

1
00:00:00,030 --> 00:00:05,609
this is the pre-show show this is an

2
00:00:03,600 --> 00:00:10,529
extra content for skipping zone

3
00:00:05,609 --> 00:00:18,899
listeners what's their are you coming

4
00:00:10,529 --> 00:00:20,429
through the speakers so as Stefan sorry

5
00:00:18,899 --> 00:00:22,618
Kira and I are doing sound checks before

6
00:00:20,429 --> 00:00:24,329
the show starts yes we are and we're off

7
00:00:22,618 --> 00:00:26,339
to sit on different tables this is some

8
00:00:24,329 --> 00:00:44,459
sort of City location I think so the one

9
00:00:26,339 --> 00:00:47,100
host looking forward to the show

10
00:00:44,460 --> 00:00:48,689
I certainly am I'm really excited to be

11
00:00:47,100 --> 00:00:51,689
here with all the other skeptics own

12
00:00:48,689 --> 00:00:55,289
reporters and been meeting a lot of new

13
00:00:51,689 --> 00:00:57,448
people at the skeptic column it's been a

14
00:00:55,289 --> 00:01:00,329
great time and they're actually people

15
00:00:57,448 --> 00:01:04,408
showing up that's a shock I know and and

16
00:01:00,329 --> 00:01:05,819
I say that mostly because of I know that

17
00:01:04,409 --> 00:01:07,799
we've got two rooms going at the moment

18
00:01:05,819 --> 00:01:10,228
and the other room is a really important

19
00:01:07,799 --> 00:01:11,700
preservation so it's you know really

20
00:01:10,228 --> 00:01:15,950
great to see people have come to see

21
00:01:11,700 --> 00:01:15,950
scope discern as well it is all right

22
00:01:17,750 --> 00:01:22,640
so what do we do for the next few

23
00:01:19,769 --> 00:01:22,640
minutes before the show starts

24
00:01:27,129 --> 00:01:30,229
[Music]

25
00:01:30,569 --> 00:01:40,289
we cut the background music everybody

26
00:01:36,239 --> 00:01:42,478
take a picture that's right I know what

27
00:01:40,289 --> 00:01:44,519
we can do may nod we can witness a great

28
00:01:42,478 --> 00:01:46,319
a thing you can ditch the tradition on

29

00:01:44,519 --> 00:01:47,879
podcasting panels it's called please

30
00:01:46,319 --> 00:01:54,478
pass me a pass of water and one for

31
00:01:47,879 --> 00:01:58,408
everybody I can't really know we've got

32
00:01:54,478 --> 00:02:00,149
a few seconds left we never there and

33
00:01:58,409 --> 00:02:01,310
with the background music fade it over

34
00:02:00,149 --> 00:02:05,009
there yes

35
00:02:01,310 --> 00:02:07,469
getting the big thumbs up and it's 2:15

36
00:02:05,009 --> 00:02:09,810
so ladies and gentlemen welcome to the

37
00:02:07,468 --> 00:02:12,590
show and to kick things off officially

38
00:02:09,810 --> 00:02:12,590
we better do this

39
00:02:14,550 --> 00:02:36,270
[Music]

40
00:02:33,719 --> 00:02:39,400
[Applause]

41
00:02:36,270 --> 00:02:41,530
it's the podcast from Australia makes

42
00:02:39,400 --> 00:02:46,270
the science and reason and here are your

43
00:02:41,530 --> 00:02:49,959

hosts Richard Saunders and Stefan cycle

44

00:02:46,270 --> 00:02:49,959

[Applause]

45

00:02:50,460 --> 00:02:54,930

hey Richard are you in hello audience

46

00:02:56,340 --> 00:03:00,500

[Applause]

47

00:02:57,819 --> 00:03:02,389

it's wonderful to be here what a great

48

00:03:00,500 --> 00:03:04,189

convention this is it's turning out to

49

00:03:02,389 --> 00:03:05,719

be a fantastic invention it's nice to

50

00:03:04,189 --> 00:03:07,759

have another skeptic zone live we have

51

00:03:05,719 --> 00:03:09,199

an iron one formerly done about four and

52

00:03:07,759 --> 00:03:09,620

the whole 10-year run of the show I

53

00:03:09,199 --> 00:03:11,179

think

54

00:03:09,620 --> 00:03:15,050

yeah I'll because they usually turned

55

00:03:11,180 --> 00:03:17,240

out to be complete disaster at all costs

56

00:03:15,050 --> 00:03:18,650

all those years ago you and I got

57

00:03:17,240 --> 00:03:20,480

together at your place and we said I

58
00:03:18,650 --> 00:03:22,400
will try another podcast

59
00:03:20,479 --> 00:03:25,369
let's kick one off let's do what did it

60
00:03:22,400 --> 00:03:27,200
call it ah I was called I am the skin

61
00:03:25,370 --> 00:03:28,489
deep tank wasn't it yeah that was the

62
00:03:27,199 --> 00:03:30,319
original one we thought what do we call

63
00:03:28,489 --> 00:03:32,180
the new show and it was gonna be called

64
00:03:30,319 --> 00:03:33,560
skip think for a long time and then you

65
00:03:32,180 --> 00:03:35,150
wrote to me and said why don't we call

66
00:03:33,560 --> 00:03:38,930
it the skeptic zone it's like the penny

67
00:03:35,150 --> 00:03:41,270
drops you think you know how many 440

68
00:03:38,930 --> 00:03:46,580
thousand episodes later this is episode

69
00:03:41,270 --> 00:03:50,900
number forty thousand four hundred and

70
00:03:46,580 --> 00:03:53,020
seventy four for the 19th of November

71
00:03:50,900 --> 00:03:56,060
[Applause]

72
00:03:53,020 --> 00:03:59,450
that's it style is very tireless of you

73
00:03:56,060 --> 00:04:01,430
is very tired linnaeus live here in the

74
00:03:59,449 --> 00:04:03,619
little room here we have the other room

75
00:04:01,430 --> 00:04:09,860
at the convention we have our reporter

76
00:04:03,620 --> 00:04:12,709
Iran's singer of everybody also joining

77
00:04:09,860 --> 00:04:20,209
us here at the desk it's the raw skeptic

78
00:04:12,709 --> 00:04:22,399
Heidi Robertson we have all the way from

79
00:04:20,209 --> 00:04:29,329
sunny Queensland the diet sceptic

80
00:04:22,399 --> 00:04:32,389
mandelino ball and being his normal

81
00:04:29,329 --> 00:04:34,310
goosey self Maynard everybody

82
00:04:32,389 --> 00:04:37,288
[Applause]

