

1
00:00:05,929 --> 00:00:13,699
welcome to the skeptic zone the podcast

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

3
00:00:22,039 --> 00:00:28,339
hello and welcome to the skeptic zone

4
00:00:24,629 --> 00:00:32,070
episode number 371 for the 29th of

5
00:00:28,339 --> 00:00:33,840
November 2015 Richard Saunders here with

6
00:00:32,070 --> 00:00:35,549
you from Sydney Australia that funny

7
00:00:33,840 --> 00:00:37,370
buzzing noise in the background you can

8
00:00:35,549 --> 00:00:39,919
hear is the air conditioning because

9
00:00:37,369 --> 00:00:43,049
sometimes it's very hard to do the

10
00:00:39,920 --> 00:00:45,870
voiceover work for this show in a closed

11
00:00:43,049 --> 00:00:47,939
room on a hot day I hope you'll

12
00:00:45,869 --> 00:00:51,000
understand I quite like air conditioning

13
00:00:47,939 --> 00:00:53,280
it's good to live in an age of science

14
00:00:51,000 --> 00:00:54,780
which brings us air conditioning

15
00:00:53,280 --> 00:00:57,960
especially when you live in a hot

16
00:00:54,780 --> 00:00:59,908
country like Australia what's coming up

17
00:00:57,960 --> 00:01:01,978
on this week's show well it's may not

18
00:00:59,908 --> 00:01:03,988
may not spooky action more about may not

19
00:01:01,978 --> 00:01:05,429
coming up later in the show there's a

20
00:01:03,988 --> 00:01:07,709
special night he's putting on a new

21
00:01:05,430 --> 00:01:10,890
castle where he's going to be playing

22
00:01:07,709 --> 00:01:13,019
the old spaceballs movie it's called

23
00:01:10,890 --> 00:01:14,849
Maynard the farce awakens more about

24
00:01:13,019 --> 00:01:16,170
that later hope to see you there but

25
00:01:14,849 --> 00:01:18,658
anyway may nod to kick off the show

26
00:01:16,170 --> 00:01:20,010
Maynard chat to dr. Mel Thompson who was

27
00:01:18,659 --> 00:01:22,109
at the Australian skeptics National

28
00:01:20,010 --> 00:01:27,180
Convention Mel's going to be chatting

29

00:01:22,109 --> 00:01:32,340
about her um problems health problems

30
00:01:27,180 --> 00:01:34,260
and how she's tackling them and some

31
00:01:32,340 --> 00:01:36,750
interesting advice for people with

32
00:01:34,260 --> 00:01:39,090
similar problems and the rest of us how

33
00:01:36,750 --> 00:01:41,700
to relate to people who have certain

34
00:01:39,090 --> 00:01:43,469
medical problems hmm that's a bit

35
00:01:41,700 --> 00:01:45,600
cryptic isn't it I think you'll enjoy

36
00:01:43,469 --> 00:01:49,920
this interview with may not conducted in

37
00:01:45,599 --> 00:01:52,979
his usual style following that it's

38
00:01:49,920 --> 00:01:55,349
evidence please with Joe alabasta this

39
00:01:52,980 --> 00:01:59,689
week Joe's going to be looking at the

40
00:01:55,349 --> 00:02:03,539
crazy alternative medical practice of

41
00:01:59,689 --> 00:02:07,739
cupping cupping this is where you put

42
00:02:03,540 --> 00:02:11,310
hot cup shape containers on your back or

43
00:02:07,739 --> 00:02:13,590

your front I don't know and heat them up

44

00:02:11,310 --> 00:02:15,628

or heat them up beforehand and it's

45

00:02:13,590 --> 00:02:18,479

supposed to draw out the toxins and all

46

00:02:15,628 --> 00:02:22,139

this sort of new-age weaselly washy

47

00:02:18,479 --> 00:02:24,209

wishy-washy stuff does it probably not

48

00:02:22,139 --> 00:02:28,529

but Joe will tell us all about that

49

00:02:24,209 --> 00:02:30,090

coming up in Joe's evidence please then

50

00:02:28,530 --> 00:02:33,430

it's a week in science on the Royal

51

00:02:30,090 --> 00:02:37,750

Institution of Australia w w RI

52

00:02:33,430 --> 00:02:39,609

us dog got a you hello everybody there I

53

00:02:37,750 --> 00:02:41,650

do like visiting that institution I did

54

00:02:39,609 --> 00:02:44,549

that to about a year ago had a wonderful

55

00:02:41,650 --> 00:02:47,650

time then to ran off the show I speak to

56

00:02:44,549 --> 00:02:50,019

Tamara Robertson from California who's

57

00:02:47,650 --> 00:02:51,819

involved in the new series which you may

58
00:02:50,019 --> 00:02:54,370
have heard being talked about here on

59
00:02:51,818 --> 00:02:58,958
the skeptic zone the feeling joob all

60
00:02:54,370 --> 00:03:02,620
about food myths what's her story does

61
00:02:58,959 --> 00:03:06,069
she like food I like food we'll find out

62
00:03:02,620 --> 00:03:07,900
coming up to round off the show now

63
00:03:06,068 --> 00:03:10,060
before we get stuck into the show a big

64
00:03:07,900 --> 00:03:12,639
thank you to everybody who have sent me

65
00:03:10,060 --> 00:03:15,539
birthday wishes and greetings thank you

66
00:03:12,639 --> 00:03:19,359
very much yes yesterday was my birthday

67
00:03:15,539 --> 00:03:23,138
the big 50 why don't they call it the

68
00:03:19,359 --> 00:03:24,790
small 50 the little the minor 50 thee so

69
00:03:23,139 --> 00:03:28,629
what did somebody call me the other day

70
00:03:24,789 --> 00:03:32,949
they called me a junior geriatric um

71
00:03:28,628 --> 00:03:35,560
hello to all the 1965 is out there we've

72
00:03:32,949 --> 00:03:37,509
made it to 50 unbelievable most of us as

73
00:03:35,560 --> 00:03:39,969
a few yet to come actually in December

74
00:03:37,509 --> 00:03:43,560
hmm but now it's time for me to run

75
00:03:39,969 --> 00:03:48,310
downstairs and have the last slice of

76
00:03:43,560 --> 00:03:53,469
the birthday cake which was red velvet

77
00:03:48,310 --> 00:03:56,500
with cheese cake icing or frosting my

78
00:03:53,469 --> 00:04:00,340
goodness me it was almost worth waiting

79
00:03:56,500 --> 00:04:04,289
50 years for mm-hmm well I do that I

80
00:04:00,340 --> 00:04:04,289
hope you enjoy the skeptic zone

81
00:04:15,729 --> 00:04:23,159
here's my not spooky action at the

82
00:04:20,649 --> 00:04:23,159
distance

83
00:04:23,910 --> 00:04:27,699
well I was watching something pretty

84
00:04:26,348 --> 00:04:29,560
interesting on stage earlier I was

85
00:04:27,699 --> 00:04:31,598
looking up an iron saw I saw inside this

86

00:04:29,560 --> 00:04:33,819
woman's body I saw your staples I know

87
00:04:31,598 --> 00:04:35,918
it's but they're great hump a who are

88
00:04:33,819 --> 00:04:37,990
you and why are you doing here I'm dr.

