

1
00:00:05,980 --> 00:00:13,080
welcome to the skeptic zone the podcast

2
00:00:09,099 --> 00:00:15,140
from Australia for science and reason

3
00:00:13,080 --> 00:00:15,140
you

4
00:00:22,949 --> 00:00:28,149
hello and welcome to the skeptic zone

5
00:00:25,600 --> 00:00:31,150
episode number 337 for the fifth of

6
00:00:28,149 --> 00:00:33,670
april 2015 richardsaunders here with you

7
00:00:31,149 --> 00:00:35,829
are enjoying Sydney skeptics in the pub

8
00:00:33,670 --> 00:00:38,590
with me are a couple of people I think

9
00:00:35,829 --> 00:00:39,939
you know it's joe alabaster and may not

10
00:00:38,590 --> 00:00:42,160
here holding the mic and waving it

11
00:00:39,939 --> 00:00:44,500
around alert at it well done may not yes

12
00:00:42,159 --> 00:00:45,789
we here having a great time at Sydney's

13
00:00:44,500 --> 00:00:47,859
skeptics in the pub had a really

14
00:00:45,789 --> 00:00:49,689
interesting talk tonight about fad diets

15
00:00:47,859 --> 00:00:51,700
may not have you ever been on a fad diet

16
00:00:49,689 --> 00:00:53,859
well I have a bit of an Oprah thing

17
00:00:51,700 --> 00:00:56,170
going on in that I fat busted my house

18
00:00:53,859 --> 00:00:58,268
which or despite having the Oprah thing

19
00:00:56,170 --> 00:01:00,158
in there it isn't but our Gabrielle told

20
00:00:58,268 --> 00:01:02,588
me wasn't a bad idea just get all chips

21
00:01:00,158 --> 00:01:04,299
chocolate biscuits ice cream ah da house

22
00:01:02,588 --> 00:01:05,980
so if you do feel like having it it's

23
00:01:04,299 --> 00:01:07,390
not there and the service station shut

24
00:01:05,980 --> 00:01:09,549
by the time I feel like having it so I'm

25
00:01:07,390 --> 00:01:11,920
right it sounds like good advice to me

26
00:01:09,549 --> 00:01:13,569
me although the all musi bachelor diet

27
00:01:11,920 --> 00:01:15,040
she wasn't so keen on but you'll have to

28
00:01:13,569 --> 00:01:16,689
have a listen to that later I've had

29

00:01:15,040 --> 00:01:18,400
some pretty strange diets in my time I

30
00:01:16,689 --> 00:01:19,840
must admit but the best diet I've ever

31
00:01:18,400 --> 00:01:23,020
discovered is they eat less exercise

32
00:01:19,840 --> 00:01:25,180
more diet which is the basic one what

33
00:01:23,019 --> 00:01:26,920
about you Joe oh goodness i'm actually

34
00:01:25,180 --> 00:01:28,990
calorie counting at the moment and i'm

35
00:01:26,920 --> 00:01:31,180
wondering going on Gabriel's talk

36
00:01:28,989 --> 00:01:33,578
whether i'm going to send myself a bit

37
00:01:31,180 --> 00:01:35,530
crazy with it yeah okis god that can get

38
00:01:33,578 --> 00:01:36,639
a little obsessive too ok when you're

39
00:01:35,530 --> 00:01:39,430
dealing with straight numbers like that

40
00:01:36,640 --> 00:01:41,019
yes certainly yeah well you've been

41
00:01:39,430 --> 00:01:42,579
calorie counting for quite some time but

42
00:01:41,019 --> 00:01:44,259
every time I ringer you at the gym I

43
00:01:42,578 --> 00:01:45,279

don't think you're actually exercising I

44

00:01:44,259 --> 00:01:46,450

think you're having a beer there but

45

00:01:45,280 --> 00:01:48,070

it's very nice anyway that you'd go

46

00:01:46,450 --> 00:01:50,740

there Richard it's that sort of Jimmy

47

00:01:48,069 --> 00:01:53,589

that's not a gym coming up on this

48

00:01:50,739 --> 00:01:56,649

week's show I talk to dr. Karen Landsman

49

00:01:53,590 --> 00:01:59,079

from Israel about her efforts to help

50

00:01:56,649 --> 00:02:02,439

combat the anti-vaccination movement in

51

00:01:59,078 --> 00:02:03,968

that country is it quite strong sadly so

52

00:02:02,438 --> 00:02:07,419

yeah there's a there's a foothold there

53

00:02:03,968 --> 00:02:08,919

but dr. Karen lensman and her friends

54

00:02:07,420 --> 00:02:11,949

are doing something about it we'll find

55

00:02:08,919 --> 00:02:16,019

out more about that soon we have also a

56

00:02:11,949 --> 00:02:17,949

report from Joe alabaster Alvin Williams

57

00:02:16,020 --> 00:02:19,840

evidence please yeah what do you want

58
00:02:17,949 --> 00:02:22,089
about this week I'm on about world

59
00:02:19,840 --> 00:02:24,099
homeopathy Awareness Week and raising

60
00:02:22,090 --> 00:02:25,659
awareness about homeopathy

61
00:02:24,099 --> 00:02:27,099
hmm and what do you think's the

62
00:02:25,659 --> 00:02:28,389
strangest thing you've learned about

63
00:02:27,099 --> 00:02:31,780
hoping up I thing as you've looked into

64
00:02:28,389 --> 00:02:33,759
it oh goodness me um the thing I

65
00:02:31,780 --> 00:02:35,849
actually find strangest is the number of

66
00:02:33,759 --> 00:02:40,419
homeopathy proponents who are willing to

67
00:02:35,849 --> 00:02:42,069
find me on social media and talk to me

68
00:02:40,419 --> 00:02:44,619
and kind of push a point that I think

69
00:02:42,069 --> 00:02:46,840
I've already addressed or they're not

70
00:02:44,620 --> 00:02:48,490
actually interested in discussing the

71
00:02:46,840 --> 00:02:49,780
argument they're trying to make per se

72
00:02:48,490 --> 00:02:51,189
so much is just making the argument

73
00:02:49,780 --> 00:02:54,669
again and again and again without

74
00:02:51,189 --> 00:02:55,689
actually getting into it oh ok that's

75
00:02:54,669 --> 00:02:57,219
yeah that sounds like a typical

76
00:02:55,689 --> 00:02:58,810
experience does it reduce you've had

77
00:02:57,219 --> 00:03:00,460
that happen on the internet if if you

78
00:02:58,810 --> 00:03:01,960
didn't go to bed until you had an

79
00:03:00,460 --> 00:03:06,099
argument on the internet you'd never get

80
00:03:01,960 --> 00:03:08,500
any sleep I don't get any sleep and also

81
00:03:06,099 --> 00:03:10,180
we have box pops with me night here at

82
00:03:08,500 --> 00:03:11,949
skeptics in the pub of course to not

83
00:03:10,180 --> 00:03:14,439
have been asking people the two main

84
00:03:11,949 --> 00:03:15,849
important questions that everyone is

85
00:03:14,439 --> 00:03:17,650
thinking this week and that is of course

86

00:03:15,849 --> 00:03:20,739
have you ever been on a fad diet if so

87
00:03:17,650 --> 00:03:22,599
what and the x-files is coming back for

88
00:03:20,740 --> 00:03:24,400
another season perhaps the skeptics

89
00:03:22,599 --> 00:03:27,250
could give them some advice on plot

90
00:03:24,400 --> 00:03:29,319
lines or plot devices or just a good

91
00:03:27,250 --> 00:03:30,909
story line for them I think that's a

92
00:03:29,319 --> 00:03:32,769
really good idea Maynard I'm sure that

93
00:03:30,909 --> 00:03:35,139
the producers of The X Files get

94
00:03:32,770 --> 00:03:37,480
inundated with letters from skeptics

95
00:03:35,139 --> 00:03:38,859
from time to time yeah I'm sure they

96
00:03:37,479 --> 00:03:40,599
don't even answer them anymore well

97
00:03:38,860 --> 00:03:42,280
though I do believe the show did it was

98
00:03:40,599 --> 00:03:43,780
originally going to be a series of

99
00:03:42,280 --> 00:03:45,280
documentaries a bit like in search of

100
00:03:43,780 --> 00:03:46,629

but they decided that it would probably

101

00:03:45,280 --> 00:03:49,000
float better if they did it as a

102

00:03:46,629 --> 00:03:50,500
fictionalized thing I enjoyed it you

103

00:03:49,000 --> 00:03:52,240
know I look forward if there's a new

104

00:03:50,500 --> 00:03:54,009
series I think it'll be something to sit

105

00:03:52,240 --> 00:03:56,350
back and binge-watch with popcorn why

106

00:03:54,009 --> 00:03:58,359
not hmm you look at a Gillian Anderson

107

00:03:56,349 --> 00:03:59,799
having a go at the medical terms during

108

00:03:58,360 --> 00:04:02,260
the first season there she was thrown

109

00:03:59,800 --> 00:04:03,700
into the deep end having to be a doctor

110

00:04:02,259 --> 00:04:05,289
and do those big medical terms and they

111

00:04:03,699 --> 00:04:06,789
had to do lots and lots of takes of her

112

00:04:05,289 --> 00:04:08,709
with those complicated medical

113

00:04:06,789 --> 00:04:10,329
explanations that she made with with no

114

00:04:08,710 --> 00:04:11,950
medical background I think she did very

115
00:04:10,330 --> 00:04:13,390
well there was touch and go for the

116
00:04:11,949 --> 00:04:15,069
wallet but she was actually going to

117
00:04:13,389 --> 00:04:16,810
stay on the series because because they

118
00:04:15,069 --> 00:04:18,129
had to do so many takes for certain

119
00:04:16,810 --> 00:04:20,470
things but I mean that would be really

120
00:04:18,129 --> 00:04:21,909
difficult task one day you're just doing

121
00:04:20,470 --> 00:04:24,580
acting and next day you've got to be a

122
00:04:21,910 --> 00:04:26,980
doctor and you have to repeat like words

123
00:04:24,579 --> 00:04:28,389
this touches phenylalanine and no

124
00:04:26,980 --> 00:04:30,610
cafeteria and

125
00:04:28,389 --> 00:04:32,918
yeah and and really appear like you know

126
00:04:30,610 --> 00:04:34,419
what you're talking about I try all

127
00:04:32,918 --> 00:04:36,038
right I think it's time for us to run

128
00:04:34,418 --> 00:04:37,748
back inside to the main room now

129
00:04:36,038 --> 00:04:39,459
everybody's having a good time crack

130
00:04:37,749 --> 00:04:41,650
open another bottle of champagne what do

131
00:04:39,459 --> 00:04:44,888
you say that's a good idea because it's

132
00:04:41,649 --> 00:04:46,658
it's gluten-free it is while we're

133
00:04:44,889 --> 00:04:49,079
enjoying that I hope you enjoy the

134
00:04:46,658 --> 00:04:49,079
skeptics

135
00:05:12,389 --> 00:05:16,599
well the anti-vaccination story of

136
00:05:15,040 --> 00:05:19,090
course is all around the world it's not

137
00:05:16,600 --> 00:05:22,750
only here in Australia and in the United

138
00:05:19,089 --> 00:05:25,629
States and Canada and oh man did great

139
00:05:22,750 --> 00:05:28,569
britain to and parts of europe where the

140
00:05:25,629 --> 00:05:31,389
anti-vaccination brigade are out in

141
00:05:28,569 --> 00:05:35,079
force there's also a problem with this

142
00:05:31,389 --> 00:05:37,089
in of all places Israel and joining me

143

00:05:35,079 --> 00:05:42,269
on the line now all the way from near

144
00:05:37,089 --> 00:05:45,250
Tel Aviv is dr. Karen Landsman hello hey

145
00:05:42,269 --> 00:05:47,349
good to be hey I'm very well this

146
00:05:45,250 --> 00:05:50,019
morning its a bright beautiful day here

147
00:05:47,350 --> 00:05:52,420
in Sydney Australia it's a has been

148
00:05:50,019 --> 00:05:54,219
recording this it's Saturday here but I

149
00:05:52,420 --> 00:05:58,319
think it's very late for you on Friday

150
00:05:54,220 --> 00:06:03,700
night yeah it's almost midnight here oh

151
00:05:58,319 --> 00:06:05,349
now you guys okay you very very grateful

152
00:06:03,699 --> 00:06:07,269
you've got out of bed for me you're

153
00:06:05,350 --> 00:06:09,040
there with your your blankets and your

154
00:06:07,269 --> 00:06:14,829
cup of tea to try and keep warm and

155
00:06:09,040 --> 00:06:16,300
you're chatting to me I said I think

156
00:06:14,829 --> 00:06:19,539
it's just the opposite it's just the

157
00:06:16,300 --> 00:06:22,840

opposite this limit yeah it's good it's

158

00:06:19,540 --> 00:06:24,750

way too hot in here and and we can

159

00:06:22,839 --> 00:06:26,709

barely breathe without air conditioning

160

00:06:24,750 --> 00:06:29,829

it's good thing we have air conditioning

161

00:06:26,709 --> 00:06:31,509

I think somebody should weren't a nobel

162

00:06:29,829 --> 00:06:33,939

prize for whoever invented air

163

00:06:31,509 --> 00:06:36,430

conditioning I'd have to agree i've been

164

00:06:33,939 --> 00:06:39,160

coming from Sydney Australia which gets

165

00:06:36,430 --> 00:06:41,259

pretty pretty hot in the summertime and

166

00:06:39,160 --> 00:06:44,380

to where you are which I imagine is more

167

00:06:41,259 --> 00:06:47,490

or less the same thing yeah we're right

168

00:06:44,379 --> 00:06:50,139

near this summer it feels like summer I

169

00:06:47,490 --> 00:06:51,850

can't wait I can't wait till July and

170

00:06:50,139 --> 00:06:55,419

August the height of the summer here

171

00:06:51,850 --> 00:06:57,939

it's gonna be horrible good luck with

172
00:06:55,420 --> 00:06:59,650
that good luck with that now can before

173
00:06:57,939 --> 00:07:02,728
we really get into this what's this

174
00:06:59,649 --> 00:07:04,789
what's this thing that I noticed online

175
00:07:02,728 --> 00:07:10,159
reality bugs

176
00:07:04,790 --> 00:07:13,010
oh that's my plug i have a blog it's a

177
00:07:10,160 --> 00:07:15,140
blog called in hebrew it's a Hebrew blog

178
00:07:13,009 --> 00:07:18,050
called the end of the world of view from

179
00:07:15,139 --> 00:07:20,539
the balcony it's about different public

180
00:07:18,050 --> 00:07:24,350
health hazards and things that will kill

181
00:07:20,540 --> 00:07:27,140
us eventually I also have a Facebook

182
00:07:24,350 --> 00:07:31,400
page linked to the site which has

183
00:07:27,139 --> 00:07:33,139
