes* and there's a little piece at the end where you talk about what you can do. Do you remember?

DR. GWEN SCOTT: That's a while back.



C. AUSTIN FITTS: I was stunned. I grabbed a pad and I started writing everything down. I could do this, I could do this. I said, “I love this woman. I have got to find more.” So, I did a search and you filmed a couple of interviews with Clifford where you’re talking about different aspects of the health impact. Then I did a search and found your website and I ordered your three DVD set, *Natural Medicine: A Survivors Guide*, which I think is one of the great household references materials on the planet. I want you to describe it. It’s very rare that I watch three DVD’s and take notes the whole time. It’s really chock-full of useful information. But, if you could just describe what your DVD set is, and how to use it?

DR. GWEN SCOTT: Okay, very briefly. It’s basically about 40 years of what I call treasure hunting, gong into mostly indigenous cultures - all the old healers had all this information that was lost and nobody really wanted to know, but I did. They were so generous and open-hearted with me so it’s old stuff, but its stuff that works. We’ve been sort of controlled to forget. And, what I did was, it’s over 4 hours, so I thought, OK, OK, what do I do here, and I broke it into seven segments.

The first is Emergency Remedies—the most common emergencies around your house. Burns, cuts, broken bones, all kinds of things, what do you do? What do you do right away that you have available in your home to remedy these things, and even if you are transported, to mitigate the damage. I think of all the segments, and that’s the first one, that’s the most valuable. I’ve gotten so much feedback on that one, it’s unreal. It makes my heart sing.

The second one is to help people—it’s called Designer Supplements. All these pills, and bottles and jars in the health store that cost \$30-\$40, where are those things come from? Where is the natural source? And how can you go ahead and find it predominately in your food chain without spending all that money and its probably much more alive and vibrant.

The third segment is Kitchen Remedies—that’s just medicine, like horseradish. People don’t even realize it. Every body talks about ulcers as



being stress related. Well now we know, it's actually a bacterium called *H. pylori*. Horseradish kills it on contact. Pretty amazing. So, it's that kind of thing.

Four is Spices—how to use spices as medicine.

Five is Teas—how to use teas as medicine. And in the sixth segments, which I think is the second most important, how do you make your own Extracts. How do you make your own capsules and broths and things? And in the days ahead that might become more valuable because they are really trying to shut all that down, and keep it unavailable to us.

“In the days ahead that might become more valuable because they are really trying to shut all that down, and keep it unavailable to us.”

C. AUSTIN FITTS: You really kind of turn your kitchen into a hospital.

DR. GWEN SCOTT: It is! That's really where all your good medicine is, in the end. It can be if you got your kitchen right.

C. AUSTIN FITTS: The other thing I really enjoyed about it is, you are focused on making everything more economic. You understand the role of, natural remedies are wonderful but if they're not economic we won't be able to really use them.

DR. GWEN SCOTT: It shouldn't be. Medicine is sacred. It was never meant to be a money maker. It's like teaching. There are certain things, you want to go sell cars, that's cool. Make money. Or Wall Street, make money. But there are certain things that fall into the sacred and medicine is one of them. It should be available to everyone and affordable to everyone. So that is a criteria of what I do. So that's that. *Natural Medicine: a Survivor's Guide*. It's really from my heart.

C. AUSTIN FITTS: You can get it on your website. Can you give your URL?

DR. GWEN SCOTT: www.gwenscottnd.com



C. AUSTIN FITTS: So the next thing that we can do to mitigate the health impacts, and you said this to me today, what is the number one thing we have to do? Do you remember?

DR. GWEN SCOTT: Yeah, we talked about diet and whatever and I said I think we have to go to toxic metals.

C. AUSTIN FITTS: Yes, **Action #5 - Detox Metals.**

DR. GWEN SCOTT: And we need to get those toxic metals. I know you had Clifford and you spoke to Clifford Carnicom for quite a while. And, I'm sure everybody heard that knows that we are receiving through our air supply, tons and I do mean tons, millions of tons, of very fine submicroscopic particulate toxic metals. aluminum, barium, strontium, now most recently mercury, nickel, and arsenic.

These things are so small that with every breath you take, they are going into your lungs. Everything you breathe in is systemic, or system wide, in less than a minute. We're seeing the consequence.

Alzheimer's—we now know is a plaque caused by aluminum and fluoride combined, causes the plaque in the brain that gives people Alzheimer's, dementia and those kinds of things. So, it's through the roof, and no explanation for that, why all of sudden. Well, we know because our air supply is just loaded. I've been told that 70-75% of these chemtrails or aerosol sprays are fine particulate aluminum. We have barium which the National Institute of Health described in a paper called "barium Intoxication." I don't know if it is still posted. It relates barium ingesting to MS, Parkinson's and others, but primarily MS saying that barium destroys the myelin sheaths (<http://en.wikipedia.org/wiki/Myelin>). It punches holes in it, which is what causes MS.