83
00:04:34,310 --> 00:04:39,990
now main ODS sitting down over there so

84
00:04:37,288 --> 00:04:41,909
he can leap leap forward to ask

85
00:04:39,990 --> 00:04:44,069
questions or get your questions or any

86

00:04:41,910 --> 00:04:46,830
responses and he's got prizes to give

87
00:04:44,069 --> 00:04:48,629
away to anybody he thinks is worthy of a

88
00:04:46,829 --> 00:04:51,300
prize well I think we're drooping

89
00:04:48,629 --> 00:04:54,449
afternoon what so what's actually

90
00:04:51,300 --> 00:04:55,829
install besides that's it thank you and

91
00:04:54,449 --> 00:04:57,900
good night

92
00:04:55,829 --> 00:04:59,609
all right we're going to have a series

93
00:04:57,899 --> 00:05:01,198
of reports from our reporters just like

94
00:04:59,610 --> 00:05:02,910
the skeptic zone you hear each week I

95
00:05:01,199 --> 00:05:04,889
assume you hear it each week I hear it

96
00:05:02,910 --> 00:05:06,710
each week and then we're going to have a

97
00:05:04,889 --> 00:05:10,139
bit of discussion around some of those

98
00:05:06,709 --> 00:05:13,319
reports and issues being raised by the

99
00:05:10,139 --> 00:05:14,939
panel up here at the panel hmm the panel

100
00:05:13,319 --> 00:05:19,519

at the panel level so we're going to

101

00:05:14,939 --> 00:05:22,139

kick off the the first segment with the

102

00:05:19,519 --> 00:05:32,069

yes it's going to be Iran so give a

103

00:05:22,139 --> 00:05:36,740

grain of salt so take this with a grain

104

00:05:32,069 --> 00:05:36,740

of salt is Iran second

105

00:05:40,480 --> 00:05:49,520

so so today's segment is going to be a

106

00:05:48,110 --> 00:05:51,350

little bit different because it's

107

00:05:49,519 --> 00:05:54,668

actually a little bit of a personal

108

00:05:51,350 --> 00:05:56,479

thing instead of being a skeptical thing

109

00:05:54,668 --> 00:05:59,769

I'm going to tell you something about

110

00:05:56,478 --> 00:06:06,289

myself that you might not have noticed

111

00:05:59,769 --> 00:06:07,180

I'm a middle-aged white man there I said

112

00:06:06,290 --> 00:06:10,819

it

113

00:06:07,180 --> 00:06:12,590

I know many of you will be surprised but

114

00:06:10,819 --> 00:06:14,659

you know sometimes people have you know

115
00:06:12,589 --> 00:06:17,989
it's important that you reveal your true

116
00:06:14,660 --> 00:06:21,020
self to the world so what does it mean

117
00:06:17,990 --> 00:06:24,079
well it means that I really have it the

118
00:06:21,019 --> 00:06:26,659
worst being a white man is really

119
00:06:24,079 --> 00:06:32,629
difficult nowadays we're really

120
00:06:26,660 --> 00:06:36,729
oppressed we have no rights left our

121
00:06:32,629 --> 00:06:36,728
jobs are taken by women and minorities

122
00:06:37,269 --> 00:06:42,699
if we do something like grabbing the

123
00:06:40,668 --> 00:06:45,889
butt of a pretty woman who let's face it

124
00:06:42,699 --> 00:06:48,978
clearly dress that way precisely for the

125
00:06:45,889 --> 00:06:54,800
purpose of attracting our attention we

126
00:06:48,978 --> 00:06:56,860
are demonized it's tough okay so that

127
00:06:54,800 --> 00:07:00,740
was of course satire but it's all funny

128
00:06:56,860 --> 00:07:02,750
the reason it's not funny the reason

129

00:07:00,740 --> 00:07:05,228

it's not funny is because there are a

130

00:07:02,750 --> 00:07:08,779

lot of people shockingly not just men

131

00:07:05,228 --> 00:07:12,439

for whom that's not satire at all that's

132

00:07:08,779 --> 00:07:13,909

what they think is happening so today

133

00:07:12,439 --> 00:07:15,800

I'd like to break this apart a little

134

00:07:13,910 --> 00:07:19,310

bit and talk about things I've learned

135

00:07:15,800 --> 00:07:21,500

over the past few years and I'd like to

136

00:07:19,310 --> 00:07:26,418

talk about it from the my perspective as

137

00:07:21,500 --> 00:07:27,978

somebody who's in it in some way I do

138

00:07:26,418 --> 00:07:30,288

think that the skeptical community has a

139

00:07:27,978 --> 00:07:33,379

role to play in this area which is why I

140

00:07:30,288 --> 00:07:37,339

chose to say to talk about this here

141

00:07:33,379 --> 00:07:38,029

today but it's also because Richard gave

142

00:07:37,339 --> 00:07:43,699

me permission

143

00:07:38,029 --> 00:07:45,199
so yeah just a quick note to the women

144
00:07:43,699 --> 00:07:48,168
in the audience and listening at home

145
00:07:45,199 --> 00:07:49,149
you can read the newspaper for the next

146
00:07:48,168 --> 00:07:50,799
few minutes because I'm not

147
00:07:49,149 --> 00:07:55,870
tell you anything that you don't already

148
00:07:50,800 --> 00:07:58,810
know so why do men complain so well I

149
00:07:55,870 --> 00:08:00,850
could send I consider myself to be an

150
00:07:58,810 --> 00:08:04,060
enlightened liberal dad or liberal in

151
00:08:00,850 --> 00:08:05,890
person of liberal inclinations and I've

152
00:08:04,060 --> 00:08:09,300
always considered equality very

153
00:08:05,889 --> 00:08:12,069
important had you asked me 20 years ago

154
00:08:09,300 --> 00:08:13,900
about say the pay gap between men and

155
00:08:12,069 --> 00:08:16,230
women you would probably heard me say

156
00:08:13,899 --> 00:08:19,539
the same things that I would do today

157
00:08:16,230 --> 00:08:22,450

but until the last few years I was not

158

00:08:19,540 --> 00:08:24,970

fully aware of how burdensome being a

159

00:08:22,449 --> 00:08:27,759

woman is and a significant proportion of

160

00:08:24,970 --> 00:08:29,920

male privilege is simply not having to

161

00:08:27,759 --> 00:08:34,840

worry about many things the women just

162

00:08:29,920 --> 00:08:36,730

take for granted for example men don't

163

00:08:34,840 --> 00:08:41,110

have to live with constant sexual

164

00:08:36,730 --> 00:08:43,690

attention women do a lot of men would

165

00:08:41,110 --> 00:08:47,769

and actually do say well what's wrong

166

00:08:43,690 --> 00:08:49,600

with that I know a couple of men who

167

00:08:47,769 --> 00:08:52,389

were put in that position for a short

168

00:08:49,600 --> 00:08:55,810

time in a couple of days and were tired

169

00:08:52,389 --> 00:08:57,539

of it within hours sexual attention from

170

00:08:55,809 --> 00:09:01,239

someone you're interested in is great

171

00:08:57,539 --> 00:09:03,669

but from just random strangers and all

172
00:09:01,240 --> 00:09:06,549
the time it very quickly becomes

173
00:09:03,669 --> 00:09:07,929
completely intolerable well it would be

174
00:09:06,549 --> 00:09:11,319
intolerable for anybody who's not used

175
00:09:07,929 --> 00:09:13,899
to it but clearly women become tolerant

176
00:09:11,320 --> 00:09:17,200
to it because they have to they have to

177
00:09:13,899 --> 00:09:20,740
live with it all the time you can call

178
00:09:17,200 --> 00:09:22,060
me stupid or blind or whatever but it's

179
00:09:20,740 --> 00:09:25,180
something that I haven't figured out

180
00:09:22,059 --> 00:09:27,309
until a few years ago and the women

181
00:09:25,179 --> 00:09:30,219
women in my life many women in my life

182
00:09:27,309 --> 00:09:32,199
never alerted me to it I have a theory

183
00:09:30,220 --> 00:09:34,410
about why that is but I'll get to that

184
00:09:32,200 --> 00:09:36,940
in a minute

185
00:09:34,409 --> 00:09:39,879
sexual attention is of course just part

186
00:09:36,940 --> 00:09:44,460
of it there's a wage gap an influence

187
00:09:39,879 --> 00:09:46,509
gap a representation gap a power gap I

188
00:09:44,460 --> 00:09:48,340
accept that there is a difference

189
00:09:46,509 --> 00:09:50,319
between attention and groping and

190
00:09:48,340 --> 00:09:52,780
between workplace flirting and

191
00:09:50,320 --> 00:09:55,270
discrimination but when you have to

192
00:09:52,779 --> 00:09:58,480
constantly deal with all of those where

193
00:09:55,269 --> 00:10:02,600
your very existence your sex is what

194
00:09:58,480 --> 00:10:06,350
brings it about it all becomes one thing

195
00:10:02,600 --> 00:10:08,570
sexism misogyny and when you finally

196
00:10:06,350 --> 00:10:11,420
can't take it anymore it is not

197
00:10:08,570 --> 00:10:14,240
realistic indeed indeed it is not fair

198
00:10:11,419 --> 00:10:16,639
to require that you only rebel against

199
00:10:14,240 --> 00:10:18,470
the most egregious behaviors and what is

200

00:10:16,639 --> 00:10:20,509
happening what has happened and is

201
00:10:18,470 --> 00:10:23,720
happening is that women started to say

202
00:10:20,509 --> 00:10:27,169
no more and I dare say most men are

203
00:10:23,720 --> 00:10:30,019
finding it difficult I'll speak for

204
00:10:27,169 --> 00:10:32,809
myself when I say that I sometimes feel

205
00:10:30,019 --> 00:10:34,699
I hear about some you know a new story

206
00:10:32,809 --> 00:10:38,089
coming up and but somebody who did

207
00:10:34,700 --> 00:10:40,430
something 20 years ago and I think to

208
00:10:38,090 --> 00:10:44,389
myself that that's not fair times were

209
00:10:40,429 --> 00:10:46,179
different they you know we're judging by

210
00:10:44,389 --> 00:10:48,889
the study say it's actually not that bad

211
00:10:46,179 --> 00:10:50,959
that's my initial immediate reaction

212
00:10:48,889 --> 00:10:53,870
that's my impulse to to think that way

213
00:10:50,960 --> 00:10:55,550
but then I think about somebody who has

214
00:10:53,870 --> 00:10:59,060

to contend with this kind of behavior

215

00:10:55,549 --> 00:11:02,479

all the time and I say you know what

216

00:10:59,059 --> 00:11:04,759

fair enough that is only the start of a

217

00:11:02,480 --> 00:11:07,420

correction well you're not even a tiny

218

00:11:04,759 --> 00:11:11,389

bit of the way to where we need to be

219

00:11:07,419 --> 00:11:13,759

but again it's hard partly it's because

220

00:11:11,389 --> 00:11:14,389

it means I can't say or do whatever they

221

00:11:13,759 --> 00:11:16,909

want anymore

222

00:11:14,389 --> 00:11:19,460

and partly it's because I look into my

223

00:11:16,909 --> 00:11:22,339

past and while I can't recall anything

224

00:11:19,460 --> 00:11:24,889

very specific I'm pretty sure that there

225

00:11:22,340 --> 00:11:27,019

would be behaviors in there that would

226

00:11:24,889 --> 00:11:29,000

make me very unhappy if I'd heard that

227

00:11:27,019 --> 00:11:31,519

one of my sons engage in those behaviors

228

00:11:29,000 --> 00:11:34,100

I have three of them but of course

229

00:11:31,519 --> 00:11:36,199
they're less likely to because times

230

00:11:34,100 --> 00:11:38,810
have changed and they continue to change

231

00:11:36,200 --> 00:11:40,759
and some people don't like it when

232

00:11:38,809 --> 00:11:42,500
things change and some people don't like

233

00:11:40,759 --> 00:11:44,450
change when it means it takes away their

234

00:11:42,500 --> 00:11:46,639
ability to do whatever they want and

235

00:11:44,450 --> 00:11:48,170
part of the battle is that women are so

236

00:11:46,639 --> 00:11:50,090
used to being on the wrong side of so

237

00:11:48,169 --> 00:11:53,000
many interactions that many of them

238

00:11:50,090 --> 00:11:56,840
don't even notice it some are waking to

239

00:11:53,000 --> 00:11:58,700
it now like men and some are not even

240

00:11:56,840 --> 00:12:00,080
doing that I believe the women in my

241

00:11:58,700 --> 00:12:01,430
life haven't told me anything because

242

00:12:00,080 --> 00:12:03,350
they haven't really noticed that there

243
00:12:01,429 --> 00:12:05,000
was anything wrong it was not out of the

244
00:12:03,350 --> 00:12:07,990
ordinary he was just the way things were

245
00:12:05,000 --> 00:12:11,960
and mostly still are so listen up men I

246
00:12:07,990 --> 00:12:15,000
know it's hard but frankly you still

247
00:12:11,960 --> 00:12:16,830
have it really good so

248
00:12:15,000 --> 00:12:18,750
you should stop complaining and start

249
00:12:16,830 --> 00:12:20,520
thinking a little bit about what the

250
00:12:18,750 --> 00:12:22,379
other what what other people around you

251
00:12:20,519 --> 00:12:24,329
are thinking and going through things

252
00:12:22,379 --> 00:12:28,919
that used to be acceptable and no longer

253
00:12:24,330 --> 00:12:30,389
acceptable that's a good thing your

254
00:12:28,919 --> 00:12:32,309
rights are not infringed upon

255
00:12:30,389 --> 00:12:37,169
but you having to treat fellow human

256
00:12:32,309 --> 00:12:39,869
beings as well human beings so why am i

257

00:12:37,169 --> 00:12:42,449
speaking up because men still have a

258
00:12:39,870 --> 00:12:45,060
louder voice and it is incumbent upon us

259
00:12:42,450 --> 00:12:47,400
from our position of privilege to be

260
00:12:45,059 --> 00:12:49,199
allies to women to support them to

261
00:12:47,399 --> 00:12:51,959
intervene when other men use their

262
00:12:49,200 --> 00:12:54,810
weight literally and figuratively to

263
00:12:51,960 --> 00:12:59,120
oppress them and to help lead lead to a

264
00:12:54,809 --> 00:12:59,119
future where all voices are equal

265
00:13:01,240 --> 00:13:04,580
[Applause]

266
00:13:02,009 --> 00:13:11,450
[Music]