89
00:04:35,918 --> 00:04:42,418
Melanie Thompson I'm here to talk about

90
00:04:37,990 --> 00:04:45,639
my experiences as a patient as a

91
00:04:42,418 --> 00:04:47,500
recently diagnosed Ms patient but as

92
00:04:45,639 --> 00:04:49,569
well as how I'm marrying that with my

93
00:04:47,500 --> 00:04:51,970
professional career as a evidence-based

94
00:04:49,569 --> 00:04:54,069
medicine practitioner as a scientist

95
00:04:51,970 --> 00:04:56,319
working at a medical school as a doctor

96
00:04:54,069 --> 00:04:58,000
yourself did you do a self diagnosis on

97
00:04:56,319 --> 00:04:59,889
you because doctors can get a bit you

98
00:04:58,000 --> 00:05:02,620
know paranoid I'm not that kind of

99
00:04:59,889 --> 00:05:04,658
doctor oh I'm a science doctor here

100
00:05:02,620 --> 00:05:09,939

today I'm not a doctor doctor other were

101

00:05:04,658 --> 00:05:11,800

and basically my diagnosis was quite

102

00:05:09,939 --> 00:05:14,819

challenging at a start because I thought

103

00:05:11,800 --> 00:05:17,978

it was based on we all thought including

104

00:05:14,819 --> 00:05:20,050

various ophthalmologists etc etc that it

105

00:05:17,978 --> 00:05:21,939

was sort of acquired brain injury from

106

00:05:20,050 --> 00:05:24,879

fender bender accident I'd had two days

107

00:05:21,939 --> 00:05:27,519

before I lost my sight so we were all

108

00:05:24,879 --> 00:05:29,379

focusing on that and by the time they

109

00:05:27,519 --> 00:05:31,180

actually stuck me in an MRI machine I've

110

00:05:29,379 --> 00:05:32,560

got my vision back and I was able to

111

00:05:31,180 --> 00:05:33,579

drive again so I thought nothing all

112

00:05:32,560 --> 00:05:35,079

that I thought well they say my rods

113

00:05:33,579 --> 00:05:37,269

just going to be a it's going to be just

114

00:05:35,079 --> 00:05:38,258

a bit i run of the mill they're going to

115
00:05:37,269 --> 00:05:39,728
tell me there's nothing wrong with me

116
00:05:38,259 --> 00:05:41,288
and send me home for Christmas and then

117
00:05:39,728 --> 00:05:43,568
saw those little white bits they went

118
00:05:41,288 --> 00:05:45,668
little they were massive 2-centimeter

119
00:05:43,569 --> 00:05:46,990
tomb effective Legion as well as some

120
00:05:45,668 --> 00:05:50,079
other smaller legions so they were

121
00:05:46,990 --> 00:05:52,000
pretty substantial brain lesions and

122
00:05:50,079 --> 00:05:53,889
look having spoken with Tim Ferguson

123
00:05:52,000 --> 00:05:56,228
about this about about his reaction to

124
00:05:53,889 --> 00:05:59,560
that what's it but what do you go into

125
00:05:56,228 --> 00:06:01,329
how does one handle that I mean I'm now

126
00:05:59,560 --> 00:06:02,740
it's a very blunt question but I can't

127
00:06:01,329 --> 00:06:04,329
really get my head around that so the

128
00:06:02,740 --> 00:06:07,418
first thing I did was biting Ferguson's

129
00:06:04,329 --> 00:06:08,740
book carry a big stick yes yes so the

130
00:06:07,418 --> 00:06:10,658
first thing I did was buy that I send my

131
00:06:08,740 --> 00:06:13,569
husband down the local bookshop said

132
00:06:10,658 --> 00:06:14,459
come back with to Ferguson's I carry a

133
00:06:13,569 --> 00:06:18,629
big stick and I went

134
00:06:14,459 --> 00:06:20,818
I'd follow him on Twitter and knew his

135
00:06:18,629 --> 00:06:23,538
issues obviously and I follow what's a

136
00:06:20,819 --> 00:06:26,729
big fan big fan girl when I was a child

137
00:06:23,538 --> 00:06:29,490
not well child teenager wasn't quite

138
00:06:26,728 --> 00:06:31,050
legal um look there's a lot love teenage

139
00:06:29,490 --> 00:06:32,879
angst at their gigs at that time yeah

140
00:06:31,050 --> 00:06:34,530
exactly and I never got to go because I

141
00:06:32,879 --> 00:06:36,360
would they I think they left the country

142
00:06:34,529 --> 00:06:38,068
before I turned 18 and was able to go to

143

00:06:36,360 --> 00:06:39,750
any big gig so I've always had this I

144
00:06:38,069 --> 00:06:42,360
thought I finally went to see there for

145
00:06:39,750 --> 00:06:45,959
them do a gig at jalan maybe six months

146
00:06:42,360 --> 00:06:48,030
ago first time and I'm like yay um but

147
00:06:45,959 --> 00:06:51,870
yeah sorry reading his book was really

148
00:06:48,029 --> 00:06:54,478
interesting and his approach really well

149
00:06:51,870 --> 00:06:56,250
yeah I've got this thing but and I like

150
00:06:54,478 --> 00:06:58,319
the chapter where he's like going and

151
00:06:56,250 --> 00:07:00,779
here's here's my spiel don't try and

152
00:06:58,319 --> 00:07:02,819
give me the woo I was like yeah you go

153
00:07:00,779 --> 00:07:04,379
girl yeah well he's had tapeworms offer

154
00:07:02,819 --> 00:07:06,990
to him and that's all hookworms that's

155
00:07:04,379 --> 00:07:08,310
when I find weird I mean because I do it

156
00:07:06,990 --> 00:07:10,168
because I mean infectious disease expert

157
00:07:08,310 --> 00:07:12,060

us previously it's been a lot of time on

158

00:07:10,168 --> 00:07:14,639

the stop the avian hashtag helping out

159

00:07:12,060 --> 00:07:17,280

the really great group of people that

160

00:07:14,639 --> 00:07:20,519

have been driving changing that way and

161

00:07:17,279 --> 00:07:22,739

I've the vaccine trolls tried to tell me

162

00:07:20,519 --> 00:07:25,709

I had fun tell me that my ms was caused

163

00:07:22,740 --> 00:07:28,560

by a vaccine injury and I went thanks

164

00:07:25,709 --> 00:07:31,379

for that block oh yeah how would you

165

00:07:28,560 --> 00:07:34,949

even relate that back what auto immune

166

00:07:31,379 --> 00:07:36,839

injury isn't it ms yeah but over the

167

00:07:34,949 --> 00:07:38,370

entire life yeah and that's when I was a

168

00:07:36,839 --> 00:07:40,228

mother thing when I was sort of talking

169

00:07:38,370 --> 00:07:42,329

to this troll about was well if that is

170

00:07:40,228 --> 00:07:44,668

true there'll be a lot more people with

171

00:07:42,329 --> 00:07:45,810

MS yeah there be a lot more people

172
00:07:44,668 --> 00:07:49,859
there's not that many people they mess

173
00:07:45,810 --> 00:07:51,629
so really hmm I don't not your vaccines

174
00:07:49,860 --> 00:07:53,430
cause MS he's not holding mortal with me

175
00:07:51,629 --> 00:07:54,870
right now this is what I was told only

176
00:07:53,430 --> 00:07:56,370
last week I was talking about this all

177
00:07:54,870 --> 00:07:58,288
you know Tim Ferguson they go yeah well

178
00:07:56,370 --> 00:07:59,848
everyone I know who's got a mess has got

179
00:07:58,288 --> 00:08:01,288
pale skin and they don't get a lot of

180
00:07:59,848 --> 00:08:02,819
sunlight so it's probably caused by lack

181
00:08:01,288 --> 00:08:04,560
of vitamin D that's what I was told in

182
00:08:02,819 --> 00:08:06,899
one go because they because I know two

183
00:08:04,560 --> 00:08:08,069
people but and then Tim didn't go out

184
00:08:06,899 --> 00:08:11,429
much doing the dopest is working in

185
00:08:08,069 --> 00:08:13,230
clubs at night well yeah but no any

186
00:08:11,430 --> 00:08:14,639
vitamin D link at all

187
00:08:13,230 --> 00:08:16,410
there is a vitamin D link and it but

188
00:08:14,639 --> 00:08:22,229
it's only been shown scientifically

189
00:08:16,410 --> 00:08:24,480
recently I am a son lover okay I spend

190
00:08:22,230 --> 00:08:27,300
my whole time outside without sunscreen

191
00:08:24,480 --> 00:08:30,030
much to the horror of my GP and this

192
00:08:27,300 --> 00:08:31,410
before I had my ms diagnosis alright cuz

193
00:08:30,029 --> 00:08:32,519
i lived in the UK for 12 years and

194
00:08:31,410 --> 00:08:34,560
frankly when you live in the UK

195
00:08:32,519 --> 00:08:36,689
especially the northern UK in York where

196
00:08:34,559 --> 00:08:37,889
I lived you don't see this on much and

197
00:08:36,690 --> 00:08:39,300
when it comes out you're literally out

198
00:08:37,889 --> 00:08:40,979
there on your bikini going burn me burn

199
00:08:39,299 --> 00:08:42,689
me let me tell you at lunch time

200

00:08:40,979 --> 00:08:44,220
everybody's out there with their shirt

201
00:08:42,690 --> 00:08:45,840
off in their undies out of the office in

202
00:08:44,220 --> 00:08:47,460
the park it's amazing getting their

203
00:08:45,840 --> 00:08:49,830
vitamin D because it sounds much much

204
00:08:47,460 --> 00:08:51,660
weaker there and so you need Australia

205
00:08:49,830 --> 00:08:52,740
you can get vitamin D just on your you

206
00:08:51,659 --> 00:08:55,139
know your arms in your face we've been

207
00:08:52,740 --> 00:08:56,519
doing minutes but in England you really

208
00:08:55,139 --> 00:08:59,129
have to work at it and you have to take

209
00:08:56,519 --> 00:09:01,769
a summer holiday and so now I'm actually

210
00:08:59,129 --> 00:09:03,750
committed to taking winter sun holidays

211
00:09:01,769 --> 00:09:07,199
now that I've had my diagnosis I went to

212
00:09:03,750 --> 00:09:08,519
Fiji chopped up the tan and my vitamin D

213
00:09:07,200 --> 00:09:11,490
levels have been recommended to stay

214
00:09:08,519 --> 00:09:12,870

above 75 okay the average for a normal

215

00:09:11,490 --> 00:09:15,840

person are tablets are good for this

216

00:09:12,870 --> 00:09:18,120

honor yes okay yes they can be I don't

217

00:09:15,840 --> 00:09:20,340

take them personally but my GP is trying

218

00:09:18,120 --> 00:09:21,960

to convince me I'm always of the opinion

219

00:09:20,340 --> 00:09:24,060

scientifically you actually need the

220

00:09:21,960 --> 00:09:26,850

sunlight the UV light to actually

221

00:09:24,059 --> 00:09:28,739

convert the tablets that the vitamin T

222

00:09:26,850 --> 00:09:31,230

you take into an activated form so you

223

00:09:28,740 --> 00:09:32,519

do need that step with the UV but having

224

00:09:31,230 --> 00:09:33,600

said that if you take a lot of

225

00:09:32,519 --> 00:09:36,389

supplements then there's a lot more

226

00:09:33,600 --> 00:09:38,700

vitamin D waiting to be activated and so

227

00:09:36,389 --> 00:09:40,860

it tends to be a self activating cycle

228

00:09:38,700 --> 00:09:44,310

well okay and what other wove you had

229
00:09:40,860 --> 00:09:46,019
shoved your way I mean and you must be

230
00:09:44,309 --> 00:09:47,609
just up for an argument so much like

231
00:09:46,019 --> 00:09:49,319
people add so you know you can get

232
00:09:47,610 --> 00:09:51,779
really really indignant more than

233
00:09:49,320 --> 00:09:53,310
anything it's been great just I mean I

234
00:09:51,779 --> 00:09:55,829
was like having a child diagnosed with

235
00:09:53,309 --> 00:09:57,989
autism gave me a bit of that where i

236
00:09:55,830 --> 00:10:00,000
came across patients that a pip fellow

237
00:09:57,990 --> 00:10:02,039
fellow like mothers of the school gate

