

1
00:00:06,120 --> 00:00:13,699
welcome to the skeptic zone the podcast

2
00:00:09,089 --> 00:00:13,699
from Australia for science and reason

3
00:00:29,420 --> 00:00:34,219
well as you can hear we sure aren't here

4
00:00:31,280 --> 00:00:35,660
for the music yes we are may not what

5
00:00:34,219 --> 00:00:38,299
are you talking about hello and welcome

6
00:00:35,659 --> 00:00:39,439
to the club here may not now this isn't

7
00:00:38,299 --> 00:00:41,269
the club at the end of the street will

8
00:00:39,439 --> 00:00:44,570
use do think tank this is another club

9
00:00:41,270 --> 00:00:47,330
but you're here I'm here Joe alabasta

10
00:00:44,570 --> 00:00:49,579
hello John hello we're all here tonight

11
00:00:47,329 --> 00:00:52,159
to hear dr. Brad Mackay this is the

12
00:00:49,579 --> 00:00:53,599
skeptics dinner meeting here in Sydney I

13
00:00:52,159 --> 00:00:54,948
tell what it's been a big weekend for me

14
00:00:53,600 --> 00:00:57,018
like last night was the Hellfire Club

15
00:00:54,948 --> 00:00:59,179
and tonight it's the Australian skeptics

16
00:00:57,018 --> 00:01:01,429
dinner what a range of experiencing in

17
00:00:59,179 --> 00:01:04,760
one weekend you're a man of mystery man

18
00:01:01,429 --> 00:01:05,810
you really now coming up on this week's

19
00:01:04,760 --> 00:01:08,180
show we're going to be talking to

20
00:01:05,810 --> 00:01:11,719
punters Berkman from the Swedish

21
00:01:08,180 --> 00:01:16,420
skeptics may not Sweden ah my favorite

22
00:01:11,719 --> 00:01:20,150
the Polish name is Jana spro hanska

23
00:01:16,420 --> 00:01:21,829
Touche well in fact I'd like dedicate

24
00:01:20,150 --> 00:01:23,240
this show to Jana spre hanska look him

25
00:01:21,829 --> 00:01:25,129
up on Wikipedia but what are you going

26
00:01:23,239 --> 00:01:26,658
to talk about with the Swedish hip ting

27
00:01:25,129 --> 00:01:28,039
well what they're doing in Sweden about

28
00:01:26,659 --> 00:01:30,020
skepticism getting the word out and

29

00:01:28,040 --> 00:01:32,000
sweetie skeptics in the pub which sounds

30
00:01:30,019 --> 00:01:34,670
like a lot of fun we also have a week in

31
00:01:32,000 --> 00:01:37,430
science of course from our IRS and are

32
00:01:34,670 --> 00:01:39,009
the raw skeptic report highly robertson

33
00:01:37,430 --> 00:01:43,729
is going to be looking at claims

34
00:01:39,009 --> 00:01:44,868
revolving around asthma and woo claims

35
00:01:43,728 --> 00:01:47,420
and things like that mean so these

36
00:01:44,868 --> 00:01:48,709
claims to cure asthma or what is it yeah

37
00:01:47,420 --> 00:01:51,320
well there are a lot of claims out there

38
00:01:48,709 --> 00:01:53,178
woo alternative medicine claims that say

39
00:01:51,319 --> 00:01:55,519
they can treat asthma you can treat

40
00:01:53,179 --> 00:01:57,590
asthma this can with this device or this

41
00:01:55,519 --> 00:01:59,780
remedy and heidi's going to have a close

42
00:01:57,590 --> 00:02:00,978
look at these some of these claims but

43
00:01:59,780 --> 00:02:02,090

your raw milk will come into it

44

00:02:00,978 --> 00:02:05,840
somewhere

45

00:02:02,090 --> 00:02:07,609
I wonder if well I mean we had the prize

46

00:02:05,840 --> 00:02:09,560
her out of her raw milk bath but there

47

00:02:07,608 --> 00:02:11,120
you go look we have Joe here cuz you got

48

00:02:09,560 --> 00:02:14,269
something coming up on next week's show

49

00:02:11,120 --> 00:02:16,400
I do indeed i'm going to be talking once

50

00:02:14,269 --> 00:02:18,409
again about world homeopathy Awareness

51

00:02:16,400 --> 00:02:20,269
Week which actually marks a year that

52

00:02:18,409 --> 00:02:21,889
I've been talking on the sign now doing

53

00:02:20,269 --> 00:02:23,750
reports because it was my first report a

54

00:02:21,889 --> 00:02:26,628
year ago so have you had much pushback

55

00:02:23,750 --> 00:02:29,150
from homeopaths about it you know not

56

00:02:26,628 --> 00:02:31,639
very much to be honest I've had one

57

00:02:29,150 --> 00:02:34,129
comment I've got a homeopath who does

58
00:02:31,639 --> 00:02:36,109
comment on my blog and also speaks to me

59
00:02:34,129 --> 00:02:40,009
on Twitter but her arguments aren't

60
00:02:36,110 --> 00:02:41,900
really very solid I wouldn't say just

61
00:02:40,009 --> 00:02:43,848
just like homeopathy itself we might say

62
00:02:41,900 --> 00:02:46,010
and what a solid arguments we got on the

63
00:02:43,848 --> 00:02:49,219
show this week it's about it may not

64
00:02:46,009 --> 00:02:51,769
that's about as solid as it gets but I

65
00:02:49,219 --> 00:02:53,150
tell you what we're in outside the room

66
00:02:51,769 --> 00:02:55,640
at the moment there's a big dinner going

67
00:02:53,150 --> 00:02:57,890
on in just about to call for dessert so

68
00:02:55,639 --> 00:02:59,539
while we three run into that room and

69
00:02:57,889 --> 00:03:02,869
have our dessert listen to the talk I

70
00:02:59,539 --> 00:03:05,568
hope our listeners enjoy the skeptic

71
00:03:02,870 --> 00:03:08,379
zone I want to go downstairs see if I

72
00:03:05,568 --> 00:03:08,379
can do something about that piano

73
00:03:32,439 --> 00:03:37,669
and joining me now all the way from

74
00:03:35,689 --> 00:03:40,189
Sweden now have spoken to people from my

75
00:03:37,669 --> 00:03:41,689
no way before their Norwegian skeptics

76
00:03:40,189 --> 00:03:43,810
are very well known to listen to the

77
00:03:41,689 --> 00:03:46,219
skeptic turn now we're just going to

78
00:03:43,810 --> 00:03:47,590
shift our focus a little bit in that

79
00:03:46,219 --> 00:03:51,259
area in the world we're going to visit

80
00:03:47,590 --> 00:03:54,680
Sweden and the city of Malmo in Sweden

81
00:03:51,259 --> 00:03:56,750
and I'm speaking to member of the board

82
00:03:54,680 --> 00:03:59,960
member of the Swedish skeptics society

83
00:03:56,750 --> 00:04:02,270
pontus Berkman hello punters hello

84
00:03:59,960 --> 00:04:04,370
Richard how are you I'm really well and

85
00:04:02,270 --> 00:04:06,110
it's so nice to chat with you and thank

86

00:04:04,370 --> 00:04:09,590
you so much for dropping the aligner

87
00:04:06,110 --> 00:04:11,150
just this last week in fact you

88
00:04:09,590 --> 00:04:13,759
contacted me because you're very

89
00:04:11,150 --> 00:04:15,800
interested in the the vaccination

90
00:04:13,759 --> 00:04:18,349
Chronicles and I've sent you off a copy

91
00:04:15,800 --> 00:04:20,150
of that on DVD and I thought well what a

92
00:04:18,350 --> 00:04:22,580
great opportunity to chat to somebody

93
00:04:20,149 --> 00:04:25,699
from the Swedish skeptics oh thank you

94
00:04:22,579 --> 00:04:27,469
for making contact no problem it's

95
00:04:25,699 --> 00:04:29,899
really nice to speak with you what can

96
00:04:27,470 --> 00:04:33,200
you tell me about the Swedish skeptics

97
00:04:29,899 --> 00:04:35,120
in general the organization well yeah

98
00:04:33,199 --> 00:04:36,769
well the skeptics movement is pretty

99
00:04:35,120 --> 00:04:39,168
well established in Sweden i would say

100
00:04:36,769 --> 00:04:42,219

the the skeptic the swedish skeptics

101

00:04:39,168 --> 00:04:45,799

association was founded in in 1982 and

102

00:04:42,220 --> 00:04:48,140

we have gradually grown to have close to

103

00:04:45,800 --> 00:04:50,660

3,000 members by now so we're pretty

104

00:04:48,139 --> 00:04:53,810

proud of that that's pretty good

105

00:04:50,660 --> 00:04:55,550

threaten three are you concentrate

106

00:04:53,810 --> 00:04:57,410

mostly on Sweden or do you have people

107

00:04:55,550 --> 00:05:00,918

from around the world sort of interested

108

00:04:57,410 --> 00:05:03,530

in what you're doing well we we focus on

109

00:05:00,918 --> 00:05:06,168

Sweden and well that gives us plenty to

110

00:05:03,529 --> 00:05:08,829

do actually but we do try also to to

111

00:05:06,168 --> 00:05:12,620

keep in touch with the international

112

00:05:08,829 --> 00:05:15,050

other organizations I i use i actually

113

00:05:12,620 --> 00:05:17,959

since mama was pretty close to denmark

114

00:05:15,050 --> 00:05:20,090

out I quite often go over to Copenhagen

115
00:05:17,959 --> 00:05:24,199
and talk to the my Danish colleagues

116
00:05:20,089 --> 00:05:27,289
over there and I have be I went to QED

117
00:05:24,199 --> 00:05:29,719
and Manchester last year I know that you

118
00:05:27,290 --> 00:05:32,600
you've been there yourself Richard yes

119
00:05:29,720 --> 00:05:36,110
and I'm yeah I'm going again this year

120
00:05:32,600 --> 00:05:38,720
so I have that I'm yeah you know I know

121
00:05:36,110 --> 00:05:41,150
Michael Marshall a bit and and it's nice

122
00:05:38,720 --> 00:05:43,620
to keep in touch with

123
00:05:41,149 --> 00:05:45,388
other skeptics I don't I don't think

124
00:05:43,620 --> 00:05:48,090
this the movement actually need any

125
00:05:45,389 --> 00:05:50,550
national borders I think you're

126
00:05:48,089 --> 00:05:53,339
absolutely right in QED of course which

127
00:05:50,550 --> 00:05:54,810
I have as you mentioned I've been to QD

128
00:05:53,339 --> 00:05:57,359
a couple of times when what a thrill