And then they (NIH) go on to talk about, believe it or not. Clifford brought me this paper. They go onto talking about the military spraying barium in the air supply for enhanced radar and they go on and on. In other words, aerosol spraying, or chemtrails which all other government agencies are denying that it's even occurring, which is interesting that



that happened.

Bottom line, we need to get the metals out. And we need to get them out on a daily basis. We can't look at something twice a year. We try and do a heavy metal or toxic metal detox, because these things with every breath we take are coming in. And I was blessed to meet and work with a research doctor whose whole focus for a number of years was just that. Detoxing heavy metals. And he found this one thing, pennies a day, available to everyone, that when they took it internally everyday, and he was able to check hair, skin blood, and he also had access to an atomic microscope so he could really check and make sure that it was doing the job and he found this one thing.

Now, there is a lot of this one thing out there and it's called diatomaceous earth. However, with that said, many of the forms that he assayed were already polluted. In other words, they were doing their job, they were from the land source, or the ocean. Over the years, they had been accumulating and collecting metals and other toxins. They were no good. You are stealing Peter to pay Paul.

He found one, by a company named PermaGuard.com in Utah and they sell it as Perma-Guard Fossil Shell Flour. And they sell it to the food industry, its food grade.

[Note from CAF: Dr. Scott recommends you take the Shell Flour out of the plastic bag when it arrives.]

He found, his name is Dr. Galen Knight, that if you took approximately for every adult one tablespoon a day in distilled water on an empty stomach that it was able to attract and bind these toxic metals and pull them from the system. He brought that to me even before I had any awareness, it might be 15 years ago, of chemtrails. So, of course that's how the divine universe works. Brought it to me before I really thought I needed it. That's a big concern, these heavy metals.

C. AUSTIN FITTS: We have a question from a subscriber. It came in by the web. "Good evening Dr. Scott. I live on the East Coast. I was tested last



fall with very high blood levels of barium and aluminum. I take roughly a tablespoon of diatomaceous earth in water every morning on an empty stomach. I have yet to be re-tested. I do feel much better. Question: Do you see any adverse health affects of continuous daily cleansing with this?

DR. GWEN SCOTT: I did ask Dr. Knight that because that is a concern when you do something chronically like that? What happens down the road? Well, it turns out it's probably 75% silica which every cell in your body, bones, hair, skin, teeth, uses. The only negative that he found was if people took it anyone near a very iron rich meal, like a spinach salad, the diatomaceous earth doesn't know the difference between the metals that we need, say iron, trace, copper, and than those which are harmful—aluminum, barium and such. So, it's really important to keep it away, and it sounds like this person who wrote you is keeping it away from food. The other really important thing is that you make sure that the diatomaceous earth that they are taking is actually a pure. There are many sold now, sad to say in health stores, that when Dr. Knight assayed them found they were polluted with aluminum or something else. The one that he found to be the purest was the PermaGuard Fossil Shell Flour.

C. AUSTIN FITTS: Right. And you can buy it online. It's not expensive.

DR. GWEN SCOTT: No, it's pennies a day. And then it has many, many other benefits. If you have any parasite in your colon, it kills them. I could go on and on. There are lots of other benefits, but in truth for our purposes we need these toxic metals out of our system. It's really critical.

C. AUSTIN FITTS: As I told you, I've been detoxing heavy metals for quite some time and I was astonished, I do the test every year, I don't have the test for the end of 2010 yet, I'll get it this week, but when I tested at the end of 2009, I was amazed to see after detoxing all year long that the aluminum and barium had gone up.

DR. GWEN SCOTT: Yeah, well see who has the operations. No matter who I talk to worldwide, but particularly in the United States, will tell you who have been aware and kind of observing the amount and count of



chemtrails have said, at least double or even triple. I can assure you where I live that its true. They are out all night long and all day long. What used to be very deep azure blue skies. We have no industry here and very few humans. Our skies are now white or maybe pale robin egg blue, if you're lucky. The saturation is huge. So, as you would expect, and as they will expect, with the increased saturation the more that's being taken into the body.