267
00:13:04,580 --> 00:13:13,639
I apologize but I will have to step out

268
00:13:11,450 --> 00:13:15,230
in a few minutes I won't be able to stay

269
00:13:13,639 --> 00:13:18,620
for the rest of the show well thank you

270
00:13:15,230 --> 00:13:20,300
for that bombshell is that way you have

271
00:13:18,620 --> 00:13:22,700

to step out think again sir

272

00:13:20,299 --> 00:13:25,879

thank you around important issues and

273

00:13:22,700 --> 00:13:27,560

and one that I think is dawning is that

274

00:13:25,879 --> 00:13:29,629

the right word I could say the

275

00:13:27,559 --> 00:13:30,619

realization of dawning an awakening and

276

00:13:29,629 --> 00:13:32,389

oh yeah

277

00:13:30,620 --> 00:13:34,639

roaming around the world at the moment I

278

00:13:32,389 --> 00:13:35,990

think Stefan yeah and it's funny that

279

00:13:34,639 --> 00:13:37,929

we're actually talking about it in real

280

00:13:35,990 --> 00:13:40,399

life and not on Facebook

281

00:13:37,929 --> 00:13:42,559

yeah because everyone's having a big

282

00:13:40,399 --> 00:13:44,929

chat about on the net and we're actually

283

00:13:42,559 --> 00:13:46,699

a bunch of humans sitting right here we

284

00:13:44,929 --> 00:13:50,679

could talk about it and maybe we can

285

00:13:46,700 --> 00:13:52,850

discuss some of the factors you know or

286
00:13:50,679 --> 00:13:54,889
solutions or whatever if anyone's got

287
00:13:52,850 --> 00:14:02,120
any thoughts on that yeah question over

288
00:13:54,889 --> 00:14:07,309
there may not hi panel oh goodness me I

289
00:14:02,120 --> 00:14:10,070
have six nieces and as I approach 50 I I

290
00:14:07,309 --> 00:14:11,689
see in them a distinct change in the way

291
00:14:10,070 --> 00:14:13,910
they are reacting with their environment

292
00:14:11,690 --> 00:14:17,029
so I rejoiced that my nieces who are all

293
00:14:13,909 --> 00:14:20,269
sort of so from 14 to 22 years of age

294
00:14:17,028 --> 00:14:23,809
have quite a different relationship with

295
00:14:20,269 --> 00:14:25,429
the world however that said it actually

296
00:14:23,809 --> 00:14:28,239
highlights the times when that is not

297
00:14:25,429 --> 00:14:32,059
the case when older generations are

298
00:14:28,240 --> 00:14:34,129
embarrassing them with a you know to be

299
00:14:32,059 --> 00:14:36,879
early young lady kind of sentiment and

300
00:14:34,129 --> 00:14:40,159
it's it actually highlights when those

301
00:14:36,879 --> 00:14:45,470
behaviors are being from a senior

302
00:14:40,159 --> 00:14:47,389
position put on to those young ladies I

303
00:14:45,470 --> 00:14:49,339
have to leave and I just want to say

304
00:14:47,389 --> 00:14:52,578
something but this just an observation a

305
00:14:49,339 --> 00:14:54,620
historical observation the last country

306
00:14:52,578 --> 00:15:01,129
on earth to give women the right to vote

307
00:14:54,620 --> 00:15:05,209
was Switzerland in 1972 the first one

308
00:15:01,129 --> 00:15:08,179
was New Zealand in 1897 I believe so

309
00:15:05,208 --> 00:15:10,129
within less than a hundred years from no

310
00:15:08,179 --> 00:15:13,578
country in the world giving women the

311
00:15:10,129 --> 00:15:17,028
vote every country on earth gave women

312
00:15:13,578 --> 00:15:17,750
to have the right to vote the and that's

313
00:15:17,028 --> 00:15:22,340
a technical

314

00:15:17,750 --> 00:15:24,620
change so it was obviously the result of

315
00:15:22,340 --> 00:15:26,060
a cultural shift but it was a technical

316
00:15:24,620 --> 00:15:27,889
change which was easy to affect you

317
00:15:26,059 --> 00:15:29,649
didn't have to influence everybody you

318
00:15:27,889 --> 00:15:32,319
just have to get governments to do it

319
00:15:29,649 --> 00:15:34,659
cultural changes take a lot longer

320
00:15:32,320 --> 00:15:37,879
things are moving in the right direction

321
00:15:34,659 --> 00:15:39,409
there is a positive change I think

322
00:15:37,879 --> 00:15:43,039
social media which has a lot to answer

323
00:15:39,409 --> 00:15:46,549
for is helping in ensuring that people

324
00:15:43,039 --> 00:15:48,379
are more aware and that the the things

325
00:15:46,549 --> 00:15:50,209
are going in the right direction but I

326
00:15:48,379 --> 00:15:52,250
think we have to not be naive as to

327
00:15:50,210 --> 00:15:54,830
assume that all change will be in that

328
00:15:52,250 --> 00:15:56,389

right direction and what we should do is

329

00:15:54,830 --> 00:15:57,980

we should be really mindful of the fact

330

00:15:56,389 --> 00:16:00,080

that change can go in all kinds of

331

00:15:57,980 --> 00:16:02,629

different ways and there's all kinds of

332

00:16:00,080 --> 00:16:04,790

different effects and there's backlashes

333

00:16:02,629 --> 00:16:06,259

that happen with social change as well

334

00:16:04,789 --> 00:16:09,469

which is very important we have to be

335

00:16:06,259 --> 00:16:13,490

careful not to fall back to too old old

336

00:16:09,470 --> 00:16:16,550

habits but overall I think the the

337

00:16:13,490 --> 00:16:20,409

direction is clear of more equality and

338

00:16:16,549 --> 00:16:22,549

and more opportunities I just hope that

339

00:16:20,409 --> 00:16:24,529

that it happens sooner rather than later

340

00:16:22,549 --> 00:16:25,579

but I do think that we have to be

341

00:16:24,529 --> 00:16:28,069

mindful of the things that you've

342

00:16:25,580 --> 00:16:30,770

mentioned and other negatives that that

343
00:16:28,070 --> 00:16:33,020
are part of this big change but also be

344
00:16:30,769 --> 00:16:34,429
optimistic in that we are seeing that

345
00:16:33,019 --> 00:16:43,939
things are moving in the right direction

346
00:16:34,429 --> 00:16:45,549
I will join for the end of it you try to

347
00:16:43,940 --> 00:16:47,920
join us through the end of the show

348
00:16:45,549 --> 00:16:51,169
coffee runs

349
00:16:47,919 --> 00:16:53,000
thank you very much okay that was a

350
00:16:51,169 --> 00:16:54,409
grain of salt with Iran Circuit of

351
00:16:53,000 --> 00:16:55,730
course raising some very important

352
00:16:54,409 --> 00:16:58,129
issues now we'll move along to our next

353
00:16:55,730 --> 00:16:59,379
segment which is if I press the right

354
00:16:58,129 --> 00:17:06,900
button here

355
00:16:59,379 --> 00:17:32,799
[Music]