129
00:05:54,810 --> 00:05:59,699
that was it is really one of them the

130
00:05:57,360 --> 00:06:03,030
better are skeptical conventions

131
00:05:59,699 --> 00:06:05,550
anywhere in the world and and i'm very

132
00:06:03,029 --> 00:06:08,158
jealous of anybody who goes to QED and

133
00:06:05,550 --> 00:06:10,228
looking at a map i'm just looking at my

134
00:06:08,158 --> 00:06:13,259
map now where you are exactly in malna

135
00:06:10,228 --> 00:06:15,300
which is just across a very large bridge

136
00:06:13,259 --> 00:06:18,120
to copenhagen so you're a very

137
00:06:15,300 --> 00:06:20,060
international man I think yeah well it's

138
00:06:18,120 --> 00:06:22,978
easy actually they make it easy for us

139
00:06:20,060 --> 00:06:24,629
there's really two so that's great i'm

140
00:06:22,978 --> 00:06:27,120
glad the swedish skeptics have been

141
00:06:24,629 --> 00:06:28,860
around for a while now i was just

142
00:06:27,120 --> 00:06:30,329
looking to at your website and i think

143

00:06:28,860 --> 00:06:36,199
that's very interesting that for our

144
00:06:30,329 --> 00:06:41,000
international is that website is WWF SE

145
00:06:36,199 --> 00:06:45,419
SE for sweden what does v O F stand for

146
00:06:41,000 --> 00:06:48,689
yeah that that's an abbreviation of vet

147
00:06:45,418 --> 00:06:50,939
and scope oak Foulke building which may

148
00:06:48,689 --> 00:06:53,699
be hard to pronounce in other languages

149
00:06:50,939 --> 00:06:57,778
but it means roughly science and popular

150
00:06:53,699 --> 00:07:00,629
education so in 1982 when it was founded

151
00:06:57,778 --> 00:07:04,259
I don't think that the skeptics that the

152
00:07:00,629 --> 00:07:07,468
word skeptic was as such had such

153
00:07:04,259 --> 00:07:09,379
popularity as it has now so maybe today

154
00:07:07,468 --> 00:07:12,418
we would call it something else but

155
00:07:09,379 --> 00:07:15,150
science and popular of Education that's

156
00:07:12,418 --> 00:07:23,430
fine ma'am I can completely understand

157
00:07:15,149 --> 00:07:25,709

that WWV offa or waffle yeah we might we

158

00:07:23,430 --> 00:07:29,370

might call that means you it reach yeah

159

00:07:25,709 --> 00:07:31,288

we do sometimes make that joke yet oh I

160

00:07:29,370 --> 00:07:32,579

thought it was the first one and tell me

161

00:07:31,288 --> 00:07:35,218

what are the some of the activities that

162

00:07:32,579 --> 00:07:37,588

the organization gets up to in Sweden

163

00:07:35,218 --> 00:07:39,959

the the thing that we are mostly

164

00:07:37,588 --> 00:07:42,658

recognized for is that we give out two

165

00:07:39,959 --> 00:07:45,209

prizes every year one is the enlightener

166

00:07:42,658 --> 00:07:48,389

of the year where we give a price and

167

00:07:45,209 --> 00:07:50,370

actually some money to to somebody or

168

00:07:48,389 --> 00:07:52,098

some organization that has done

169

00:07:50,370 --> 00:07:54,209

something very good in spreading

170

00:07:52,098 --> 00:07:57,300

critical thinking thing

171

00:07:54,209 --> 00:08:00,568

king or or debunking some pseudoscience

172
00:07:57,300 --> 00:08:02,910
and then we also give out our version of

173
00:08:00,569 --> 00:08:06,060
the bent spoon waterhouse you would

174
00:08:02,910 --> 00:08:09,330
point yeah yeah not as popular to

175
00:08:06,060 --> 00:08:12,478
receive but it gets quite some press

176
00:08:09,329 --> 00:08:14,370
here but that's good that I mean we've

177
00:08:12,478 --> 00:08:17,399
been handing out in Australia the bent

178
00:08:14,370 --> 00:08:21,329
spoon award for over 30 years and James

179
00:08:17,399 --> 00:08:22,739
Randi has his Pegasus award I'm glad out

180
00:08:21,329 --> 00:08:24,629
of the organization's do this I think

181
00:08:22,740 --> 00:08:26,970
it's a good it's a really good idea yes

182
00:08:24,629 --> 00:08:29,129
it does get some press what do you know

183
00:08:26,970 --> 00:08:32,009
some of the examples of some of the

184
00:08:29,129 --> 00:08:35,490
people who've won this prize yeah last

185
00:08:32,009 --> 00:08:38,939
year we gave actually the so called spin

186
00:08:35,490 --> 00:08:41,940
bent spoon war to TV for which is one of

187
00:08:38,940 --> 00:08:45,330
the big national networks we have here

188
00:08:41,940 --> 00:08:47,940
because they have they actually they

189
00:08:45,330 --> 00:08:51,810
have earned it again since then but but

190
00:08:47,940 --> 00:08:54,089
in the morning they have a show where

191
00:08:51,809 --> 00:08:55,769
they talk about things and they give out

192
00:08:54,089 --> 00:08:58,260
advice and sometimes it's very

193
00:08:55,769 --> 00:09:01,139
scientific then sometimes it's not at

194
00:08:58,259 --> 00:09:03,659
all scientific especially disturbing

195
00:09:01,139 --> 00:09:08,269
when they do give out advice for people

196
00:09:03,659 --> 00:09:11,850
with illnesses or psychological problems

197
00:09:08,269 --> 00:09:14,370
advice that are really very dangerous to

198
00:09:11,850 --> 00:09:17,370
try to follow at home and I think it's

199
00:09:14,370 --> 00:09:19,769
especially troubling when they when they

200

00:09:17,370 --> 00:09:23,578
mix good advice with bad advice because

201
00:09:19,769 --> 00:09:26,338
they get some credibility and then they

202
00:09:23,578 --> 00:09:28,219
totally miss uses that so we we gave

203
00:09:26,339 --> 00:09:31,920
them that bent spoon award last year

204
00:09:28,220 --> 00:09:33,810
that sounds exactly like some of the the

205
00:09:31,919 --> 00:09:37,110
programs we have in this country where

206
00:09:33,809 --> 00:09:39,299
in morning television and things like

207
00:09:37,110 --> 00:09:41,519
this they'll have doctors on and people

208
00:09:39,299 --> 00:09:44,699
to talk about science occasionally and

209
00:09:41,519 --> 00:09:46,828
then they'll have psychics on and very

210
00:09:44,700 --> 00:09:48,060
very questionable medical advice from

211
00:09:46,828 --> 00:09:50,099
other people without proper

212
00:09:48,059 --> 00:09:51,750
qualifications so yeah it's interesting

213
00:09:50,100 --> 00:09:54,420
how these things are sort of around the

214
00:09:51,750 --> 00:09:56,458

world yeah and it's also interesting how

215

00:09:54,419 --> 00:09:58,828

they react because they were asked about

216

00:09:56,458 --> 00:10:02,519

a month after they got award the award

217

00:09:58,828 --> 00:10:04,828

to say have you now listen to this and

218

00:10:02,519 --> 00:10:07,559

have you adapt and adapted your your

219

00:10:04,828 --> 00:10:10,049

message any and and what they

220

00:10:07,559 --> 00:10:13,619

why was something like well we always

221

00:10:10,049 --> 00:10:17,939

listen to criticism but we have found no

222

00:10:13,620 --> 00:10:20,100

reason to rethink our approach so in my

223

00:10:17,940 --> 00:10:23,250

mind it means they listen but they don't

224

00:10:20,100 --> 00:10:25,139

think so I think yeah and also a lot of

225

00:10:23,250 --> 00:10:27,179

people we've discovered in this country

226

00:10:25,139 --> 00:10:29,789

I'm some years ago we gave the bent

227

00:10:27,179 --> 00:10:33,659

spoon to a program on the national

228

00:10:29,789 --> 00:10:35,549

broadcaster the ABC national TV in this

229
00:10:33,659 --> 00:10:37,620
country they were running a program and

230
00:10:35,549 --> 00:10:40,139
some of our listeners may remember this

231
00:10:37,620 --> 00:10:42,450
called second opinion which is all about

232
00:10:40,139 --> 00:10:45,960
alternative medicine and was giving out

233
00:10:42,450 --> 00:10:48,270
just outrageous advice and basing

234
00:10:45,960 --> 00:10:50,580
stories on nonsense and when they won

235
00:10:48,269 --> 00:10:53,519
the bent spoon award they tried to use

236
00:10:50,580 --> 00:10:56,220
it as publicity saying are the skeptics

237
00:10:53,519 --> 00:11:00,000
gave us this is a tongue-in-cheek this

238
00:10:56,220 --> 00:11:02,129
funny award and I it was interesting

239
00:11:00,000 --> 00:11:04,110
because it was the award came with a

240
00:11:02,129 --> 00:11:05,429
very powerful message I think that you

241
00:11:04,110 --> 00:11:07,440
know we were very concerned about this

242
00:11:05,429 --> 00:11:09,329
so I'm pleased to hear that other groups

243
00:11:07,440 --> 00:11:12,600
are giving out these sort of strange

244
00:11:09,330 --> 00:11:14,070
awards and I understand you also do

245
00:11:12,600 --> 00:11:16,110
something that we love to do in

246
00:11:14,070 --> 00:11:20,190
Australia you have something like

247
00:11:16,110 --> 00:11:23,519
skeptics in the pub yes we do we we do

248
00:11:20,190 --> 00:11:26,130
organized skeptics in the pubs and some

249
00:11:23,519 --> 00:11:27,539
lectures and actually it was to be

250
00:11:26,129 --> 00:11:29,700
honest it was the skeptics in the pub

251
00:11:27,539 --> 00:11:33,059
that got me interested in the movement

252
00:11:29,700 --> 00:11:35,970
to begin with aha because I listened to

253
00:11:33,059 --> 00:11:38,609
a lot of podcasts skeptics own included

254
00:11:35,970 --> 00:11:40,740