C. AUSTIN FITTS: So, the next one, **Action #6**, is **Detox Fungus and Fibers**.

DR. GWEN SCOTT: The fibers, let's put them aside for a minute because they are the most curious and unusual. Let's go to the fungus. The fungus also does not meet, Dr. Knight and many others have told me, the normal fungal criteria. In other words, it's been tweaked. In fact, I've been told under an atomic microscope it's observable, now this is really kind of sci-fi, this fungal whatever, created fungus, will collect these heavy metals, which are shaped like little swords, and line their cell wall with them and then when an immune responder comes, because obviously fungus is not good for the body, stabs the immune responder with these little heavy metal swords and the immune responder dies within 30 seconds. Pretty astounding. That's why what I've always said all along with the chemtrail situation, they are laying a matrix in us and you have to dismantle it. It's symbiotic, it's synergistic.

All of these elements work together so what you have to do is one by one by one, discover what they are and then remove them so they can't talk to each other. That's why it's very important beyond what you and I were discussing about mental acuity and whatever, to get these metals out because you disarm the fungus.

Now the fungus I found to be very tenacious, however if you follow a diet that's directed at Candida, that's the first step, which is a more normal fungus, but still in all, lack of sugars, lots of garlic, on and on. Follow the Candida diets they are everywhere you can read up and

“The saturation is huge. So, as you would expect, and as they will expect, with the increased saturation the more that's being taken into the body.”



educate yourself. But beyond that I personally have found that the Miracle II soap and neutralizer have been profoundly effective in knocking that back.

C. AUSTIN FITTS: Every time you say that I'm so happy because I love Miracle II soap.

DR. GWEN SCOTT: It's wonderful isn't it?

C. AUSTIN FITTS: It really is wonderful.

DR. GWEN SCOTT: And so is the neutralizer which is an internal application.

[Note from CAF: Dr. Scott recommends you keep the Miracle II Neutralizer in the refrigerator.]

Now going to the fibers or filaments as Clifford would present them, and Dr. Castle would say, pseudo life forms. They are the most curious because they, I've looked at these guys under a microscope and studied up on them. I've been sitting with them for years now, day after day and they still confound me. But we do know certain things about them.

They are not really organic, however, they do have mobility. They do seem to have a low level intelligence. They don't seem to have any organs of any shape or size that you can see under very high magnification. They have an internal filament that's fully loaded with all kinds of pathogens that nobody's really been able to, with many, many efforts to totally identify, but not good for the human. They have a filament internally. Externally, they seem to be constructed of some kind of polymer crystal lined, or semi-organic polymer perhaps qualline, no one's totally sure.

C. AUSTIN FITTS: It's almost like a rubber bug.

DR. GWEN SCOTT: A rubber bug. I have a client who calls them varmints. I like to disrespect with that. They really are. Rubber bug is probably a good way of describing them. They can be pretty malicious.



They seem to be, according to Clifford's work, in every body's body. Some people's body says "I don't want this" and throws them out. And then you get the Morgellons Disease Syndrome and you have sores and fibers and whatever coming out. He has definitely matched them, Clifford has, to the fibers being delivered to us environmentally. So, they are all one in the same. I'm sad to say, in animals and all of life forms that breathe are infected.

They are really curious. They are magnetic, which is very curious. But the good news is, if you can get a hold of some organic purple concord grapes either in juice form or organic red wine they seem to be attracted very much to it and they will follow it out of your system.

C. AUSTIN FITTS: So you can literally gargle them and spit them out through your mouth?

DR. GWEN SCOTT: Well, now that's a different thing. That's a test that people can do. Swishing the purple grape in your mouth and then spitting into a white bowl or into the sink. You can see the fibers. So many people say to me, "Well, I don't have this problem." And then I have them do that and they go "Whoops, I do." Rinse your mouth thoroughly afterwards, scrape your tongue. If you do this as a therapy, meaning everyday, you very well could lose your dental work and your teeth. This is more of a test. But I'm talking in terms of drinking that they will follow it out.

C. AUSTIN FITTS: So, if I have organic red wine with dinner every night, a little bit, I could poop them out.

DR. GWEN SCOTT: Excellent. It will help.

C. AUSTIN FITTS: I knew I needed more wine.

DR. GWEN SCOTT: After I presented that somebody called me and said "Did you know that there is a cancer therapy that's just a grape juice fast?" I found that fascinating, I had never heard of that.



All the roads lead to Rome in the end and we have a lot of medical issues coming out of this whole chemtrails matrix. But, that's a simple easy way to begin to encourage the body. I will say there is a P.S. around this.

A lot of the mainstream, like Welch's, Trader Joe's, are saying that they are presenting organic grape juice, and it's not. When I tested it, and I have ways, it's not. Right now, Knudsen Just Concord, which you can find in a health store, seems to be holding up, but we don't know for how long because they've been bought out. It would be nice to know someone who owns a vineyard and you could just be sure that you're getting what you're supposed to be getting. But that's a simple way to try to encourage these pseudo life forms, or fibers, or filaments, or whatever you want to call them, that we know now are in everybody, out of your system.