356
00:17:06,900 --> 00:17:34,900
it's the skeptic report with this this

357
00:17:32,799 --> 00:17:39,759
is a bit of a change of pace from what

358
00:17:34,900 --> 00:17:42,340
Iran was talking about slides absolutely

359
00:17:39,759 --> 00:17:45,069
fly yeah today I'm going to talk about a

360
00:17:42,339 --> 00:17:49,329
product that's distributed in Australia

361
00:17:45,069 --> 00:17:51,428
called the mighty shield the mighty

362
00:17:49,329 --> 00:17:54,730
shield is a device that can be used for

363
00:17:51,429 --> 00:17:57,940
cats dogs and humans the manufacturers

364
00:17:54,730 --> 00:18:01,450
claim that it emits ultrasonic waves at

365
00:17:57,940 --> 00:18:04,179
a frequency of 40,000 Hertz which they

366
00:18:01,450 --> 00:18:07,630
say will repel grass and paralysis ticks

367
00:18:04,179 --> 00:18:09,190
and other quote nasty creatures although

368
00:18:07,630 --> 00:18:12,730
they don't specify what those other

369
00:18:09,190 --> 00:18:16,380
nasty creatures are if I could get it in

370
00:18:12,730 --> 00:18:19,329
a second next one picture there they are

371

00:18:16,380 --> 00:18:21,610
so they sell three devices the sciutto

372
00:18:19,329 --> 00:18:23,769
for small dogs and cats the mighty tick

373
00:18:21,609 --> 00:18:25,899
off for pets for large dogs and cats and

374
00:18:23,769 --> 00:18:30,329
one for humans called the mighty tick

375
00:18:25,900 --> 00:18:33,700
off for you they all retail for \$79 and

376
00:18:30,329 --> 00:18:36,279
they say one of these lasts for six

377
00:18:33,700 --> 00:18:39,279
months plus at which point your advise

378
00:18:36,279 --> 00:18:41,049
to purchase a new one shut up and take

379
00:18:39,279 --> 00:18:43,450
my money I'd be ticked off too they

380
00:18:41,049 --> 00:18:45,519
basically state you should not try and

381
00:18:43,450 --> 00:18:47,529
open the device yourself to change the

382
00:18:45,519 --> 00:18:51,400
batteries which makes me really want to

383
00:18:47,529 --> 00:18:53,980
open one see what's inside they claim it

384
00:18:51,400 --> 00:18:57,340
works for a diameter of 1.5 meters

385
00:18:53,980 --> 00:19:00,579

around your pet and 3 meters around you

386

00:18:57,339 --> 00:19:02,199

yourself if you're wearing one oh I did

387

00:19:00,579 --> 00:19:05,259

a bit of digging around on these devices

388

00:19:02,200 --> 00:19:06,670

a couple of years ago but then it was

389

00:19:05,259 --> 00:19:09,429

put on the back burner for various

390

00:19:06,670 --> 00:19:11,308

reasons I got interested again recently

391

00:19:09,429 --> 00:19:14,070

for several reasons

392

00:19:11,308 --> 00:19:15,778

firstly a family member of mine who

393

00:19:14,069 --> 00:19:19,048

lives on the northern beaches of Sydney

394

00:19:15,778 --> 00:19:21,659

which is a particularly notorious area

395

00:19:19,048 --> 00:19:24,749

of fatigues had bought one of these

396

00:19:21,659 --> 00:19:26,370

after recently suffering quite badly

397

00:19:24,749 --> 00:19:30,889

from a tick-borne illness called

398

00:19:26,369 --> 00:19:36,028

tick typhus not not lyme disease

399

00:19:30,888 --> 00:19:37,439

typhus is a real thing and and he was

400
00:19:36,028 --> 00:19:39,558
now going to rely on the mighty shield

401
00:19:37,440 --> 00:19:43,409
for future protection against ticks

402
00:19:39,558 --> 00:19:45,868
secondly I have lost a much-loved dog to

403
00:19:43,409 --> 00:19:48,028
a paralysis tick so if an ultrasonic

404
00:19:45,868 --> 00:19:50,959
tick repeller was proven to be effective

405
00:19:48,028 --> 00:19:53,638
I'd be the first one in line by one

406
00:19:50,960 --> 00:19:56,159
thirdly I have a friend who was given a

407
00:19:53,638 --> 00:19:58,168
homeopathic preparation by a store in my

408
00:19:56,159 --> 00:19:59,879
region of northern New South Wales for

409
00:19:58,169 --> 00:20:03,629
his life-threatening severe allergy to

410
00:19:59,878 --> 00:20:06,928
ticks which they said may negate the

411
00:20:03,628 --> 00:20:08,459
need for his EpiPen and EpiPen as you

412
00:20:06,929 --> 00:20:10,710
might know contains a dose of adrenaline

413
00:20:08,460 --> 00:20:13,460
which is currently the only proven and

414
00:20:10,710 --> 00:20:15,899
effective treatment for anaphylaxis

415
00:20:13,460 --> 00:20:18,450
considering anaphylaxis can cause airway

416
00:20:15,898 --> 00:20:21,538
closure within seconds of exposure to

417
00:20:18,450 --> 00:20:24,629
the allergen in his case ticks this

418
00:20:21,538 --> 00:20:26,579
advice is extremely dangerous so that

419
00:20:24,628 --> 00:20:29,099
story involving my friend reminded me of

420
00:20:26,579 --> 00:20:30,569
the mighty shield and how unproven

421
00:20:29,099 --> 00:20:33,719
remedies and devices can have

422
00:20:30,569 --> 00:20:35,128
potentially fatal consequences one of

423
00:20:33,720 --> 00:20:38,069
the testimonials on the mighty shield

424
00:20:35,128 --> 00:20:41,099
website illustrates my concern quote

425
00:20:38,069 --> 00:20:44,700
after experiencing a tick bite I had an

426
00:20:41,099 --> 00:20:46,859
allergic reaction and passed out before

427
00:20:44,700 --> 00:20:49,470
this experience I had numerous tick

428

00:20:46,859 --> 00:20:52,319
bites over 16 years living in Newport

429
00:20:49,470 --> 00:20:54,360
and Avalon since wearing this device I

430
00:20:52,319 --> 00:20:59,308
now have the confidence to go back into

431
00:20:54,359 --> 00:21:01,349
my yard again now I've worked myself as

432
00:20:59,308 --> 00:21:03,480
an intensive care ambulance paramedic

433
00:21:01,349 --> 00:21:05,490
and actually treated people having

434
00:21:03,480 --> 00:21:07,110
anaphylactic reactions so I'm

435
00:21:05,490 --> 00:21:09,179
particularly concerned that someone with

436
00:21:07,109 --> 00:21:11,668
a diagnosed severe allergy to ticks may

437
00:21:09,179 --> 00:21:13,470
become complacent believing that they

438
00:21:11,669 --> 00:21:17,940
are wearing a device that will protect

439
00:21:13,470 --> 00:21:20,519
them if I could go to the next one the

440
00:21:17,940 --> 00:21:22,710
about Us page of the mighty shield

441
00:21:20,519 --> 00:21:24,940
website talks about the evolution of the

442
00:21:22,710 --> 00:21:27,100

device when a bloke named

443

00:21:24,940 --> 00:21:30,490
that's Carlo and his little dog from

444

00:21:27,099 --> 00:21:33,459
Germany decided to try for a chemical

445

00:21:30,490 --> 00:21:36,909
free alternative to tick control for

446

00:21:33,460 --> 00:21:39,519
dogs he contacted the University of

447

00:21:36,909 --> 00:21:41,499
Milan and as his story goes they quickly

448

00:21:39,519 --> 00:21:43,808
developed a working prototype of a

449

00:21:41,499 --> 00:21:46,440
battery-powered ultrasound generator

450

00:21:43,808 --> 00:21:49,538
about the size of a packet of cigarettes

451

00:21:46,440 --> 00:21:51,720
Carlo says he then created a smaller

452

00:21:49,538 --> 00:21:57,298
device that could be attached to a dog

453

00:21:51,720 --> 00:22:00,278
dog cat or collar dog dog or cat collar

454

00:21:57,298 --> 00:22:03,429
the product this product he called the

455

00:22:00,278 --> 00:22:05,798
sciutto and sciutto is now a separate

456

00:22:03,429 --> 00:22:08,139
company and has its own website and the

457
00:22:05,798 --> 00:22:10,118
mighty shield he says has continued his

458
00:22:08,138 --> 00:22:14,319
amazing journey by providing a device

459
00:22:10,118 --> 00:22:15,849
for humans to wear so when I rang the

460
00:22:14,319 --> 00:22:18,490
Australian distributors a couple of

461
00:22:15,849 --> 00:22:20,949
years ago I identified myself as a

462
00:22:18,490 --> 00:22:22,538
reporter for a podcast saying I was

463
00:22:20,950 --> 00:22:25,360
interested in doing a story on their

464
00:22:22,538 --> 00:22:27,819
product I voiced my concerns to them

465
00:22:25,359 --> 00:22:29,439
about the product and asked them if they

466
00:22:27,819 --> 00:22:31,628
could point me to the independent trials

467
00:22:29,440 --> 00:22:33,399
that were mentioned on the website that

468
00:22:31,628 --> 00:22:36,158
showed the mighty shield was effective

469
00:22:33,398 --> 00:22:37,928
against ticks the owners told me that

470
00:22:36,159 --> 00:22:41,070
the independent trials were simply the

471
00:22:37,929 --> 00:22:44,139
testimonials our satisfied customers I

472
00:22:41,069 --> 00:22:52,808
could go to the next site now the

473
00:22:44,138 --> 00:22:57,959
website claims that the product hang on

474
00:22:52,808 --> 00:23:00,579
yeah the website claims that the product

475
00:22:57,960 --> 00:23:03,009
quote was thoroughly tested on dogs

476
00:23:00,579 --> 00:23:05,648
using appropriate controls and protocol

477
00:23:03,009 --> 00:23:07,240
at their conclusion the tests verified

478
00:23:05,648 --> 00:23:09,489
the effectiveness of the ultrasound

479
00:23:07,240 --> 00:23:12,038
device as a deterrent to ticks and fleas

480
00:23:09,490 --> 00:23:13,329
end quote it turns out that the testing

481
00:23:12,038 --> 00:23:14,950
they're referring to here is what was

482
00:23:13,329 --> 00:23:17,278
done at the University of Milan where

483
00:23:14,950 --> 00:23:22,869
old mate Carlo had turned to for help

484
00:23:17,278 --> 00:23:25,298
I've got number 6 so I went to look at

485

00:23:22,868 --> 00:23:27,959
that paper that looks like oh yes sorry

486
00:23:25,298 --> 00:23:31,148
that sceeto this is the pseudo web site

487
00:23:27,960 --> 00:23:33,369
I went to have a look at the paper that

488
00:23:31,148 --> 00:23:35,668
the mighty shield website had quoted and

489
00:23:33,368 --> 00:23:38,209
got to this website the SCOOTER website

490
00:23:35,669 --> 00:23:40,460
you can see a Porsche this is actually

491
00:23:38,210 --> 00:23:42,829
portion of the paper down here they've

492
00:23:40,460 --> 00:23:47,660
got this on the clinical studies page of