and and you would hear things like

255
00:11:38,610 --> 00:11:44,190
Maynard running around that skeptics in

256
00:11:40,740 --> 00:11:47,190
the pub in in Sydney having a good time

257

00:11:44,190 --> 00:11:49,620
and say what can I do that so that was

258
00:11:47,190 --> 00:11:53,730
actually my gateway into the the

259
00:11:49,620 --> 00:11:57,750
movement but we do we do that so we have

260
00:11:53,730 --> 00:12:01,379
we have and we have seven local chapters

261
00:11:57,750 --> 00:12:04,669
now of the of the skeptics association

262
00:12:01,379 --> 00:12:07,379
that keep that organises these things

263
00:12:04,669 --> 00:12:09,659
locally and here in the south of Sweden

264
00:12:07,379 --> 00:12:12,360
we have have them regularly in two

265
00:12:09,659 --> 00:12:15,449
cities and now we are reaching out to

266
00:12:12,360 --> 00:12:18,570
third the city because we think that any

267
00:12:15,450 --> 00:12:21,450
every city should should have a skeptics

268
00:12:18,570 --> 00:12:24,090
in the pub pub activity but we

269
00:12:21,450 --> 00:12:27,090
also have other lectures we are going to

270
00:12:24,090 --> 00:12:29,879
do something about the ignoble prices in

271
00:12:27,090 --> 00:12:32,879

Stockholm in about a couple of weeks aha

272

00:12:29,879 --> 00:12:34,799

yes yes very fine yeah yeah and things

273

00:12:32,879 --> 00:12:39,029

like things like that things that are

274

00:12:34,799 --> 00:12:41,539

you know fun and and can can attract

275

00:12:39,029 --> 00:12:45,169

people not just the skeptics but also

276

00:12:41,539 --> 00:12:47,909

other interested parties of the public

277

00:12:45,169 --> 00:12:49,949

and it's exactly why one of the reasons

278

00:12:47,909 --> 00:12:52,469

why we do something like skeptics in the

279

00:12:49,950 --> 00:12:54,150

pub not only is it a great night because

280

00:12:52,470 --> 00:12:58,710

we just meet with friends and anybody

281

00:12:54,149 --> 00:13:00,419

can come along and we think it's a

282

00:12:58,710 --> 00:13:02,190

really really interesting way to

283

00:13:00,419 --> 00:13:04,079

introduce skepticism of people because

284

00:13:02,190 --> 00:13:06,180

you do get people coming along to the

285

00:13:04,080 --> 00:13:08,280

pub who are curious and don't know what

286
00:13:06,179 --> 00:13:11,959
skepticism really is or they think they

287
00:13:08,279 --> 00:13:14,610
know and then they often is a

288
00:13:11,960 --> 00:13:17,820
interesting time when people realize

289
00:13:14,610 --> 00:13:19,680
what we're doing or get great benefit

290
00:13:17,820 --> 00:13:23,340
out of it and they completely changed

291
00:13:19,679 --> 00:13:26,429
their mind so it's not just an excuse to

292
00:13:23,340 --> 00:13:28,830
have lots of food and drink really I

293
00:13:26,429 --> 00:13:31,589
think no more serious aspect of skeptics

294
00:13:28,830 --> 00:13:34,410
in the pub no actually just last night

295
00:13:31,590 --> 00:13:36,780
we had a skeptics in the pub and we had

296
00:13:34,409 --> 00:13:40,589
a separate room in the back and at one

297
00:13:36,779 --> 00:13:43,439
point during a lecture there was one guy

298
00:13:40,590 --> 00:13:44,850
coming in obviously not knowing what we

299
00:13:43,440 --> 00:13:47,100
were all about and said where's the

300
00:13:44,850 --> 00:13:49,529
match he was looking for the for the

301
00:13:47,100 --> 00:13:51,509
football match and I said well that's

302
00:13:49,529 --> 00:13:54,419
not what we're doing here we're having a

303
00:13:51,509 --> 00:13:57,000
lecture this and that and he said well

304
00:13:54,419 --> 00:13:59,339
ok then that might do just as well and

305
00:13:57,000 --> 00:14:01,440
he went in and sat at the back and he

306
00:13:59,340 --> 00:14:03,450
was it paid a lot of attention and I

307
00:14:01,440 --> 00:14:06,390
think maybe we have a new member soon

308
00:14:03,450 --> 00:14:09,420
and how often do you have your skeptics

309
00:14:06,389 --> 00:14:12,120
in the pub in Malmo well we have them we

310
00:14:09,419 --> 00:14:14,879
have every month we have a skeptic

311
00:14:12,120 --> 00:14:17,100
cinder pub and one we have them in Malmo

312
00:14:14,879 --> 00:14:19,470
every other month and in a city called

313
00:14:17,100 --> 00:14:21,300
learned the other months oh yes I'm just

314

00:14:19,470 --> 00:14:24,180
looking at my map now and I can see Luna

315
00:14:21,299 --> 00:14:25,889
it's not very far is it not very far we

316
00:14:24,179 --> 00:14:29,250
actually have more members in learned

317
00:14:25,889 --> 00:14:31,559
it's it's a it's a university town so we

318
00:14:29,250 --> 00:14:35,450
have both academics in in the movement

319
00:14:31,559 --> 00:14:38,069
so so we we try to alternate

320
00:14:35,450 --> 00:14:39,540
sounds good to me sounds very good to me

321
00:14:38,070 --> 00:14:42,210
is of course skeptics in the pub is

322
00:14:39,539 --> 00:14:43,980
international there are many I think

323
00:14:42,210 --> 00:14:46,379
just about any night of the week

324
00:14:43,980 --> 00:14:47,940
somewhere in the world you can find a

325
00:14:46,379 --> 00:14:53,490
skeptics and above I guess if you're

326
00:14:47,940 --> 00:14:55,230
prepared to travel yes I I would be me

327
00:14:53,490 --> 00:14:57,539
too i think i think that's a good idea

328
00:14:55,230 --> 00:15:00,060

and just again for the sake of our

329

00:14:57,539 --> 00:15:02,699

listeners anywhere in the world have a

330

00:15:00,059 --> 00:15:05,459

look in your city or your region there

331

00:15:02,700 --> 00:15:08,370

may just might be a skeptics in the pub

332

00:15:05,460 --> 00:15:12,720

and its really worthwhile going to yeah

333

00:15:08,370 --> 00:15:14,610

and if like me you you want to go but

334

00:15:12,720 --> 00:15:19,019

there's nobody organizing it you can do

335

00:15:14,610 --> 00:15:21,539

it yourself we actually i reached out to

336

00:15:19,019 --> 00:15:24,329

on facebook and i got in contact with

337

00:15:21,539 --> 00:15:27,809

one other person this is about 45 years

338

00:15:24,330 --> 00:15:29,310

ago four years ago and we decided him

339

00:15:27,809 --> 00:15:30,929

and me we didn't know each other but we

340

00:15:29,309 --> 00:15:32,959

we had the similar interest and we said

341

00:15:30,929 --> 00:15:35,879

we need to get this going in mama and

342

00:15:32,960 --> 00:15:39,960

for six months it was just him and me

343
00:15:35,879 --> 00:15:43,529
sitting in a pub I had what didn't give

344
00:15:39,960 --> 00:15:46,379
up and we eventually the word word got

345
00:15:43,529 --> 00:15:48,839
around we got you know formally

346
00:15:46,379 --> 00:15:50,789
affiliated with the Swedish skeptics and

347
00:15:48,840 --> 00:15:52,800
now we are about you know sometimes

348
00:15:50,789 --> 00:15:56,929
we're 35 people there and it's it's

349
00:15:52,799 --> 00:15:59,939
great it's great fun I'd that's exactly

350
00:15:56,929 --> 00:16:03,299
what you should do and you if I cast my

351
00:15:59,940 --> 00:16:05,580
mind back ah 12 years or 13 years i'm

352
00:16:03,299 --> 00:16:06,870
not sure how many years now when i was

353
00:16:05,580 --> 00:16:08,670
kicking off skeptics in the pub in

354
00:16:06,870 --> 00:16:11,190
sydney and i guess some nights would

355
00:16:08,669 --> 00:16:14,339
have five or six people in a room and

356
00:16:11,190 --> 00:16:16,320
then it just grew and grew over the

357
00:16:14,340 --> 00:16:18,480
years and now i'm pleased to say now in

358
00:16:16,320 --> 00:16:20,550
sydney at least we can have so many

359
00:16:18,480 --> 00:16:23,820
people in we can hardly squeeze people

360
00:16:20,549 --> 00:16:25,979
into the lecture room we have it's very

361
00:16:23,820 --> 00:16:28,260
heartening and every month there are new

362
00:16:25,980 --> 00:16:29,670
people every month review people coming

363
00:16:28,259 --> 00:16:33,059
along which is which is a really great

364
00:16:29,669 --> 00:16:36,329
thing yes yes i agree and it's fun to

365
00:16:33,059 --> 00:16:39,119
meet new people that that's that's why I

366
00:16:36,330 --> 00:16:41,610
got into it it's the social aspect and

367
00:16:39,120 --> 00:16:44,129
of course no I do sympathize with the

368
00:16:41,610 --> 00:16:47,490
course that's not only thing but but but

369
00:16:44,129 --> 00:16:49,139
but the social aspect is very important

370
00:16:47,490 --> 00:16:50,879
and I was you know

371

00:16:49,139 --> 00:16:53,970
the family was getting tired of hearing

372
00:16:50,879 --> 00:16:55,949
me ranting about the things and I had to

373
00:16:53,970 --> 00:16:58,259
to find somebody else that would listen

374
00:16:55,948 --> 00:17:01,048
and its really really rewarding to do

375
00:16:58,259 --> 00:17:06,389
this now looking passing another I at

376
00:17:01,048 --> 00:17:08,250
your website www v ofse I can see you

377
00:17:06,388 --> 00:17:10,938
have a magazine can you tell me

378
00:17:08,250 --> 00:17:15,000
something about that yeah it we have

379
00:17:10,939 --> 00:17:17,240
actually all the ways back since 1980 83

380
00:17:15,000 --> 00:17:20,568