238
00:10:00,000 --> 00:10:03,629
who have children that were diagnosed

239
00:10:02,039 --> 00:10:05,639
with autism and they'd be like oh yeah

240
00:10:03,629 --> 00:10:07,470
we took into a naturopath or not maybe

241
00:10:05,639 --> 00:10:09,750
you know that and I said I work on seed

242
00:10:07,470 --> 00:10:12,060
if you know back to your are yeah we

243
00:10:09,750 --> 00:10:15,360
took our son to a this doctor bio

244
00:10:12,059 --> 00:10:18,268
medical doctor who gave him a high dose

245
00:10:15,360 --> 00:10:20,669
beta lactam Aizaz or something um i

246
00:10:18,269 --> 00:10:23,490
really don't do that we can oh don't do

247
00:10:20,669 --> 00:10:24,958
that and i said but if it makes you feel

248
00:10:23,490 --> 00:10:27,240
better that you're doing something for

249
00:10:24,958 --> 00:10:28,528
your child that's what that's what

250
00:10:27,240 --> 00:10:30,509
you're addressing here and that's what

251
00:10:28,528 --> 00:10:32,639
people don't understand is that they

252
00:10:30,509 --> 00:10:35,069
feel powerless against these diseases

253
00:10:32,639 --> 00:10:36,629
that have no cures and they feel they

254
00:10:35,070 --> 00:10:38,010
need to be doing something to make

255
00:10:36,629 --> 00:10:39,870
themselves feel better and sleep at

256
00:10:38,009 --> 00:10:42,208
night well this is something I spoke to

257

00:10:39,870 --> 00:10:45,000
about with Nicole Rogerson about her

258
00:10:42,208 --> 00:10:47,039
issues with their but there's a touch of

259
00:10:45,000 --> 00:10:48,240
parental is a touch of parental guilt

260
00:10:47,039 --> 00:10:50,099
there or something you feel like there's

261
00:10:48,240 --> 00:10:51,899
something you've done and and that you

262
00:10:50,100 --> 00:10:54,180
want to undo it is that part of it all I

263
00:10:51,899 --> 00:10:56,070
mean you do get that and then listening

264
00:10:54,179 --> 00:10:58,889
to Loretta talk about your cancer and

265
00:10:56,070 --> 00:11:00,930
and how this whole fight a warrior meme

266
00:10:58,889 --> 00:11:03,000
that goes on and I got that and I was

267
00:11:00,929 --> 00:11:04,469
like you could cough with that and

268
00:11:03,000 --> 00:11:06,450
actually if you've got I've got a

269
00:11:04,470 --> 00:11:08,310
wordpress blog being honor and people

270
00:11:06,450 --> 00:11:10,620
still do it to me and I'm politely

271
00:11:08,309 --> 00:11:13,469

saying for them please don't give me the

272

00:11:10,620 --> 00:11:15,509

fight of me said all I'm doing now so

273

00:11:13,470 --> 00:11:17,759

this is an incurable disease oh you

274

00:11:15,509 --> 00:11:19,980

gotta have hope i'm like no i don't i do

275

00:11:17,759 --> 00:11:21,899

not have to have her I've heard that

276

00:11:19,980 --> 00:11:24,209

what the fighter meme is really annoying

277

00:11:21,899 --> 00:11:26,129

too because in people I've spoken to

278

00:11:24,208 --> 00:11:28,289

with breast cancers have been remission

279

00:11:26,129 --> 00:11:29,970

but remission it's a it's not a fight

280

00:11:28,289 --> 00:11:31,708

it's like being on a horrible roller

281

00:11:29,970 --> 00:11:32,879

coaster that sometimes slows down then

282

00:11:31,708 --> 00:11:34,169

flows up and sometimes it's good

283

00:11:32,879 --> 00:11:36,028

sometimes it's not is that it said it's

284

00:11:34,169 --> 00:11:38,370

an anal allergen it's good maybe but the

285

00:11:36,028 --> 00:11:42,028

point about fighting is that you have

286
00:11:38,370 --> 00:11:44,730
agency over your disease yeah now you

287
00:11:42,028 --> 00:11:47,009
have agency over various things in your

288
00:11:44,730 --> 00:11:48,990
life I katkar you by what job you do

289
00:11:47,009 --> 00:11:50,759
what the university degrees you study

290
00:11:48,990 --> 00:11:52,440
but you do not have agency against

291
00:11:50,759 --> 00:11:54,149
various things and I presented three

292
00:11:52,440 --> 00:11:56,070
life major life events that happened to

293
00:11:54,149 --> 00:11:59,100
me and the third one with my ms

294
00:11:56,070 --> 00:11:59,950
diagnosis but I had a miscarriage I had

295
00:11:59,100 --> 00:12:02,350
a

296
00:11:59,950 --> 00:12:04,690
my son being diagnosed with autism and

297
00:12:02,350 --> 00:12:06,250
then I had my ms diagnosis now I had no

298
00:12:04,690 --> 00:12:08,260
agency over those things there was

299
00:12:06,250 --> 00:12:09,669
nothing I could have done about that so

300
00:12:08,259 --> 00:12:11,230
there's no point telling someone they're

301
00:12:09,669 --> 00:12:12,429
a fighter because it means that if

302
00:12:11,230 --> 00:12:15,190
they're not fighting hard enough they're

303
00:12:12,429 --> 00:12:17,620
just not trying and that is just wrong

304
00:12:15,190 --> 00:12:20,020
and you shouldn't lay that kind of guilt

305
00:12:17,620 --> 00:12:21,940
on someone and that's what happens yeah

306
00:12:20,019 --> 00:12:23,620
like it you can fight this you can find

307
00:12:21,940 --> 00:12:25,510
it so you're not thinking positively

308
00:12:23,620 --> 00:12:28,000
enough about it it's your fault because

309
00:12:25,509 --> 00:12:29,350
you're not you're not trying you're not

310
00:12:28,000 --> 00:12:31,450
fighting the cancer because if you just

311
00:12:29,350 --> 00:12:33,070
try to make some organic food you'd be

312
00:12:31,450 --> 00:12:34,960
fine if you think it is the further

313
00:12:33,070 --> 00:12:37,150
people are away from that kind of thing

314

00:12:34,960 --> 00:12:38,590
the more they think like that I think so

315
00:12:37,149 --> 00:12:42,850
i know i think the rise of social media

316
00:12:38,590 --> 00:12:44,259
which i use a lot has been interesting

317
00:12:42,850 --> 00:12:46,450
in that way because you get a lot of

318
00:12:44,259 --> 00:12:48,279
family and friends that are ignorant the

319
00:12:46,450 --> 00:12:49,960
trying latest stuff on now I spoke in my

320
00:12:48,279 --> 00:12:52,360
talk about a woman i worked with that

321
00:12:49,960 --> 00:12:54,330
has an inoperable brain tumor of the

322
00:12:52,360 --> 00:12:57,909
kind that bill Gibson thought she had

323
00:12:54,330 --> 00:12:59,800
well pretended she had now it's gonna

324
00:12:57,909 --> 00:13:01,990
kill her she may never see her daughter

325
00:12:59,799 --> 00:13:03,609
who was four she was pregnant with when

326
00:13:01,990 --> 00:13:05,139
she was diagnosed with it she may never

327
00:13:03,610 --> 00:13:06,909
see him a daughter grow up because it

328
00:13:05,139 --> 00:13:12,490

can't it's slow growing but it's growing

329

00:13:06,909 --> 00:13:13,959

and so she had a aunt turn up on her

330

00:13:12,490 --> 00:13:15,700

doorstep one Friday evening when she was

331

00:13:13,960 --> 00:13:19,960

trying to have your nice quiet car

332

00:13:15,700 --> 00:13:22,480

dinnae in the garden and say to her oh I

333

00:13:19,960 --> 00:13:24,550

met this guy down the park who owns an

334

00:13:22,480 --> 00:13:25,870

organic food shop and basically she was

335

00:13:24,549 --> 00:13:27,789

describing they'll give some sport and

336

00:13:25,870 --> 00:13:30,190

he said that it's got this book with

337

00:13:27,789 --> 00:13:33,469

this woman this is cured her brain tumor

338

00:13:30,190 --> 00:13:35,210

with her diet just by eating organic and

339

00:13:33,470 --> 00:13:38,480

was being told to Michelle membership

340

00:13:35,210 --> 00:13:40,519

that this woman is got a PhD in science

341

00:13:38,480 --> 00:13:42,230

okay so she was looking at her aren't

342

00:13:40,519 --> 00:13:45,019

going thank you for that it's illicit

343
00:13:42,230 --> 00:13:47,300
advice so yeah that this kind of

344
00:13:45,019 --> 00:13:51,019
well-meaning unsolicited advice really

345
00:13:47,299 --> 00:13:52,909
creates this culture of you know other

346
00:13:51,019 --> 00:13:54,409
people wanting you to do something about

347
00:13:52,909 --> 00:13:56,959
your disease because they've read about

348
00:13:54,409 --> 00:13:58,100
it on some website yeah and they haven't

349
00:13:56,960 --> 00:13:59,300
really thought a lot about it before

350
00:13:58,100 --> 00:14:00,620
they've come to you and they don't know

351
00:13:59,299 --> 00:14:02,750
what the effect is when they say that to

352
00:14:00,620 --> 00:14:04,940
another person yeah because you know

353
00:14:02,750 --> 00:14:07,700
they might be it's well-intentioned but

354
00:14:04,940 --> 00:14:09,350
it's quite damaging and psychologically

355
00:14:07,700 --> 00:14:11,090
how can you prepare yourself for the

356
00:14:09,350 --> 00:14:12,680
sort of thing I that's very naive

357
00:14:11,090 --> 00:14:14,720
question I'm asking but that's cuz I

358
00:14:12,679 --> 00:14:16,159
wonder yeah well it's basically you just

359
00:14:14,720 --> 00:14:19,220
have to develop resilience to that kind

360
00:14:16,159 --> 00:14:21,019
of thing you do need to be very be

361
00:14:19,220 --> 00:14:23,300
prepared to cut people off that you

362
00:14:21,019 --> 00:14:25,069
consider toxic okay right and they may

363
00:14:23,299 --> 00:14:27,799
be family members so it's definitely

364
00:14:25,070 --> 00:14:30,760
it's hard and it can be isolating but

365
00:14:27,799 --> 00:14:33,259
and then I mean I have got a lot where I

366
00:14:30,759 --> 00:14:35,899
tend to be the sort of black sheep of my

367
00:14:33,259 --> 00:14:37,639
family because I'm not Christmas be

368
00:14:35,899 --> 00:14:40,679
great with you yeah

369
00:14:37,639 --> 00:14:44,100
it was really not bright um and

370
00:14:40,679 --> 00:14:45,539
basically because it over the rest of my

371

00:14:44,100 --> 00:14:47,249
family think Andrew bolts a great guy

372
00:14:45,539 --> 00:14:49,139
and has better ads more scientifically

373
00:14:47,249 --> 00:14:51,769
aware than I am Wow and so that's always

374
00:14:49,139 --> 00:14:53,659
you know uncomfortable and

375
00:14:51,769 --> 00:14:55,698
inside you've got to be prepared to

376
00:14:53,659 --> 00:14:57,499
remove toxic people from your life now

377
00:14:55,698 --> 00:15:00,498
you want to talk toxins it's mostly

378
00:14:57,499 --> 00:15:02,178
psychological toxins I fine and you need

379
00:15:00,499 --> 00:15:04,550
to find a support network and I was very

380
00:15:02,178 --> 00:15:07,399
lucky as I said in my talk the people

381
00:15:04,549 --> 00:15:10,128
that responded when i was in my you know

382
00:15:07,399 --> 00:15:12,589
the christmas new year nightmare that i

383
00:15:10,129 --> 00:15:15,548
had over Christmas I had my Twitter

384
00:15:12,589 --> 00:15:18,199
buddies now a lot of them were skeptics

385
00:15:15,548 --> 00:15:19,879

some of them were big Nobel Prize

386

00:15:18,198 --> 00:15:22,698

winning scientists they came and visited

387

00:15:19,879 --> 00:15:25,459

me on my house to say hi how're you