493
00:23:42,829 --> 00:23:49,399
the sciutto website we have a picture of

494
00:23:47,660 --> 00:23:53,269
a professor Claudio

495
00:23:49,400 --> 00:23:55,519
again she again she I think who was the

496
00:23:53,269 --> 00:23:58,339
sole author of the study in a nutshell

497
00:23:55,519 --> 00:24:01,039
back in 1993 professor Ghent she

498
00:23:58,339 --> 00:24:04,609
performed a study on a grand total of 25

499
00:24:01,039 --> 00:24:06,529

dogs due to time constraints here I'll

500

00:24:04,609 --> 00:24:08,209

skip to the conclusion of the paper

501

00:24:06,529 --> 00:24:11,180

which states that the data are not

502

00:24:08,210 --> 00:24:12,950

statistically significant and the

503

00:24:11,180 --> 00:24:17,180

findings were neither peer-reviewed nor

504

00:24:12,950 --> 00:24:19,220

replicated so anyway I took a chance and

505

00:24:17,180 --> 00:24:21,769

I wrote to an email to professor get she

506

00:24:19,220 --> 00:24:24,529

in Italy he still works at the

507

00:24:21,769 --> 00:24:26,450

University of Milan and I asked if he

508

00:24:24,529 --> 00:24:27,920

was aware that his paper and his

509

00:24:26,450 --> 00:24:30,170

photograph were being used on the

510

00:24:27,920 --> 00:24:31,640

sciutto page as proof that ultrasonic

511

00:24:30,170 --> 00:24:34,220

devices were effective at repelling

512

00:24:31,640 --> 00:24:35,870

ticks I didn't really expect him to

513

00:24:34,220 --> 00:24:38,480

reply but he did a couple of days later

514
00:24:35,869 --> 00:24:41,689
dear Heidi actually this is a very bad

515
00:24:38,480 --> 00:24:44,450
story many years ago I did a preliminary

516
00:24:41,690 --> 00:24:46,370
test with an ultrasound device produced

517
00:24:44,450 --> 00:24:48,559
by a company different from sciutto

518
00:24:46,369 --> 00:24:51,169
animal health it was an internal report

519
00:24:48,559 --> 00:24:53,839
not authorized by both myself or by the

520
00:24:51,170 --> 00:24:56,810
University of Milan to support the

521
00:24:53,839 --> 00:24:58,970
product marketing I have never written a

522
00:24:56,809 --> 00:25:01,490
paper about these results first because

523
00:24:58,970 --> 00:25:04,220
the trial was not well designed secondly

524
00:25:01,490 --> 00:25:05,990
because the data was preliminary and it

525
00:25:04,220 --> 00:25:08,779
needed a repetition in a well-designed

526
00:25:05,990 --> 00:25:12,140
and controlled to study so the use that

527
00:25:08,779 --> 00:25:14,660
sciutto does and is very good at English

528
00:25:12,140 --> 00:25:16,820
but I'm speaking word-for-word what he

529
00:25:14,660 --> 00:25:19,100
wrote so the use that sciutto does with

530
00:25:16,819 --> 00:25:21,439
such a kind of advertisement is illegal

531
00:25:19,099 --> 00:25:23,469
and I will notice the situation to the

532
00:25:21,440 --> 00:25:26,390
legal office of my university

533
00:25:23,470 --> 00:25:28,309
furthermore I have never authorized the

534
00:25:26,390 --> 00:25:30,800
publication of my picture to support any

535
00:25:28,309 --> 00:25:32,960
kind of product I never repeated such a

536
00:25:30,799 --> 00:25:35,000
kind of experiments and currently I do

537
00:25:32,960 --> 00:25:37,309
not know if the scooters device has the

538
00:25:35,000 --> 00:25:40,250
same characteristics of the original one

539
00:25:37,309 --> 00:25:42,799
if you ask me if such a kind of devices

540
00:25:40,250 --> 00:25:46,250
effectively works against ticks my reply

541
00:25:42,799 --> 00:25:46,899
is I have not enough evidences for such

542

00:25:46,250 --> 00:25:49,160
an action

543
00:25:46,900 --> 00:25:50,150
finally I didn't know that the device

544
00:25:49,160 --> 00:25:52,070
was advertised in

545
00:25:50,150 --> 00:25:55,400
Australia I hope such a clarification

546
00:25:52,069 --> 00:25:58,629
will be useful for year but to this day

547
00:25:55,400 --> 00:26:00,830
the sciutto website remains unchanged I

548
00:25:58,630 --> 00:26:02,630
got in touch with mighty shield again a

549
00:26:00,829 --> 00:26:04,429
few weeks ago this time through their

550
00:26:02,630 --> 00:26:07,490
website the company has since changed

551
00:26:04,430 --> 00:26:10,009
hands I explained once more who I was

552
00:26:07,490 --> 00:26:12,079
and asked in the preceding two years had

553
00:26:10,009 --> 00:26:14,930
any further studies on the mighty shield

554
00:26:12,079 --> 00:26:17,689
been done they replied asking

555
00:26:14,930 --> 00:26:20,029
specifically what what I wanted what I

556
00:26:17,690 --> 00:26:21,680

was asking for I reiterated how

557

00:26:20,029 --> 00:26:23,629

concerned I was that someone could have

558

00:26:21,680 --> 00:26:25,580

a fatal anaphylactic reaction if they

559

00:26:23,630 --> 00:26:27,500

were to rely solely on the device and

560

00:26:25,579 --> 00:26:30,199

that I appreciate them directing me to

561

00:26:27,500 --> 00:26:33,170

the evidence that supported its use I've

562

00:26:30,200 --> 00:26:35,000

had no reply hmm so there's another

563

00:26:33,170 --> 00:26:37,670

study that both the mighty shield and

564

00:26:35,000 --> 00:26:40,849

scitutto websites briefly mentioned it's

565

00:26:37,670 --> 00:26:43,220

a 2002 study out of Brazil again one

566

00:26:40,849 --> 00:26:45,980

study author who looked at the efficacy

567

00:26:43,220 --> 00:26:49,789

of scitutto in preventing re-infestation

568

00:26:45,980 --> 00:26:51,529

caused by ectoparasites in Docs after

569

00:26:49,789 --> 00:26:54,289

the application of an anti-parasitic

570

00:26:51,529 --> 00:26:56,240

shampoo and to see if the ultrasonic

571
00:26:54,289 --> 00:26:59,000
waves emitted from the sciutto may cause

572
00:26:56,240 --> 00:27:02,299
a stress response from the animal the

573
00:26:59,000 --> 00:27:05,119
study involved 20 dogs who were infested

574
00:27:02,299 --> 00:27:06,950
with both fleas and ticks it was found

575
00:27:05,119 --> 00:27:09,379
that the device was well tolerated by

576
00:27:06,950 --> 00:27:10,930
the dogs but the results for tick

577
00:27:09,380 --> 00:27:14,900
infestation were again statistically

578
00:27:10,930 --> 00:27:16,789
insignificant the sciutto website goes

579
00:27:14,900 --> 00:27:19,460
to great lengths to show that ticks are

580
00:27:16,789 --> 00:27:22,519
reactive to ultrasound it refers to a

581
00:27:19,460 --> 00:27:24,920
paper from 1976 on the interaction of

582
00:27:22,519 --> 00:27:27,470
ticks with cliff swallows and bats in

583
00:27:24,920 --> 00:27:29,680
Texas there's no mention of ticks being

584
00:27:27,470 --> 00:27:32,269
repelled by certain frequencies at all

585
00:27:29,680 --> 00:27:34,910
certainly no testing of frequencies of

586
00:27:32,269 --> 00:27:37,509
40,000 Hertz and no testing involving

587
00:27:34,910 --> 00:27:39,920
dogs cats or humans in that study

588
00:27:37,509 --> 00:27:42,829
so what literature is there that

589
00:27:39,920 --> 00:27:44,150
supports the use of ultrasonic devices

590
00:27:42,829 --> 00:27:47,599
to repel ticks

591
00:27:44,150 --> 00:27:50,269
there's none none that I could find what

592
00:27:47,599 --> 00:27:52,159
I did find the American Academy of

593
00:27:50,269 --> 00:27:53,900
Pediatrics have stated that ultrasonic

594
00:27:52,160 --> 00:27:57,350
devices are not effective repellents

595
00:27:53,900 --> 00:27:59,810
there is a 1991 study examining the

596
00:27:57,349 --> 00:28:02,299
efficacy of ultrasonic pest controllers

597
00:27:59,809 --> 00:28:02,869
for fleas and ticks left that found that

598
00:28:02,299 --> 00:28:04,609
activity of

599

00:28:02,869 --> 00:28:07,699
fleas ticks and cockroaches was

600
00:28:04,609 --> 00:28:09,649
unimpaired there was a blinded control

601
00:28:07,700 --> 00:28:11,720
trial of an ultrasound device as a

602
00:28:09,650 --> 00:28:15,040
mosquito repellent that found there was

603
00:28:11,720 --> 00:28:18,350
the same thing I found an article from

604
00:28:15,039 --> 00:28:20,539
1981 from a PhD in entomology at Oregon

605
00:28:18,349 --> 00:28:22,849
State University who had scathing

606
00:28:20,539 --> 00:28:25,819
remarks about ultrasonic pest devices

607
00:28:22,849 --> 00:28:28,269
including quote testimonials are the

608
00:28:25,819 --> 00:28:31,250
only evidence of efficacy they offer

609
00:28:28,269 --> 00:28:33,740
testimonial data such as I tried it and

610
00:28:31,250 --> 00:28:35,630
it worked great is not reliable because

611
00:28:33,740 --> 00:28:38,569
it is highly subject to the placebo

612
00:28:35,630 --> 00:28:40,820
effect end quote and another quote I

613
00:28:38,569 --> 00:28:42,710

have not been able to find even one

614

00:28:40,819 --> 00:28:44,769
positive test result that has been

615

00:28:42,710 --> 00:28:46,910
published in a scientific journal I

616

00:28:44,769 --> 00:28:49,460
believe it is the responsibility of

617

00:28:46,910 --> 00:28:52,250
manufacturers to provide credible data

618

00:28:49,460 --> 00:28:54,650
that the devices they sell actually work

619

00:28:52,250 --> 00:28:56,660
otherwise they're unsupported claims are

620

00:28:54,650 --> 00:28:58,160
no better than snake oil in my opinion

621

00:28:56,660 --> 00:29:00,140
I'll make an offer

622

00:28:58,160 --> 00:29:02,390
if published studies do exist and these

623

00:29:00,140 --> 00:29:04,880
studies confirm a claimed effect on pest

624

00:29:02,390 --> 00:29:07,640
behavior I'll gladly amend this page and

625

00:29:04,880 --> 00:29:10,340
include the results and there's been no

626

00:29:07,640 --> 00:29:12,950
response to his offer for over ten years

627

00:29:10,339 --> 00:29:15,619
I wrote an email to that doctor from

628
00:29:12,950 --> 00:29:17,660
entomology and to another entomologist

629
00:29:15,619 --> 00:29:20,509
from a Queensland University when I

630
00:29:17,660 --> 00:29:22,820
cover my bases both of whom were unaware