we have published a quarterly magazine

381
00:17:17,240 --> 00:17:24,298
where we debate or discuss or or or

382
00:17:20,568 --> 00:17:28,230
publish articles about pseudoscience and

383
00:17:24,298 --> 00:17:30,058
and also good things like good examples

384
00:17:28,230 --> 00:17:34,110
on critical thinking it's a really

385
00:17:30,058 --> 00:17:36,990

worthwhile magazine and all of the art

386

00:17:34,109 --> 00:17:39,719

articles eventually get published on the

387

00:17:36,990 --> 00:17:41,220

website so well if you know Swedish you

388

00:17:39,720 --> 00:17:45,480

can go in there and read it for free

389

00:17:41,220 --> 00:17:48,298

with some delay well about if you know

390

00:17:45,480 --> 00:17:49,679

sweetie of course but the great I'm so

391

00:17:48,298 --> 00:17:51,418

pleased to hear that that's been our

392

00:17:49,679 --> 00:17:53,880

philosophy here in Australia for a long

393

00:17:51,419 --> 00:17:55,559

time is once the magazine's been out for

394

00:17:53,880 --> 00:17:57,809

a year or something like that we'll

395

00:17:55,558 --> 00:17:59,819

we'll put it online so everybody around

396

00:17:57,808 --> 00:18:01,168

the world can enjoy the benefits of the

397

00:17:59,819 --> 00:18:02,519

research and the articles and things

398

00:18:01,169 --> 00:18:05,850

like that what's the name of that

399

00:18:02,519 --> 00:18:08,759

magazine in Sweden it's called Falk

400
00:18:05,849 --> 00:18:12,538
ivette which is well it's hard to

401
00:18:08,759 --> 00:18:15,298
translate I guess it's sort of a pun but

402
00:18:12,538 --> 00:18:18,089
it also translates into you know common

403
00:18:15,298 --> 00:18:20,190
sense okay okay that's a good name for

404
00:18:18,089 --> 00:18:23,490
magazine and on science and reason I

405
00:18:20,190 --> 00:18:24,690
think that sounds good to me and also in

406
00:18:23,490 --> 00:18:26,548
Sweden there I think you have the same

407
00:18:24,690 --> 00:18:30,360
sort of philosophy when it comes to

408
00:18:26,548 --> 00:18:32,158
education and educational outreach yes

409
00:18:30,359 --> 00:18:35,729
there are a couple of us that are

410
00:18:32,159 --> 00:18:39,090
reaching out two stools and so we offer

411
00:18:35,730 --> 00:18:40,769
to come and give a lecture present why

412
00:18:39,089 --> 00:18:44,250
we think critical thinking is so

413
00:18:40,769 --> 00:18:46,500
important and also we try to mention

414
00:18:44,250 --> 00:18:49,859
that the organization but the thing is

415
00:18:46,500 --> 00:18:51,869
we were not trying to recruit members we

416
00:18:49,859 --> 00:18:55,709
are we are there to spread the word

417
00:18:51,869 --> 00:18:58,288
about how easy it is to be deceived how

418
00:18:55,710 --> 00:19:02,370
you have to be aware that everything you

419
00:18:58,288 --> 00:19:02,940
read is not gospel you need to question

420
00:19:02,369 --> 00:19:06,059
what you see

421
00:19:02,940 --> 00:19:09,570
I and personally I've been in in the

422
00:19:06,059 --> 00:19:12,480
school so this is directed to we have a

423
00:19:09,569 --> 00:19:15,659
mandatory school system to 9th grade and

424
00:19:12,480 --> 00:19:18,630
then you have 33 years which most people

425
00:19:15,660 --> 00:19:21,540
most students go on to and that's where

426
00:19:18,630 --> 00:19:24,350
I'm focusing on so they are about 16 17

427
00:19:21,539 --> 00:19:27,359
18 years old and for me personally

428

00:19:24,349 --> 00:19:29,849
that's a perfect age to reach out to

429
00:19:27,359 --> 00:19:34,049
because they are very very inquisitive

430
00:19:29,849 --> 00:19:35,909
they are there are adults in a way but

431
00:19:34,049 --> 00:19:38,099
they don't have a lot of experience and

432
00:19:35,910 --> 00:19:40,560
they're at least in Sweden they are not

433
00:19:38,099 --> 00:19:43,309
afraid to question authority so I try to

434
00:19:40,559 --> 00:19:46,409
provoke them a little bit and and and

435
00:19:43,309 --> 00:19:48,750
you know question while I'm saying which

436
00:19:46,410 --> 00:19:51,779
is good because I I tell them to

437
00:19:48,750 --> 00:19:53,339
question everything they see and then I

438
00:19:51,779 --> 00:19:56,160
encouraged him to question what I'm

439
00:19:53,339 --> 00:19:57,839
saying so whether registry with me or

440
00:19:56,160 --> 00:20:00,420
not they're starting to question things

441
00:19:57,839 --> 00:20:02,429
and I think that's a good approach it's

442
00:20:00,420 --> 00:20:05,070

a very good approach I completely agree

443

00:20:02,430 --> 00:20:06,810

and again it's sort of mirrors a little

444

00:20:05,069 --> 00:20:09,480

bit of what other groups are doing

445

00:20:06,809 --> 00:20:11,839

around the world I think that is a good

446

00:20:09,480 --> 00:20:14,670

age group in schools because by then

447

00:20:11,839 --> 00:20:16,289

there's a lot of interest and wonder

448

00:20:14,670 --> 00:20:20,490

about these sort of things and students

449

00:20:16,289 --> 00:20:23,720

are very open we find to discovering

450

00:20:20,490 --> 00:20:27,779

answers like this now i'm also curious

451

00:20:23,720 --> 00:20:29,910

to know and i suspect i know what you're

452

00:20:27,779 --> 00:20:32,190

going to tell me around the world we

453

00:20:29,910 --> 00:20:33,630

have in just about every country i'm

454

00:20:32,190 --> 00:20:35,420

sure every country we have people who

455

00:20:33,630 --> 00:20:37,950

claim that they can talk with the dead

456

00:20:35,420 --> 00:20:39,870

sighs oh yeah so on I mean I guess

457
00:20:37,950 --> 00:20:42,809
Sweden would be just about the same as

458
00:20:39,869 --> 00:20:45,359
anywhere else yes yes there are

459
00:20:42,809 --> 00:20:49,289
television shows about them and there

460
00:20:45,359 --> 00:20:53,309
are people offering to talk to two

461
00:20:49,289 --> 00:20:55,670
people dead relatives etc and I think

462
00:20:53,309 --> 00:21:00,450
that's very upsetting I think it's very

463
00:20:55,670 --> 00:21:02,550
cynical and even if some of them do it

464
00:21:00,450 --> 00:21:04,860
but we're you know in good faith or

465
00:21:02,549 --> 00:21:06,750
think that they can do it I think they

466
00:21:04,859 --> 00:21:09,179
really should think again because it's

467
00:21:06,750 --> 00:21:11,960
as you usually say it's easy to talk to

468
00:21:09,180 --> 00:21:14,049
that it's hard to get a good reply

469
00:21:11,960 --> 00:21:16,210
you're right and

470
00:21:14,049 --> 00:21:18,759
it can be pretty tough to sit there

471
00:21:16,210 --> 00:21:20,500
anywhere in the world and have some TV

472
00:21:18,759 --> 00:21:22,960
program come on and somebody who sits in

473
00:21:20,500 --> 00:21:25,690
a chair and in an audience or in a TV

474
00:21:22,960 --> 00:21:29,860
studio and say things like oh yes yes

475
00:21:25,690 --> 00:21:31,630
they're telling me now that oh they send

476
00:21:29,859 --> 00:21:33,399
their love and oh I can see a little

477
00:21:31,630 --> 00:21:35,830
girl and she's playing in the garden and

478
00:21:33,400 --> 00:21:37,930
I'm sitting at home fuming but it's

479
00:21:35,829 --> 00:21:40,689
really tough to to beat the sort of

480
00:21:37,930 --> 00:21:43,960
things and and it works unfortunately it

481
00:21:40,690 --> 00:21:46,000
works all around the world yeah it's an

482
00:21:43,960 --> 00:21:47,950
obvious play on people's emotions as

483
00:21:46,000 --> 00:21:51,009
well because people who seek this kind

484
00:21:47,950 --> 00:21:55,330
of service or whatever you call it they

485

00:21:51,009 --> 00:21:57,519
they they have a need to to to to grieve

486
00:21:55,329 --> 00:21:59,980
and cetera and you are exploiting that

487
00:21:57,519 --> 00:22:02,619
in a very bad way there i mean i've seen

488
00:21:59,980 --> 00:22:06,370
in the swedish television where it ends

489
00:22:02,619 --> 00:22:08,169
up with the person crying because the

490
00:22:06,369 --> 00:22:10,029
the the medium is telling you well

491
00:22:08,170 --> 00:22:12,160
that's your grandmother and she's not

492
00:22:10,029 --> 00:22:14,829
very happy with what you've done and the

493
00:22:12,160 --> 00:22:16,540
poor person is you know breaking down

494
00:22:14,829 --> 00:22:20,079
and why wouldn't you if you believe that

495
00:22:16,539 --> 00:22:24,190
thing yes and sadly upset sadly when

496
00:22:20,079 --> 00:22:26,740
when that happens the TV producer up

497
00:22:24,190 --> 00:22:28,630
there in the control room or wherever

498
00:22:26,740 --> 00:22:32,370
they are watching the shows it's being

499
00:22:28,630 --> 00:22:36,130

taped going our great reaction exactly

500

00:22:32,369 --> 00:22:40,269

TP good TV yeah that does is that thing

501

00:22:36,130 --> 00:22:42,040

about it well pontus it's really really

502

00:22:40,269 --> 00:22:44,680

good to make contact with you the

503

00:22:42,039 --> 00:22:46,240

vaccination chronicles DVD is in the

504

00:22:44,680 --> 00:22:47,620

post as we speak and i'm sure you'll

505

00:22:46,240 --> 00:22:50,799

find that very interesting and I

506

00:22:47,619 --> 00:22:52,389