different updates I try to update it

184
00:07:31,399 --> 00:07:36,939
daily I usually only updated weekly

185
00:07:33,139 --> 00:07:40,669
because you know life but I do my best

186
00:07:36,939 --> 00:07:42,980
my husband and we also have a youtube

187
00:07:40,670 --> 00:07:47,990
channel called the spacecraft their

188
00:07:42,980 --> 00:07:51,890
spaceship sorry it's an online show we

189
00:07:47,990 --> 00:07:53,660
record once every two weeks and we've

190
00:07:51,889 --> 00:07:55,969
got this lovely panel of two

191
00:07:53,660 --> 00:07:58,370
astrophysicist once your physicist was

192
00:07:55,970 --> 00:08:01,130
my husband is also a space engineer he's

193
00:07:58,370 --> 00:08:03,230
gonna lend a ship on the moon a robotic

194
00:08:01,129 --> 00:08:05,899
she pulled the moon his in spacer he's

195
00:08:03,230 --> 00:08:08,750
in special elder wow that's a good girl

196
00:08:05,899 --> 00:08:10,339
expert yeah he's so awesome my husband

197
00:08:08,750 --> 00:08:12,279
was really awesome you want to interview

198
00:08:10,339 --> 00:08:16,689
he's underneath in the room make them

199
00:08:12,279 --> 00:08:21,229
but we might one day and we have a

200

00:08:16,689 --> 00:08:23,480
physicist it was a specialist in string

201
00:08:21,230 --> 00:08:25,490
theory I mean he explained it to me

202
00:08:23,480 --> 00:08:29,750
about three times and then I was too shy

203
00:08:25,490 --> 00:08:31,639
to ask for they're all really really

204
00:08:29,750 --> 00:08:33,950
smart people at the end we talk about

205
00:08:31,639 --> 00:08:35,990
things come going on in space and

206
00:08:33,950 --> 00:08:38,750
different space news and different

207
00:08:35,990 --> 00:08:41,599
topics and it's a lovely show and it's

208
00:08:38,750 --> 00:08:43,610
in Hebrew I'm afraid so if anybody

209
00:08:41,599 --> 00:08:45,820
speaks Hebrew or you can just listen you

210
00:08:43,610 --> 00:08:48,649
don't have to speak it you can listen

211
00:08:45,820 --> 00:08:54,379
you can see us but now I'm very glad

212
00:08:48,649 --> 00:08:56,889
that we've been put in touch because as

213
00:08:54,379 --> 00:08:59,509
I was saying before the anti-vaccination

214
00:08:56,889 --> 00:09:02,210

the forces of the anti-vaxxers are all

215

00:08:59,509 --> 00:09:04,220

around the world it is worrying and can

216

00:09:02,210 --> 00:09:08,120

you tell me what the situation is in

217

00:09:04,220 --> 00:09:10,460

Israel at the moment well we have a

218

00:09:08,120 --> 00:09:13,279

pretty strong anti-vaccination movement

219

00:09:10,460 --> 00:09:15,470

here it's been going on for a while

220

00:09:13,279 --> 00:09:16,259

actually we've got this whole lovely

221

00:09:15,470 --> 00:09:18,540

trend coming

222

00:09:16,259 --> 00:09:20,699

from the US we have really the

223

00:09:18,539 --> 00:09:23,399

anti-vaccination movement got its main

224

00:09:20,698 --> 00:09:26,068

publicity about two years ago when the

225

00:09:23,399 --> 00:09:28,918

national anti polio vaccination campaign

226

00:09:26,068 --> 00:09:30,868

started we had this silent outbreak

227

00:09:28,918 --> 00:09:33,328

which meant we had no cases we had

228

00:09:30,869 --> 00:09:35,399

nobody sick but we could find wild

229
00:09:33,328 --> 00:09:37,349
poliovirus in the sewers which meant

230
00:09:35,399 --> 00:09:40,048
somebody was treating Polio virus to the

231
00:09:37,350 --> 00:09:43,199
sewers it was later found that children

232
00:09:40,048 --> 00:09:46,338
who only had the inactivated poliovirus

233
00:09:43,198 --> 00:09:49,498
vaccine and not the oral polio vaccine

234
00:09:46,339 --> 00:09:52,109
we're secreting wild polio it was very

235
00:09:49,499 --> 00:09:54,720
complex situation both from the public

236
00:09:52,109 --> 00:09:57,449
health you both from the doctor's point

237
00:09:54,720 --> 00:10:00,989
of view it necessitated a national light

238
00:09:57,448 --> 00:10:02,849
campaign vaccination campaign and the

239
00:10:00,989 --> 00:10:04,859
minute this campaign was announced that

240
00:10:02,850 --> 00:10:06,659
was exactly the second the

241
00:10:04,859 --> 00:10:08,879
anti-vaccination movement just raised

242
00:10:06,659 --> 00:10:11,399
their hands and started saying that

243
00:10:08,879 --> 00:10:13,409
vaccines are necessary and they're only

244
00:10:11,399 --> 00:10:16,979
harmful well you know we know those

245
00:10:13,409 --> 00:10:18,448
arguments the thing is that nobody in

246
00:10:16,979 --> 00:10:20,819
the government was ready for that

247
00:10:18,448 --> 00:10:24,028
because the people who are running the

248
00:10:20,818 --> 00:10:26,548
country are one generation behind the

249
00:10:24,028 --> 00:10:30,149
people who are using the internet and

250
00:10:26,548 --> 00:10:32,220
it's what i like most of those people

251
00:10:30,149 --> 00:10:33,958
but they they're like Facebook what that

252
00:10:32,220 --> 00:10:35,730
but why why do we need to say anything

253
00:10:33,958 --> 00:10:38,248
about Facebook just people should do

254
00:10:35,730 --> 00:10:40,259
what we tell them that's when a lot of

255
00:10:38,249 --> 00:10:41,819
my friends and me just stood up and said

256
00:10:40,259 --> 00:10:45,389
well somebody has to fight this fight

257

00:10:41,818 --> 00:10:50,118
and it's going to be us we started

258
00:10:45,389 --> 00:10:52,859
working together then to answer any

259
00:10:50,119 --> 00:10:55,559
anti-vaccination claim that we could

260
00:10:52,859 --> 00:10:57,809
find there was a lot of heated argument

261
00:10:55,558 --> 00:11:00,358
and the Israeli web at the time it was

262
00:10:57,808 --> 00:11:02,338
very hard we lost a lot of hours of

263
00:11:00,359 --> 00:11:05,850
sleep over that we were very lucky

264
00:11:02,339 --> 00:11:07,819
nobody got fired because we used a lot

265
00:11:05,850 --> 00:11:12,199
of our time with work answering

266
00:11:07,818 --> 00:11:16,318
questions and when the campaign was over

267
00:11:12,198 --> 00:11:19,878
we realized that we can't just stop I

268
00:11:16,318 --> 00:11:22,318
mean you this isn't going to go away and

269
00:11:19,879 --> 00:11:24,569
we had to somebody has to do something

270
00:11:22,318 --> 00:11:28,549
and that somebody is going to have to be

271
00:11:24,568 --> 00:11:30,949

us that's when our lovely Association

272

00:11:28,549 --> 00:11:34,699
it's called me that it means

273

00:11:30,950 --> 00:11:38,240
knowledgeable or from knowledge and it's

274

00:11:34,700 --> 00:11:40,310
a volunteering Association if

275

00:11:38,240 --> 00:11:44,028
everybody's volunteer nobody's getting

276

00:11:40,309 --> 00:11:48,169
paid unfortunately we would love to get

277

00:11:44,028 --> 00:11:51,169
paid but you know and it is dedicated to

278

00:11:48,169 --> 00:11:54,439
spread the science-based medicine to the

279

00:11:51,169 --> 00:11:56,088
public that's fantastic and I noticed

280

00:11:54,440 --> 00:11:57,890
that your kind enough to send me a

281

00:11:56,089 --> 00:11:59,570
little bit of information just over the

282

00:11:57,889 --> 00:12:01,730
benefit of our listeners and especially

283

00:11:59,570 --> 00:12:05,649
especially if you're listening to us

284

00:12:01,730 --> 00:12:14,600
from Israel the website to go to is

285

00:12:05,649 --> 00:12:17,980
madad o que el which is mid-1800s IL and

286
00:12:14,600 --> 00:12:20,659
what can people discover at that website

287
00:12:17,980 --> 00:12:23,000
well they can learn about us they can

288
00:12:20,659 --> 00:12:25,159
see a lot of data about different

289
00:12:23,000 --> 00:12:29,149
childhood diseases different

290
00:12:25,159 --> 00:12:31,639
immunizations immunization immunizations

291
00:12:29,149 --> 00:12:33,169
during pregnancy immunizations in your

292
00:12:31,639 --> 00:12:35,240
adulthood obviously all childhood

293
00:12:33,169 --> 00:12:38,120
vaccinations everything in the in the

294
00:12:35,240 --> 00:12:39,799
plan that every child gets from the air

295
00:12:38,120 --> 00:12:43,250
from the minute he is born till they're

296
00:12:39,799 --> 00:12:44,719
two years old and sick see ya yeah so

297
00:12:43,250 --> 00:12:46,669
it's great to see that that you've got a

298
00:12:44,720 --> 00:12:48,649
strong online presence there and what

299
00:12:46,669 --> 00:12:52,879
does that mean really how can people

300
00:12:48,649 --> 00:12:55,570
benefit from well that the mid org dot i

301
00:12:52,879 --> 00:12:59,059
IL and anything else you're doing online

302
00:12:55,570 --> 00:13:00,709
well we've got very active Facebook

303
00:12:59,059 --> 00:13:03,979
groups different facebook groups

304
00:13:00,708 --> 00:13:07,250
dedicated two different questions mainly

305
00:13:03,980 --> 00:13:10,399
for parents mainly targeting parents and

306
00:13:07,250 --> 00:13:13,458
we've got lots of questions there do I

307
00:13:10,399 --> 00:13:16,669
sleep the vaccines can I postpone them

308
00:13:13,458 --> 00:13:18,739
what do I do what are the meanie my kid

309
00:13:16,669 --> 00:13:20,809
got vaccinated two days ago now he's got

310
00:13:18,740 --> 00:13:22,879
a fever and the rash what do I do and

311
00:13:20,809 --> 00:13:25,069
then you give different advices usually

312
00:13:22,879 --> 00:13:27,078
we start with go see your doctor we

313
00:13:25,070 --> 00:13:30,290
don't give medical I survive that's

314

00:13:27,078 --> 00:13:32,208
always good adviser thank you but then

315
00:13:30,289 --> 00:13:36,019
you start giving you know they're very

316
00:13:32,208 --> 00:13:38,389
easy questions do and measles mumps and

317
00:13:36,019 --> 00:13:41,269
rubella give autism no here are the

318
00:13:38,389 --> 00:13:42,279
arguments why do what do you do with all

319
00:13:41,269 --> 00:13:46,220
this

320
00:13:42,279 --> 00:13:48,559
one of the favorite arguments here is to

321
00:13:46,220 --> 00:13:50,990
many vaccinations it's a huge load on

322
00:13:48,559 --> 00:13:52,789
the immune system the my poor child

323
00:13:50,990 --> 00:13:54,860
can't handle that then you start

324
00:13:52,789 --> 00:13:58,459
explaining how the immune system works

325
00:13:54,860 --> 00:14:00,620
how vaccinations work everything and its

326
00:13:58,460 --> 00:14:02,660
really it's actually great because you

327
00:14:00,620 --> 00:14:05,120
get to talk to people you get to talk to

328
00:14:02,659 --> 00:14:07,250

a lot of people because it's not only

329

00:14:05,120 --> 00:14:09,139

the person you're talking with online

330

00:14:07,250 --> 00:14:12,169

it's all also the people who are reading

331

00:14:09,139 --> 00:14:13,879

the discussion later and are benefitting

332

00:14:12,169 --> 00:14:15,620

from it this is very interesting indeed

333

00:14:13,879 --> 00:14:17,210

because it sounds to me like the

334

00:14:15,620 --> 00:14:19,759

questions you're getting and the

335

00:14:17,210 --> 00:14:24,259

concerns you're getting are from people

336

00:14:19,759 --> 00:14:25,939

who have read all the nonsense on the

337

00:14:24,259 --> 00:14:28,149

internet from the anti-vaxxers because

338

00:14:25,940 --> 00:14:31,280

we hear the exactly the same sort of

339

00:14:28,149 --> 00:14:33,980

arguments it's you know what's really

340

00:14:31,279 --> 00:14:37,490

amazing I once looked at the arguments

341

00:14:33,980 --> 00:14:40,399

against smallpox vaccine in the 19th in

342

00:14:37,490 --> 00:14:42,590

the eighteen seventy something it was

343
00:14:40,399 --> 00:14:45,980
exactly the same arguments exactly the

344
00:14:42,590 --> 00:14:49,399
same amazing including the you'd better

345
00:14:45,980 --> 00:14:51,200
catch smallpox in real life then getting

346
00:14:49,399 --> 00:14:53,299
vaccinated because the vaccine is

347
00:14:51,200 --> 00:14:56,120
horrible and the disease is really minor

348
00:14:53,299 --> 00:15:00,379
and it's smallpox it's the thing that I

349
00:14:56,120 --> 00:15:05,720
should percent death rate on a good day

350
00:15:00,379 --> 00:15:08,570
well I you may have heard that but the

351
00:15:05,720 --> 00:15:09,649
people in Australia that and I'm sure in

352
00:15:08,570 --> 00:15:12,500
other parts of the world the

353
00:15:09,649 --> 00:15:15,319
anti-vaccination people many of them

354
00:15:12,500 --> 00:15:18,799
insists that their measles and mumps and

355
00:15:15,320 --> 00:15:20,840
these sort of diseases are natural

356
00:15:18,799 --> 00:15:24,829
wonderful things and children should get

357
00:15:20,840 --> 00:15:26,840
them and just be sick for a few days and

358
00:15:24,830 --> 00:15:29,930
they're all happy and lovely afterwards

359
00:15:26,840 --> 00:15:32,000
oh and it gives him a growth boost

360
00:15:29,929 --> 00:15:34,129
that's my favorite part you see them

361
00:15:32,000 --> 00:15:36,710
very sick and that they have a growth

362
00:15:34,129 --> 00:15:38,360
sprite and I right yeah he was sick for

363
00:15:36,710 --> 00:15:41,660
a week of course it's gonna be happy to