631
00:29:20,509 --> 00:29:25,039
of any recent studies supporting the use

632
00:29:22,819 --> 00:29:26,659
of the devices and no reason to think

633
00:29:25,039 --> 00:29:28,250
that ticks or mites would be sensitive

634
00:29:26,660 --> 00:29:31,040
or to be repelled by such high

635
00:29:28,250 --> 00:29:33,980
frequencies the Federal Trade Commission

636
00:29:31,039 --> 00:29:37,308
the FTC in America put out a statement

637
00:29:33,980 --> 00:29:40,009
in 2001 stating that efficacy efficacy

638
00:29:37,308 --> 00:29:42,619
claims about these products must be

639
00:29:40,009 --> 00:29:44,720
supported by scientific evidence and if

640
00:29:42,619 --> 00:29:46,549
manufactures have manufacturers have

641
00:29:44,720 --> 00:29:48,470
misrepresented the benefits of their

642
00:29:46,549 --> 00:29:50,960
products or if their claims are not

643
00:29:48,470 --> 00:29:54,589
properly substantiated they may be

644
00:29:50,960 --> 00:29:55,789
subject to legal action thus far no such

645
00:29:54,589 --> 00:30:00,139
warning has been put out in Australia

646
00:29:55,789 --> 00:30:02,029
but I think it can and should be I've

647
00:30:00,140 --> 00:30:04,190
submitted a complaint to the a Triple C

648
00:30:02,029 --> 00:30:07,009
the Australian Competition and Consumer

649
00:30:04,190 --> 00:30:08,690
Commission since they deal with false

650
00:30:07,009 --> 00:30:12,740
and misleading claims from businesses

651
00:30:08,690 --> 00:30:14,809
and I'm currently waiting on a reply the

652
00:30:12,740 --> 00:30:16,230
mighty shield is a relatively small

653
00:30:14,809 --> 00:30:19,048
issue in

654
00:30:16,230 --> 00:30:21,778
the vast array of issues that skeptics

655
00:30:19,048 --> 00:30:23,788
address and there's no doubt that there

656

00:30:21,778 --> 00:30:25,739
are other devices modalities and

657
00:30:23,788 --> 00:30:28,288
therapeutic claims that have more chance

658
00:30:25,739 --> 00:30:31,798
of resulting in real-world harm to a

659
00:30:28,288 --> 00:30:33,720
significant number of people however one

660
00:30:31,798 --> 00:30:35,970
skeptic can make a difference on one

661
00:30:33,720 --> 00:30:38,278
issue and one skeptic can simultaneously

662
00:30:35,970 --> 00:30:40,769
be working on a variety of different

663
00:30:38,278 --> 00:30:45,358
issues helping to tackle the big ones

664
00:30:40,769 --> 00:30:47,099
like homeopathy chiropractic as well as

665
00:30:45,358 --> 00:30:50,519
these little ones that sometimes fall

666
00:30:47,099 --> 00:30:51,988
beneath the radar if there's anyone in

667
00:30:50,519 --> 00:30:54,778
the audience that has never looked into

668
00:30:51,989 --> 00:30:57,028
a dodgy device or claim and never

669
00:30:54,778 --> 00:31:00,239
contacted a relevant acronym to complain

670
00:30:57,028 --> 00:31:02,308

about it please consider doing it if I

671

00:31:00,239 --> 00:31:18,659

can do it anyone can do it

672

00:31:02,308 --> 00:31:20,819

last slide listening audience Heidi can

673

00:31:18,659 --> 00:31:24,330

you explain why we're all laughing I

674

00:31:20,819 --> 00:31:26,878

thought I was being funny last slide is

675

00:31:24,329 --> 00:31:29,489

that as I had he know your parasites

676

00:31:26,878 --> 00:31:37,079

it's got a tick a flea a leech a

677

00:31:29,489 --> 00:31:39,659

mosquito pat robertson and joel osteen I

678

00:31:37,079 --> 00:31:40,888

was just gonna say Heidi Shirley always

679

00:31:39,659 --> 00:31:42,359

claims not being substantiated

680

00:31:40,888 --> 00:31:43,829

everything but surely a common sense

681

00:31:42,358 --> 00:31:45,989

would tell you that our forty thousand

682

00:31:43,829 --> 00:31:50,548

Hertz constant frequency would at least

683

00:31:45,989 --> 00:31:53,308

be mildly annoying to a tick mildly

684

00:31:50,548 --> 00:31:56,220

annoying mildly annoying well the way

685
00:31:53,308 --> 00:31:58,259
the way the website in the frequently

686
00:31:56,220 --> 00:32:00,118
asked questions it says how does it

687
00:31:58,259 --> 00:32:05,278
affect ticks and it basically says well

688
00:32:00,118 --> 00:32:08,038
it's like you're in a loud room can't

689
00:32:05,278 --> 00:32:10,759
stand all the loud music so they walk

690
00:32:08,038 --> 00:32:14,489
around drunk but they fall off you

691
00:32:10,759 --> 00:32:17,069
actually what they believe it's actually

692
00:32:14,489 --> 00:32:18,659
saying if these devices are actually

693
00:32:17,069 --> 00:32:21,720
admitting out to sound to start with I

694
00:32:18,659 --> 00:32:23,249
think that would be a good but so if

695
00:32:21,720 --> 00:32:26,220
anyone's got any ideas of that I'm

696
00:32:23,249 --> 00:32:29,630
getting a hold of a product in the trial

697
00:32:26,220 --> 00:32:31,970
isn't testing a very small dog would be

698
00:32:29,630 --> 00:32:33,410
no it's a great topic bring up Heidi

699
00:32:31,970 --> 00:32:35,779
because there are a lot of products out

700
00:32:33,410 --> 00:32:38,660
there marketed vulnerable people and

701
00:32:35,779 --> 00:32:40,279
people love their pets absolutely I mean

702
00:32:38,660 --> 00:32:42,740
and you do anything

703
00:32:40,279 --> 00:32:45,619
I live in a tick infestation area as

704
00:32:42,740 --> 00:32:48,440
well and I've you know I have lost a dog

705
00:32:45,619 --> 00:32:55,099
to a tick and you do I mean even the

706
00:32:48,440 --> 00:32:58,308
tried and tested and proven methods of

707
00:32:55,099 --> 00:32:59,959
tick control can only go so far they say

708
00:32:58,308 --> 00:33:02,089
the best way it's actually physically

709
00:32:59,960 --> 00:33:04,370
check your pets every every day as well

710
00:33:02,089 --> 00:33:05,629
as using these months but if someone's

711
00:33:04,369 --> 00:33:07,819
going to just go oh well this is

712
00:33:05,630 --> 00:33:18,290
chemical free and in my area people love

713

00:33:07,819 --> 00:33:20,990
chemical free everything yeah yeah one

714
00:33:18,289 --> 00:33:23,720
particular chemical and they're putting

715
00:33:20,990 --> 00:33:33,440
it on their their kids as well what can

716
00:33:23,720 --> 00:33:36,798
we go free marijuana things like you're

717
00:33:33,440 --> 00:33:44,090
in a room with loud noise and that's

718
00:33:36,798 --> 00:33:45,889
what if it's a teenage star rapping over

719
00:33:44,089 --> 00:33:59,509
it that would be fine because you would

720
00:33:45,890 --> 00:34:01,460
sleep till noon well thank you next

721
00:33:59,509 --> 00:34:03,470
segment hasn't got a theme music but I'm

722
00:34:01,460 --> 00:34:04,910
sure you'll understand but before we get

723
00:34:03,470 --> 00:34:07,100
to the next segment I was gonna bring

724
00:34:04,910 --> 00:34:09,619
this up a little bit later but it runs a

725
00:34:07,099 --> 00:34:11,960
grain of salt has prompted me to mention

726
00:34:09,619 --> 00:34:14,000
this now when I was preparing for the

727
00:34:11,960 --> 00:34:17,148

live show today because the show is now

728

00:34:14,000 --> 00:34:18,980

in its tenth year we've gone through I

729

00:34:17,148 --> 00:34:20,118

don't think that's the right word or the

730

00:34:18,980 --> 00:34:22,099

right phrase but we've had a lot of

731

00:34:20,119 --> 00:34:24,550

reporters come and go on the sceptic

732

00:34:22,099 --> 00:34:27,079

zone over the years and I did a quick

733

00:34:24,550 --> 00:34:32,109

turning up a quick calculation and over

734

00:34:27,079 --> 00:34:34,099

the length of the show twelve of the

735

00:34:32,108 --> 00:34:36,769

reporters which is the best term I

736

00:34:34,099 --> 00:34:39,679

suppose for everybody have been females

737

00:34:36,769 --> 00:34:41,440

and seven males so the females far

738

00:34:39,679 --> 00:34:43,030

outweighed the males on the

739

00:34:41,440 --> 00:34:44,168

get big zone that's that's pretty good

740

00:34:43,030 --> 00:34:46,379

I'm pretty proud of that that's really

741

00:34:44,168 --> 00:34:46,378

nice

742
00:34:47,818 --> 00:34:54,550
and also I want to acknowledge in the

743
00:34:51,489 --> 00:34:56,618
room is Kevin here Kevin down the back

744
00:34:54,550 --> 00:34:58,060
he's uh our guest reporter from time to

745
00:34:56,619 --> 00:35:03,190
time camera at the back hello Kevin

746
00:34:58,059 --> 00:35:04,539
thank you very much he sends us he sent

747
00:35:03,190 --> 00:35:06,068
us some interviews from Canberra of

748
00:35:04,539 --> 00:35:07,750
academics and all sorts of people and

749
00:35:06,068 --> 00:35:09,909
his Paulie in the room Paulie

750
00:35:07,750 --> 00:35:17,380
yeah stand up this is going to be our

751
00:35:09,909 --> 00:35:20,500
new reporter next year folks and as you

752
00:35:17,380 --> 00:35:23,920
know if you listen to the show I like to

753
00:35:20,500 --> 00:35:26,039
give all my reporters their own thing I

754
00:35:23,920 --> 00:35:28,809
think that's a lot of fun and I think

755
00:35:26,039 --> 00:35:32,170
and if I haven't got this this way in

756
00:35:28,809 --> 00:35:34,630
the Edit of the show I think I've

757
00:35:32,170 --> 00:35:36,849
written a new theme for dr. Paul II and

758
00:35:34,630 --> 00:35:40,300
I wonder if I've actually got it because

759
00:35:36,849 --> 00:35:47,409
she liked heavy metal banging stuff

760
00:35:40,300 --> 00:35:47,409
[Music]

761
00:35:47,789 --> 00:35:54,409
yeah let's have a random rent

762
00:35:54,860 --> 00:36:14,190
with dr. Paulie

763
00:35:56,269 --> 00:36:16,679
[Music]

764
00:36:14,190 --> 00:36:17,818
further ado we're gonna move on did I

765
00:36:16,679 --> 00:36:19,649
blow up the system there

766
00:36:17,818 --> 00:36:23,190
ah we're back we're back we're back

767
00:36:19,650 --> 00:36:26,160
maybe that should be the theme we have

768
00:36:23,190 --> 00:36:33,809
our next segment which is dr. Stefan so

769
00:36:26,159 --> 00:36:37,019
I could dr. Stefan so I go hi hi I'm dr.