understand you want to help get get that

507

00:22:50,799 --> 00:22:54,399

out through Sweden which is really good

508

00:22:52,390 --> 00:22:58,540

and I know you're very kind you're going

509

00:22:54,400 --> 00:23:01,870

to help with the Swedish translation of

510

00:22:58,539 --> 00:23:04,149

that devious yes yes I'll do that I

511

00:23:01,869 --> 00:23:06,849

think that's a fun little project I've

512

00:23:04,150 --> 00:23:09,519

actually done similar things in the past

513

00:23:06,849 --> 00:23:11,949

so I know that how to do it and it'll be

514
00:23:09,519 --> 00:23:15,639
fun and I think that may increase the

515
00:23:11,950 --> 00:23:17,590
the reach that we can get I think by the

516
00:23:15,640 --> 00:23:21,340
way Richard I think that's an excellent

517
00:23:17,589 --> 00:23:23,470
documentary and I think you know in 10

518
00:23:21,339 --> 00:23:27,579
years you wouldn't be able to do this so

519
00:23:23,470 --> 00:23:29,950
you you're documenting something that a

520
00:23:27,579 --> 00:23:33,159
period in time but people are forgetting

521
00:23:29,950 --> 00:23:36,940
about when when when you had these iron

522
00:23:33,160 --> 00:23:39,580
lungs and when they were be you know you

523
00:23:36,940 --> 00:23:41,350
your schoolmate got polio and that you

524
00:23:39,579 --> 00:23:44,169
meant you knew that meant you would

525
00:23:41,349 --> 00:23:48,369
never see him again yeah and that period

526
00:23:44,170 --> 00:23:50,860
in time is going to be forgotten but not

527
00:23:48,369 --> 00:23:52,269
now because you've done this documentary

528
00:23:50,859 --> 00:23:53,979
so thank you very much for doing that

529
00:23:52,269 --> 00:23:56,769
that's very kind of you thank you for

530
00:23:53,980 --> 00:24:00,460
mentioning that it's also important that

531
00:23:56,769 --> 00:24:02,769
we don't revisit those times oh yes yes

532
00:24:00,460 --> 00:24:04,840
and there are people out there sadly as

533
00:24:02,769 --> 00:24:08,740
we know who would bring that upon us

534
00:24:04,839 --> 00:24:12,189
they would stop vaccinations instantly

535
00:24:08,740 --> 00:24:13,720
and then the results would not be very

536
00:24:12,190 --> 00:24:16,269
pleasant indeed would not be pleasant

537
00:24:13,720 --> 00:24:18,460
thank you again for contacting us that

538
00:24:16,269 --> 00:24:21,150
website ladies and gentlemen and

539
00:24:18,460 --> 00:24:25,620
especially if you're in Sweden or in

540
00:24:21,150 --> 00:24:30,460
Denmark or Norway that area of the world

541
00:24:25,619 --> 00:24:32,529
WWV ofse check it out you can subscribe

542

00:24:30,460 --> 00:24:35,110
to the magazine you can go along to

543
00:24:32,529 --> 00:24:37,000
skeptics in the pub and have a beer with

544
00:24:35,109 --> 00:24:39,549
the sweetie skeptics that sounds pretty

545
00:24:37,000 --> 00:24:42,579
good to me so both us thank you very

546
00:24:39,549 --> 00:24:47,399
much thank you very much Richard oh i

547
00:24:42,579 --> 00:24:47,399
should say thank you

548
00:25:04,309 --> 00:25:09,569
hey svenska skeptical the vet valid

549
00:25:07,559 --> 00:25:11,700
vatan scope for billing in the boy to

550
00:25:09,569 --> 00:25:14,669
none hanger of the skeptic zone that an

551
00:25:11,700 --> 00:25:17,430
ox 0 alpha alpha dog pop science quiz of

552
00:25:14,670 --> 00:25:20,100
skeptical Kevin Thomas Valley Queen por

553
00:25:17,430 --> 00:25:22,860
vivir juntos punta safe at spawning

554
00:25:20,099 --> 00:25:25,799
vivoli luger luke alphania hun tamilanda

555
00:25:22,859 --> 00:25:27,990
top gone home to install talent Athene's

556
00:25:25,799 --> 00:25:32,730

non-local training button to start I'm

557

00:25:27,990 --> 00:25:35,700

12 your Papa made a new hello all

558

00:25:32,730 --> 00:25:37,349

skeptics in Sweden I'm sure you already

559

00:25:35,700 --> 00:25:39,840

know that the Swedish skeptics

560

00:25:37,349 --> 00:25:42,089

Association not only is a big fan of the

561

00:25:39,839 --> 00:25:44,579

skeptic zone but that we also organize

562

00:25:42,089 --> 00:25:48,740

lectures pop science quiz and skeptics

563

00:25:44,579 --> 00:25:52,949

in the pub all over the country go to

564

00:25:48,740 --> 00:25:55,620

WWD ofse to see what our seven local

565

00:25:52,950 --> 00:25:57,330

chapters are up to and if you live in a

566

00:25:55,619 --> 00:26:00,539

place where there is no local chapter

567

00:25:57,329 --> 00:26:03,529

why not start on yourself I'm talking to

568

00:26:00,539 --> 00:26:03,529

you neyo

569

00:26:08,929 --> 00:26:14,249

welcome to a week in science from our

570

00:26:11,609 --> 00:26:17,099

iOS bringing you the science you need to

571
00:26:14,249 --> 00:26:19,739
know shaking with laughter or shaking

572
00:26:17,099 --> 00:26:21,839
with sobs why do we do either and are

573
00:26:19,739 --> 00:26:24,690
they polar opposites or two sides of the

574
00:26:21,839 --> 00:26:28,819
same coin you'll laugh you'll cry it'll

575
00:26:24,690 --> 00:26:28,820
change your life it's a week in science

576
00:26:30,769 --> 00:26:35,700
scientists believe laughter developed as

577
00:26:33,480 --> 00:26:37,739
a way to express relief at a false alarm

578
00:26:35,700 --> 00:26:39,778
which is also while we laugh when

579
00:26:37,739 --> 00:26:42,749
someone trips but doesn't actually hurt

580
00:26:39,778 --> 00:26:45,269
themselves taken out of context laughter

581
00:26:42,749 --> 00:26:47,669
is pretty strange behavior facial

582
00:26:45,269 --> 00:26:50,339
muscles contract our air intake becomes

583
00:26:47,669 --> 00:26:53,278
a regular we make repetitive guttural

584
00:26:50,339 --> 00:26:55,798
sounds and our body spasms but these

585
00:26:53,278 --> 00:26:58,378
physiological symptoms all add up to a

586
00:26:55,798 --> 00:27:00,658
good effect laughing releases the

587
00:26:58,378 --> 00:27:03,058
feel-good hormones endorphins and has

588
00:27:00,659 --> 00:27:05,549
heaps of health benefits even being said

589
00:27:03,058 --> 00:27:08,788
to boost your immune system on the other

590
00:27:05,548 --> 00:27:11,128
hand we cry to ask for help this starts

591
00:27:08,788 --> 00:27:13,378
instinctively as babies but as early as

592
00:27:11,128 --> 00:27:16,019
10 months old we learn to cry to

593
00:27:13,378 --> 00:27:17,819
manipulate and seek attention we don't

594
00:27:16,019 --> 00:27:19,638
just get help from those around us when

595
00:27:17,819 --> 00:27:21,928
we cry tears flush away

596
00:27:19,638 --> 00:27:26,878
adrenocorticotrophic hormone which

597
00:27:21,929 --> 00:27:28,769
contribute to stress levels so we laugh

598
00:27:26,878 --> 00:27:31,469
for my happy and cry of and we're sad

599

00:27:28,769 --> 00:27:32,849
the two things are opposite right well

600
00:27:31,470 --> 00:27:35,429
there's a little more to it than that

601
00:27:32,849 --> 00:27:37,709
both are due to high emotional arousal

602
00:27:35,429 --> 00:27:39,659
and is stressful experiences by

603
00:27:37,710 --> 00:27:42,389
counteracting hormones like cortisol and

604
00:27:39,659 --> 00:27:45,028
adrenaline neither turns on or off

605
00:27:42,388 --> 00:27:46,829
cleanly crying and laughing have

606
00:27:45,028 --> 00:27:48,989
something called strong preservation

607
00:27:46,829 --> 00:27:50,730
which is the tendency to keep going once

608
00:27:48,989 --> 00:27:53,159
they've started and they both have

609
00:27:50,730 --> 00:27:54,899
strong social implications as bonding

610
00:27:53,159 --> 00:27:57,659
experiences and for communicating

611
00:27:54,898 --> 00:27:59,939
emotions and sometimes something is just

612
00:27:57,659 --> 00:28:03,450
hilarious enough that we laugh so hard

613
00:27:59,940 --> 00:28:06,769

we cry and now for fast facts about

614

00:28:03,450 --> 00:28:09,920
snickering and sniveling

615

00:28:06,769 --> 00:28:13,190
the study of laughter yep it's a real

616

00:28:09,920 --> 00:28:15,380
thing is called gel atala G our brains

617

00:28:13,190 --> 00:28:17,180
can easily spot fake laughter and

618

00:28:15,380 --> 00:28:20,690
differentiate it from the genuine

619

00:28:17,180 --> 00:28:23,240
response reflex tears like from stabbing

620

00:28:20,690 --> 00:28:25,820
a toe or cutting an onion are made up of

621

00:28:23,240 --> 00:28:28,039
about ninety eight percent water whereas

622

00:28:25,819 --> 00:28:30,769
emotional tears contain a cocktail of

623

00:28:28,039 --> 00:28:34,099
hormones and chemicals crocodile tears

624

00:28:30,769 --> 00:28:36,319
are real in humans and reptiles people

625

00:28:34,099 --> 00:28:38,539
can fake tears to elicit sympathy while

626

00:28:36,319 --> 00:28:41,149
Crocs shed a tear to clean and lubricate

627

00:28:38,539 --> 00:28:43,609
their eyes that's it for this week in

628
00:28:41,150 --> 00:28:46,420
science for more information on laughing

629
00:28:43,609 --> 00:28:50,750
and crying go to the ri oz website RI

630
00:28:46,420 --> 00:28:53,330
aus org a you follow us on twitter at

631
00:28:50,750 --> 00:28:55,640
our iOS and like us on Facebook I'm

632
00:28:53,329 --> 00:29:09,439
Casey Harrigan and we'll catch you next

633