364
00:15:38,360 --> 00:15:43,669
get out of bed and run why do you want

365
00:15:41,659 --> 00:15:45,319
your kids to be sick we have different

366
00:15:43,669 --> 00:15:47,929
by the way one of the interesting thing

367
00:15:45,320 --> 00:15:50,360
is what brought everybody to our group

368
00:15:47,929 --> 00:15:51,829
to me that we have I mean I'm obviously

369
00:15:50,360 --> 00:15:54,050
a doctor and I've got

370
00:15:51,830 --> 00:15:56,990
pediatricians and we've got GPS and got

371

00:15:54,049 --> 00:16:00,019
all different doctors and nurses or well

372
00:15:56,990 --> 00:16:01,159
we're there because it's what we do but

373
00:16:00,019 --> 00:16:03,409
then you look at the different

374
00:16:01,159 --> 00:16:05,809
volunteers and some of them are parents

375
00:16:03,409 --> 00:16:10,250
and some of them are people who were

376
00:16:05,809 --> 00:16:14,389
actually are well how shall I put it you

377
00:16:10,250 --> 00:16:16,399
know they're sick term the vaccine it

378
00:16:14,389 --> 00:16:18,949
not like to see an injury then there's

379
00:16:16,399 --> 00:16:22,179
this medical term they use you know what

380
00:16:18,950 --> 00:16:27,320
I'm talking about the my child is

381
00:16:22,179 --> 00:16:29,479
damaged no damn it vaccine damage I know

382
00:16:27,320 --> 00:16:32,810
what it's like in Hebrews I'm just using

383
00:16:29,480 --> 00:16:35,259
the term English it's the Jenny McCarthy

384
00:16:32,809 --> 00:16:37,489
claim my child was hurt by vaccines

385
00:16:35,259 --> 00:16:40,240

man-eaters back they'll say they're

386

00:16:37,490 --> 00:16:43,310

either vaccine in judo vaccine damage

387

00:16:40,240 --> 00:16:45,289

vaccine injured mass itself we've got

388

00:16:43,309 --> 00:16:47,779

we've got vaccine injured people

389

00:16:45,289 --> 00:16:50,299

in our group and by vaccine injured I

390

00:16:47,779 --> 00:16:52,909

mean we have one of our wonderful

391

00:16:50,299 --> 00:16:56,419

volunteers who whose immune system isn't

392

00:16:52,909 --> 00:16:58,850

working cuz she had the bone marrow

393

00:16:56,419 --> 00:17:02,329

transplant in her past and now if she

394

00:16:58,850 --> 00:17:06,440

will even see a child with measles she

395

00:17:02,330 --> 00:17:11,049

might die and we have another volunteer

396

00:17:06,440 --> 00:17:13,580

of very major leading character who got

397

00:17:11,049 --> 00:17:16,279

produces because nobody vaccinate

398

00:17:13,579 --> 00:17:18,349

against pertussis in her hometown so she

399

00:17:16,279 --> 00:17:21,709

got produces she was really really sick

400
00:17:18,349 --> 00:17:23,689
and she cracked a rib while coughing

401
00:17:21,709 --> 00:17:26,180
from purchases so we've got vaccine

402
00:17:23,690 --> 00:17:29,240
injured people lack of anti-vaxxers

403
00:17:26,180 --> 00:17:33,830
injured people oh that's that's terrible

404
00:17:29,240 --> 00:17:35,990
because in our past him we can read

405
00:17:33,829 --> 00:17:38,059
reports of children with pertussis or

406
00:17:35,990 --> 00:17:40,309
whooping cough breaking ribs and all

407
00:17:38,059 --> 00:17:44,179
sorts of things from violent coughing it

408
00:17:40,309 --> 00:17:45,769
must be just so bad and now of course

409
00:17:44,180 --> 00:17:48,049
Israel is a very different country to

410
00:17:45,769 --> 00:17:51,079
Australia what's the medical situation

411
00:17:48,049 --> 00:17:54,440
is is it difficult to get vaccinations

412
00:17:51,079 --> 00:17:57,169
out to the population in Israel well no

413
00:17:54,440 --> 00:17:59,900
that's the funny thing vaccines are are

414
00:17:57,170 --> 00:18:03,080
not obligatory by law but they're free

415
00:17:59,900 --> 00:18:05,600
they are giving for free but for every

416
00:18:03,079 --> 00:18:07,849
child everybody don't even have to be

417
00:18:05,599 --> 00:18:11,538
citizen in order to get them we have

418
00:18:07,849 --> 00:18:13,759
refugees who have no legal study and

419
00:18:11,538 --> 00:18:17,419
they still get vaccines when they get to

420
00:18:13,759 --> 00:18:20,419
Israel it's really released to get them

421
00:18:17,419 --> 00:18:22,400
there's world shortage of whooping cough

422
00:18:20,419 --> 00:18:24,259
vaccine right now but other than that I

423
00:18:22,400 --> 00:18:26,240
mean that affects the entire world no

424
00:18:24,259 --> 00:18:29,390
other than that it's really easy to get

425
00:18:26,240 --> 00:18:32,210
vaccines and and there's no reason not

426
00:18:29,390 --> 00:18:35,240
to get them unless you read all this

427
00:18:32,210 --> 00:18:37,250
well misconception and lies on the

428

00:18:35,240 --> 00:18:40,130
internet and you think that vaccine will

429
00:18:37,250 --> 00:18:44,089
give you a third eye or something it's

430
00:18:40,130 --> 00:18:47,360
yeah what it it's it's true because as

431
00:18:44,089 --> 00:18:50,298
we can now see it's a real problem

432
00:18:47,359 --> 00:18:52,308
worldwide of these well-meaning parents

433
00:18:50,298 --> 00:18:54,889
worried about their children going to

434
00:18:52,308 --> 00:18:57,230
the internet looking up vaccinations

435
00:18:54,890 --> 00:18:59,210
what should I do or something like that

436
00:18:57,230 --> 00:19:00,589
maybe they're even tried to look up the

437
00:18:59,210 --> 00:19:02,690
best way to get their children

438
00:19:00,589 --> 00:19:05,359
vaccinated and as soon as they put their

439
00:19:02,690 --> 00:19:07,640
search in up comes our conspiracy

440
00:19:05,359 --> 00:19:10,189
theories and nonsense and discredited

441
00:19:07,640 --> 00:19:12,530
arguments but they're they're put in

442
00:19:10,190 --> 00:19:14,710

such a way or leader that they seem real

443

00:19:12,529 --> 00:19:17,480

and I'm sure a lot of parents get scared

444

00:19:14,710 --> 00:19:20,210

yeah I mean if you look for vaccines in

445

00:19:17,480 --> 00:19:24,919

Hebrew you get the Ministry of Health

446

00:19:20,210 --> 00:19:27,470

site which is you know an official site

447

00:19:24,919 --> 00:19:30,980

and nobody can trust it because it's

448

00:19:27,470 --> 00:19:33,470

official and you get one site from a

449

00:19:30,980 --> 00:19:36,079

hospital called falsin hospital which is

450

00:19:33,470 --> 00:19:41,000

a great site but it's just one site and

451

00:19:36,079 --> 00:19:44,808

that's it the entire web in Hebrew up

452

00:19:41,000 --> 00:19:48,349

until a few months ago was entirely made

453

00:19:44,808 --> 00:19:50,629

out of conspiracy theorists and that's

454

00:19:48,349 --> 00:19:54,250

it that's this one of the reasons we've

455

00:19:50,630 --> 00:19:57,710

got me that is to have more data online

456

00:19:54,250 --> 00:19:59,450

to come up with search engines wow that

457
00:19:57,710 --> 00:20:01,429
that's that that's that's frightening

458
00:19:59,450 --> 00:20:04,850
that's frightening but I'm very glad

459
00:20:01,429 --> 00:20:07,370
that that people like you can see that

460
00:20:04,849 --> 00:20:09,649
there is a need for something like me

461
00:20:07,369 --> 00:20:11,589
data and get yourselves organized and

462
00:20:09,650 --> 00:20:13,940
get it together so I'm very pleased that

463
00:20:11,589 --> 00:20:16,459
you've had the opportunity to speak to

464
00:20:13,940 --> 00:20:18,710
the skeptic zone today about it

465
00:20:16,460 --> 00:20:20,990
we should have been done with Polly know

466
00:20:18,710 --> 00:20:22,940
what's so frustrating about this folio

467
00:20:20,990 --> 00:20:25,250
situation two years ago polio was

468
00:20:22,940 --> 00:20:28,490
supposed to have been eradicated ten

469
00:20:25,250 --> 00:20:30,500
years ago we shouldn't have had this

470
00:20:28,490 --> 00:20:33,049
problem to begin with it's only because

471
00:20:30,500 --> 00:20:37,579
anti-vaxxers that we have it it's

472
00:20:33,049 --> 00:20:39,440
driving me insane insane I tell you now

473
00:20:37,579 --> 00:20:40,609
for the benefit for the benefit of the

474
00:20:39,440 --> 00:20:43,910
listeners out there we're actually

475
00:20:40,609 --> 00:20:45,859
skyping so i can see Karen at the moment

476
00:20:43,910 --> 00:20:48,800
and she's going insane as I look at her

477
00:20:45,859 --> 00:20:51,619
she's very animated and i can tell you

478
00:20:48,799 --> 00:20:54,919
you're very very passionate about this

479
00:20:51,619 --> 00:20:57,409
topic it's horrible because you know i

480
00:20:54,920 --> 00:20:59,900
work we have so many problems so many

481
00:20:57,410 --> 00:21:03,740
health problems I can't single handedly

482
00:20:59,900 --> 00:21:07,790
eliminate diabetes and I can't prevent

483
00:21:03,740 --> 00:21:10,069
cancer and I can't prevent stroke and I

484
00:21:07,789 --> 00:21:13,069
can't prevent so many causes of deaths

485

00:21:10,069 --> 00:21:15,500
but we can prevent those things we can

486
00:21:13,069 --> 00:21:17,359
prevent polio we can prevent reasons we

487
00:21:15,500 --> 00:21:19,250
can prevent all of those diseases and

488
00:21:17,359 --> 00:21:21,469
people aren't getting vaccinated I mean

489
00:21:19,250 --> 00:21:25,309
the thing with whooping cough you start

490
00:21:21,470 --> 00:21:27,200
vaccinating pregnant women to to protect

491
00:21:25,309 --> 00:21:30,500
their babies in the first two months of

492
00:21:27,200 --> 00:21:32,750
lives and and the anti-vaxxers instead

493
00:21:30,500 --> 00:21:34,670
of looking it and says look how

494
00:21:32,750 --> 00:21:36,859
wonderful it is we can protect the child

495
00:21:34,670 --> 00:21:40,460
before we can actually vaccinate him

496
00:21:36,859 --> 00:21:42,019
they look at it and say oh no this six

497
00:21:40,460 --> 00:21:43,610
in safe because it wasn't tested

498
00:21:42,019 --> 00:21:45,200
properly and then when you tell them of

499
00:21:43,609 --> 00:21:47,059

course it was tested probably look at

500

00:21:45,200 --> 00:21:50,059

all the data and they say no no it was

501

00:21:47,059 --> 00:21:52,690

never designed to be tested like that we

502

00:21:50,059 --> 00:21:56,839

should have this at-bat land come on

503

00:21:52,690 --> 00:22:01,970

sorry yes I and I'm keeping up keeping

504

00:21:56,839 --> 00:22:05,240

my voice down you are you are you're

505

00:22:01,970 --> 00:22:06,920

very you're very young she is folks

506

00:22:05,240 --> 00:22:09,799

she's really restraining yourself I mean

507

00:22:06,920 --> 00:22:12,140

I Bagatelle but but but of course the

508

00:22:09,799 --> 00:22:14,480

arguments you're telling me and now I'll

509

00:22:12,140 --> 00:22:16,460

do it it's amazing it's just the same

510

00:22:14,480 --> 00:22:17,900

thing all around the world that's I

511

00:22:16,460 --> 00:22:19,640

guess that's the good thing and the bad

512

00:22:17,900 --> 00:22:21,350

thing about the Internet is that all the

513

00:22:19,640 --> 00:22:24,050

good arguments you can have access to

514
00:22:21,349 --> 00:22:26,000
and all the bad arguments as well so

515
00:22:24,049 --> 00:22:29,509
it's so important it's so important that

516
00:22:26,000 --> 00:22:30,319
people like you are online being active

517
00:22:29,509 --> 00:22:32,109
and putting this

518
00:22:30,319 --> 00:22:35,990
information together for the people

519
00:22:32,109 --> 00:22:38,418
where you live and even if I was

520
00:22:35,990 --> 00:22:41,388
speaking to you and you are from from

521
00:22:38,419 --> 00:22:43,309
Russia or Sweden or the UK or Canada or

522
00:22:41,388 --> 00:22:46,219
Mexico or China it doesn't matter you're

523
00:22:43,308 --> 00:22:47,750
someone local doing something for the

524
00:22:46,220 --> 00:22:49,490
people where you live to counter these

525
00:22:47,750 --> 00:22:53,148
worldwide arguments and I think that's a

526
00:22:49,490 --> 00:22:55,490
very good thing oh you actually asked

527
00:22:53,148 --> 00:22:58,579
what we what you can do for me that and

528
00:22:55,490 --> 00:23:00,919
if you speak Hebrew if any of your

529
00:22:58,579 --> 00:23:03,199
listeners speak Hebrew we do need help

530
00:23:00,919 --> 00:23:05,870
translating stuff and we do need help

531
00:23:03,200 --> 00:23:08,360
online presence so if you do speak

532
00:23:05,869 --> 00:23:10,548
Hebrew please contact us and we can use

533
00:23:08,359 --> 00:23:14,469
you and we will benefit you with hugs

534
00:23:10,548 --> 00:23:17,028
and cookies except the cookies perhaps

535
00:23:14,470 --> 00:23:18,558
they don't work it almost makes me want

536
00:23:17,028 --> 00:23:21,500
to run out and learn Hebrew right now

537
00:23:18,558 --> 00:23:23,720
but of course the skeptic zone has many

538
00:23:21,500 --> 00:23:26,329
many listeners around the world and I'm

539
00:23:23,720 --> 00:23:28,519
sure many hebrew-speaking listeners so

540
00:23:26,329 --> 00:23:35,058
there's that there's your cue my friends

541
00:23:28,519 --> 00:23:38,778
head to mid-80s IL and you can find out

542

00:23:35,058 --> 00:23:41,028
a lot more information but for now dr.