770

00:36:33,809 --> 00:36:39,150
Stefan psycho and I do apologize but I

771
00:36:37,019 --> 00:36:41,519
am here today to expose you to the

772
00:36:39,150 --> 00:36:44,900
greatest conspiracy ever perpetrated

773
00:36:41,519 --> 00:36:48,329
upon humankind since the moon landing

774
00:36:44,900 --> 00:36:51,389
scientists vested interests Big Pharma

775
00:36:48,329 --> 00:36:53,309
corporate media greenies the Illuminati

776
00:36:51,389 --> 00:36:55,348
and the social justice warriors of the

777
00:36:53,309 --> 00:36:58,109
far left have been hiding a shocking

778
00:36:55,349 --> 00:37:00,480
truth from you we are living in a

779
00:36:58,108 --> 00:37:04,199
parallel universe to the one we thought

780
00:37:00,480 --> 00:37:06,079
we were living in did you know that we

781
00:37:04,199 --> 00:37:10,078
are we are

782
00:37:06,079 --> 00:37:11,970
yes dear sheeple according to a highly

783
00:37:10,079 --> 00:37:15,329
reputable Russian online news source

784
00:37:11,969 --> 00:37:17,848

that I liked on Facebook on May the 23rd

785

00:37:15,329 --> 00:37:20,670

this year the night before the Large

786

00:37:17,849 --> 00:37:23,039

Hadron Collider supposedly officially

787

00:37:20,670 --> 00:37:25,619

commenced experimenting with proton

788

00:37:23,039 --> 00:37:27,660

proton collisions and perhaps not so

789

00:37:25,619 --> 00:37:31,170

coincidentally the same day Roger Moore

790

00:37:27,659 --> 00:37:32,730

died a drunk CERN scientists in the

791

00:37:31,170 --> 00:37:35,309

middle of the night cranked up the

792

00:37:32,730 --> 00:37:38,329

collider set it to insane mode and

793

00:37:35,309 --> 00:37:41,160

ripped a subatomic hole in the universe

794

00:37:38,329 --> 00:37:44,068

causing in less than a nanosecond our

795

00:37:41,159 --> 00:37:46,798

entire reality to flip into another

796

00:37:44,068 --> 00:37:48,538

complete set of new dimensions and all

797

00:37:46,798 --> 00:37:54,269

known scientific laws to switch poles

798

00:37:48,539 --> 00:37:55,859

across the ying-yang event horizon now

799

00:37:54,269 --> 00:37:58,170

we're not sure that we're not exactly

800

00:37:55,858 --> 00:38:01,230

sure how the old universe is even going

801

00:37:58,170 --> 00:38:04,608

anymore but the LHC instruments detected

802

00:38:01,230 --> 00:38:07,619

I'm on a minut Reiki energy burst on

803

00:38:04,608 --> 00:38:09,690

either side of the photon collision and

804

00:38:07,619 --> 00:38:12,150

it is believed that the drunk scientist

805

00:38:09,690 --> 00:38:15,420

responsible broke out in a nasty rash

806

00:38:12,150 --> 00:38:19,230

along his acupuncture meridians the

807

00:38:15,420 --> 00:38:21,358

bottom line is we are here now trapped

808

00:38:19,230 --> 00:38:25,099

in a parallel universe and no one wants

809

00:38:21,358 --> 00:38:27,929

you to know why because in this universe

810

00:38:25,099 --> 00:38:30,548

homeopathy works

811

00:38:27,929 --> 00:38:33,788

the Salafi works - what's that thing

812

00:38:30,548 --> 00:38:36,849

called that that that tick off thing

813
00:38:33,789 --> 00:38:39,339
that works as well yes and you can talk

814
00:38:36,849 --> 00:38:41,048
to the dead and there is nothing better

815
00:38:39,338 --> 00:38:43,989
to treat an incurable disease than a

816
00:38:41,048 --> 00:38:46,449
good ear candling and of course at a

817
00:38:43,989 --> 00:38:49,838
course of dr. stefan soidiers miracle

818
00:38:46,449 --> 00:38:51,548
one two three cut flush so of course the

819
00:38:49,838 --> 00:38:54,190
Illuminati want to keep this all

820
00:38:51,548 --> 00:38:55,989
hush-hush they'd rather you're convinced

821
00:38:54,190 --> 00:38:59,079
that you are still in the old universe

822
00:38:55,989 --> 00:39:01,118
where Big Pharma is in control and the

823
00:38:59,079 --> 00:39:03,910
reality worked the way they want you to

824
00:39:01,119 --> 00:39:07,509
think it works but it doesn't anymore

825
00:39:03,909 --> 00:39:10,118
no every rule in this entire universe is

826
00:39:07,509 --> 00:39:12,248
reversed and as sure as my head chakra

827

00:39:10,119 --> 00:39:15,519
is now a fully functioning base chakra

828
00:39:12,248 --> 00:39:17,318
time itself is in Reverse though you

829
00:39:15,518 --> 00:39:18,578
can't really feel that because you're

830
00:39:17,318 --> 00:39:20,259
not fully awake yet are you

831
00:39:18,579 --> 00:39:22,960
you don't you haven't woken up to this

832
00:39:20,259 --> 00:39:26,949
yet have you no no you're cheap all

833
00:39:22,960 --> 00:39:28,568
you're still asleep this we are born out

834
00:39:26,949 --> 00:39:30,578
of what we believe to be the

835
00:39:28,568 --> 00:39:32,768
circumstances of our death and we die

836
00:39:30,579 --> 00:39:37,930
the moment our parents egg and sperm

837
00:39:32,768 --> 00:39:40,629
separate see it's hard to wrap your head

838
00:39:37,929 --> 00:39:42,818
around but it's happening people it's

839
00:39:40,630 --> 00:39:46,380
happening the in visible light spectrum

840
00:39:42,818 --> 00:39:50,380
goes from infra violet to ultra red e

841
00:39:46,380 --> 00:39:52,599

equals the square root of MCS the

842

00:39:50,380 --> 00:39:54,970

largest known object in the universe is

843

00:39:52,599 --> 00:39:57,278

the singularity inside a black hole and

844

00:39:54,969 --> 00:40:01,268

the smallest is the Hercules Corona

845

00:39:57,278 --> 00:40:03,759

borealis Great Wall silence is deafening

846

00:40:01,268 --> 00:40:05,679

and the microphone in this very recorder

847

00:40:03,759 --> 00:40:08,559

I'm using is picking up about three

848

00:40:05,679 --> 00:40:11,169

trillion decibels within this room can

849

00:40:08,559 --> 00:40:12,309

you get can you hear it I think we need

850

00:40:11,170 --> 00:40:14,200

to be a little bit louder see if we can

851

00:40:12,309 --> 00:40:21,220

pick up three billion decibel how do you

852

00:40:14,199 --> 00:40:23,588

hear it so quiet so soothing alright

853

00:40:21,219 --> 00:40:27,248

it's actually quite comfortable now ice

854

00:40:23,588 --> 00:40:29,798

is hot fire is called in is out down is

855

00:40:27,248 --> 00:40:32,259

up your education began when you

856
00:40:29,798 --> 00:40:34,239
graduated with your PhD and culminated

857
00:40:32,259 --> 00:40:36,789
in you gurgling dribbling and soiling

858
00:40:34,239 --> 00:40:37,539
your nappy are you finally stepping out

859
00:40:36,789 --> 00:40:39,700
of a cheapo

860
00:40:37,539 --> 00:40:41,280
are you can you feel the shocking

861
00:40:39,699 --> 00:40:47,149
alternative reality creeping in

862
00:40:41,280 --> 00:40:51,300
is your mind blown no no no don't worry

863
00:40:47,150 --> 00:40:57,059
there is a solution dr. Stefan seekers

864
00:40:51,300 --> 00:41:00,030
woke face cream with my D registered

865
00:40:57,059 --> 00:41:01,679
trademark anti youthing formula which

866
00:41:00,030 --> 00:41:04,200
will keep you free from tyranny of

867
00:41:01,679 --> 00:41:05,789
oppression and the lizard people and

868
00:41:04,199 --> 00:41:09,809
keep you looking older and older every

869
00:41:05,789 --> 00:41:11,909
day all with one easy daily application

870
00:41:09,809 --> 00:41:15,719
after a simple - our bark flower face

871
00:41:11,909 --> 00:41:18,269
filthy routine within 10 to 15 years of

872
00:41:15,719 --> 00:41:20,279
using this product the veil will finally

873
00:41:18,269 --> 00:41:22,920
be lifted and you will see the world the

874
00:41:20,280 --> 00:41:24,930
same way I do and what a disgusting

875
00:41:22,920 --> 00:41:27,329
horrifying and ridiculous perspective I

876
00:41:24,929 --> 00:41:29,849
have and I mean that in the parallel

877
00:41:27,329 --> 00:41:32,519
universe good way of course for the

878
00:41:29,849 --> 00:41:34,079
absolutely miniscule price of three

879
00:41:32,519 --> 00:41:37,230
hundred and forty thousand dollars per

880
00:41:34,079 --> 00:41:39,539
tube woke face cream with anti youthing

881
00:41:37,230 --> 00:41:40,980
formula is the perfect remedy to this

882
00:41:39,539 --> 00:41:44,090
topsy-turvy world we live in

883
00:41:40,980 --> 00:41:47,070
call me before this announcement began

884

00:41:44,090 --> 00:41:49,410
to make sure you completely miss out on

885
00:41:47,070 --> 00:41:52,110
this amazing lack of opportunity

886
00:41:49,409 --> 00:41:53,339
this is dr. Stephan Soyka bidding you

887
00:41:52,110 --> 00:42:00,410
hello

888
00:41:53,340 --> 00:42:03,120
[Applause]

889
00:42:00,409 --> 00:42:05,129
some of the best advice i I got was from

890
00:42:03,119 --> 00:42:06,779
dr. Stephan silica what was it to lose

891
00:42:05,130 --> 00:42:10,500
weight you needed the eat less exercise

892
00:42:06,780 --> 00:42:13,920
more diet oh then a cigarette I'm gonna

893
00:42:10,500 --> 00:42:15,239
pay money for that kind of advice dr.