00:28:55,640 --> 00:29:11,240
week on Maynard calm don't owe you there

634
00:29:09,440 --> 00:29:13,640
has been talk that there are some photos

635
00:29:11,240 --> 00:29:16,460
of the Roswell aliens that have surfaced

636
00:29:13,640 --> 00:29:19,340
in the form of slides found in the

637
00:29:16,460 --> 00:29:21,230
bottom of someone's slide draw from the

638
00:29:19,339 --> 00:29:23,299
50s or whatever this is pretty amazing

639
00:29:21,230 --> 00:29:24,740
news have you heard about this Tim yes I

640
00:29:23,299 --> 00:29:27,470
haven't it's quite extraordinary we're

641
00:29:24,740 --> 00:29:29,839
all abuzz about this it seems to lend a

642
00:29:27,470 --> 00:29:31,789
lot of credibility to the rumors about

643
00:29:29,839 --> 00:29:33,379
Roswell well yeah particularly as the

644
00:29:31,789 --> 00:29:36,200
way it's being announced rather than a

645
00:29:33,380 --> 00:29:38,090
press conference a Mexican you ufologist

646
00:29:36,200 --> 00:29:40,250
has booked a stadium of 10,000 people

647
00:29:38,089 --> 00:29:43,339
and is charging everyone to go see the

648
00:29:40,250 --> 00:29:46,759
unveiling there he will get a bit rare

649
00:29:43,339 --> 00:29:49,519
and it's very hard as photographers and

650
00:29:46,759 --> 00:29:52,220
special effects people will know to fake

651
00:29:49,519 --> 00:29:53,779
a slide it's very difficult in fact i'm

652
00:29:52,220 --> 00:29:55,579
thinking of getting mexican you follow

653
00:29:53,779 --> 00:29:58,849
just put on my business card it's the

654
00:29:55,579 --> 00:30:02,199
mexican bed i like hi everybody on Manor

655
00:29:58,849 --> 00:30:02,199
calmed are you

656

00:30:08,349 --> 00:30:14,949
it's the raw skeptic report with Heidi

657
00:30:12,380 --> 00:30:14,950
Robertson

658
00:30:19,420 --> 00:30:27,170
hi everyone this week you may hear some

659
00:30:24,529 --> 00:30:29,660
rainbow lorikeets and Magpies cavorting

660
00:30:27,170 --> 00:30:33,070
outside my window or one of my dogs

661
00:30:29,660 --> 00:30:35,150
barking at them apologies in advance I

662
00:30:33,069 --> 00:30:38,809
guess it's better than the background

663
00:30:35,150 --> 00:30:41,840
noise of traffic however so this week my

664
00:30:38,809 --> 00:30:44,450
report will focus on asthma what the

665
00:30:41,839 --> 00:30:46,279
recommendations are in treating it what

666
00:30:44,450 --> 00:30:48,769
alternative treatments there are that

667
00:30:46,279 --> 00:30:51,049
claim to help it and if there is any

668
00:30:48,769 --> 00:30:53,809
evidence for any of these alternative

669
00:30:51,049 --> 00:30:57,349
treatments firstly some facts about

670
00:30:53,809 --> 00:30:59,359

asthma asthma is a condition in which

671

00:30:57,349 --> 00:31:02,750

people have sensitive Airways which

672

00:30:59,359 --> 00:31:05,209

react to certain triggers resulting in

673

00:31:02,750 --> 00:31:08,930

various symptoms which range from mild

674

00:31:05,210 --> 00:31:11,870

to severe and life-threatening the

675

00:31:08,930 --> 00:31:14,230

trachea or windpipe branches into the

676

00:31:11,869 --> 00:31:17,229

left and right primary bronchi which

677

00:31:14,230 --> 00:31:19,400

lead into the left and right lungs

678

00:31:17,230 --> 00:31:21,650

branching off from the primary bronchi

679

00:31:19,400 --> 00:31:24,350

are the secondary and tertiary bronchi

680

00:31:21,650 --> 00:31:26,930

which are progressively smaller again

681

00:31:24,349 --> 00:31:30,079

before branching into the bronchioles

682

00:31:26,930 --> 00:31:32,960

the smallest airway passages the

683

00:31:30,079 --> 00:31:35,750

bronchioles are where asthma effects

684

00:31:32,960 --> 00:31:38,029

people bronchioles range in diameter

685
00:31:35,750 --> 00:31:40,970
from about half a millimeter 21

686
00:31:38,029 --> 00:31:43,629
millimeter the smallest bronchioles join

687
00:31:40,970 --> 00:31:46,789
up with little grape-like sacs called

688
00:31:43,630 --> 00:31:49,610
alveoli each sack about the size of a

689
00:31:46,789 --> 00:31:51,680
grain of sugar where gas exchange takes

690
00:31:49,609 --> 00:31:55,129
place between the airways and the

691
00:31:51,680 --> 00:31:57,740
circulatory system now before you have a

692
00:31:55,130 --> 00:32:01,670
go at my pronunciation I do know that

693
00:31:57,740 --> 00:32:04,700
americans pronounce it I really elderly

694
00:32:01,670 --> 00:32:08,180
or something so apologies american

695
00:32:04,700 --> 00:32:10,160
listeners there are three main factors

696
00:32:08,180 --> 00:32:13,460
that cause the bronchioles to become

697
00:32:10,160 --> 00:32:15,860
narrowed number one the inside lining of

698
00:32:13,460 --> 00:32:19,250
the bronchioles becomes red and inflamed

699
00:32:15,859 --> 00:32:21,289
number 2 extra mucus may be produced

700
00:32:19,250 --> 00:32:24,349
which can reduce the diameter of the

701
00:32:21,289 --> 00:32:26,869
airways and three muscles that surround

702
00:32:24,349 --> 00:32:30,289
the bronchioles start to go into spasm

703
00:32:26,869 --> 00:32:33,469
called bronchospasm which can

704
00:32:30,289 --> 00:32:35,839
bute to overall bronchoconstriction this

705
00:32:33,470 --> 00:32:40,339
can then lead to coughing shortness of

706
00:32:35,839 --> 00:32:42,079
breath wheezing and chest tightness one

707
00:32:40,339 --> 00:32:45,259
in ten people in Australia have asthma

708
00:32:42,079 --> 00:32:46,849
that's over two million people there are

709
00:32:45,259 --> 00:32:49,069
links to both genetics and the

710
00:32:46,849 --> 00:32:51,799
environment which contribute to the

711
00:32:49,069 --> 00:32:53,720
causes of asthma people can have

712
00:32:51,799 --> 00:32:55,819
different triggers for the asthma that

713

00:32:53,720 --> 00:32:58,670
is for different people different things

714
00:32:55,819 --> 00:33:01,069
will cause an asthma attack some common

715
00:32:58,670 --> 00:33:03,650
triggers for asthma include cigarette

716
00:33:01,069 --> 00:33:05,599
smoke and around forty percent of

717
00:33:03,650 --> 00:33:08,150
children under the age of fourteen years

718
00:33:05,599 --> 00:33:10,299
with asthma live with smokers and are

719
00:33:08,150 --> 00:33:13,430
likely to be exposed to secondhand smoke

720
00:33:10,299 --> 00:33:19,069
other common triggers our colds and flu

721
00:33:13,430 --> 00:33:22,789
dust mites mold pollen exercise pets and

722
00:33:19,069 --> 00:33:25,339
even extremes of emotion there is

723
00:33:22,789 --> 00:33:27,649
currently no cure for asthma but with

724
00:33:25,339 --> 00:33:30,079
the right medication or medications it

725
00:33:27,650 --> 00:33:33,769
can be well controlled and people can

726
00:33:30,079 --> 00:33:36,559
lead normal active lives if not managed

727
00:33:33,769 --> 00:33:38,990

properly asthma has the potential not

728

00:33:36,559 --> 00:33:41,210

only to impact negatively on a person's

729

00:33:38,990 --> 00:33:44,720

quality of life it can be life

730

00:33:41,210 --> 00:33:47,960

threatening at the moment more than one

731

00:33:44,720 --> 00:33:51,319

person dies every day in Australia from

732

00:33:47,960 --> 00:33:54,680

asthma for more information about asthma

733

00:33:51,319 --> 00:33:58,549

take a look at asthma Australia org dot

734

00:33:54,680 --> 00:34:00,259

a you now for the legitimate treatments

735

00:33:58,549 --> 00:34:03,649

for asthma before I get on to the

736

00:34:00,259 --> 00:34:05,269

alternative unproven treatments asthma

737

00:34:03,650 --> 00:34:07,400

medications are grouped according to

738

00:34:05,269 --> 00:34:10,250

their purpose for example there are

739

00:34:07,400 --> 00:34:12,200

their relievers which obviously are

740

00:34:10,250 --> 00:34:14,989

designed to relieve the asthma attack as

741

00:34:12,199 --> 00:34:16,928

it is happening probably the most common

742
00:34:14,989 --> 00:34:23,178
one that people aware of would be

743
00:34:16,929 --> 00:34:25,490
ventolin in a blue puffer I hope you

744
00:34:23,179 --> 00:34:28,940
enjoyed that sound effect of my son's

745
00:34:25,489 --> 00:34:31,039
ventil and puffer from feedback during

746
00:34:28,940 --> 00:34:33,230
my first aid courses many people don't

747
00:34:31,039 --> 00:34:35,900
realize that using the puffer on its own

748
00:34:33,230 --> 00:34:38,389
directly into the mouth only delivers

749
00:34:35,900 --> 00:34:41,119
about one-third of the medicated dose to

750
00:34:38,389 --> 00:34:43,129
the bronchioles where it is needed this

751
00:34:41,119 --> 00:34:44,269
is why a spacer should always be used in

752
00:34:43,130 --> 00:34:46,700
conjunction with the

753
00:34:44,269 --> 00:34:50,898
it ensures that the majority of the dose

754
00:34:46,699 --> 00:34:53,148
gets to where it is actually needed then

755
00:34:50,898 --> 00:34:54,829
there are the preventer medications that

756
00:34:53,148 --> 00:34:57,650
are designed to make the airways less

757
00:34:54,829 --> 00:35:00,429
sensitive over time reducing redness and

758
00:34:57,650 --> 00:35:03,410
swelling and helping to dry up mucus

759
00:35:00,429 --> 00:35:05,629