C. AUSTIN FITTS: Now the next one, **Action # 7 is Reduce Dirty Electricity and EMF** around you.

DR. GWEN SCOTT: It's kind of hard, because most people do not want to give up their computers, do not want to give up their TV, do not want to give up their cell phone. In fact, I call all of these things, although, here we are Catherine, only because of it. If there weren't those things then we wouldn't have to be talking about this. So it gets to be kind of a strange little circle. Because most of what we've been talking about is all a frequency based system, and they all are encouraged and organized and emboldened by frequencies which these Trojan horses, which we've been so happy to bring into our lives, are the vehicles along with the cell towers.

I think it's kind of funny because everybody I know has a cell phone and they can never get a signal, but every 20 feet you're stubbing your toe on a cell tower. Does anybody not ask, why if we have all these, and more are going up everyday. We should have great signals. Well because most of them are not dedicated to that work.

C. AUSTIN FITTS: I don't think I've ever told anybody until I told you earlier, some guy who worked for the CIA approached me many years ago and



tried to persuade me that one of the purposes of chemtrails was to get this junk in your body and it would create a pattern that they could read like a bar code. And this would dovetail with the cell tower network so they could track everybody. And this was the equivalent of chipping everybody but in an organic way. Now, I never said anything because I didn't trust the guy as far as I could throw him, but the more we look at the evidence as it's emerging, it makes you wonder.

DR. GWEN SCOTT: He may have been telling you something. He may have been telling you the truth. But beyond that, beyond the chip thing, we are frequency-based beings. All you have to do is be sitting at a red light with some kid next door with all his windows down doing some heavy duty rap number, and what happens to you? You start to get like whoa, you get uncomfortable, it's like turn that thing down, move on, close your windows. That's a frequency.

We are frequency-based beings and when you start to manipulate that frequency in our bodies you begin to control your sleep, everything, you name it. And we were talking earlier today, Catherine, one of the frequencies frequently being thrown at us is exactly our sleep center, which is why sleeplessness is so epidemic in this country right now.

“We are frequency-based beings and when you start to manipulate that frequency in our bodies you begin to control your sleep, everything, you name it.”

C. AUSTIN FITTS: If you load somebody up with aluminum in a way that affects their ability to think and process and you ruin their sleep, it's a lot easier to steal their money.

DR. GWEN SCOTT: Absolutely, you can steal anything you want from them cause they're barely able to find anything. The towel in the kitchen or whatever. It keeps turning people into zombies.

C. AUSTIN FITTS: I agree. **Action #8** is **Stay Alkaline**.

DR. GWEN SCOTT: Very important. We've always known that. That's always



been a basic principle of natural medicine. All pathogen, all disease thrives in an acidic environment and does not prosper in an alkaline environment. You stay away from highly acidic foods that are generally speaking what creates that environment.

With that said, the paradigm has shifted a little bit and there's situations in our body being created outside of us. But be that as it may, being very moderate if you are a meat eater, moderate with your protein and eating a lot of fruits and vegetables will create an alkaline environment. This is old, basic, rules for health.

C. AUSTIN FITTS: Let me interrupt for one question. Our subscriber, who asked the question about diatomaceous earth, came back with the comment that said, "Thank you, I do use PermaGuard." That's good news. And then came back to say, "Does the wine absolutely have to be organic for the effect to work?"

DR. GWEN SCOTT: No, it doesn't I don't think. We're just talking about strength. I've tried plain purple grape juice because I've used the samples from my mouth, as does Clifford Carnicom, as my cultures and what I go under the microscope with sometimes and on and on. It's just a matter of counting them out.

The stronger, the thicker, the more rich, and the more real the grape juices the better result you're going to get. With that said, some of the conventional, I've tested every one of them out there, were so denatured, and so full of sugar and so many additives that they've produced nothing, when I used them as a mouthwash, a swish. So, we try to do the organic as best we can because it's the strongest and the best.

C. AUSTIN FITTS: You're really looking for something with high vitality content.

DR. GWEN SCOTT: Always.

C. AUSTIN FITTS: I'm dragging this out, so let me go quickly. **Action #9 — Take Precautions Outside.**



DR. GWEN SCOTT: Use masks outdoors.

C. AUSTIN FITTS: I bought the masks, but especially when I go bike riding, I have to learn to wear them.

DR. GWEN SCOTT: Okay, well let me just tell you. You can get those high end, they do everything but filter out your very breath itself, and they're very uncomfortable, and there's a strap across the back of your head, blah, blah, no one's going to do that. But, we're talking about mitigation.