388

00:15:22,698 --> 00:15:27,048

going now and that was amazing it was

389

00:15:25,458 --> 00:15:29,118

really really amazing and that kind of

390

00:15:27,048 --> 00:15:31,458

support that I got from the skeptics

391

00:15:29,119 --> 00:15:33,139

family particularly was just just so

392

00:15:31,458 --> 00:15:34,278

grateful for okay and you're not sitting

393

00:15:33,139 --> 00:15:35,749

around either you're getting out there

394

00:15:34,278 --> 00:15:37,730

and doing some activism you're talking

395

00:15:35,749 --> 00:15:40,009

at the end of your talk about how our

396

00:15:37,730 --> 00:15:41,808

regulatory authorities aren't doing much

397

00:15:40,009 --> 00:15:44,928

and could you explain to the listener

398

00:15:41,808 --> 00:15:46,938

what was said by one of them about how

399

00:15:44,928 --> 00:15:48,769

if there's someone doing a shonky thing

400
00:15:46,938 --> 00:15:50,568
medically that they've better consider

401
00:15:48,769 --> 00:15:53,110
the business owner could you explain

402
00:15:50,568 --> 00:15:56,389
that again yes so basically the TGA is

403
00:15:53,110 --> 00:15:59,629
not fully independent and the TGA had is

404
00:15:56,389 --> 00:16:00,829
required by their code to basically

405
00:15:59,629 --> 00:16:02,959
address the needs of all of the

406
00:16:00,828 --> 00:16:04,489
stakeholders now they are the

407
00:16:02,958 --> 00:16:06,678
stakeholders in this particular case in

408
00:16:04,490 --> 00:16:09,110
case of WoW is that is the pharmacies

409
00:16:06,678 --> 00:16:11,419
who sell Blackmore's you know super in

410
00:16:09,110 --> 00:16:13,938
switz vitamins which most of that

411
00:16:11,419 --> 00:16:15,558
stuff's not evidence-based they're the

412
00:16:13,938 --> 00:16:17,419
natural path there the complementary

413
00:16:15,558 --> 00:16:19,188
therapies are the acupuncture people all

414
00:16:17,419 --> 00:16:22,818
of those people are making a lot of

415
00:16:19,188 --> 00:16:24,019
money in the economy ingredient so the

416
00:16:22,818 --> 00:16:25,578
fact that they're actually making money

417
00:16:24,019 --> 00:16:26,990
is taken into account of their an active

418
00:16:25,578 --> 00:16:28,698
business and they don't want to send

419
00:16:26,990 --> 00:16:30,589
them broke correct correct that has to

420
00:16:28,698 --> 00:16:32,659
be taken into account the evidence is

421
00:16:30,589 --> 00:16:35,059
not the only thing that is to be taken

422
00:16:32,659 --> 00:16:36,948
into account business requirement is

423
00:16:35,058 --> 00:16:38,028
also to be taken into account and that

424
00:16:36,948 --> 00:16:39,490
was the most frightening thing I've ever

425
00:16:38,028 --> 00:16:41,049
heard anyone say

426
00:16:39,490 --> 00:16:43,149
that was from basically the guys second

427
00:16:41,049 --> 00:16:44,620
in charge of the TGA did you spit it I

428

00:16:43,149 --> 00:16:47,919
was the flory trying to be professional

429
00:16:44,620 --> 00:16:49,690
and I was thinking that um and it was

430
00:16:47,919 --> 00:16:51,278
you could see them we can when they were

431
00:16:49,690 --> 00:16:52,930
questioned by the scientists and the

432
00:16:51,278 --> 00:16:55,419
practitioners and the people in the

433
00:16:52,929 --> 00:16:57,129
audience they said look it's just the

434
00:16:55,419 --> 00:16:58,750
way it is that's just the look that's

435
00:16:57,129 --> 00:17:00,278
that that's our code that's our code

436
00:16:58,750 --> 00:17:05,289
that's our guidelines we can't do

437
00:17:00,278 --> 00:17:08,109
anything about it okay yeah so and

438
00:17:05,289 --> 00:17:10,959
that's the thing if it's basically I was

439
00:17:08,109 --> 00:17:14,259
saying to Loretta who was speaking on

440
00:17:10,959 --> 00:17:15,789
the TGA just now I spoke to her and I

441
00:17:14,259 --> 00:17:19,480
said look we just need to burn the TGA

442
00:17:15,789 --> 00:17:21,129

down completely right so replace it with

443

00:17:19,480 --> 00:17:24,088

something else perhaps yes and start

444

00:17:21,130 --> 00:17:27,490

again basically a lot of it is funded by

445

00:17:24,088 --> 00:17:29,619

industry body so that the way it's grown

446

00:17:27,490 --> 00:17:30,880

up pretty much it's it's been a sort of

447

00:17:29,619 --> 00:17:33,009

organic thing and no one's really paid

448

00:17:30,880 --> 00:17:34,840

attention and most of the regulatory the

449

00:17:33,009 --> 00:17:37,390

proper regulatory stuff is done by the

450

00:17:34,839 --> 00:17:39,579

FDA or the European regulatory agencies

451

00:17:37,390 --> 00:17:42,700

for biotechnology and literally the tj's

452

00:17:39,579 --> 00:17:45,419

rubber stamp and the rubber stamp is

453

00:17:42,700 --> 00:17:48,190

really not helping in this case you know

454

00:17:45,420 --> 00:17:49,509

so Mel what can we do there that the

455

00:17:48,190 --> 00:17:50,980

skid the people listening that want to

456

00:17:49,509 --> 00:17:52,569

have a bit of activism going on is there

457
00:17:50,980 --> 00:17:54,190
someone we can write to a website we can

458
00:17:52,569 --> 00:17:55,299
go to same where we can like make you

459
00:17:54,190 --> 00:17:57,340
feel a little bit better about what's

460
00:17:55,299 --> 00:17:59,139
going on person oh just you know I get I

461
00:17:57,339 --> 00:18:01,990
get angry but it's righteous anger and

462
00:17:59,140 --> 00:18:03,309
so it makes me feel good and I quite

463
00:18:01,990 --> 00:18:08,319
quite quite it's a good feedback loop

464
00:18:03,308 --> 00:18:09,639
for me but basically really the best

465
00:18:08,319 --> 00:18:12,369
thing to do is to write to your local

466
00:18:09,640 --> 00:18:14,110
MPs and say close a loophole the TGA

467
00:18:12,369 --> 00:18:15,399
loophole on particularly the one I was

468
00:18:14,109 --> 00:18:17,500
presenting with autologous stem cell

469
00:18:15,400 --> 00:18:18,870
transplants now we're hoping that's

470
00:18:17,500 --> 00:18:20,259
going to close soon they've had all the

471
00:18:18,869 --> 00:18:23,379
consultation with the stakeholders

472
00:18:20,259 --> 00:18:25,058
period and you know the NHMRC and the a

473
00:18:23,380 --> 00:18:26,380
are at the training academy science of

474
00:18:25,058 --> 00:18:28,529
all basically said now this has gotta

475
00:18:26,380 --> 00:18:30,990
stop gotta stop

476
00:18:28,529 --> 00:18:32,519
but you know also the natural breathy

477
00:18:30,990 --> 00:18:35,910
and all the other people are saying no

478
00:18:32,519 --> 00:18:38,180
no it's really useful and then some

479
00:18:35,910 --> 00:18:41,100
medical doctors who particularly the

480
00:18:38,180 --> 00:18:44,519
people doing knee cartilage operations

481
00:18:41,099 --> 00:18:46,500
where there's been some successes they

482
00:18:44,519 --> 00:18:47,910
are in the middle saying no no we don't

483
00:18:46,500 --> 00:18:49,230
want to be regulated because we won't be

484
00:18:47,910 --> 00:18:52,140
able to provide it with for up to our

485

00:18:49,230 --> 00:18:53,880
patients okay so there is some evidence

486
00:18:52,140 --> 00:18:56,070
that may work in that case family in

487
00:18:53,880 --> 00:18:57,690
particular cases that again the evidence

488
00:18:56,069 --> 00:19:00,299
isn't fully formed it needs more

489
00:18:57,690 --> 00:19:03,240
clinical trials but again these

490
00:19:00,299 --> 00:19:05,789
practitioners I've spoken to him and his

491
00:19:03,240 --> 00:19:07,259
commercial backers at these meetings

492
00:19:05,789 --> 00:19:10,200
because I go to them and I speak to them

493
00:19:07,259 --> 00:19:11,879
and basically they're saying well you

494
00:19:10,200 --> 00:19:13,590
know we want that we want the evidence

495
00:19:11,880 --> 00:19:17,310
but they're quite happy to still take

496
00:19:13,589 --> 00:19:18,929
people's money that aren't eligible for

497
00:19:17,309 --> 00:19:21,869
their trials so they have a trial

498
00:19:18,930 --> 00:19:24,570
eligibility under there normal clinical

499
00:19:21,869 --> 00:19:26,099

trials guidelines but then the people

500

00:19:24,569 --> 00:19:28,139

that aren't I was like sorry we can't

501

00:19:26,099 --> 00:19:30,569

put you on the free trial but you can

502

00:19:28,140 --> 00:19:32,580

pay 10 grand to have it anyway okay it

503

00:19:30,569 --> 00:19:33,750

might it's we think and it's pretty much

504

00:19:32,579 --> 00:19:35,549

evidence base but we haven't actually

505

00:19:33,750 --> 00:19:37,859

created the evidence base for that yet

506

00:19:35,549 --> 00:19:39,359

but just in case give us 10 gram will

507

00:19:37,859 --> 00:19:40,979

give you the give you the stem cells I

508

00:19:39,359 --> 00:19:45,359

like that it's pretty much evidence

509

00:19:40,980 --> 00:19:46,950

based early so almost yeah you could if

510

00:19:45,359 --> 00:19:49,319

you jump off the building pretty much

511

00:19:46,950 --> 00:19:50,670

you could be ok but no maybe not it's

512

00:19:49,319 --> 00:19:51,689

evidence based probably not likely

513

00:19:50,670 --> 00:19:54,930

you've never jumped off a building

514
00:19:51,690 --> 00:19:57,539
before we don't know yeah yeah but this

515
00:19:54,930 --> 00:19:59,490
is it it said it's very frustrating in

516
00:19:57,539 --> 00:20:00,720
that way what's your website or blog

517
00:19:59,490 --> 00:20:02,430
where we could check out what's going on

518
00:20:00,720 --> 00:20:04,410
with you yeah well I mean I've got a

519
00:20:02,430 --> 00:20:07,940
sort of mixed bag on my blog but my blog

520
00:20:04,410 --> 00:20:11,130
is dr. Mel Thompson without a P at

521
00:20:07,940 --> 00:20:12,480
wordpress.com okay and make sure I give

522
00:20:11,130 --> 00:20:14,490
you a shout out on bunga bunga with tim

523
00:20:12,480 --> 00:20:15,690
ferguson the podcast i do with him ya

524
00:20:14,490 --> 00:20:17,329
know he's great i haven't met him yet

525
00:20:15,690 --> 00:20:19,440
but I a minute

526
00:20:17,329 --> 00:20:24,269
desperate to meeting but I mean you go

527
00:20:19,440 --> 00:20:26,940
to I went to his gig and you know it was

528
00:20:24,269 --> 00:20:28,349
absolutely mind-blowing that it was the

529
00:20:26,940 --> 00:20:30,450
first time I felt like a cool kid

530
00:20:28,349 --> 00:20:33,269
because I've got a mess oh my god I'm

531
00:20:30,450 --> 00:20:36,210
such a cool thing I like about Tim

532
00:20:33,269 --> 00:20:37,440
Ferguson is it like that one Tim said

533
00:20:36,210 --> 00:20:39,269
look mine up the worst thing about

534
00:20:37,440 --> 00:20:41,370
having him at ms and the worst thing I

535
00:20:39,269 --> 00:20:43,440
will ever say is that it's boring he

536
00:20:41,369 --> 00:20:46,169
finds it boring like you see has people

537
00:20:43,440 --> 00:20:48,990
he has people come up to me go ah it's