these medications need to be taken every

760
00:35:03,409 --> 00:35:08,839
day and will not work in an emergency

761
00:35:05,630 --> 00:35:11,690
situation that is an acute asthma attack

762
00:35:08,840 --> 00:35:13,940
I commonly hear of people discarding

763
00:35:11,690 --> 00:35:16,340
their preventive medications as a result

764
00:35:13,940 --> 00:35:19,369
of them not having suffered an asthma

765
00:35:16,340 --> 00:35:21,740
attack for a while not realizing that it

766
00:35:19,369 --> 00:35:23,630
is precisely because of their preventive

767
00:35:21,739 --> 00:35:27,229
medication that they have been

768
00:35:23,630 --> 00:35:29,630
symptom-free there are also medications

769
00:35:27,230 --> 00:35:31,610
called symptom controllers that are

770

00:35:29,630 --> 00:35:34,340
taken in conjunction with preventers

771
00:35:31,610 --> 00:35:36,349
then there are combination medications

772
00:35:34,340 --> 00:35:39,230
which combine the symptom controllers

773
00:35:36,349 --> 00:35:41,449
with preventers so it can all get a

774
00:35:39,230 --> 00:35:44,300
little bit complicated and it may be a

775
00:35:41,449 --> 00:35:46,699
while from initial diagnosis to finding

776
00:35:44,300 --> 00:35:48,530
the right medication or combination of

777
00:35:46,699 --> 00:35:53,299
medications that work for each

778
00:35:48,530 --> 00:35:55,370
individual and now to the woo let me

779
00:35:53,300 --> 00:35:57,830
list the ones I've heard of and which

780
00:35:55,369 --> 00:36:01,159
are also listed on the asthma Australia

781
00:35:57,829 --> 00:36:03,199
website as unproven remedies this is

782
00:36:01,159 --> 00:36:05,359
great for a peak body to address the

783
00:36:03,199 --> 00:36:07,669
alternative treatments out there and to

784
00:36:05,360 --> 00:36:11,110

state which ones do and don't have

785

00:36:07,670 --> 00:36:15,010
legitimacy the ones that don't

786

00:36:11,110 --> 00:36:18,490
acupuncture air ionizers homeopathy

787

00:36:15,010 --> 00:36:22,610
vitamin C probiotics bowen therapy

788

00:36:18,489 --> 00:36:25,639
chiropractic osteopathy reflexology

789

00:36:22,610 --> 00:36:28,550
Reiki vibrational therapy cupping and

790

00:36:25,639 --> 00:36:31,730
mock moxibustion which I can never

791

00:36:28,550 --> 00:36:33,800
pronounce properly all of the above have

792

00:36:31,730 --> 00:36:36,849
no evidence to support their use in the

793

00:36:33,800 --> 00:36:39,650
management of acute or chronic asthma

794

00:36:36,849 --> 00:36:41,659
you may have noticed how celebrity chef

795

00:36:39,650 --> 00:36:44,420
pete evans has been saying that his

796

00:36:41,659 --> 00:36:47,119
Paleo diet may help with all manner of

797

00:36:44,420 --> 00:36:49,760
things including asthma it was both

798

00:36:47,119 --> 00:36:52,159
surprising and worrying to see recently

799

00:36:49,760 --> 00:36:54,560

the asthma Australia Facebook page

800

00:36:52,159 --> 00:36:56,809

appearing to endorse him with one of his

801

00:36:54,559 --> 00:36:59,150

followers providing a testimony

802

00:36:56,809 --> 00:37:02,179

on his page which asthma Australia then

803

00:36:59,150 --> 00:37:04,340

shared when a few people commented that

804

00:37:02,179 --> 00:37:07,009

it may not be appropriate to appear to

805

00:37:04,340 --> 00:37:09,380

endorse his claims asthma Australia

806

00:37:07,010 --> 00:37:11,920

posted on Pete Evans Facebook page that

807

00:37:09,380 --> 00:37:14,960

they do not promote any specific diet as

808

00:37:11,920 --> 00:37:17,450

beneficial for managing asthma their

809

00:37:14,960 --> 00:37:19,670

comment as stated by them was promptly

810

00:37:17,449 --> 00:37:23,689

deleted from his page just minutes after

811

00:37:19,670 --> 00:37:26,119

they posted it the reasons it may not be

812

00:37:23,690 --> 00:37:28,039

a good idea for a respected asthma

813
00:37:26,119 --> 00:37:31,190
organization to align themselves with

814
00:37:28,039 --> 00:37:33,139
this particular celebrity firstly

815
00:37:31,190 --> 00:37:36,559
because his claims for paleo helping

816
00:37:33,139 --> 00:37:38,569
asthma unproven secondly there is a risk

817
00:37:36,559 --> 00:37:41,239
that people reading testimonials if the

818
00:37:38,570 --> 00:37:44,120
Paleo diet may stop their prescribed

819
00:37:41,239 --> 00:37:46,549
medications in favor of his diet thus

820
00:37:44,119 --> 00:37:49,609
putting them at a very real risk of

821
00:37:46,550 --> 00:37:52,090
illness and thirdly Pete Evans has

822
00:37:49,610 --> 00:37:54,650
insinuated he is dubious about

823
00:37:52,090 --> 00:37:57,110
vaccinations and asthmatics are

824
00:37:54,650 --> 00:37:59,420
recommended to have a yearly influenza

825
00:37:57,110 --> 00:38:02,780
vaccine as they are in a higher risk

826
00:37:59,420 --> 00:38:05,599
category for complications for influenza

827

00:38:02,780 --> 00:38:07,880
in fact asthma is the most common

828
00:38:05,599 --> 00:38:11,019
underlying medical condition of those

829
00:38:07,880 --> 00:38:13,970
who are hospitalized with the flu a

830
00:38:11,019 --> 00:38:15,920
common myth is that ingesting milk will

831
00:38:13,969 --> 00:38:17,869
increase mucus production and should

832
00:38:15,920 --> 00:38:20,150
therefore be avoided for people with

833
00:38:17,869 --> 00:38:23,389
asthma and other respiratory conditions

834
00:38:20,150 --> 00:38:26,000
this is false unless the person

835
00:38:23,389 --> 00:38:28,849
specifically has a dairy intolerance or

836
00:38:26,000 --> 00:38:32,929
allergy which can cause respiratory

837
00:38:28,849 --> 00:38:35,210
tract symptoms so are there any

838
00:38:32,929 --> 00:38:38,809
alternative therapies for asthma that do

839
00:38:35,210 --> 00:38:41,809
work firstly breathing exercises in

840
00:38:38,809 --> 00:38:44,299
people who suffer from mild asthma some

841
00:38:41,809 --> 00:38:46,219

research suggests that certain breathing

842

00:38:44,300 --> 00:38:48,470

exercises may have a beneficial effect

843

00:38:46,219 --> 00:38:51,709

on long-term management of asthma and

844

00:38:48,469 --> 00:38:54,589

perhaps in the case of acute asthma

845

00:38:51,710 --> 00:38:57,530

episodes results vary depending on the

846

00:38:54,590 --> 00:39:00,100

type of breathing exercises used and the

847

00:38:57,530 --> 00:39:02,960

severity of the person's asthma

848

00:39:00,099 --> 00:39:05,059

breathing exercises are not recommended

849

00:39:02,960 --> 00:39:08,150

as a substitute for using reliever

850

00:39:05,059 --> 00:39:10,219

medication when required a GP or

851

00:39:08,150 --> 00:39:12,500

specialist should be consulted a

852

00:39:10,219 --> 00:39:16,789

out which specific breathing exercises

853

00:39:12,500 --> 00:39:18,949

may help the Asthma Foundation states

854

00:39:16,789 --> 00:39:21,289

that there is some evidence that various

855

00:39:18,949 --> 00:39:23,539

herbs can improve asthma symptoms but

856
00:39:21,289 --> 00:39:26,900
that the benefits of using herbal

857
00:39:23,539 --> 00:39:29,690
medicine are quote much less than those

858
00:39:26,900 --> 00:39:32,059
you can gain from the lowest dose of an

859
00:39:29,690 --> 00:39:34,700
inhaled corticosteroid preventive

860
00:39:32,059 --> 00:39:36,739
medication the main problems with herbal

861
00:39:34,699 --> 00:39:39,980
medicines are a lack of standardization

862
00:39:36,739 --> 00:39:43,909
of the contents and dose and the risk of

863
00:39:39,980 --> 00:39:46,579
side effects end quote checking with a

864
00:39:43,909 --> 00:39:49,429
doctor prior to taking any herbs is very

865
00:39:46,579 --> 00:39:51,679
important some are contraindicated for

866
00:39:49,429 --> 00:39:53,659
use for example during pregnancy and

867
00:39:51,679 --> 00:39:56,949
some may interfere with other

868
00:39:53,659 --> 00:39:59,779
medications that the patient is on

869
00:39:56,949 --> 00:40:02,179
massage there is some evidence that it

870
00:39:59,780 --> 00:40:05,060
may reduce the need of reliever use in

871
00:40:02,179 --> 00:40:08,059
children keeping in mind that massage

872
00:40:05,059 --> 00:40:10,159
aids in relaxation and that one trigger

873
00:40:08,059 --> 00:40:13,130
for asthma is stress this is

874
00:40:10,159 --> 00:40:15,289
unsurprising it is however important to

875
00:40:13,130 --> 00:40:17,150
ensure that whatever oils the massage

876
00:40:15,289 --> 00:40:20,289
therapist is using will not in

877
00:40:17,150 --> 00:40:23,030
themselves be a trigger for the asthma

878
00:40:20,289 --> 00:40:24,889
magnesium supplementation has had some

879
00:40:23,030 --> 00:40:28,250
positive effects on asthma symptoms

880
00:40:24,889 --> 00:40:31,489
again only advisable after consultation

881
00:40:28,250 --> 00:40:34,550
with the treating physician folic acid

882
00:40:31,489 --> 00:40:36,919
recent research has shown that taking

883
00:40:34,550 --> 00:40:38,630
high-dose folic acid supplements

884

00:40:36,920 --> 00:40:41,119
throughout the entire duration of

885
00:40:38,630 --> 00:40:42,890
pregnancy increase the risk of having a

886
00:40:41,119 --> 00:40:47,269