You can go to Walgreen's or whatever and they have loop, ear loop masks, very light and comfortable. They are not going to filter out everything but they will mitigate so if it's real foggy out, and you're going to be out in the garden working for a couple of hours. They are light, and they will help.

[Note from CAF: Dr. Scott recommends using greenhouses to grow food.]

Really, in the end, what in the world are we doing? They need to stop. That's where our real focus should be, is to shut them down. Of course, it's a question of how do you do that.

C. AUSTIN FITTS: It's very simple you cut off their money.

DR. GWEN SCOTT: Yeah, you're right.

C. AUSTIN FITTS: It's a lot easier to cut off their money than it is to stop them.

DR. GWEN SCOTT: Yeah, I know that. You and I talked about 10% if everybody...

C. AUSTIN FITTS: I think also, if you pray, because we still can resonate together and we're still powerful. If everybody prays that they should reconnect with their heart, and we cut off their money at the same time,



then I think you've got a working strategy.

DR. GWEN SCOTT: I really like that Catherine, I do. In Congress, Kucinich did try to introduce a chemtrail clause in one of his bills and they yanked him right away. It disappeared. They obviously on a shut down on this. Dr. Loraine, a friend of mine, pointed out that even if they did stop today, because of all of the millions of tons, we'd still have lots of problems to clean up.

C. AUSTIN FITTS: Right. The clean up would not be insignificant at all.

DR. GWEN SCOTT: All of our water, our ground, and our bodies. Look at Clifford Carnicom's work. These materials are in everyone. We'd still be about the work of trying to remove. Still, in all we should never forget. We should tell them that we have the right as human beings to a breathable, healthy air supply.

C. AUSTIN FITTS: **Action # 10 - Respond to the Situation, Not the Symptoms.** And this gets again, to the issue of Morgellons, which is really a symptom of a situation that we're all in. It's not just a few.

DR. GWEN SCOTT: Yeah, and they worked really hard to throw that red herring out there. Oh, well yes all right there is something called Morgellons Disease, maybe 35-40,000 people have it, and try to isolate these people. But the truth of it is we know, thank God, bless his heart, Clifford Carnicom, has shown us these materials are coming out of these people are in fact, in everyone.

C. AUSTIN FITTS: Clifford just published two pieces that I put up on the blog. If you do a search for Clifford Carnicom you will pull them up.

If you didn't listen to the interviews we did with Clifford last year on *The Solari Report*, I really encourage you to go back in the archives and listen to them. We did a two-hour special and made a transcript and it's just an incredible piece of work. I mean Clifford's amazing.

[Note from CAF: See links at <http://solari.com/blog/?p=10712>]



So, just before we close off our ten items. That's ten things we can do - there's a lot we can do. Before we go on, let's remember **Action #1**, which is, "**Appreciate the Miracle.**" When you look at all of this that we've been struggling with, it's amazing we're all in as good health as we are. That speaks to a power that we have.

DR. GWEN SCOTT: Yes, and a power beyond us.

C. AUSTIN FITTS: Well, as I said before, you are my hero.

DR. GWEN SCOTT: No, no Catherine, you're mine. I can't stop talking about you. I think you're just incredible. You're a very brave, beautiful spirit, Catherine.

C. AUSTIN FITTS: From you, that is the highest of compliments. Now how do we stay in touch with you? How do we access your work? How do we interact with you?

DR. GWEN SCOTT: You covered it. I'll be back to talk to you anytime you want Ms. Catherine.

C. AUSTIN FITTS: I'm definitely getting you back. We can access the DVD from your website. This DVD really is one of those, it's just like an encyclopedia, you want it as a reference work in your house, and it's really remarkable. You also do consultations, am I not correct? We can learn more about that at your website.

DR. GWEN SCOTT: Yes ma'am.

C. AUSTIN FITTS: Well, Dr. Scott you're a phenomena.

DR. GWEN SCOTT: Many blessings to you, Ms. Catherine.

C. AUSTIN FITTS: Many blessings to you!

“When you look at all of this that we’ve been struggling with, it’s amazing we’re all in as good health as we are.”



CONTACT INFORMATION FOR DR. GWEN SCOTT FROM HER WEBSITE:

Dr. Scott lives in a rural area in New Mexico. The best method to contact her is by phone: 505-465-2277.

To order and pay for the DVD – *Natural Remedies: A Survivors Guide* - by check or money order, Please send total Payment (39.99 + 6.99 Shipping: 46.98) to:

Dr. Gwen Scott
P.O. Box 1520
Pena Blanca, NM 87041

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