538
00:20:46,170 --> 00:20:50,340
so it's so sorry it's so it's so

539
00:20:48,990 --> 00:20:53,789
terrible this happened to you and he

540
00:20:50,339 --> 00:20:56,159
goes yeah problem it's like well you

541
00:20:53,789 --> 00:20:59,879
know it's boring that's the worse it's

542

00:20:56,160 --> 00:21:01,230
gonna be yeah and it's just you know to

543
00:20:59,880 --> 00:21:03,660
be able to have that role model of

544
00:21:01,230 --> 00:21:05,430
someone who is basically getting on with

545
00:21:03,660 --> 00:21:07,740
things what is it I think they can

546
00:21:05,430 --> 00:21:10,110
figure go into the classic line was yeah

547
00:21:07,740 --> 00:21:13,980
or you guys that think you're okay Tik

548
00:21:10,109 --> 00:21:15,750
Tok yes yeah I just went yes that is so

549
00:21:13,980 --> 00:21:19,019
right and that's basically my last slide

550
00:21:15,750 --> 00:21:21,690
was pretty much you know life's too

551
00:21:19,019 --> 00:21:24,269
short by the shoes yank down I didn't

552
00:21:21,690 --> 00:21:26,400
swear so you can still wear heels quite

553
00:21:24,269 --> 00:21:27,960
well can I do yes look at that and yeah

554
00:21:26,400 --> 00:21:31,110
and you were writing how much money was

555
00:21:27,960 --> 00:21:32,940
being wasted by shoes like like

556
00:21:31,109 --> 00:21:34,799

apparently bruton's is worth between

557

00:21:32,940 --> 00:21:36,660

sort of eight and depending if it's on

558

00:21:34,799 --> 00:21:38,369

sale or not between eight and a thousand

559

00:21:36,660 --> 00:21:39,900

dollars and women that like shoes love

560

00:21:38,369 --> 00:21:41,369

those shoes yes absolutely i'm

561

00:21:39,900 --> 00:21:43,290

desperately i wanted to buy a pair for

562

00:21:41,369 --> 00:21:46,469

my 40th birthday but i got ms instead

563

00:21:43,289 --> 00:21:48,200

really I feel cheated cheated that's one

564

00:21:46,470 --> 00:21:51,200

you can't send back either

565

00:21:48,200 --> 00:21:52,880

I get a refund on that well and it's

566

00:21:51,200 --> 00:21:55,190

good to see you using humor very much

567

00:21:52,880 --> 00:21:57,769

like Tim yeah it's like he's the master

568

00:21:55,190 --> 00:22:00,320

yeah I mean I've always use humor in my

569

00:21:57,769 --> 00:22:02,028

work and using humor to communicate

570

00:22:00,319 --> 00:22:05,418

science is it something it's just me as

571
00:22:02,028 --> 00:22:07,460
my personality and I can't do the

572
00:22:05,419 --> 00:22:09,110
earnestness I guess I lose it I Lou I

573
00:22:07,460 --> 00:22:12,880
just can't keep a straight face with

574
00:22:09,109 --> 00:22:12,879
Ernest I had to make a joke

575
00:22:29,618 --> 00:22:35,628
hello Richard and all the listeners of

576
00:22:32,659 --> 00:22:38,539
skeptic zone my name is Ron levy and I'm

577
00:22:35,628 --> 00:22:40,998
the producer and co-host of curious mind

578
00:22:38,538 --> 00:22:47,359
it's about cast about science technology

579
00:22:40,999 --> 00:22:49,579
and history at wwc em-pod cmp OD dot net

580
00:22:47,359 --> 00:22:51,829
each episode will bring you interesting

581
00:22:49,579 --> 00:22:54,888
stories from a wide range of subjects

582
00:22:51,829 --> 00:22:57,349
from physics astronomy and medicine from

583
00:22:54,888 --> 00:22:59,178
arts to science fiction we strive for

584
00:22:57,349 --> 00:23:01,548
the highest production values both in

585
00:22:59,179 --> 00:23:04,278
content and in delivery we already have

586
00:23:01,548 --> 00:23:06,798
on the air episodes about German u-boats

587
00:23:04,278 --> 00:23:09,858
in Second World War about the history of

588
00:23:06,798 --> 00:23:13,960
x-rays and the war of currents between

589
00:23:09,858 --> 00:23:18,278
Tesla and Edison come and have a listen

590
00:23:13,960 --> 00:23:18,278
wwwcom podna

591
00:23:30,230 --> 00:23:38,569
what we want is some more evidence

592
00:23:33,298 --> 00:23:38,569
please is Joe alabaster

593
00:23:40,220 --> 00:23:44,650
hello this is Joe alabaster

594
00:23:45,579 --> 00:23:53,089
this week cupping therapy an alternative

595
00:23:50,180 --> 00:23:55,460
health practice cupping therapy is the

596
00:23:53,089 --> 00:23:58,220
placement of cups made of plastic glass

597
00:23:55,460 --> 00:24:01,670
or silicon or more traditionally horn

598
00:23:58,220 --> 00:24:03,950
earthenware or bamboo on the skin often

599

00:24:01,670 --> 00:24:08,000
on the back or neck sometimes elsewhere

600
00:24:03,950 --> 00:24:10,640
including the face using suction skin is

601
00:24:08,000 --> 00:24:13,039
drawn into the cup some of the claims

602
00:24:10,640 --> 00:24:16,490
that are associated with cupping are

603
00:24:13,039 --> 00:24:20,089
that it is drawing out toxins dispelling

604
00:24:16,490 --> 00:24:23,960
stagnation and or improving the flow of

605
00:24:20,089 --> 00:24:26,539
energy cupping is practiced as part of

606
00:24:23,960 --> 00:24:28,100
traditional Chinese medicine and also in

607
00:24:26,539 --> 00:24:31,339
the Muslim world where it's known as

608
00:24:28,099 --> 00:24:34,039
hijama there are two forms of cupping

609
00:24:31,339 --> 00:24:35,779
therapy wet cupping in which superficial

610
00:24:34,039 --> 00:24:37,849
lacerations are made on the skin and

611
00:24:35,779 --> 00:24:40,490
blood is pulled through into the cup or

612
00:24:37,849 --> 00:24:43,009
dry cupping in which there are no cuts

613
00:24:40,490 --> 00:24:46,309

made and blood is pulled to the skin but

614

00:24:43,009 --> 00:24:49,279

not through there are several methods by

615

00:24:46,309 --> 00:24:51,679

which suction is created fire cupping is

616

00:24:49,279 --> 00:24:54,049

when a cotton ball soaked in alcohol or

617

00:24:51,680 --> 00:24:57,019

something similar is held with forceps

618

00:24:54,049 --> 00:24:59,619

satellite then briefly placed in the cup

619

00:24:57,019 --> 00:25:02,569

before the cup is placed onto the skin

620

00:24:59,619 --> 00:25:04,849

the heat causes the air to expand within

621

00:25:02,569 --> 00:25:08,569

the cup and then contracts as it cools

622

00:25:04,849 --> 00:25:10,429

and a vacuum is created cups with valves

623

00:25:08,569 --> 00:25:14,169

to be used in conjunction with a suction

624

00:25:10,430 --> 00:25:17,660

pump are also available its efficacy

625

00:25:14,170 --> 00:25:20,900

well it's good at creating bruises and

626

00:25:17,660 --> 00:25:23,000

in the case of wet cupping scars fire

627

00:25:20,900 --> 00:25:25,580

cupping carries the risk of burns and

628
00:25:23,000 --> 00:25:28,579
skin infections are a risk whenever skin

629
00:25:25,579 --> 00:25:31,339
is damaged and broken cupping can create

630
00:25:28,579 --> 00:25:34,460
blisters blood clots or potential side

631
00:25:31,339 --> 00:25:36,230
effect blood loss during wet cupping can

632
00:25:34,460 --> 00:25:39,590
cause lightheadedness similar to that

633
00:25:36,230 --> 00:25:42,259
experienced when donating blood from a

634
00:25:39,589 --> 00:25:44,899
risk-benefit perspective cupping is all

635
00:25:42,259 --> 00:25:46,609
risk and zero benefit there's no good

636
00:25:44,900 --> 00:25:49,280
evidence that cupping can treat any

637
00:25:46,609 --> 00:25:52,129
medical condition or have effects beyond

638
00:25:49,279 --> 00:25:54,019
that of a placebo as I mentioned earlier

639
00:25:52,130 --> 00:25:56,510
though the wet cupping method referred

640
00:25:54,019 --> 00:25:59,089
to as hijama is practiced in the Muslim

641
00:25:56,509 --> 00:26:01,460
world and was reportedly endorsed by

642
00:25:59,089 --> 00:26:04,449
so for some people cupping is as much a

643
00:26:01,460 --> 00:26:07,100
religious practice as it is medical Ed's

644
00:26:04,450 --> 00:26:08,900
advanced and Simon Singh evaluate the

645
00:26:07,099 --> 00:26:11,240
lack of scientific evidence for cupping

646
00:26:08,900 --> 00:26:13,820
therapy in their book trick or treatment

647
00:26:11,240 --> 00:26:15,349
alternative medicine on trial which is

648
00:26:13,819 --> 00:26:17,119
well worth read if you're interested in

649
00:26:15,349 --> 00:26:21,289
alternative medicine and haven't already

650
00:26:17,119 --> 00:26:23,779
got a copy cupping therapy made it into

651
00:26:21,289 --> 00:26:25,819
the media this week when popular New

652
00:26:23,779 --> 00:26:28,460
Zealand rugby player Sonny Bill Williams

653
00:26:25,819 --> 00:26:30,829
tweeted a photo of himself undergoing

654
00:26:28,460 --> 00:26:33,799
hijama cupping therapy accompanied by

655
00:26:30,829 --> 00:26:36,559
the text detox time and an emoji with

656

00:26:33,799 --> 00:26:38,839
hands raised in celebration the

657
00:26:36,559 --> 00:26:40,909
photograph is a little gory Sonny is

658
00:26:38,839 --> 00:26:43,189
leaning forwards with five cups attached

659
00:26:40,910 --> 00:26:45,110
to his back and two smaller ones on his

660
00:26:43,190 --> 00:26:47,720
neck all splattered with blood which is

661
00:26:45,109 --> 00:26:49,759
pulling in the basis of the cups by the

662
00:26:47,720 --> 00:26:52,750
look of the valves they're attached via

663
00:26:49,759 --> 00:26:55,339
manual suction rather than fire cupping

664
00:26:52,750 --> 00:26:57,740
the first tweet in response to this

665
00:26:55,339 --> 00:27:00,589
photo came from our friend dr. Brad

666
00:26:57,740 --> 00:27:03,950
Mackay a GP with an extensive public

667
00:27:00,589 --> 00:27:06,409
profile who replied quote looks painful

668
00:27:03,950 --> 00:27:08,539
and no evidence that cupping is good for

669
00:27:06,410 --> 00:27:12,980
you like getting giant hickeys on your

670
00:27:08,539 --> 00:27:15,349

back ouch end quote this was picked up

671

00:27:12,980 --> 00:27:18,049

by several media outlets the Sydney

672

00:27:15,349 --> 00:27:19,849

Morning Herald The Daily Mail Mashable

673

00:27:18,049 --> 00:27:21,470

interviewed dr. Brad and published

674

00:27:19,849 --> 00:27:23,599

several statements he made from an

675

00:27:21,470 --> 00:27:25,610

evidence-based medicine perspective on

676

00:27:23,599 --> 00:27:27,230

the lack of evidence for any benefits

677

00:27:25,609 --> 00:27:29,990

from cupping therapy beyond the

678

00:27:27,230 --> 00:27:31,610

religious unfortunately they also spoke

679

00:27:29,990 --> 00:27:33,140

with a traditional Chinese medicine

680

00:27:31,609 --> 00:27:35,329

practitioner who uses cupping therapy

681

00:27:33,140 --> 00:27:37,430

which was a bit of a disappointment from

682

00:27:35,329 --> 00:27:39,379

a false balance perspective but other

683

00:27:37,430 --> 00:27:41,150

media outlets who quote mind from the

684

00:27:39,380 --> 00:27:43,010

Mashable article including The

685
00:27:41,150 --> 00:27:45,140
Huffington Post and The Independent

686
00:27:43,009 --> 00:27:47,509
tended to stick to just offering dr.