child with asthma by about thirty

887
00:40:42,889 --> 00:40:49,789
percent this did not include low-dose

888
00:40:47,269 --> 00:40:52,849
folic acid from natural sources such as

889
00:40:49,789 --> 00:40:55,338
green leafy vegetables and it is still

890
00:40:52,849 --> 00:40:58,130
important for women to take folic acid

891
00:40:55,338 --> 00:40:59,929
for the first 16 weeks of pregnancy to

892
00:40:58,130 --> 00:41:04,309
reduce the chances of neural tube

893
00:40:59,929 --> 00:41:05,989
defects in the developing fetus I have a

894
00:41:04,309 --> 00:41:08,690
friend who grew up here in the northern

895
00:41:05,989 --> 00:41:11,299
rivers area with asthma and her parents

896
00:41:08,690 --> 00:41:13,570
that refused conventional treatment for

897
00:41:11,300 --> 00:41:16,849
it opting instead for many and various

898
00:41:13,570 --> 00:41:19,400

alternative treatments this friend has

899

00:41:16,849 --> 00:41:21,980

distressing memories of months and years

900

00:41:19,400 --> 00:41:23,750

on end of being anxious and distressed

901

00:41:21,980 --> 00:41:26,449

with shortness of breath and

902

00:41:23,750 --> 00:41:29,179

wheezing and is quite cross to say the

903

00:41:26,449 --> 00:41:32,000

least at what she need lessly endured

904

00:41:29,179 --> 00:41:36,399

she now takes conventional medication

905

00:41:32,000 --> 00:41:39,710

for it and lives a full active life and

906

00:41:36,400 --> 00:41:42,410

one more anecdote which also serves to

907

00:41:39,710 --> 00:41:45,139

illustrate the misplaced beliefs of many

908

00:41:42,409 --> 00:41:47,750

in this alternative capital of Australia

909

00:41:45,139 --> 00:41:50,509

I was teaching a course one night to a

910

00:41:47,750 --> 00:41:52,579

group of preschool educators the course

911

00:41:50,510 --> 00:41:55,070

was the nationally recognized and

912

00:41:52,579 --> 00:41:58,639

accredited emergency management of

913
00:41:55,070 --> 00:42:00,380
asthma in the workplace as I rounded up

914
00:41:58,639 --> 00:42:03,139
my talk about how potentially dangerous

915
00:42:00,380 --> 00:42:05,480
asthma can be and how children in

916
00:42:03,139 --> 00:42:08,469
particular can deteriorate quite quickly

917
00:42:05,480 --> 00:42:11,030
I was asked if there were any natural

918
00:42:08,469 --> 00:42:13,519
alternatives for treating an acute

919
00:42:11,030 --> 00:42:18,110
asthma attack apart from the prescribed

920
00:42:13,519 --> 00:42:21,769
relievers my answer the natural

921
00:42:18,110 --> 00:42:23,870
alternative can be death do not stuff

922
00:42:21,769 --> 00:42:26,329
around with asthma attacks in children

923
00:42:23,869 --> 00:42:28,969
please give them the prescribed

924
00:42:26,329 --> 00:42:33,139
medication and call an ambulance if the

925
00:42:28,969 --> 00:42:37,659
symptoms do not subside stunned silence

926
00:42:33,139 --> 00:42:40,460
but they did seem to accept that answer

927
00:42:37,659 --> 00:42:43,219
that's all from me for now the take-home

928
00:42:40,460 --> 00:42:45,740
message is that asthma has the potential

929
00:42:43,219 --> 00:42:48,409
to be life-threatening if in doubt or

930
00:42:45,739 --> 00:42:50,799
the person's medication does not appear

931
00:42:48,409 --> 00:42:53,389
to be helping call for an ambulance and

932
00:42:50,800 --> 00:42:55,460
continue to follow the person's asthma

933
00:42:53,389 --> 00:42:58,309
action plan whilst waiting for medical

934
00:42:55,460 --> 00:43:00,889
help to arrive if you'd like to learn

935
00:42:58,309 --> 00:43:03,710
more about the courses I run head over

936
00:43:00,889 --> 00:43:08,179
to my website at accredited first-aid

937
00:43:03,710 --> 00:43:10,789
dot com au I have also started a blog

938
00:43:08,179 --> 00:43:13,250
over there on various first aid and

939
00:43:10,789 --> 00:43:15,920
health-related issues and we'll be

940
00:43:13,250 --> 00:43:18,340
putting a blog friendly version of my

941

00:43:15,920 --> 00:43:33,940
first-aid skeptical reports there

942
00:43:18,340 --> 00:43:36,309
thank you bye for now this is yawn and

943
00:43:33,940 --> 00:43:38,740
laura from sapphic severe The Skeptical

944
00:43:36,309 --> 00:43:40,750
podcast for hebrew speakers come listen

945
00:43:38,739 --> 00:43:47,049
to all things and holy in the holy

946
00:43:40,750 --> 00:43:49,829
language at WWF a gol is muhammad asif

947
00:43:47,050 --> 00:43:49,830
in australia

948
00:43:57,500 --> 00:44:01,250
well thank you for listening to the

949
00:43:59,389 --> 00:44:03,289
skeptic zone and thank you may nod and

950
00:44:01,250 --> 00:44:05,659
thank you joe alabaster for being here

951
00:44:03,289 --> 00:44:07,880
tonight for the skeptics dinner meeting

952
00:44:05,659 --> 00:44:09,529
what a great talk it was dr. Brad what a

953
00:44:07,880 --> 00:44:10,970
guy look this was the embarrassing

954
00:44:09,530 --> 00:44:12,820
bodies talk he did at skeptics at the

955
00:44:10,969 --> 00:44:15,529

pub a few months ago but this was the

956

00:44:12,820 --> 00:44:17,150

unexpurgated special adult version and

957

00:44:15,530 --> 00:44:19,070

let me tell you some of those cupping

958

00:44:17,150 --> 00:44:21,530

photos are pretty raunchy aren't they

959

00:44:19,070 --> 00:44:24,110

they're very adult yes they're very

960

00:44:21,530 --> 00:44:26,269

scary very embarrassing i might say but

961

00:44:24,110 --> 00:44:27,769

yes coming up next week on the show as

962

00:44:26,269 --> 00:44:29,389

we mentioned at the top of the show Joe

963

00:44:27,769 --> 00:44:30,679

alabaster special report on world

964

00:44:29,389 --> 00:44:32,869

homeopathy week and Joe congratulations

965

00:44:30,679 --> 00:44:34,879

for being with the skeptic zone for a

966

00:44:32,869 --> 00:44:36,559

year that's fantastic think it's been an

967

00:44:34,880 --> 00:44:38,119

absolute pleasure and I'd like to say a

968

00:44:36,559 --> 00:44:40,099

quick thank you to everybody who's

969

00:44:38,119 --> 00:44:41,659

actually been me feedback on my reports

970
00:44:40,099 --> 00:44:43,730
but really appreciated it and I'm very

971
00:44:41,659 --> 00:44:45,859
glad that you find them entertaining and

972
00:44:43,730 --> 00:44:47,119
or informative look and don't be scared

973
00:44:45,860 --> 00:44:48,950
to give us feedback because one other

974
00:44:47,119 --> 00:44:50,809
thing about podcast is that people tend

975
00:44:48,949 --> 00:44:52,669
to enjoy them silently and sometimes not

976
00:44:50,809 --> 00:44:54,349
give feedback so you know please let us

977
00:44:52,670 --> 00:44:57,079
know all about it if you like it and if

978
00:44:54,349 --> 00:44:59,569
you don't just shut up we're good advice

979
00:44:57,079 --> 00:45:02,900
main yes please leave your feedback I've

980
00:44:59,570 --> 00:45:05,120
come to skeptics on TV you can see our

981
00:45:02,900 --> 00:45:07,550
contact details there's a shop there all

982
00:45:05,119 --> 00:45:09,920
sorts of things and yeah get in touch a

983
00:45:07,550 --> 00:45:12,740
book page facebook page and twitter of

984
00:45:09,920 --> 00:45:14,960
course young all right well for this

985
00:45:12,739 --> 00:45:17,659
week anyway this is a jl abasa thank you

986
00:45:14,960 --> 00:45:19,130
Joe thank you Richard may not thank you

987
00:45:17,659 --> 00:45:21,469
may not want to go back in there and see

988
00:45:19,130 --> 00:45:23,180
if I can get to the Third's had Richard

989
00:45:21,469 --> 00:45:26,859
Saunders signing off from Sydney

990
00:45:23,179 --> 00:45:26,859
Australia and I am talking about food

991
00:45:29,860 --> 00:45:36,050
you've been listening to the skeptics

992
00:45:32,300 --> 00:45:38,990
own podcast visit our website at wwc a

993
00:45:36,050 --> 00:45:42,410
petting zoo TV for contacts and archive

994
00:45:38,989 --> 00:45:45,109
of all episodes since 2008 and our

995
00:45:42,409 --> 00:45:47,019
online store please support the skeptic

996
00:45:45,110 --> 00:45:50,210
zone by following us on twitter at

997
00:45:47,019 --> 00:45:53,840
skeptic zone liking us on facebook and

998

00:45:50,210 --> 00:45:56,000
leaving a review on iTunes you can also

999
00:45:53,840 --> 00:45:59,170
show your support by subscribing via

1000
00:45:56,000 --> 00:46:01,969
paypal for as little as 99 cents a week

1001
00:45:59,170 --> 00:46:03,590
the skeptic zone is an independent

1002
00:46:01,969 --> 00:46:06,019
production the views and opinions

1003
00:46:03,590 --> 00:46:07,640
expressed on the skeptic zone and not

1004
00:46:06,019 --> 00:46:10,519
necessarily those of Australian

1005
00:46:07,639 --> 00:46:13,329
skeptically or any other skeptical

1006
00:46:10,519 --> 00:46:13,329
organization

1007
00:46:19,739 --> 00:46:24,429
results vary depending on the type of

1008
00:46:22,119 --> 00:46:29,200
breathing exercises used and the

1009
00:46:24,429 --> 00:46:31,239
severity of the person's asthma results

1010
00:46:29,199 --> 00:46:36,699
vary depending on the type of breathing

1011
00:46:31,239 --> 00:46:42,358
exercises used oh you know that's you

1012
00:46:36,699 --> 00:46:42,358

Richard messaging me okay turned off