543
00:23:38,778 --> 00:23:43,278
Karen landsman's thank you so much I'm

544
00:23:41,028 --> 00:23:46,220
glad we managed to hook up we had a

545
00:23:43,278 --> 00:23:48,259
slight confusion about the weird time

546
00:23:46,220 --> 00:23:50,419
zones between Sydney and Tel Aviv this

547
00:23:48,259 --> 00:23:52,788
morning which meant that we we had out

548
00:23:50,419 --> 00:23:54,889
lots of wires crossed but we finally we

549
00:23:52,788 --> 00:23:57,919
finally made contact and I'm very

550
00:23:54,888 --> 00:23:59,778
pleased we did I'm really glad to have

551
00:23:57,919 --> 00:24:01,460
met you you're really nice person I'm

552
00:23:59,778 --> 00:24:04,429
really glad to be on skeptic zone as

553
00:24:01,460 --> 00:24:07,399
well oh thank you very much dr. Karen

554
00:24:04,429 --> 00:24:11,269
lads but I hope you have a good rest of

555
00:24:07,398 --> 00:24:13,628
your evening thank you I hope you have a

556
00:24:11,269 --> 00:24:13,628

good Saturday

557

00:24:31,230 --> 00:24:36,490

hey svenska skeptical the vet valid

558

00:24:34,480 --> 00:24:38,440

veteran scope for billing in the boy to

559

00:24:36,490 --> 00:24:41,079

none hanger of the skeptic zone the

560

00:24:38,440 --> 00:24:43,049

Tanakh so are fearful dog poop science

561

00:24:41,079 --> 00:24:46,599

quiz of skeptical cafe on thomasville

562

00:24:43,049 --> 00:24:49,240

queen pave very pumped for Punta safe at

563

00:24:46,599 --> 00:24:51,549

spawn I involve a luger luke alphania

564

00:24:49,240 --> 00:24:53,680

hun tamilanda Top Gun warmly boo

565

00:24:51,549 --> 00:24:56,799

installed identity is non-local training

566

00:24:53,680 --> 00:25:01,930

boffin to start I'm 12 your bottom add a

567

00:24:56,799 --> 00:25:03,759

new hello all skeptics in Sweden I'm

568

00:25:01,930 --> 00:25:06,250

sure you already know that the Swedish

569

00:25:03,759 --> 00:25:08,259

skeptics Association not only is a big

570

00:25:06,250 --> 00:25:10,930

fan of the skeptic zone but that we also

571
00:25:08,259 --> 00:25:13,269
organize lectures pop science quiz and

572
00:25:10,930 --> 00:25:19,660
skeptics in the pub all over the country

573
00:25:13,269 --> 00:25:22,329
go to ww vof se to see what are seven

574
00:25:19,660 --> 00:25:23,710
local chapters are up to and if you live

575
00:25:22,329 --> 00:25:26,859
in a place where there is no local

576
00:25:23,710 --> 00:25:30,480
chapter why not start on yourself I'm

577
00:25:26,859 --> 00:25:30,479
talking to you neyo

578
00:25:35,589 --> 00:25:40,309
welcome to a week in science from our oz

579
00:25:38,299 --> 00:25:43,490
bringing you the science you need

580
00:25:40,309 --> 00:25:45,679
tonight mmm chocolate one of the world's

581
00:25:43,490 --> 00:25:49,870
favorite sweet foods words cannot

582
00:25:45,680 --> 00:25:49,870
describe how much I love chocolate

583
00:25:50,819 --> 00:25:55,689
the cacao bean the key ingredients of

584
00:25:53,529 --> 00:25:57,430
chocolate originates from South America

585
00:25:55,690 --> 00:25:59,620
and was brought to Europe by the Spanish

586
00:25:57,430 --> 00:26:01,060
in the 16th century since then there

587
00:25:59,619 --> 00:26:03,429
have been a number of benefits being

588
00:26:01,059 --> 00:26:04,869
promoted however research has started to

589
00:26:03,430 --> 00:26:06,580
show you that chocolate may indeed have

590
00:26:04,869 --> 00:26:09,189
a number of good effects on our health

591
00:26:06,579 --> 00:26:10,929
in particular Coco's and rich source of

592
00:26:09,190 --> 00:26:13,509
flavonols chemicals which have an

593
00:26:10,930 --> 00:26:15,190
anti-inflammatory effect they accumulate

594
00:26:13,509 --> 00:26:16,809
in the brain regions involved in

595
00:26:15,190 --> 00:26:19,059
learning and memory especially the

596
00:26:16,809 --> 00:26:20,649
hippocampus flavonols have also been

597
00:26:19,059 --> 00:26:22,299
shown to increase blood flow to the

598
00:26:20,650 --> 00:26:23,769
brain while this doesn't necessarily

599

00:26:22,299 --> 00:26:28,599
mean that chocolate will make you

600
00:26:23,769 --> 00:26:30,430
smarter well it can't hurt there is also

601
00:26:28,599 --> 00:26:32,709
evidence try and Coco's benefits for the

602
00:26:30,430 --> 00:26:34,690
heart and circulation including reducing

603
00:26:32,710 --> 00:26:37,090
blood pressure by relaxing vessel

604
00:26:34,690 --> 00:26:38,830
muscles dark chocolate reduces platelet

605
00:26:37,089 --> 00:26:40,539
aggregation and blood vessels which

606
00:26:38,829 --> 00:26:42,339
might help prevent blockages which can

607
00:26:40,539 --> 00:26:43,629
result in heart attacks we've only

608
00:26:42,339 --> 00:26:45,519
touched on the health benefits of

609
00:26:43,630 --> 00:26:47,410
chocolate there is also evidence that

610
00:26:45,519 --> 00:26:49,480
has positive effects on cholesterol

611
00:26:47,410 --> 00:26:51,580
insulin resistance and blood vessel

612
00:26:49,480 --> 00:26:53,559
function and improves mood and

613
00:26:51,579 --> 00:26:55,809

well-being it should be noted though

614

00:26:53,559 --> 00:26:58,269

that the processing of coco de chocolate

615

00:26:55,809 --> 00:27:00,490

reduces the flavonoid content so studies

616

00:26:58,269 --> 00:27:02,500

which show an effect using cocoa may not

617

00:27:00,490 --> 00:27:05,049

necessarily have the same effect using

618

00:27:02,500 --> 00:27:06,549

processed chocolate as always talk to

619

00:27:05,049 --> 00:27:09,490

your doctor about the best health plan

620

00:27:06,549 --> 00:27:14,019

for you and now for fast facts about our

621

00:27:09,490 --> 00:27:15,970

favorite sweet food cacao beans the base

622

00:27:14,019 --> 00:27:18,910

ingredients of chocolate were used by

623

00:27:15,970 --> 00:27:21,220

the Aztecs as a form of currency cacao

624

00:27:18,910 --> 00:27:24,279

beans grow inside pods with each pod

625

00:27:21,220 --> 00:27:26,019

containing around 40 beans forty-three

626

00:27:24,279 --> 00:27:27,690

percent of Nobel Prize winners eat

627

00:27:26,019 --> 00:27:30,220

chocolate more than twice per week

628
00:27:27,690 --> 00:27:31,960
compared to just twenty-five percent of

629
00:27:30,220 --> 00:27:34,089
the general public and while we're

630
00:27:31,960 --> 00:27:35,620
talking about Nobel prizes countries

631
00:27:34,089 --> 00:27:38,169
with the highest chocolate consumption

632
00:27:35,619 --> 00:27:41,139
also have the most Nobel Prize winners

633
00:27:38,170 --> 00:27:42,730
that's it for this week in science wants

634
00:27:41,140 --> 00:27:46,320
to find out more about chocolate who

635
00:27:42,730 --> 00:27:50,230
wouldn't go to the Arias website are I a

636
00:27:46,319 --> 00:27:52,869
USDA you follow us on twitter at ra oz

637
00:27:50,230 --> 00:27:56,339
and like us on facebook i'm ben lewis

638
00:27:52,869 --> 00:27:56,339
and we'll catch you next week

639
00:28:03,240 --> 00:28:17,890
on Maynard calm da are you Morrissey is

640
00:28:15,099 --> 00:28:20,049
some singer from some band called the

641
00:28:17,890 --> 00:28:22,750
Johnsons they were sort of big in the

642
00:28:20,049 --> 00:28:25,990
80s whatever that might mean he's now

643
00:28:22,750 --> 00:28:28,240
touring or is he round the world or is

644
00:28:25,990 --> 00:28:31,480
it explaining to people occasionally

645
00:28:28,240 --> 00:28:32,829
through song how they should behave how

646
00:28:31,480 --> 00:28:34,630
they should dance and never through

647
00:28:32,829 --> 00:28:36,279
dance you never explained through Dan he

648
00:28:34,630 --> 00:28:38,860
never explains through downtown Jones

649
00:28:36,279 --> 00:28:41,259
job that's how a Jones's job is playing

650
00:28:38,859 --> 00:28:44,529
at the Opera House or is he he has a

651
00:28:41,259 --> 00:28:47,920
couple of orders that he's given his

652
00:28:44,529 --> 00:28:50,009
clicked his heel and he has demanded

653
00:28:47,920 --> 00:28:52,870
that the Opera House not serve any food

654
00:28:50,009 --> 00:28:55,750
containing meet anytime he's in the

655
00:28:52,869 --> 00:28:57,669
building anywhere in the building he

656

00:28:55,750 --> 00:29:00,130
just wants people to either been

657
00:28:57,670 --> 00:29:02,920
drinking water or eating vegetables just

658
00:29:00,130 --> 00:29:06,070
vegetables by themselves you can imagine

659
00:29:02,920 --> 00:29:09,279
the horror I'm not going to be told by

660
00:29:06,069 --> 00:29:14,879
some English dweeb who sings only one

661
00:29:09,279 --> 00:29:14,879
interval Dada Dada Dada Dada Dada Dada

662
00:29:18,470 --> 00:29:24,480
dododo like a car alarm how I'm supposed

663
00:29:21,990 --> 00:29:27,299
to behave what I'm supposed to eat and

664
00:29:24,480 --> 00:29:29,880
what I'm supposed to wear Morrissey step

665
00:29:27,299 --> 00:29:34,279
off that has been Tim Ferguson's right

666
00:29:29,880 --> 00:29:34,280
of reply whether you ask for it or not

667
00:29:34,940 --> 00:29:49,140
on Maynard calm day you what we want is

668
00:29:45,150 --> 00:29:51,800
some more evidence please is Joe

669
00:29:49,140 --> 00:29:51,800
alabaster

670
00:29:53,278 --> 00:29:57,750

hello this is Joe alabaster

671

00:29:58,799 --> 00:30:03,879
world homeopathy Awareness Week is

672

00:30:01,599 --> 00:30:08,189
approaching once again to take place

673

00:30:03,880 --> 00:30:10,780
from the 10th to the 16th of April 2015

674

00:30:08,190 --> 00:30:13,330
last year's World homeopathy Awareness

675

00:30:10,779 --> 00:30:15,789
Week took place just as the NHMRC s

676

00:30:13,329 --> 00:30:17,289
draft information paper examining

677

00:30:15,789 --> 00:30:19,119
evidence on the effectiveness of

678

00:30:17,289 --> 00:30:21,579
homeopathy entreating health conditions

679

00:30:19,119 --> 00:30:23,289
had been made public which led to a

680

00:30:21,579 --> 00:30:26,019
substantial amount of awareness raising

681

00:30:23,289 --> 00:30:29,259
via the media that homeopathy is not an

682

00:30:26,019 --> 00:30:31,089
effective modality similarly this year

683

00:30:29,259 --> 00:30:32,859
world homeopathy Awareness Week is

684

00:30:31,089 --> 00:30:35,589
taking place the month following the

685
00:30:32,859 --> 00:30:38,649
release of the NHMRC s completed review

686
00:30:35,589 --> 00:30:40,629
on homeopathy this review has led to

687
00:30:38,650 --> 00:30:42,640
headlines stating the findings that

688
00:30:40,630 --> 00:30:45,280
homeopathy is no more effective than a