687
00:27:45,140 --> 00:27:50,840
Brad's perspective this from mashable

688
00:27:47,509 --> 00:27:53,210
quote what you're seeing in the picture

689
00:27:50,839 --> 00:27:56,289
is basically leaking blood from cupping

690
00:27:53,210 --> 00:27:59,509
a swollen area of skin and quote he said

691
00:27:56,289 --> 00:28:01,970
quote the whole theory about the copping

692
00:27:59,509 --> 00:28:04,789
technique is that it's releasing toxins

693
00:28:01,970 --> 00:28:06,829
releasing bad blood from your body but

694
00:28:04,789 --> 00:28:09,139
basically it's just causing you to get a

695
00:28:06,829 --> 00:28:12,389
bruise underneath your skin there's no

696
00:28:09,140 --> 00:28:14,850
therapeutic benefit at all end quote

697
00:28:12,390 --> 00:28:16,680
mckay said a number of his patients have

698
00:28:14,849 --> 00:28:18,990
treated themselves with cupping for a

699

00:28:16,680 --> 00:28:21,120
number of ailments from back pain to

700

00:28:18,990 --> 00:28:24,480
pneumonia and that this has made him

701

00:28:21,119 --> 00:28:26,279
concerned quote even if you're just

702

00:28:24,480 --> 00:28:28,170
using the normal cupping technique it

703

00:28:26,279 --> 00:28:30,690
can rub against the skin and cause a

704

00:28:28,170 --> 00:28:32,910
significant abrasion permanent scarring

705

00:28:30,690 --> 00:28:35,600
and can even cause infections if you're

706

00:28:32,910 --> 00:28:38,430
breaking down the skin barrier and quote

707

00:28:35,599 --> 00:28:41,099
so there we have some good information

708

00:28:38,430 --> 00:28:43,320
on an alternative therapy making it into

709

00:28:41,099 --> 00:28:45,779
international news thanks to a couple of

710

00:28:43,319 --> 00:28:47,809
tweets sometimes it's really worth

711

00:28:45,779 --> 00:28:50,069
politely speaking up on social media

712

00:28:47,809 --> 00:28:52,139
even if you don't change the mind of the

713

00:28:50,069 --> 00:28:55,439
person you're responding to others may

714
00:28:52,140 --> 00:28:57,509
see what you've said for more evidence

715
00:28:55,440 --> 00:29:00,390
please keep listening to the skeptic

716
00:28:57,509 --> 00:29:03,119
zone you can also check out my blog at

717
00:29:00,390 --> 00:29:07,310
evidence please net and contact me via

718
00:29:03,119 --> 00:29:07,309
Twitter at Joe alabasta

719
00:29:13,670 --> 00:29:18,690
welcome to a week in science from our

720
00:29:16,319 --> 00:29:22,109
AOS bringing you the science you need to

721
00:29:18,690 --> 00:29:24,059
know imagine advertising so good that it

722
00:29:22,109 --> 00:29:27,059
got inside your brain and found a Buy

723
00:29:24,059 --> 00:29:29,549
button well we can't do that yet but as

724
00:29:27,059 --> 00:29:31,679
neuromarketing improves people are

725
00:29:29,549 --> 00:29:38,490
afraid that advertising will get so good

726
00:29:31,680 --> 00:29:40,500
that it will control your mind up to

727
00:29:38,490 --> 00:29:42,180

ninety five percent of the brain

728

00:29:40,500 --> 00:29:44,970

activity that happens when we make a

729

00:29:42,180 --> 00:29:47,250

decision happens at a subconscious level

730

00:29:44,970 --> 00:29:48,509

that means that we can't control it and

731

00:29:47,250 --> 00:29:50,880

we're not even aware of it

732

00:29:48,509 --> 00:29:53,430

neuromarketing trust to tap into this

733

00:29:50,880 --> 00:29:56,340

brain activity to understand how we make

734

00:29:53,430 --> 00:29:58,289

decisions about what we buy let's say a

735

00:29:56,339 --> 00:30:00,839

company wants to test how effective

736

00:29:58,289 --> 00:30:02,819

their new TV ad will be and they decide

737

00:30:00,839 --> 00:30:04,769

to use your own marketing they get a

738

00:30:02,819 --> 00:30:06,629

whole bunch of people hook them up to an

739

00:30:04,769 --> 00:30:09,029

EEG machine to measure their brains

740

00:30:06,630 --> 00:30:11,070

electrical activity and then get them to

741

00:30:09,029 --> 00:30:13,529

watch the ad the newer marketers may

742
00:30:11,069 --> 00:30:15,899
also track the subjects I movements and

743
00:30:13,529 --> 00:30:19,079
tiny changes in their facial expressions

744
00:30:15,900 --> 00:30:20,519
or they could even be given an MRI they

745
00:30:19,079 --> 00:30:22,529
then put all this information together

746
00:30:20,519 --> 00:30:25,079
to see whether the ad promotes positive

747
00:30:22,529 --> 00:30:27,389
or negative feelings how engaged the

748
00:30:25,079 --> 00:30:30,210
customer was and when they started to

749
00:30:27,390 --> 00:30:31,920
tune out it's not surprising that people

750
00:30:30,210 --> 00:30:34,590
are a bit worried about where this could

751
00:30:31,920 --> 00:30:37,110
lead imagine a perfect ad which turns on

752
00:30:34,589 --> 00:30:38,970
your brain so much that it overrides the

753
00:30:37,109 --> 00:30:41,009
part of your brain that makes conscious

754
00:30:38,970 --> 00:30:43,559
decisions this is what ethicists call

755
00:30:41,009 --> 00:30:45,240
our brains by button it means that you

756
00:30:43,559 --> 00:30:47,399
start to lose control of your own

757
00:30:45,240 --> 00:30:48,779
decisions but there's no need to freak

758
00:30:47,400 --> 00:30:51,480
out because we don't have the knowledge

759
00:30:48,779 --> 00:30:53,940
to do this yet and lots of research is a

760
00:30:51,480 --> 00:30:56,009
skeptical about their even being a Buy

761
00:30:53,940 --> 00:30:57,779
button because our brains are incredibly

762
00:30:56,009 --> 00:30:59,910
good at adapting meaning that our

763
00:30:57,779 --> 00:31:02,309
frontal cortex will always be able to

764
00:30:59,910 --> 00:31:03,840
override our subconscious but it's still

765
00:31:02,309 --> 00:31:06,000
an area that needs to be closely

766
00:31:03,839 --> 00:31:07,589
monitored and there are calls to put

767
00:31:06,000 --> 00:31:08,880
strict guidelines in place to protect

768
00:31:07,589 --> 00:31:11,288
consumers

769
00:31:08,880 --> 00:31:13,870
you're listening to a week in science

770

00:31:11,288 --> 00:31:16,240
from our iOS and now for fast facts

771
00:31:13,869 --> 00:31:18,250
about neuro marketing when you make a

772
00:31:16,240 --> 00:31:20,589
decision most of your brain activity

773
00:31:18,250 --> 00:31:22,659
happens in the frontal cortex which is

774
00:31:20,589 --> 00:31:24,879
also the part of the brain that helps us

775
00:31:22,659 --> 00:31:27,399
to learn from past experiences our

776
00:31:24,880 --> 00:31:29,919
brains account for just two percent of

777
00:31:27,398 --> 00:31:32,648
our body mass but uses twenty percent of

778
00:31:29,919 --> 00:31:35,288
our energy your subconscious can process

779
00:31:32,648 --> 00:31:38,168
information two hundred thousand times

780
00:31:35,288 --> 00:31:39,640
faster than conscious thought and lots

781
00:31:38,169 --> 00:31:41,740
of big companies already use

782
00:31:39,640 --> 00:31:43,750
neuromarketing Volvo for instance

783
00:31:41,740 --> 00:31:46,089
recently released a video on YouTube

784
00:31:43,750 --> 00:31:48,460

where they used EGS to test how

785

00:31:46,089 --> 00:31:51,250

customers responded emotionally to their

786

00:31:48,460 --> 00:31:53,440

new car design that's it for this week

787

00:31:51,250 --> 00:31:55,720

in science for more information about

788

00:31:53,440 --> 00:32:00,370

neuromarketing go to the are ales

789

00:31:55,720 --> 00:32:02,649

website are I a US or gay you follow us

790

00:32:00,369 --> 00:32:04,329

on Twitter and like us on Facebook I'm

791

00:32:02,648 --> 00:32:06,719

Karen groom and we'll catch you next

792

00:32:04,329 --> 00:32:06,720

week

793

00:32:16,000 --> 00:32:21,049

now here's a message for all you Maynard

794

00:32:18,920 --> 00:32:23,570

fans especially Maynard fans in

795

00:32:21,049 --> 00:32:27,559

Newcastle may not is holding a special

796

00:32:23,569 --> 00:32:29,750

note Maynard the fast awakens this is on

797

00:32:27,559 --> 00:32:32,419

the fifth of december from eight o'clock

798

00:32:29,750 --> 00:32:36,650

to eleven o'clock the Royal Exchange at

799

00:32:32,420 --> 00:32:39,800

32 to 34 bolton street newcastle the new

800

00:32:36,650 --> 00:32:42,140

Star Wars movie is upon me nerd he wants

801

00:32:39,799 --> 00:32:45,049

to remind you how poopy all the others

802

00:32:42,140 --> 00:32:48,080

have been with a highly intellectual

803

00:32:45,049 --> 00:32:50,480

evening of the Mel Brooks classic space

804

00:32:48,079 --> 00:32:52,909

balls plus a few movies from the main

805

00:32:50,480 --> 00:32:55,430

art archives ten dollars and there will

806

00:32:52,910 --> 00:32:57,350

be an intermission set to ludicrous

807

00:32:55,430 --> 00:33:01,430

speed and we'll be there before you can

808

00:32:57,349 --> 00:33:03,049

say Chad Vader hmm this promises to be a

809

00:33:01,430 --> 00:33:05,509

fun night folks I'm going to be there

810

00:33:03,049 --> 00:33:08,419