689
00:30:42,640 --> 00:30:46,840
placebo which makes this and find public

690
00:30:45,279 --> 00:30:49,960
awareness of homeopathy from an

691
00:30:46,839 --> 00:30:52,419
evidence-based perspective world

692
00:30:49,960 --> 00:30:57,360
homeopathy awareness week's theme 4 2015

693
00:30:52,420 --> 00:31:00,100
is homeopathy for infectious diseases

694
00:30:57,359 --> 00:31:02,379
now there is no evidence for nor

695
00:31:00,099 --> 00:31:05,079
plausible mechanism by which homeopathy

696
00:31:02,380 --> 00:31:07,360
can be of any use in treating infectious

697
00:31:05,079 --> 00:31:09,490
disease and I feel that it's highly

698
00:31:07,359 --> 00:31:12,009
unethical and very dangerous to mislead

699
00:31:09,490 --> 00:31:13,900
people by claiming such particularly in

700
00:31:12,009 --> 00:31:15,879
the midst of the u.s. is current measles

701
00:31:13,900 --> 00:31:19,930
outbreak and the ongoing Ebola epidemic

702
00:31:15,880 --> 00:31:22,090
in West Africa the belief that homeo

703
00:31:19,930 --> 00:31:25,090
prophylaxis also referred to as

704
00:31:22,089 --> 00:31:27,009
homeopathic vaccination provides any

705
00:31:25,089 --> 00:31:29,709
protection from diseases which ought to

706
00:31:27,009 --> 00:31:31,359
be prevented with immunization leads to

707
00:31:29,710 --> 00:31:33,309
parents falsely assuming that they've

708
00:31:31,359 --> 00:31:36,639
adequately addressed preventative health

709
00:31:33,309 --> 00:31:39,639
care this false sense of safety is both

710
00:31:36,640 --> 00:31:42,040
incredibly dangerous and cruel homeo

711
00:31:39,640 --> 00:31:44,680
prophylaxis and homeopathy in general

712
00:31:42,039 --> 00:31:46,180
cheats consumers into believing that

713

00:31:44,680 --> 00:31:50,740
they're looking after their own and

714
00:31:46,180 --> 00:31:52,570
their children's health speaking of

715
00:31:50,740 --> 00:31:54,759
unreliable and non-credible health

716
00:31:52,569 --> 00:31:56,919
advice the organizers of world

717
00:31:54,759 --> 00:31:59,049
homeopathy Awareness Week have uploaded

718
00:31:56,920 --> 00:32:00,640
an image as their cover photo on the

719
00:31:59,049 --> 00:32:03,700
facebook page for world homeopathy

720
00:32:00,640 --> 00:32:06,340
Awareness Week 2015 featuring a pro

721
00:32:03,700 --> 00:32:11,410
homeopathy quote attributed to mahatma

722
00:32:06,339 --> 00:32:12,339
gandhi quote homeopathy cures a larger

723
00:32:11,410 --> 00:32:14,769
percentage of cake

724
00:32:12,339 --> 00:32:17,528
than any other method of treatment and

725
00:32:14,769 --> 00:32:20,079
is beyond doubt a safe economical and

726
00:32:17,528 --> 00:32:25,119
the most complete medical science end

727
00:32:20,079 --> 00:32:27,579

quote Mahatma Gandhi is a widely

728

00:32:25,119 --> 00:32:30,489

influential and highly esteemed man a

729

00:32:27,579 --> 00:32:32,079

peace activist civil rights pioneer and

730

00:32:30,490 --> 00:32:34,000

the preeminent leader of the

731

00:32:32,079 --> 00:32:37,389

independence movement in British ruled

732

00:32:34,000 --> 00:32:38,980

India his philosophies regarding human

733

00:32:37,390 --> 00:32:42,009

rights and nonviolent civil disobedience

734

00:32:38,980 --> 00:32:45,819

and the nature of humanity are valued by

735

00:32:42,009 --> 00:32:47,919

many people worldwide did to disqualify

736

00:32:45,819 --> 00:32:51,189

him to speak on matters of medicine

737

00:32:47,919 --> 00:32:53,559

health with any authority though he had

738

00:32:51,190 --> 00:32:56,259

no medical training or expertise he was

739

00:32:53,558 --> 00:32:58,389

educated in law but nonetheless pender

740

00:32:56,259 --> 00:33:01,359

treat eyes on health matters in which he

741

00:32:58,390 --> 00:33:02,710

noted quote I have arrived at certain

742

00:33:01,359 --> 00:33:05,199

definite conclusions from that

743

00:33:02,710 --> 00:33:09,090

experience and are now set them down for

744

00:33:05,200 --> 00:33:11,950

the benefit of my readers and quote a

745

00:33:09,089 --> 00:33:14,439

guide to health by Mahatma Gandhi is

746

00:33:11,950 --> 00:33:17,440

available as a free ebook courtesy of

747

00:33:14,440 --> 00:33:19,210

Project Gutenberg it contains some quite

748

00:33:17,440 --> 00:33:21,278

fantastic claims and philosophies about

749

00:33:19,210 --> 00:33:23,740

the human body and the nature of disease

750

00:33:21,278 --> 00:33:29,740

which are generally described as ill

751

00:33:23,740 --> 00:33:31,569

informed for example quote the world is

752

00:33:29,740 --> 00:33:35,919

compounded of the five elements earth

753

00:33:31,569 --> 00:33:38,558

water air fire and ether so too is our

754

00:33:35,919 --> 00:33:41,500

body it is a sort of miniature world

755

00:33:38,558 --> 00:33:44,109

hence the body stands in need of all the

756
00:33:41,500 --> 00:33:47,710
elements in due proportion pure earth

757
00:33:44,109 --> 00:33:50,798
pure water purifier or sunlight pure air

758
00:33:47,710 --> 00:33:53,079
and open space when any one of these

759
00:33:50,798 --> 00:33:57,730
fall short of its due proportion illness

760
00:33:53,079 --> 00:34:02,829
is caused in the body end quote on the

761
00:33:57,730 --> 00:34:05,950
course of fever quote as most fevers are

762
00:34:02,829 --> 00:34:08,199
caused by disorders of the bowels the

763
00:34:05,950 --> 00:34:11,230
very first thing to do is to starve the

764
00:34:08,199 --> 00:34:13,469
patient it is a mere superstition that a

765
00:34:11,230 --> 00:34:16,088
weak man will get weaker by starving as

766
00:34:13,469 --> 00:34:18,189
we have already seen only that portion

767
00:34:16,088 --> 00:34:20,440
of our food is really useful which is

768
00:34:18,190 --> 00:34:24,128
assimilated into the blood and the

769
00:34:20,440 --> 00:34:26,200
remainder only clogs the bowels in fever

770

00:34:24,128 --> 00:34:27,940
the digestive organs are very weak

771
00:34:26,199 --> 00:34:30,638
the tongue gets coated and the lips are

772
00:34:27,940 --> 00:34:32,409
hard and dry if any food is given to the

773
00:34:30,639 --> 00:34:36,099
patient in this condition it will remain

774
00:34:32,409 --> 00:34:37,898
undigested and aid to the fever starving

775
00:34:36,099 --> 00:34:40,720
the patient gives his digestive organs

776
00:34:37,898 --> 00:34:42,549
time to perform their work hence the

777
00:34:40,719 --> 00:34:47,398
need to stop him for a day or two and

778
00:34:42,550 --> 00:34:51,789
quote now here's Gandhi on smallpox

779
00:34:47,398 --> 00:34:53,679
quote in fact it is caused just like

780
00:34:51,789 --> 00:34:56,320
other diseases by the blood getting

781
00:34:53,679 --> 00:34:58,750
impure owing to some disorder of the

782
00:34:56,320 --> 00:35:00,760
bowels and the poison that accumulates

783
00:34:58,750 --> 00:35:03,869
in the system is expelled in the form of

784
00:35:00,760 --> 00:35:08,349

smallpox if this view is correct and

785

00:35:03,869 --> 00:35:10,088
quote it isn't quote then there is

786

00:35:08,349 --> 00:35:13,869
absolutely no need to be afraid of

787

00:35:10,088 --> 00:35:15,909
smallpox if it were really a contagious

788

00:35:13,869 --> 00:35:18,070
disease everyone should catch it by

789

00:35:15,909 --> 00:35:21,868
merely touching the patient but this is

790

00:35:18,070 --> 00:35:24,460
not always the case and quote

791

00:35:21,869 --> 00:35:28,950
incidentally Gandhi is highly quotable

792

00:35:24,460 --> 00:35:31,720
by anti-vaccination campaigners quote

793

00:35:28,949 --> 00:35:33,818
vaccination is a barbarous practice and

794

00:35:31,719 --> 00:35:36,789
it is one of the most fatal of all

795

00:35:33,818 --> 00:35:38,800
delusions current in our time not to be

796

00:35:36,789 --> 00:35:44,079
found even among the so-called savage

797

00:35:38,800 --> 00:35:47,380
races of the world end quote on first

798

00:35:44,079 --> 00:35:49,300
aid for burns quote if the skin has

799

00:35:47,380 --> 00:35:50,740
simply got red by the burn there is no

800

00:35:49,300 --> 00:35:53,530
more effective remedy than the

801

00:35:50,739 --> 00:35:55,000
application of a mud poultice if the

802

00:35:53,530 --> 00:35:57,310
fingers have been burt care should be

803

00:35:55,000 --> 00:35:58,889
taken when the poultice is applied that

804

00:35:57,309 --> 00:36:01,358
they do not touch against one another

805

00:35:58,889 --> 00:36:04,088
this same treatment may be applied in

806

00:36:01,358 --> 00:36:09,338
cases of acid burns and scalds of every

807

00:36:04,088 --> 00:36:11,380
description end quote Gandhi himself

808

00:36:09,338 --> 00:36:13,568
ruminated on whether indeed he was

809

00:36:11,380 --> 00:36:18,250
qualified or correct in writing on

810

00:36:13,568 --> 00:36:20,469
health matters quote one question which

811

00:36:18,250 --> 00:36:22,989
I've asked myself again and again in the

812

00:36:20,469 --> 00:36:25,959
course of writing this book is why I of

813
00:36:22,989 --> 00:36:28,389
all persons should write it is there any

814
00:36:25,960 --> 00:36:30,519
justification at all for one like me who

815
00:36:28,389 --> 00:36:32,139
am no doctor and whose knowledge of the

816
00:36:30,519 --> 00:36:34,780
matters dealt with in these pages must

817
00:36:32,139 --> 00:36:37,838
be necessarily imperfect attempting to

818
00:36:34,780 --> 00:36:38,769
write a book of this kind my defense is

819
00:36:37,838 --> 00:36:41,230
this

820
00:36:38,769 --> 00:36:43,869
the science of medicine is itself based

821
00:36:41,230 --> 00:36:46,900
on imperfect knowledge most of it being

822
00:36:43,869 --> 00:36:48,940
mere quackery but this book at any rate

823
00:36:46,900 --> 00:36:52,000
has been prompted by the purest of

824
00:36:48,940 --> 00:36:54,159
motives the attempt is here made not so

825
00:36:52,000 --> 00:36:55,809
much to show how to cure diseases as to

826
00:36:54,159 --> 00:36:58,059
point out the means of preventing them

827

00:36:55,809 --> 00:36:59,409
and a little reflection will show that

828
00:36:58,059 --> 00:37:01,690
the prevention of disease is

829
00:36:59,409 --> 00:37:03,210
comparatively simple matter not

830
00:37:01,690 --> 00:37:05,889
requiring much specialist knowledge

831
00:37:03,210 --> 00:37:07,889
although it is by no means an easy thing

832
00:37:05,889 --> 00:37:10,960
to put these principles into practice

833
00:37:07,889 --> 00:37:13,750
our object has been to show the unity of

834