the Royal Exchange that's saturday the

811

00:33:05,509 --> 00:33:10,309

fifth and for more information head to

812

00:33:08,420 --> 00:33:14,390

Facebook head to Facebook and type in

813
00:33:10,309 --> 00:33:18,619
maynard hyphen the fast way gan's if you

814
00:33:14,390 --> 00:33:20,420
go to ww skeptics on TV and the show

815
00:33:18,619 --> 00:33:22,629
notes for this episode there'll be a

816
00:33:20,420 --> 00:33:22,630
link

817
00:33:28,579 --> 00:33:34,079
help out a skeptic in Mexico one of the

818
00:33:32,430 --> 00:33:37,170
things I like about the skeptical

819
00:33:34,079 --> 00:33:38,909
community worldwide is sometimes we come

820
00:33:37,170 --> 00:33:40,850
together to really help out each other

821
00:33:38,910 --> 00:33:44,100
it's a good thing it's a good thing

822
00:33:40,849 --> 00:33:45,659
Daniel Zepeda in Mexico does need your

823
00:33:44,099 --> 00:33:47,490
help at the moment he wants to buy an

824
00:33:45,660 --> 00:33:50,160
oven to bake some bread to sell that

825
00:33:47,490 --> 00:33:52,500
bread to keep himself going he's been

826
00:33:50,160 --> 00:33:54,900
doing skeptical activism for some time

827

00:33:52,500 --> 00:33:57,569
now including some videos on the old

828
00:33:54,900 --> 00:34:01,050
applied kinesiology I can certainly

829
00:33:57,569 --> 00:34:03,240
relate to debunking that he's after your

830
00:34:01,049 --> 00:34:05,639
help to help him buy an oven so he can

831
00:34:03,240 --> 00:34:07,220
bake some bread so he can well basically

832
00:34:05,640 --> 00:34:11,250
get back on his feet and help himself

833
00:34:07,220 --> 00:34:13,019
check it out go to www.skeptics.org on TV

834
00:34:11,250 --> 00:34:15,599
and click the link in this week's show

835
00:34:13,019 --> 00:34:18,750
notes and I'm pleased to say that Daniel

836
00:34:15,599 --> 00:34:21,420
is already a quarter of the way to his

837
00:34:18,750 --> 00:34:24,090
goal maybe one day Daniel I'd like to

838
00:34:21,420 --> 00:34:27,210
come to Mexico and enjoy munching on

839
00:34:24,090 --> 00:34:30,920
your delicious looking bread let's help

840
00:34:27,210 --> 00:34:30,920
out a fellow skeptic thank you everybody

841
00:34:51,510 --> 00:34:56,050

and joining me now all the way from Los

842

00:34:54,309 --> 00:34:58,420

Angeles the city I've always wanted to

843

00:34:56,050 --> 00:35:00,460

visit or hang on I do frequently if you

844

00:34:58,420 --> 00:35:02,760

ever been to the La Brea Tar Pits folks

845

00:35:00,460 --> 00:35:05,380

that's worth a visit forget Hollywood

846

00:35:02,760 --> 00:35:08,220

anyway joining me all the way from Los

847

00:35:05,380 --> 00:35:11,950

Angeles is Tamara Robinson hello Tamara

848

00:35:08,219 --> 00:35:14,980

how are you I'm doing really well and

849

00:35:11,949 --> 00:35:17,919

it's great to meet you virtually by this

850

00:35:14,980 --> 00:35:20,110

a wonderful video thing hook up we have

851

00:35:17,920 --> 00:35:21,550

because I want to have a quick chat to

852

00:35:20,110 --> 00:35:23,920

you and let our listeners know more

853

00:35:21,550 --> 00:35:28,630

about a very interesting new video

854

00:35:23,920 --> 00:35:30,610

series called the feeding tube or just

855

00:35:28,630 --> 00:35:34,869

feeding tube because the website is the

856
00:35:30,610 --> 00:35:36,730
URL is feeding tube one word dot TV what

857
00:35:34,869 --> 00:35:41,440
can you tell me about it and why do you

858
00:35:36,730 --> 00:35:43,599
appear the feeding tube is a really neat

859
00:35:41,440 --> 00:35:47,019
new video series that we're hosting

860
00:35:43,599 --> 00:35:52,289
where we are basically looking at all of

861
00:35:47,019 --> 00:35:56,289
today's food myths or food fads and

862
00:35:52,289 --> 00:35:58,300
going and really kind of studying the

863
00:35:56,289 --> 00:36:01,179
science behind them looking at whether

864
00:35:58,300 --> 00:36:05,590
or not what we perceive as an issue or a

865
00:36:01,179 --> 00:36:08,079
benefit for multiple diets is really

866
00:36:05,590 --> 00:36:11,769
based in reality at all or if it's more

867
00:36:08,079 --> 00:36:13,779
the you know the nature of the blog and

868
00:36:11,769 --> 00:36:15,130
the networks where people just get

869
00:36:13,780 --> 00:36:17,470
online and talk about what they think

870
00:36:15,130 --> 00:36:21,130
versus what's actually based in reality

871
00:36:17,469 --> 00:36:24,489
so we want to be a source for people

872
00:36:21,130 --> 00:36:27,340
that are really looking at a diet to be

873
00:36:24,489 --> 00:36:31,869
able to say okay is this real or is it

874
00:36:27,340 --> 00:36:35,890
just a fad so we're pretty excited to

875
00:36:31,869 --> 00:36:37,859
get the video blog our vlog as we've

876
00:36:35,889 --> 00:36:39,789
been calling it um started and going

877
00:36:37,860 --> 00:36:42,190
that's great now there's already one

878
00:36:39,789 --> 00:36:44,469
episode online that's about antibiotics

879
00:36:42,190 --> 00:36:46,329
in beef which is interesting now that

880
00:36:44,469 --> 00:36:49,000
they're not going to be long videos are

881
00:36:46,329 --> 00:36:51,369
they they're very concise very short

882
00:36:49,000 --> 00:36:54,070
bits of information they are they're

883
00:36:51,369 --> 00:36:56,139
gonna be pretty short all of our

884

00:36:54,070 --> 00:36:58,120
episodes are about three

885
00:36:56,139 --> 00:37:02,440
minute and we try to make them suitable

886
00:36:58,119 --> 00:37:06,670
for all audiences they're also utilized

887
00:37:02,440 --> 00:37:09,309
and education world so people that are

888
00:37:06,670 --> 00:37:11,260
in university studying food science are

889
00:37:09,309 --> 00:37:13,329
actually watching these as part of their

890
00:37:11,260 --> 00:37:15,970
curriculum which is a really neat

891
00:37:13,329 --> 00:37:17,769
additional benefit for us so we get a

892
00:37:15,969 --> 00:37:20,500
lot of really good insights from

893
00:37:17,769 --> 00:37:23,019
professors and people in the science

894
00:37:20,500 --> 00:37:26,019
world to ensure that our content is

895
00:37:23,019 --> 00:37:27,699
dead-on and that we are sharing the best

896
00:37:26,019 --> 00:37:31,000
and most useful knowledge about each

897
00:37:27,699 --> 00:37:32,139
diet but that's really good dear that's

898
00:37:31,000 --> 00:37:33,760

really good to hear the video looks

899

00:37:32,139 --> 00:37:36,219

great the first episode certainly looks

900

00:37:33,760 --> 00:37:40,750

very slick and professional and I notice

901

00:37:36,219 --> 00:37:43,599

it's going to be a sort of am a fan

902

00:37:40,750 --> 00:37:45,489

funding or crowdfunding so people can

903

00:37:43,599 --> 00:37:47,440

chip in contribute to get the next

904

00:37:45,489 --> 00:37:49,389

episode produced and the next episode

905

00:37:47,440 --> 00:37:52,240

I'm just having a quick glance over the

906

00:37:49,389 --> 00:37:53,920

website now I see is already fifty

907

00:37:52,239 --> 00:37:55,509

percent funded and they're not there's

908

00:37:53,920 --> 00:37:57,700

not much money needed to actually get a

909

00:37:55,510 --> 00:38:00,130

new episode going and the next episode

910

00:37:57,699 --> 00:38:02,589

looks very interesting is about paleo

911

00:38:00,130 --> 00:38:05,230

paleo diets caveman diets as they

912

00:38:02,590 --> 00:38:06,850

sometimes call them so that that

913
00:38:05,230 --> 00:38:10,300
promises to be an interesting little

914
00:38:06,849 --> 00:38:13,449
video coming up yes absolutely we on the

915
00:38:10,300 --> 00:38:16,269
Paleo diet or the caveman diet is one

916
00:38:13,449 --> 00:38:19,119
that has gotten very big especially in

917
00:38:16,269 --> 00:38:22,449
the CrossFit communities and as as

918
00:38:19,119 --> 00:38:24,489
people start to really question gluten

919
00:38:22,449 --> 00:38:26,230
in their diets overall and you know

920
00:38:24,489 --> 00:38:28,539
we're living in an era where almost

921
00:38:26,230 --> 00:38:31,059
everyone is gluten free gluten

922
00:38:28,539 --> 00:38:33,460
intolerant or gluten questionable so

923
00:38:31,059 --> 00:38:35,769
it's going to be a good episode to

924
00:38:33,460 --> 00:38:38,679
really start to dive into that and and

925
00:38:35,769 --> 00:38:41,559
see what part of it really is health

926
00:38:38,679 --> 00:38:43,269
beneficial and what part may just be a

927
00:38:41,559 --> 00:38:46,210
little bit of fodder to make it seem

928
00:38:43,269 --> 00:38:47,800
more important so we like to play

929
00:38:46,210 --> 00:38:49,449
devil's advocate we don't take one

930
00:38:47,800 --> 00:38:51,760
stance or the other we just give the

931
00:38:49,449 --> 00:38:54,460
science the way it is and let everyone

932
00:38:51,760 --> 00:38:56,290
make an educated decision and tell me

933
00:38:54,460 --> 00:38:58,809
what's your background and what else do

934
00:38:56,289 --> 00:39:01,829