00:37:10,960 --> 00:37:15,429
origin and treatment of all diseases so

835
00:37:13,750 --> 00:37:17,289
that all people may learn to treat their

836
00:37:15,429 --> 00:37:20,259
diseases themselves when they do arise

837
00:37:17,289 --> 00:37:22,300
as they often do in spite of great care

838
00:37:20,260 --> 00:37:27,550
in the observance of the laws of health

839
00:37:22,300 --> 00:37:29,620
and quote unfortunately pure motives are

840
00:37:27,550 --> 00:37:31,840
not enough when it comes to dispensing

841
00:37:29,619 --> 00:37:33,909

health advice and nor was Gandhi

842

00:37:31,840 --> 00:37:36,280

necessarily qualified to pass judgement

843

00:37:33,909 --> 00:37:39,460

that most science-based medicine is mere

844

00:37:36,280 --> 00:37:41,920

quackery it's also pertinent to remember

845

00:37:39,460 --> 00:37:44,320

that Gandhi wrote this tree ties in 1921

846

00:37:41,920 --> 00:37:46,030

our body of knowledge in the field of

847

00:37:44,320 --> 00:37:49,240

medicine has grown immensely over the

848

00:37:46,030 --> 00:37:51,340

past century I invite you to have a

849

00:37:49,239 --> 00:37:53,409

fossick around a guide to health his

850

00:37:51,340 --> 00:37:55,240

thoughts on chastity and childbirth are

851

00:37:53,409 --> 00:37:57,159

quite amazing and come to your own

852

00:37:55,239 --> 00:37:59,199

conclusions as to whether you think he's

853

00:37:57,159 --> 00:38:01,869

a reputable source of health advice I

854

00:37:59,199 --> 00:38:04,089

ask you then to consider whether the

855

00:38:01,869 --> 00:38:06,579

endorsement of homeopathy is cited by

856
00:38:04,090 --> 00:38:08,200
world homeopathy Awareness Week holds

857
00:38:06,579 --> 00:38:10,750
much gravitas when you are aware of

858
00:38:08,199 --> 00:38:15,099
Gandhi's ideas on health and medicine in

859
00:38:10,750 --> 00:38:17,019
general finally please take into account

860
00:38:15,099 --> 00:38:19,509
what's possibly the icing on the cake

861
00:38:17,019 --> 00:38:21,759
here I've not been able to find any

862
00:38:19,510 --> 00:38:23,860
evidence that the quote used by world

863
00:38:21,760 --> 00:38:27,070
homeopathy Awareness Week can be

864
00:38:23,860 --> 00:38:28,900
reasonably attributed to Gandhi neither

865
00:38:27,070 --> 00:38:31,570
of skeptics on Stack Exchange or

866
00:38:28,900 --> 00:38:33,880
commenters on a poster or acts like

867
00:38:31,570 --> 00:38:35,620
wires Twitter users zero double O one

868
00:38:33,880 --> 00:38:38,079
has been searching for an original

869
00:38:35,619 --> 00:38:39,670
source for the quote to no avail but he

870
00:38:38,079 --> 00:38:42,460
has found some examples of Gandhi

871
00:38:39,670 --> 00:38:45,579
mentioning homeopathy seemingly not in a

872
00:38:42,460 --> 00:38:47,920
favorable light the only place i found

873
00:38:45,579 --> 00:38:49,929
the gandhi quote homeopathy cures a

874
00:38:47,920 --> 00:38:51,789
larger percentage of cases than any

875
00:38:49,929 --> 00:38:52,538
other method of treatment and is beyond

876
00:38:51,789 --> 00:38:54,369
doubt a safe

877
00:38:52,539 --> 00:38:58,028
economical and most complete medical

878
00:38:54,369 --> 00:39:01,479
science or any variations thereof have

879
00:38:58,028 --> 00:39:03,759
been on pro homeopathy sites not in any

880
00:39:01,478 --> 00:39:07,418
independent archives of gandhi's ratings

881
00:39:03,759 --> 00:39:11,829
or speeches as such I think it's a fair

882
00:39:07,418 --> 00:39:13,900
call to label the quote as unverified so

883
00:39:11,829 --> 00:39:16,059
to summarize the world homeopathy

884

00:39:13,900 --> 00:39:18,338
Awareness Week organizers have used an

885
00:39:16,059 --> 00:39:20,739
unverified quote from a source whose

886
00:39:18,338 --> 00:39:22,748
health advice is highly questionable to

887
00:39:20,739 --> 00:39:24,699
promote awareness of a modality for

888
00:39:22,748 --> 00:39:27,399
which there is no evidence of efficacy

889
00:39:24,699 --> 00:39:31,059
in treating disease greater than that of

890
00:39:27,400 --> 00:39:34,509
a placebo world homie of the Awareness

891
00:39:31,059 --> 00:39:36,669
Week 2015 once again helping to arrays

892
00:39:34,509 --> 00:39:41,798
public awareness that homeopathy is

893
00:39:36,668 --> 00:39:44,608
bulldust for more evidence please you

894
00:39:41,798 --> 00:39:47,918
can find my blog at evidence please net

895
00:39:44,608 --> 00:39:50,018
evidence places also on Facebook and you

896
00:39:47,918 --> 00:39:52,798
can contact me on twitter at joe

897
00:39:50,018 --> 00:39:52,798
alabaster

898
00:40:03,820 --> 00:40:08,480

be reasonable it's a podcast in the

899

00:40:06,199 --> 00:40:10,639

merseyside skeptics society hosted by

900

00:40:08,480 --> 00:40:12,380

Michael Marshall in each monthly

901

00:40:10,639 --> 00:40:14,539

interview will examine belief from

902

00:40:12,380 --> 00:40:16,130

outside of the mainstream exploring how

903

00:40:14,539 --> 00:40:17,929

those views are constructed and what

904

00:40:16,130 --> 00:40:20,539

evidence people feel supports their case

905

00:40:17,929 --> 00:40:22,969

on the latest episode i'm joined by alan

906

00:40:20,539 --> 00:40:25,070

butler an offer in historian who

907

00:40:22,969 --> 00:40:26,869

believes the moon and Sarah's have a far

908

00:40:25,070 --> 00:40:29,780

different origin than most astronomers

909

00:40:26,869 --> 00:40:31,279

realize the ultimate conclusion that we

910

00:40:29,780 --> 00:40:33,790

came to and anybody can see this

911

00:40:31,280 --> 00:40:36,740

information either online or in the book

912

00:40:33,789 --> 00:40:40,099

was that the moon must therefore have

913
00:40:36,739 --> 00:40:42,649
been not a naturally occurring but an

914
00:40:40,099 --> 00:40:46,869
engineered object and that it was put

915
00:40:42,650 --> 00:40:49,910
where it was specifically to nurse

916
00:40:46,869 --> 00:40:52,730
infant life on the earth and to the

917
00:40:49,909 --> 00:40:54,649
stage that it's at now hey what Alan had

918
00:40:52,730 --> 00:40:57,289
to say as well as finding back issues of

919
00:40:54,650 --> 00:41:01,820
the show by visiting merseyside skeptics

920
00:40:57,289 --> 00:41:05,170
org UK fold / podcasts are searching be

921
00:41:01,820 --> 00:41:05,170
reasonable on iTunes

922
00:41:12,019 --> 00:41:19,030
years may not spooky action at a

923
00:41:16,489 --> 00:41:19,029
distance

924
00:41:20,989 --> 00:41:25,469
well I'm just here skeptics in the pub

925
00:41:23,519 --> 00:41:27,059
in Sydney everyone's rushing around

926
00:41:25,469 --> 00:41:28,169
people are going to the bar people

927
00:41:27,059 --> 00:41:29,430
eating chicken and people are eating

928
00:41:28,170 --> 00:41:31,858
very carefully because we have a

929
00:41:29,429 --> 00:41:33,808
dietician coming on to talk to us later

930
00:41:31,858 --> 00:41:35,489
about healthy eating sevens trying to

931
00:41:33,809 --> 00:41:37,319
eat as healthily as possible or be seen

932
00:41:35,489 --> 00:41:39,479
do eat as healthy as possible we have

933
00:41:37,318 --> 00:41:41,759
someone who comes here every once in a

934
00:41:39,480 --> 00:41:43,289
while who we got in that puzzle and how

935
00:41:41,760 --> 00:41:45,660
often do come along those skeptics in

936
00:41:43,289 --> 00:41:47,190
the pub and twice do you call yourself a

937
00:41:45,659 --> 00:41:48,690
bit of a card-carrying skeptics or

938
00:41:47,190 --> 00:41:50,818
you're a fellow traveler or a camp

939
00:41:48,690 --> 00:41:53,730
follower I literally have a pack of

940
00:41:50,818 --> 00:41:56,608
cards in my bag cool now tell us have

941

00:41:53,730 --> 00:41:58,079
you ever followed a fad diet I'm asking

942
00:41:56,608 --> 00:41:59,429
people about fad diets since we've got a

943
00:41:58,079 --> 00:42:02,700
dietician here tonight have you ever

944
00:41:59,429 --> 00:42:05,098
been on a fad diet yeah I did the Atkins

945
00:42:02,699 --> 00:42:07,649
diet for a little while okay right yeah

946
00:42:05,099 --> 00:42:09,630
okay and how did you go on that did it

947
00:42:07,650 --> 00:42:11,190
actually work it was it was it the fact

948
00:42:09,630 --> 00:42:14,460
you of following something that it work

949
00:42:11,190 --> 00:42:16,409
or had it go um it's just cuz I wasn't

950
00:42:14,460 --> 00:42:18,809
eating or like ninety percent of what it

951
00:42:16,409 --> 00:42:20,578
normally it's oh yeah calories in

952
00:42:18,809 --> 00:42:21,960
calories out yeah a lot of diets are

953
00:42:20,579 --> 00:42:23,369
like that you actually knock out a

954
00:42:21,960 --> 00:42:24,358
couple of the group's you'd normally eat

955
00:42:23,369 --> 00:42:26,099

and if you just did that without

956

00:42:24,358 --> 00:42:27,659

following a diet that would happen I

957

00:42:26,099 --> 00:42:30,059

mean I'm almost a bit of weight simply

958

00:42:27,659 --> 00:42:32,730

by not having any chocolate chips or

959

00:42:30,059 --> 00:42:34,859

biscuits in the house or ice cream just

960

00:42:32,730 --> 00:42:37,139

not in the house so I don't have the

961

00:42:34,858 --> 00:42:38,940

opportunity to lapse and eat it and

962

00:42:37,139 --> 00:42:41,828

that's not really a diet that's just

963

00:42:38,940 --> 00:42:44,679

removing those things from your diet

964

00:42:41,829 --> 00:42:46,359

yeah because there's times young man I'd

965

00:42:44,679 --> 00:42:48,969

like some solid fingertips and they're

966

00:42:46,358 --> 00:42:51,308

not there and the server station shut ya

967

00:42:48,969 --> 00:42:53,318

do it and the other question we're

968

00:42:51,309 --> 00:42:55,660

asking people tonight mr. mr. mr. Atkins

969

00:42:53,318 --> 00:42:57,248

diet is that the x-files are coming back

970
00:42:55,659 --> 00:42:59,558
for sixth season that's right the

971
00:42:57,248 --> 00:43:00,939
x-files are back and we're thinking whoa

972
00:42:59,559 --> 00:43:03,819
in a bunch of skeptics here we can offer

973
00:43:00,940 --> 00:43:05,708
them some fantastic plots for their

974
00:43:03,818 --> 00:43:07,509
episode you've got the idea what might

975
00:43:05,708 --> 00:43:10,509
make a good father an idea they could

976
00:43:07,509 --> 00:43:13,539
work with um I reckon an episode where

977
00:43:10,509 --> 00:43:15,579
they are in a NASA facility and that the

978
00:43:13,539 --> 00:43:19,599
episode doesn't have to be about it but

979
00:43:15,579 --> 00:43:21,219
if they just walked past a moon set just