you do I'm actually chemical and

935
00:38:58,809 --> 00:39:04,019
biomolecular engineer by training I

936
00:39:01,829 --> 00:39:06,039
spent the first few years out of college

937
00:39:04,019 --> 00:39:08,170
designing and building vaccines

938
00:39:06,039 --> 00:39:10,838
facilities and then

939
00:39:08,170 --> 00:39:12,490
actually got the chance to spend some

940
00:39:10,838 --> 00:39:16,509
time in Europe during the pandemic

941

00:39:12,489 --> 00:39:18,729
making swine flu vaccine for the US and

942
00:39:16,510 --> 00:39:21,280
then I spent the last year of that

943
00:39:18,730 --> 00:39:23,170
running a viral manufacturing Department

944
00:39:21,280 --> 00:39:25,990
working with the CDC in World Health

945
00:39:23,170 --> 00:39:27,818
Organization I'm trying to really look

946
00:39:25,989 --> 00:39:30,519
at the first clinical material for avian

947
00:39:27,818 --> 00:39:32,318
flu and then from there I've just I've

948
00:39:30,519 --> 00:39:35,440
spent some time in the green science

949
00:39:32,318 --> 00:39:38,019
field running pilot plants for biodiesel

950
00:39:35,440 --> 00:39:40,298
I've spent some time in the packaging

951
00:39:38,019 --> 00:39:43,179
perspective looking at clarifiers and

952
00:39:40,298 --> 00:39:46,900
new creators for everyday use plastics

953
00:39:43,179 --> 00:39:48,639
and then the last bit of it spent in the

954
00:39:46,900 --> 00:39:51,490
post treatment of packaging for

955
00:39:48,639 --> 00:39:54,639

shelf-life stability so kind of have a

956

00:39:51,489 --> 00:39:57,909

very very business background and

957

00:39:54,639 --> 00:40:00,338

science but always kind of focus on

958

00:39:57,909 --> 00:40:02,739

either medical or consumer product good

959

00:40:00,338 --> 00:40:05,259

so it's been kind of neat to kind of

960

00:40:02,739 --> 00:40:07,209

meld those Sciences together in this

961

00:40:05,260 --> 00:40:10,030

series and really start to look at both

962

00:40:07,210 --> 00:40:13,568

how the food on the Shelf affects you

963

00:40:10,030 --> 00:40:15,670

and then how the chemistry of the actual

964

00:40:13,568 --> 00:40:19,058

components and the food affects your

965

00:40:15,670 --> 00:40:20,650

body so but you're no stranger to the

966

00:40:19,059 --> 00:40:25,390

limelight either i noticed that you're

967

00:40:20,650 --> 00:40:28,030

also a director yeah I am actually I'm

968

00:40:25,389 --> 00:40:31,539

an actor I'm work I work as a producer

969

00:40:28,030 --> 00:40:35,048

for indie stuff I do casting for indeed

970
00:40:31,539 --> 00:40:37,329
stuff so I just joined the union for

971
00:40:35,048 --> 00:40:40,960
acting and have been doing some big

972
00:40:37,329 --> 00:40:43,269
features so I I spend some time in for

973
00:40:40,960 --> 00:40:45,159
the camera on behind I actually am kind

974
00:40:43,269 --> 00:40:49,539
of focusing now more in front of the

975
00:40:45,159 --> 00:40:51,759
camera but I still continue to spend a

976
00:40:49,539 --> 00:40:56,108
lot of time in science it's funny you

977
00:40:51,760 --> 00:40:58,420
sit on us on a production team and you

978
00:40:56,108 --> 00:41:00,279
start talking to them about just normal

979
00:40:58,420 --> 00:41:03,030
how to how to run an efficient set and

980
00:41:00,280 --> 00:41:05,710
they kind of their like minds blown yeah

981
00:41:03,030 --> 00:41:09,700
you don't expect engineers to be hanging

982
00:41:05,710 --> 00:41:13,720
out behind the scenes lip haha we didn't

983
00:41:09,699 --> 00:41:15,039
we do have the efficient it sounds

984
00:41:13,719 --> 00:41:16,629
fascinating well I'm glad you're

985
00:41:15,039 --> 00:41:18,099
involved with this it's a great series

986
00:41:16,630 --> 00:41:20,108
folks it's just getting started the

987
00:41:18,099 --> 00:41:21,590
first episodes really interesting that

988
00:41:20,108 --> 00:41:26,829
website again is

989
00:41:21,590 --> 00:41:31,880
a feeding tube let's one word f ee di ng

990
00:41:26,829 --> 00:41:33,349
tube8 TV go there the videos right on

991
00:41:31,880 --> 00:41:35,630
the first page and you can find out a

992
00:41:33,349 --> 00:41:37,369
little bit more about it well Tamara I

993
00:41:35,630 --> 00:41:38,450
wish you all success with the series

994
00:41:37,369 --> 00:41:41,269
we're looking forward to the next

995
00:41:38,449 --> 00:41:43,609
episode coming out soon and episodes

996
00:41:41,269 --> 00:41:45,440
after that and I tell you what a bit

997
00:41:43,610 --> 00:41:47,300
later on maybe next year when there is a

998

00:41:45,440 --> 00:41:49,490
few more episodes out there we'll have

999
00:41:47,300 --> 00:41:51,320
another chat don't even know absolutely

1000
00:41:49,489 --> 00:41:53,239
thank you for your time and I hope

1001
00:41:51,320 --> 00:41:54,500
everyone enjoys the series definitely

1002
00:41:53,239 --> 00:41:58,539
give us your feedback we're always

1003
00:41:54,500 --> 00:41:58,539
looking for new topics to cover so

1004
00:42:14,000 --> 00:42:16,719
nice one

1005
00:42:18,900 --> 00:42:25,719
hi are you a skeptic living somewhere in

1006
00:42:23,228 --> 00:42:27,698
Europe all simply interested in what

1007
00:42:25,719 --> 00:42:30,249
like minded people are up to in

1008
00:42:27,699 --> 00:42:33,159
countries around here I have good news

1009
00:42:30,248 --> 00:42:35,558
for you there is a new podcast out there

1010
00:42:33,159 --> 00:42:40,108
with the aim of helping you connect with

1011
00:42:35,559 --> 00:42:43,719
all those European skeptics the ESP

1012
00:42:40,108 --> 00:42:46,538

European skeptics podcast a biweekly

1013

00:42:43,719 --> 00:42:50,650

show coming out on the 18th of November

1014

00:42:46,539 --> 00:42:53,469

on soundcloud iTunes and stitcher come

1015

00:42:50,650 --> 00:42:55,989

and visit our website the ESPE you

1016

00:42:53,469 --> 00:42:58,630

follow us on Facebook and Twitter and

1017

00:42:55,989 --> 00:43:02,469

help us keep the project genuinely

1018

00:42:58,630 --> 00:43:08,309

international and interactive let us

1019

00:43:02,469 --> 00:43:08,309

provide you with a real ESP experience

1020

00:43:13,019 --> 00:43:22,110

me crazy I don't know why you can't

1021

00:43:19,110 --> 00:43:22,110

believe

1022

00:43:34,599 --> 00:43:38,420

thank you for listening to the skeptic

1023

00:43:36,920 --> 00:43:43,250

zone and thank you to those people who

1024

00:43:38,420 --> 00:43:45,530

visit mr. Katz origami jewelry store the

1025

00:43:43,250 --> 00:43:48,139

money made by that store does help the

1026

00:43:45,530 --> 00:43:51,140

skeptic zone keep going so I appreciate

1027
00:43:48,139 --> 00:43:53,420
it very much and if you want to buy

1028
00:43:51,139 --> 00:43:55,609
something for Christmas now's the time

1029
00:43:53,420 --> 00:43:58,280
to do it especially if you live outside

1030
00:43:55,610 --> 00:44:00,710
Australia because of the postage coming

1031
00:43:58,280 --> 00:44:03,220
up on next week's show even more from

1032
00:44:00,710 --> 00:44:06,619
Maynard Vox pops and all sorts of things

1033
00:44:03,219 --> 00:44:07,879
some skeptics in the pub here in Sydney

1034
00:44:06,619 --> 00:44:09,949
all that's coming up by the way you

1035
00:44:07,880 --> 00:44:12,320
people in Sydney this thursday night at

1036
00:44:09,949 --> 00:44:14,210
the crown hotel from 6pm that's the

1037
00:44:12,320 --> 00:44:16,130
crown hotel in the city near central

1038
00:44:14,210 --> 00:44:18,829
station between central and museum

1039
00:44:16,130 --> 00:44:22,430
stations everybody's welcome so some

1040
00:44:18,829 --> 00:44:25,429
more from that and up well who knows who

1041
00:44:22,429 --> 00:44:27,710
knows a mixture of things but for this

1042
00:44:25,429 --> 00:44:34,309
week this is Richard Saunders signing

1043
00:44:27,710 --> 00:44:36,170
off from Sydney Australia you've been

1044
00:44:34,309 --> 00:44:39,469
listening to the skeptic zone podcast

1045
00:44:36,170 --> 00:44:42,590
visit our website at wwc a petting zoo

1046
00:44:39,469 --> 00:44:46,429
TV for contacts an archive of all

1047
00:44:42,590 --> 00:44:48,740
episodes since 2008 and our online store

1048
00:44:46,429 --> 00:44:51,460
please support the skeptic zone by

1049
00:44:48,739 --> 00:44:54,469
following us on twitter at skeptic zone

1050
00:44:51,460 --> 00:44:57,530
liking us on facebook and leaving a

1051
00:44:54,469 --> 00:45:00,379
review on iTunes you can also show your

1052
00:44:57,530 --> 00:45:03,860
support by subscribing via paypal for as

1053
00:45:00,380 --> 00:45:06,170
little as 99 cents a week the skeptic

1054
00:45:03,860 --> 00:45:07,880
zone is an independent production the

1055

00:45:06,170 --> 00:45:09,980
views and opinions expressed on the

1056
00:45:07,880 --> 00:45:12,670
skeptical zone and not necessarily those

1057
00:45:09,980 --> 00:45:16,480
of Australian skeptical or any other

1058
00:45:12,670 --> 00:45:16,480
skeptical organization