980
00:43:19,599 --> 00:43:24,219
in the background that'd be awesome a

981
00:43:21,219 --> 00:43:26,108
bit like in the James Bond movie well

982
00:43:24,219 --> 00:43:27,429
the one diamonds are forever I think

983
00:43:26,108 --> 00:43:29,078
there's a scene where they're filming at

984
00:43:27,429 --> 00:43:31,328
the moon mission being faked in that

985
00:43:29,079 --> 00:43:33,729
yeah or Capricorn One which is another

986
00:43:31,329 --> 00:43:35,829
great conspiracy one yeah just a little

987
00:43:33,728 --> 00:43:37,568
a little moon landing easter egg better

988
00:43:35,829 --> 00:43:38,920
be awesome and an moulder could just

989
00:43:37,568 --> 00:43:41,108
quickly do a double-take ball keeping

990
00:43:38,920 --> 00:43:42,608
walking yeah that's good hey what is

991
00:43:41,108 --> 00:43:43,900
your favorite conspiracy theory by the

992
00:43:42,608 --> 00:43:44,978
way I like to ask people that while

993
00:43:43,900 --> 00:43:46,930
we're here is there one that you go

994
00:43:44,978 --> 00:43:48,248
that's an interesting one or man that I

995
00:43:46,929 --> 00:43:50,919
just can't get enough of that one makes

996
00:43:48,248 --> 00:43:53,368
me laugh the Illuminati is pretty

997
00:43:50,920 --> 00:43:55,900
interesting i reckons because it's so

998

00:43:53,369 --> 00:43:57,969
attractive to think that there's a big

999
00:43:55,900 --> 00:44:01,150
cabal behind the scenes it's so nebulous

1000
00:43:57,969 --> 00:44:02,739
too because depending on who you talk to

1001
00:44:01,150 --> 00:44:04,660
that there they can be different sort of

1002
00:44:02,739 --> 00:44:07,208
people all together yeah yeah so I mean

1003
00:44:04,659 --> 00:44:08,940
I think everyone thinks it at some point

1004
00:44:07,208 --> 00:44:11,498
because I always think the government is

1005
00:44:08,940 --> 00:44:13,440
like working nefariously in some way or

1006
00:44:11,498 --> 00:44:16,149
another so yeah it's very easy

1007
00:44:13,440 --> 00:44:17,829
conspiracy theory to think okay look

1008
00:44:16,150 --> 00:44:19,269
just this week I've heard some great

1009
00:44:17,829 --> 00:44:21,099
stuff on a few of the shows i listened

1010
00:44:19,268 --> 00:44:23,288
to I've heard some great flat earth

1011
00:44:21,099 --> 00:44:24,849
stuff which you think Mike everyone's

1012
00:44:23,289 --> 00:44:29,229

given up on that but it's making a

1013

00:44:24,849 --> 00:44:30,759

comeback yeah it's so yeah there's not

1014

00:44:29,228 --> 00:44:32,259

much to say about that one and of course

1015

00:44:30,759 --> 00:44:33,608

I do a skipper on this and I don't

1016

00:44:32,259 --> 00:44:35,048

believe we've spoken before and that is

1017

00:44:33,608 --> 00:44:37,058

if there was one sort of what's the

1018

00:44:35,048 --> 00:44:39,518

favorite whew that gets your goat the

1019

00:44:37,059 --> 00:44:40,730

whew that annoys you the most it's got

1020

00:44:39,518 --> 00:44:43,189

to be honey update

1021

00:44:40,730 --> 00:44:47,960

okay gotta be home real face because I

1022

00:44:43,190 --> 00:44:50,750

it's just this so little evidence and

1023

00:44:47,960 --> 00:44:53,809

it's so implausible and yet it's still

1024

00:44:50,750 --> 00:44:56,059

around Oh Eva Joe alabaster you probably

1025

00:44:53,809 --> 00:44:57,230

hear all over this episode doing various

1026

00:44:56,059 --> 00:44:59,539

things what have been up to with your

1027
00:44:57,230 --> 00:45:01,369
bat cave up there in the mountains I've

1028
00:44:59,539 --> 00:45:02,179
been batting my nerd yeah well I tell

1029
00:45:01,369 --> 00:45:04,190
you what and I think you're in the

1030
00:45:02,179 --> 00:45:07,460
skeptical magazine this month are you i

1031
00:45:04,190 --> 00:45:09,320
am i'm in there twice actually um my

1032
00:45:07,460 --> 00:45:11,360
report on what happened at the

1033
00:45:09,320 --> 00:45:13,340
convention this year and also a report

1034
00:45:11,360 --> 00:45:16,670
on chem trails which is an adapted

1035
00:45:13,340 --> 00:45:19,160
podcast that's that's pretty cool now

1036
00:45:16,670 --> 00:45:20,840
we've been talking about The X Files

1037
00:45:19,159 --> 00:45:22,250
have been talking about fad diets we've

1038
00:45:20,840 --> 00:45:25,400
got a dietitian here tonight have you

1039
00:45:22,250 --> 00:45:27,619
ever tried a bit of a fad diet no I

1040
00:45:25,400 --> 00:45:29,840
haven't actually I do recall my mother

1041
00:45:27,619 --> 00:45:32,900
tried one a while ago well when I was a

1042
00:45:29,840 --> 00:45:35,019
child that I actually took part in which

1043
00:45:32,900 --> 00:45:37,309
involved having a lot of omelets and

1044
00:45:35,019 --> 00:45:40,309
something called beef tea which was

1045
00:45:37,309 --> 00:45:42,679
basically a stock you beef to beef tea

1046
00:45:40,309 --> 00:45:44,750
it's a stock cube in hot water and

1047
00:45:42,679 --> 00:45:46,879
somebody's giving me the thumbs up here

1048
00:45:44,750 --> 00:45:49,880
so I so anybody had this diet was

1049
00:45:46,880 --> 00:45:52,039
supposed to work I'm guessing that it

1050
00:45:49,880 --> 00:45:54,920
was sort of a reasonably high protein

1051
00:45:52,039 --> 00:45:57,730
very low carb kind of issues so maybe a

1052
00:45:54,920 --> 00:45:57,730
proto Atkins

1053
00:45:58,039 --> 00:46:03,509
and we're asking what about the x-files

1054
00:46:00,509 --> 00:46:05,909
cuz you know mold up a sexy guy Gillian

1055

00:46:03,509 --> 00:46:08,489
Anderson a sexy woman and they're both

1056
00:46:05,909 --> 00:46:11,368
scientists kind of except he's not but

1057
00:46:08,489 --> 00:46:14,039
thinks he is come on David Duchovny with

1058
00:46:11,369 --> 00:46:15,869
his pants off for goodness sake he's no

1059
00:46:14,039 --> 00:46:19,019
david bowie but it's coming pretty close

1060
00:46:15,869 --> 00:46:20,579
i suppose yeah probably 2nd Duke are

1061
00:46:19,018 --> 00:46:24,179
mcglaughlin I reckon in the pants off

1062
00:46:20,579 --> 00:46:27,690
Department David Bowie still going with

1063
00:46:24,179 --> 00:46:30,538
Bowie I'll Emily and work if you could

1064
00:46:27,690 --> 00:46:31,920
do it all be involved in an x-files plot

1065
00:46:30,539 --> 00:46:34,289
for an episode what would it be Joe

1066
00:46:31,920 --> 00:46:35,670
alabaster Oh see I've got two favorite

1067
00:46:34,289 --> 00:46:37,589
episodes but I'm going to go with the

1068
00:46:35,670 --> 00:46:39,749
one that was the most fun the one that

1069
00:46:37,588 --> 00:46:41,880

actually had Jim rose and the ending

1070

00:46:39,748 --> 00:46:43,889
marina there was one based on freak

1071

00:46:41,880 --> 00:46:45,059
shows I'd like to see more of that

1072

00:46:43,889 --> 00:46:47,940
actually cuz i find that sort of thing

1073

00:46:45,059 --> 00:46:49,619
quite fascinating yeah just just for the

1074

00:46:47,940 --> 00:46:51,900
record my favorite one is the episode

1075

00:46:49,619 --> 00:46:54,059
that has the alien abduction at the

1076

00:46:51,900 --> 00:46:56,818
beginning and the alien abduction to get

1077

00:46:54,059 --> 00:46:58,680
alien abducted it's fantastic it's got

1078

00:46:56,818 --> 00:47:00,869
Charles Nelson Reilly in and what more

1079

00:46:58,679 --> 00:47:04,710
could you want the toughest man ever to

1080

00:47:00,869 --> 00:47:06,749
be on television David Bowie look David

1081

00:47:04,710 --> 00:47:10,978
Bowie's no Charles Nelson Reilly I'll

1082

00:47:06,748 --> 00:47:12,509
have you know that William Shatner

1083

00:47:10,978 --> 00:47:15,179
William Shatner should be on an episode

1084
00:47:12,509 --> 00:47:17,460
of wax files what was I thinking James

1085
00:47:15,179 --> 00:47:20,669
Spader actually I'm gonna go James lame

1086
00:47:17,460 --> 00:47:22,650
spider Bruce Willis karma blokland and

1087
00:47:20,670 --> 00:47:24,930
William Shatner on the same episode of

1088
00:47:22,650 --> 00:47:27,900
the x-files why not go boston legal

1089
00:47:24,929 --> 00:47:31,739
crossover oh I'm hyperventilating I'm

1090
00:47:27,900 --> 00:47:33,630
gonna have to sit down well he would

1091
00:47:31,739 --> 00:47:35,519
Jessica singer now or have you ever been

1092
00:47:33,630 --> 00:47:36,479
on a fad diet you strike me someone who

1093
00:47:35,518 --> 00:47:38,968
probably would never have done that

1094
00:47:36,478 --> 00:47:41,578
you're absolutely right i have never

1095
00:47:38,969 --> 00:47:43,030
been on a fad diet firstly i love food

1096
00:47:41,579 --> 00:47:45,610
too much

1097
00:47:43,030 --> 00:47:48,010
I love all types of food and and that's

1098
00:47:45,610 --> 00:47:50,710
from being quite a fussy as a child so

1099
00:47:48,010 --> 00:47:52,930
I'm quite proud that now I eat things

1100
00:47:50,710 --> 00:47:54,820
from all food groups so what about any

1101
00:47:52,929 --> 00:47:57,489
peer group pressure to go on a fad diet

1102
00:47:54,820 --> 00:47:59,170
at any stage has no effect on me

1103
00:47:57,489 --> 00:48:01,539
whatsoever like I said I love food too

1104
00:47:59,170 --> 00:48:04,539
much also my mother-in-law is a

1105
00:48:01,539 --> 00:48:06,460
dietician so I hey I have access to a

1106
00:48:04,539 --> 00:48:09,519
lot of very sound common sense

1107
00:48:06,460 --> 00:48:13,179
scientifically based information on good

1108
00:48:09,519 --> 00:48:20,110
diet good nutrition and all of that your

1109
00:48:13,179 --> 00:48:23,049
complete aberration I don't think I'm an

1110
00:48:20,110 --> 00:48:26,380
aberration because my my weaknesses are

1111
00:48:23,050 --> 00:48:30,070
the four C's chocolate champagne cheese

1112

00:48:26,380 --> 00:48:31,510
oh and ice cream I don't so okay I'm so

1113
00:48:30,070 --> 00:48:33,100
gonna say cocaine I thought which

1114
00:48:31,510 --> 00:48:35,710
explains why you don't gain weight but

1115
00:48:33,099 --> 00:48:39,130
no champagne of course here no no I look

1116
00:48:35,710 --> 00:48:41,530
I'm i actually do gain weight I'm I am

1117
00:48:39,130 --> 00:48:44,320
very careful about what I eat but I make

1118
00:48:41,530 --> 00:48:48,040
sure I have a balanced diet and I make

1119
00:48:44,320 --> 00:48:49,570
sure that I have a nutritious diet as

1120
00:48:48,039 --> 00:48:52,000
well with you have all the all the

1121
00:48:49,570 --> 00:48:53,830
vitamins and minerals and I need for

1122
00:48:52,000 --> 00:48:54,940
good health let's move from one end of

1123
00:48:53,829 --> 00:48:56,170
the alphabet to the other you've talked

1124
00:48:54,940 --> 00:48:58,179
about the Seas let's talk about the

1125
00:48:56,170 --> 00:48:58,990
x-files if they're coming back and

1126
00:48:58,179 --> 00:49:01,480

because everyone thinks David

1127

00:48:58,989 --> 00:49:05,619
accompanies sexy he's almost up there

1128

00:49:01,480 --> 00:49:07,329
with William Shatner I think he's over

1129

00:49:05,619 --> 00:49:08,920
and above William Shatner okay well

1130

00:49:07,329 --> 00:49:09,969
we'll agree to differ on that one there

1131

00:49:08,920 --> 00:49:12,460
what what do you think could be a

1132

00:49:09,969 --> 00:49:14,079
possible plot for their season oh well

1133

00:49:12,460 --> 00:49:18,460
well yeah if we're talking about diet

1134

00:49:14,079 --> 00:49:19,659
nutrition why not poisoning and yes so

1135

00:49:18,460 --> 00:49:21,190
there's something everyone's eating and

1136

00:49:19,659 --> 00:49:23,619
it turns out that it's some sort of plot

1137

00:49:21,190 --> 00:49:28,119
to poisonous yeah dastardly deed a

1138

00:49:23,619 --> 00:49:30,759
conspiracy yeah psychopathic poisoner

1139

00:49:28,119 --> 00:49:34,089
whoo-hoo spikes something with no spikes

1140

00:49:30,760 --> 00:49:35,350
some some okay basically ya like like

1141
00:49:34,090 --> 00:49:39,519
something there's something that's even

1142
00:49:35,349 --> 00:49:40,690
more insidious and fluoride yes look at

1143
00:49:39,519 --> 00:49:41,679
thank you for your input on that one

1144
00:49:40,690 --> 00:49:43,780
I'll send that straight off of the

1145
00:49:41,679 --> 00:49:46,419
producers thank you very much i wanna i

1146
00:49:43,780 --> 00:49:47,980
want a royalty please well I got a

1147
00:49:46,420 --> 00:49:50,950
reasonably healthy looking man here who

1148
00:49:47,980 --> 00:49:55,000
have we sir richard richard ever gone on

1149
00:49:50,949 --> 00:49:58,210
a fad diet not so much fad diets i've

1150
00:49:55,000 --> 00:50:01,289
tried various products including a

1151
00:49:58,210 --> 00:50:03,730
substance that's supposed to UM

1152
00:50:01,289 --> 00:50:05,739
expanding your stomach that one right

1153
00:50:03,730 --> 00:50:07,150
and how did you go on now did you have a

1154
00:50:05,739 --> 00:50:09,489
rebound effect with it or do you just

1155
00:50:07,150 --> 00:50:13,000
give it away I go but a white didn't

1156
00:50:09,489 --> 00:50:14,709
work ok fair enough and what about an

1157
00:50:13,000 --> 00:50:16,539
episode of The X Files have been asking

1158
00:50:14,710 --> 00:50:19,510
people The X Files are coming back well

1159
00:50:16,539 --> 00:50:20,889
any plot device or I do you think they

1160
00:50:19,510 --> 00:50:23,890
could use in their episode that you've

1161
00:50:20,889 --> 00:50:27,519
been thinking oh look the I a gel

1162
00:50:23,889 --> 00:50:30,519
formula rum beautiful women sex and

1163
00:50:27,519 --> 00:50:32,349
monsters never fails get that tube yeah

1164
00:50:30,519 --> 00:50:36,340
well I'm yeah you should be a Hollywood

1165
00:50:32,349 --> 00:50:38,529
producer man yeah just put foot words in

1166
00:50:36,340 --> 00:50:40,660
a hat so and David accompanied with no

1167
00:50:38,530 --> 00:50:42,340
pants well following his career what

1168
00:50:40,659 --> 00:50:45,429
he's done he's done he's done something

1169

00:50:42,340 --> 00:50:47,380
for the red shoe diaries oh yeah oh yeah

1170
00:50:45,429 --> 00:50:50,859
he's done the x-files and Eddie's did

1171
00:50:47,380 --> 00:50:52,760
did California fornication yeah seems to

1172
00:50:50,860 --> 00:50:55,670
be a theme going here

1173
00:50:52,760 --> 00:50:59,660
it is yeah thanks a hell yeah we'll get

1174
00:50:55,670 --> 00:51:01,220
straight on to them about their yeah I'm

1175
00:50:59,659 --> 00:51:04,099
just watching at a discreet distance

1176
00:51:01,219 --> 00:51:07,250
which is Saunders allowing a table of

1177
00:51:04,099 --> 00:51:08,869
people with these spoon bending whole

1178
00:51:07,250 --> 00:51:10,099
bunch of people haven't seen it and of

1179
00:51:08,869 --> 00:51:14,569
course they're wondering how he bends it

1180
00:51:10,099 --> 00:51:16,519
I wonder that myself sometimes let's

1181
00:51:14,570 --> 00:51:18,890
listen in as rich in Wales the table

1182
00:51:16,519 --> 00:51:25,130
with his spoon bending apparently

1183
00:51:18,889 --> 00:51:26,750

paranormal ability if you petite them

1184

00:51:25,130 --> 00:51:28,789

another time then you'll get metal

1185

00:51:26,750 --> 00:51:30,619

fatigue you more break right that's not

1186

00:51:28,789 --> 00:51:33,949

what it's presumably that's what you're

1187

00:51:30,619 --> 00:51:36,609

making happen all I can say is I don't

1188

00:51:33,949 --> 00:51:36,609

know how I do it

1189

00:51:54,139 --> 00:52:00,298

ein grosses hello an ally Dawson to her

1190

00:51:57,478 --> 00:52:01,889

that the skeptics on podcasts boosted

1191

00:52:00,298 --> 00:52:03,960

year does aashayein Deutschland and in

1192

00:52:01,889 --> 00:52:06,389

skeptic a fab and kept her vital

1193

00:52:03,960 --> 00:52:11,338

information Oberon's on the skeptic

1194

00:52:06,389 --> 00:52:15,719

magazine reserved vvv point gavey OOP a

1195

00:52:11,338 --> 00:52:18,869

punk talk hv dejala vvv font give a

1196

00:52:15,719 --> 00:52:22,999

rupee potok hold on to the officer and

1197

00:52:18,869 --> 00:52:22,999

facebook twitter and google+ side

1198
00:52:36,809 --> 00:52:41,769
blow me down with a piece of toast what

1199
00:52:39,519 --> 00:52:44,590
an episode action-packed put gluten-free

1200
00:52:41,769 --> 00:52:47,259
gluten-free I do enjoy a gluten-free

1201
00:52:44,590 --> 00:52:49,840
skeptic zone I i have my gluten with

1202
00:52:47,260 --> 00:52:51,280
other podcast you know yeah I feel like

1203
00:52:49,840 --> 00:52:53,530
I've gained no weight whatsoever during

1204
00:52:51,280 --> 00:52:57,849
the show how about you Joe i have sat on

1205
00:52:53,530 --> 00:52:59,650
my glutes come on Richard pick it up get

1206
00:52:57,849 --> 00:53:01,539
it together man you're a professional I

1207
00:52:59,650 --> 00:53:03,010
am I'm corpsing on my own show this is

1208
00:53:01,539 --> 00:53:04,210
terrible thank you know but thank you

1209
00:53:03,010 --> 00:53:06,130
everybody for listening the skipper's

1210
00:53:04,210 --> 00:53:08,139
own this week coming up on the skeptics

1211
00:53:06,130 --> 00:53:09,579
own more reports from Joe Heidi and you

1212
00:53:08,139 --> 00:53:12,429
may not and I don't know what else

1213
00:53:09,579 --> 00:53:13,480
actually I'm I'd actually like to thank

1214
00:53:12,429 --> 00:53:15,699
the people that put a little bit of

1215
00:53:13,480 --> 00:53:17,530
money into the skeptic zone each week I

1216
00:53:15,699 --> 00:53:18,489
know Richard thanks you all but I'd like

1217
00:53:17,530 --> 00:53:19,780
to thank you on behalf of all the

1218
00:53:18,489 --> 00:53:21,489
skeptics here because a lot of people

1219
00:53:19,780 --> 00:53:23,230
really listen to the show and we didn't

1220
00:53:21,489 --> 00:53:25,179
always get feedback from people but we

1221
00:53:23,230 --> 00:53:26,530
really appreciate even the small amount

1222
00:53:25,179 --> 00:53:28,210
you give each month that really keeps

1223
00:53:26,530 --> 00:53:30,460
the show together because I see Richard

1224
00:53:28,210 --> 00:53:32,920
getting very tense when it comes towards

1225
00:53:30,460 --> 00:53:34,780
a Sunday he Spink this tide he doesn't

1226

00:53:32,920 --> 00:53:36,340
wear the right combination of socks it's

1227
00:53:34,780 --> 00:53:39,040
just not a good look and he goes for

1228
00:53:36,340 --> 00:53:41,710
that on a weekly basis I do i do

1229
00:53:39,039 --> 00:53:43,599
listeners it's just it's a pitiful sight

1230
00:53:41,710 --> 00:53:46,389
but your donations actually do really

1231
00:53:43,599 --> 00:53:49,359
help the skeptic zone very much all

1232
00:53:46,389 --> 00:53:51,579
coming up next week I think next week we

1233
00:53:49,358 --> 00:53:55,059
have an interview with the Hungarian

1234
00:53:51,579 --> 00:53:56,889
skeptics yeah they contacted me in the

1235
00:53:55,059 --> 00:53:58,779
end I said great let's have an interview

1236
00:53:56,889 --> 00:53:59,949
so that should be coming up to do they

1237
00:53:58,780 --> 00:54:04,839
know the woman that was on Green Acres

1238
00:53:59,949 --> 00:54:07,118
oh that was a vagabond yeah yeah I don't

1239
00:54:04,838 --> 00:54:09,940
draw shoes Hungarian I think she was in

1240
00:54:07,119 --> 00:54:11,050

a snow well okay and Joe you wanna say I

1241

00:54:09,940 --> 00:54:13,000

think before we go here it's been a

1242

00:54:11,050 --> 00:54:15,789

great action-packed calorie free gluten

1243

00:54:13,000 --> 00:54:17,139

free show I'm just curious as to whether

1244

00:54:15,789 --> 00:54:19,059

the piece of toast that was blowing you

1245

00:54:17,139 --> 00:54:21,819

down contained any gluten this will make

1246

00:54:19,059 --> 00:54:23,500

your yeast rise I couldn't have said it

1247

00:54:21,820 --> 00:54:25,420

better myself may not I couldn't have

1248

00:54:23,500 --> 00:54:27,429

said it better myself but for this week

1249

00:54:25,420 --> 00:54:29,889

this is Richard Saunders may night and

1250

00:54:27,429 --> 00:54:32,440

Joe alabaster signing off from Sydney

1251

00:54:29,889 --> 00:54:34,210

Australia and it's pronounced fennel and

1252

00:54:32,440 --> 00:54:36,269

allene I'm going to go get someone right

1253

00:54:34,210 --> 00:54:36,269

now

1254

00:54:38,139 --> 00:54:44,328

you've been listening to the skeptics

1255
00:54:40,579 --> 00:54:47,240
own podcast visit our website at wwc a

1256
00:54:44,329 --> 00:54:50,690
petting zoo TV for contacts an archive

1257
00:54:47,239 --> 00:54:53,389
of all episodes since 2008 and our

1258
00:54:50,690 --> 00:54:55,298
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00:54:53,389 --> 00:54:58,460
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00:54:55,298 --> 00:55:02,088
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1264
00:55:07,480 --> 00:55:11,838
the skeptic zone is an independent

1265
00:55:10,219 --> 00:55:14,298
production the views and opinions

1266
00:55:11,838 --> 00:55:15,920
expressed on the skeptic zone and not

1267
00:55:14,298 --> 00:55:18,768
necessarily those of australian

1268
00:55:15,920 --> 00:55:21,608
skeptical or any other skeptical

1269
00:55:18,768 --> 00:55:21,608
organization