894
00:42:13,920 --> 00:42:18,360
Stephan so good thank you very much

895
00:42:15,239 --> 00:42:22,529
different than I started doing podcasts

896
00:42:18,360 --> 00:42:26,400
and videocast way back in 2002 even

897
00:42:22,530 --> 00:42:29,700
earlier 2001 one possibly so what were

898
00:42:26,400 --> 00:42:31,050

you doing near FM 2000 2001 really

899

00:42:29,699 --> 00:42:34,039

that's when we started doing a regular

900

00:42:31,050 --> 00:42:34,039

radio thing together

901

00:42:34,139 --> 00:42:39,809

I had 20/20 vision I'm brown here then I

902

00:42:37,519 --> 00:42:43,650

won't even talk about my hair it's

903

00:42:39,809 --> 00:42:45,360

alright did you alright that's great

904

00:42:43,650 --> 00:42:48,930

thank you and before we get on to our

905

00:42:45,360 --> 00:42:51,360

last report from Andy Lee Noble dr. Paul

906

00:42:48,929 --> 00:42:53,669

II stand up stand up

907

00:42:51,360 --> 00:42:54,108

run over there to the end microphone and

908

00:42:53,670 --> 00:42:56,059

you have

909

00:42:54,108 --> 00:42:58,900

announcement about an upcoming event up

910

00:42:56,059 --> 00:42:58,900

in your part of the world

911

00:43:02,028 --> 00:43:08,400

my name is dr. Molly I'm the president

912

00:43:05,400 --> 00:43:10,559

of the cocoa skeptics I just wanted to

913
00:43:08,400 --> 00:43:13,769
have a bit of an announcement we we meet

914
00:43:10,559 --> 00:43:17,969
once a month at anglers Arms Hotel in

915
00:43:13,768 --> 00:43:21,208
Southport our next meetup is on the 27th

916
00:43:17,969 --> 00:43:23,278
of November at 6 p.m. at anglers arms

917
00:43:21,208 --> 00:43:26,009
and we do a bit of a dinner and then at

918
00:43:23,278 --> 00:43:29,338
7:30 p.m. we do a talk this month we

919
00:43:26,009 --> 00:43:31,829
have Justin Coleman our from JP skeptics

920
00:43:29,338 --> 00:43:34,318
or general practitioner skeptics coming

921
00:43:31,829 --> 00:43:36,809
to talk about overmedication

922
00:43:34,318 --> 00:43:38,849
and why most pills aren't as useful as

923
00:43:36,809 --> 00:43:41,849
they seem for more information you can

924
00:43:38,849 --> 00:43:43,189
go to GC skeptics calm or you can follow

925
00:43:41,849 --> 00:43:48,949
us on Facebook

926
00:43:43,188 --> 00:43:48,949
GC skeptics or in Twitter @gc skeptics

927
00:43:52,248 --> 00:43:56,548
and of course for those listening you

928
00:43:54,929 --> 00:43:59,038
can follow those links or find those

929
00:43:56,548 --> 00:44:01,588
links on this week's show note something

930
00:43:59,039 --> 00:44:04,489
yes okay Pauli is the new president of

931
00:44:01,588 --> 00:44:07,288
Gulf Coast skeptic sandy she represents

932
00:44:04,489 --> 00:44:08,999
the future of skepticism and I would

933
00:44:07,289 --> 00:44:10,890
like to encourage more young people

934
00:44:08,998 --> 00:44:12,028
especially women but just generally

935
00:44:10,889 --> 00:44:13,618
younger people to get involved with

936
00:44:12,028 --> 00:44:15,420
skepticism because there's so much you

937
00:44:13,619 --> 00:44:18,269
can do and the fact that there's so many

938
00:44:15,420 --> 00:44:20,670
skeptical groups that are older people

939
00:44:18,268 --> 00:44:23,129
and that are less active and definitely

940
00:44:20,670 --> 00:44:25,380
less appealing from the perspective of

941

00:44:23,130 --> 00:44:26,160
the kind of things they promote to a

942
00:44:25,380 --> 00:44:27,420
younger audience

943
00:44:26,159 --> 00:44:29,188
that is something that needs to change

944
00:44:27,420 --> 00:44:31,920
obviously there needs to be a change of

945
00:44:29,188 --> 00:44:33,808
the god and well done to poly for

946
00:44:31,920 --> 00:44:35,219
picking up the mantle at gulf coast

947
00:44:33,809 --> 00:44:37,469
Catholics but I hope more people

948
00:44:35,219 --> 00:44:39,298
listening to this will will do the same

949
00:44:37,469 --> 00:44:41,999
and start being active in their local

950
00:44:39,298 --> 00:44:44,278
groups absolutely alright so we'll move

951
00:44:41,998 --> 00:44:46,468
on to our last report for this afternoon

952
00:44:44,278 --> 00:44:50,298
and if this is back together working

953
00:44:46,469 --> 00:44:50,298
let's see if this comes up

954
00:44:53,519 --> 00:45:02,159
that looks good enough to eat

955
00:44:55,630 --> 00:45:23,410

or does it here's the diet skeptic

956

00:45:02,159 --> 00:45:27,250
mandelino ball my name is Mandi Noble on

957

00:45:23,409 --> 00:45:28,659
the diet skeptic and I came here to talk

958

00:45:27,250 --> 00:45:30,070
to you about something I thought would

959

00:45:28,659 --> 00:45:31,690
be a bit interesting today especially

960

00:45:30,070 --> 00:45:35,650
since we've got the opportunity for

961

00:45:31,690 --> 00:45:37,420
people to some questions so so far for

962

00:45:35,650 --> 00:45:39,630
those who've been listening this year on

963

00:45:37,420 --> 00:45:44,170
the diet sceptic I've talked about

964

00:45:39,630 --> 00:45:47,470
coconut oil and MTHFR gene testing a -

965

00:45:44,170 --> 00:45:48,820
milk and water fluoridation but

966

00:45:47,469 --> 00:45:50,589
something that I haven't really touched

967

00:45:48,820 --> 00:45:53,910
on that you might find a bit odd is I

968

00:45:50,590 --> 00:45:56,890
haven't talked about any fad diets and

969

00:45:53,909 --> 00:46:00,639
that is not due to lack of material I

970
00:45:56,889 --> 00:46:02,980
can assure you in fact or interest in

971
00:46:00,639 --> 00:46:07,929
Australia where estimated it's estimated

972
00:46:02,980 --> 00:46:10,420
that will spend 641 million dollars this

973
00:46:07,929 --> 00:46:13,210
financial year on weight loss products

974
00:46:10,420 --> 00:46:16,720
and weight-loss counseling it's just an

975
00:46:13,210 --> 00:46:19,720
amazing amount but the reason I have not

976
00:46:16,719 --> 00:46:21,789
spoken about any particular fad diet is

977
00:46:19,719 --> 00:46:25,689
because I first wanted to share my

978
00:46:21,789 --> 00:46:30,460
belief that all intentional weight loss

979
00:46:25,690 --> 00:46:33,190
for health is pseudoscience now that

980
00:46:30,460 --> 00:46:35,800
includes whether it's from Peter Evans

981
00:46:33,190 --> 00:46:37,929
or from a health professional and I know

982
00:46:35,800 --> 00:46:40,480
that you're all probably thinking now oh

983
00:46:37,929 --> 00:46:43,500
my goodness this dietitian has had one

984
00:46:40,480 --> 00:46:47,289
too many salads because she's not there

985
00:46:43,500 --> 00:46:48,880
undermining her profession but I want to

986
00:46:47,289 --> 00:46:50,889
assure you that it's completely the

987
00:46:48,880 --> 00:46:54,610
opposite I'd like to see health

988
00:46:50,889 --> 00:46:57,639
professionals leave weight loss to the

989
00:46:54,610 --> 00:46:58,660
Wellness gurus such as Pete Evans and

990
00:46:57,639 --> 00:47:01,559
Sarah

991
00:46:58,659 --> 00:47:07,210
I quit biochemistry Wilson

992
00:47:01,559 --> 00:47:09,309
and and and Peter Fitzsimmons I think is

993
00:47:07,210 --> 00:47:11,860
another one now who's he's become a

994
00:47:09,309 --> 00:47:15,130
wellness guru and for health

995
00:47:11,860 --> 00:47:17,140
professionals to instead start providing

996
00:47:15,130 --> 00:47:20,019
their clients with some evidence-based

997
00:47:17,139 --> 00:47:23,199
health care and advocating for the

998

00:47:20,019 --> 00:47:25,509
health of their clients so where this

999
00:47:23,199 --> 00:47:27,909
all started was about halfway through my

1000
00:47:25,510 --> 00:47:33,010
degree and I think you've got one quick

1001
00:47:27,909 --> 00:47:36,789
slide when I actually went to how NHMRC

1002
00:47:33,010 --> 00:47:40,260
and looked at the obesity and weight

1003
00:47:36,789 --> 00:47:44,949
overweight guidelines well published in

1004
00:47:40,260 --> 00:47:48,220
2013 and buried in them on page about

1005
00:47:44,949 --> 00:47:50,679
60-something is this statement weight

1006
00:47:48,219 --> 00:47:53,259
regain is common after weight loss that

1007
00:47:50,679 --> 00:47:55,690
is achieved with lifestyle interventions

1008
00:47:53,260 --> 00:47:56,140
weight loss is maximal at six to twelve

1009
00:47:55,690 --> 00:47:58,329
months

1010
00:47:56,139 --> 00:48:01,629
and regardless of the degree of weight

1011
00:47:58,329 --> 00:48:04,059
loss most weight is regained within a

1012
00:48:01,630 --> 00:48:06,309

two year period and by five years the

1013

00:48:04,059 --> 00:48:09,759

majority of people are at their pre

1014

00:48:06,309 --> 00:48:12,909

intervention body weight and that is

1015

00:48:09,760 --> 00:48:13,300

grade-a evidence now I have to tell you

1016

00:48:12,909 --> 00:48:15,789

that

1017

00:48:13,300 --> 00:48:17,590

grade-a evidence is really hard to come

1018

00:48:15,789 --> 00:48:21,460

by and nutrition and dietetics

1019

00:48:17,590 --> 00:48:23,470

because our governments and our people

1020

00:48:21,460 --> 00:48:25,179

who care about ethics they won't let us

1021

00:48:23,469 --> 00:48:28,059

feed a group of people in a way that

1022

00:48:25,179 --> 00:48:31,449

will we think will give them cancer so

1023

00:48:28,059 --> 00:48:35,259

most of our evidence in initiation and

1024

00:48:31,449 --> 00:48:37,569

Dietetics is from observational studies

1025

00:48:35,260 --> 00:48:38,980

and those sort of things but this one is

1026

00:48:37,570 --> 00:48:40,990

and you can see it comes from the

1027
00:48:38,980 --> 00:48:43,050
clinical practice guidelines for the

1028
00:48:40,989 --> 00:48:46,479
management of overweight and obesity

1029
00:48:43,050 --> 00:48:50,380
well that left me with quite a conflict

1030
00:48:46,480 --> 00:48:52,119
as I've been taught to do weight loss

1031
00:48:50,380 --> 00:48:54,220
with people and certainly those those

1032
00:48:52,119 --> 00:48:56,440
guidelines recommend that if you are

1033
00:48:54,219 --> 00:48:58,480
overweight or obese that you should be

1034
00:48:56,440 --> 00:49:01,659
looking at doing some some form of

1035
00:48:58,480 --> 00:49:03,849
weight loss however we can clearly see

1036
00:49:01,659 --> 00:49:06,129
that that is a bit of magical thinking

1037
00:49:03,849 --> 00:49:08,079
for most people that it's not going to

1038
00:49:06,130 --> 00:49:12,519
be successful and that's why I think

1039
00:49:08,079 --> 00:49:14,799
that weight loss is a pseudoscience now

1040
00:49:12,519 --> 00:49:19,150
this is true for about ninety

1041
00:49:14,800 --> 00:49:21,400
five to 90% 90% of people I know what

1042
00:49:19,150 --> 00:49:23,740
you're saying out there that you do know

1043
00:49:21,400 --> 00:49:25,900
someone who successfully lost weight and

1044
00:49:23,739 --> 00:49:28,239
there certainly are some statistical

1045
00:49:25,900 --> 00:49:30,389
unicorns out there they're actually so

1046
00:49:28,239 --> 00:49:34,119
rare that they're often given book deals

1047
00:49:30,389 --> 00:49:37,599
appear on our televisions as example

1048
00:49:34,119 --> 00:49:40,289
secondly doctors definitely absolutely

1049
00:49:37,599 --> 00:49:43,150
and in America they actually have

1050
00:49:40,289 --> 00:49:45,369
National Weight Control Registry for

1051
00:49:43,150 --> 00:49:48,269
people to join who have successfully

1052
00:49:45,369 --> 00:49:51,549
lost 14 kilos and kept it off for a year

1053
00:49:48,269 --> 00:49:54,009
however when the researchers looked at

1054
00:49:51,550 --> 00:49:56,920
that registry what they found was that

1055

00:49:54,010 --> 00:49:59,580
most of the people on there are doing

1056
00:49:56,920 --> 00:50:02,230
what I call a bit of white knuckling

1057
00:49:59,579 --> 00:50:06,369
that is that most of the people are on

1058
00:50:02,230 --> 00:50:09,219
that registry are eating between 1300

1059
00:50:06,369 --> 00:50:10,599
and 1600 calories a day and if that

1060
00:50:09,219 --> 00:50:13,329
sounds to you like a weight loss diet

1061
00:50:10,599 --> 00:50:15,429
that's because it is they're continuing

1062
00:50:13,329 --> 00:50:18,699
on their diet to maintain the weight

1063
00:50:15,429 --> 00:50:21,339
loss and they're doing between 60 and 90

1064
00:50:18,699 --> 00:50:26,349
minutes of intense physical activity a

1065
00:50:21,340 --> 00:50:28,630
day also their regimes and their self

1066
00:50:26,349 --> 00:50:30,099
monitoring is really inflexible so

1067
00:50:28,630 --> 00:50:31,710
that's the three things that those

1068
00:50:30,099 --> 00:50:34,690
people have in common

1069
00:50:31,710 --> 00:50:37,449

so everyone might be feeling a bit down

1070

00:50:34,690 --> 00:50:40,090

and thinking oh so what does this mean

1071

00:50:37,449 --> 00:50:42,879

for people who are in larger bodies are

1072

00:50:40,090 --> 00:50:44,860

they just going to be have to accept the

1073

00:50:42,880 --> 00:50:48,130

fact that they may be less healthy

1074

00:50:44,860 --> 00:50:50,590

however what I'd like to show you now is

1075

00:50:48,130 --> 00:50:52,809

a little bit of evidence about people in

1076

00:50:50,590 --> 00:50:56,500

larger bodies that you may not have come

1077

00:50:52,809 --> 00:51:01,420

across so if you could just show that so

1078

00:50:56,500 --> 00:51:04,710

this study came from 25,000 men in the

1079

00:51:01,420 --> 00:51:07,030

aerobics centre the robic centre

1080

00:51:04,710 --> 00:51:08,949

longitudinal study it's quite a good

1081

00:51:07,030 --> 00:51:11,620

study and it's a relationship between

1082

00:51:08,949 --> 00:51:13,989

low cardiovascular respiratory fitness

1083

00:51:11,619 --> 00:51:17,799

and mortality in normal weight

1084
00:51:13,989 --> 00:51:21,459
overweight and obese men and as we can

1085
00:51:17,800 --> 00:51:24,700
see there the bars the shaded in bar is

1086
00:51:21,460 --> 00:51:27,550
for those people who are fit and the

1087
00:51:24,699 --> 00:51:28,389
unshaded bar is for those people who are

1088
00:51:27,550 --> 00:51:30,400
unfit

1089
00:51:28,389 --> 00:51:34,989
and we can see hazard ratio which is

1090
00:51:30,400 --> 00:51:37,559
your risk of mortality is set at one for

1091
00:51:34,989 --> 00:51:40,028
people who are normal weight and fit and

1092
00:51:37,559 --> 00:51:42,609
we can see that for people who are

1093
00:51:40,028 --> 00:51:44,798
normal weight and unfit their hazard

1094
00:51:42,608 --> 00:51:48,400
ratio is much higher it's in fact it's

1095
00:51:44,798 --> 00:51:52,538
about two point four six however if we

1096
00:51:48,400 --> 00:51:54,160
go along and we find the overweight and

1097
00:51:52,539 --> 00:51:58,269
we go we go to from normal weight to

1098
00:51:54,159 --> 00:52:01,210
overweight we see that the hazard ratio

1099
00:51:58,268 --> 00:52:05,528
for people who are overweight if they're

1100
00:52:01,210 --> 00:52:08,440
fit is only about 1.1 it's fairly

1101
00:52:05,528 --> 00:52:11,889
significant and then you'll has a ratio

1102
00:52:08,440 --> 00:52:15,039
for if you're obese is only about one

1103
00:52:11,889 --> 00:52:18,159
point three so far lower than someone

1104
00:52:15,039 --> 00:52:22,809
who is normal weight but unfit and we've

1105
00:52:18,159 --> 00:52:25,629
got one more graph now this one is comes

1106
00:52:22,809 --> 00:52:27,460
from the in-home study which is a really

1107
00:52:25,630 --> 00:52:31,838
famous study in the US and it's produced

1108
00:52:27,460 --> 00:52:35,230
a lot of research papers and it shows

1109
00:52:31,838 --> 00:52:36,998
eleven thousand people on the study for

1110
00:52:35,230 --> 00:52:39,998
an average follow-up of a hundred and

1111
00:52:36,998 --> 00:52:43,058
seventy months so quite some time and

1112

00:52:39,998 --> 00:52:45,219
you can see along the bottom numbers

1113
00:52:43,059 --> 00:52:47,559
zero to four and they represent four

1114
00:52:45,219 --> 00:52:50,308
health habits the health habits are not

1115
00:52:47,559 --> 00:52:52,839
smoking moderately drinking and

1116
00:52:50,309 --> 00:52:54,548
moderately for Australians means one

1117
00:52:52,838 --> 00:52:57,248
drink if you're a woman and two drinks

1118
00:52:54,548 --> 00:53:02,528
if you're a men man per day just to

1119
00:52:57,248 --> 00:53:05,139
clarify that it also includes exercising

1120
00:53:02,528 --> 00:53:07,630
twelve times a month just moderately not

1121
00:53:05,139 --> 00:53:09,818
hugely and eating five fruit or veg a

1122
00:53:07,630 --> 00:53:12,910
day and as we can see there are three

1123
00:53:09,818 --> 00:53:14,650
bars the first bar is if you are a

1124
00:53:12,909 --> 00:53:17,858
normal weight the second bar is if

1125
00:53:14,650 --> 00:53:19,298
you're so that's up to BMI 25 so

1126
00:53:17,858 --> 00:53:22,028

eighteen point five to twenty five

1127

00:53:19,298 --> 00:53:24,608

second bar is for overweight BMI twenty

1128

00:53:22,028 --> 00:53:27,969

five to thirty and the third bar is for

1129

00:53:24,608 --> 00:53:30,098

people who are obese BMI thirty plus and

1130

00:53:27,969 --> 00:53:32,199

as we go along we see that there's quite

1131

00:53:30,099 --> 00:53:34,329

a big difference in the risk for people

1132

00:53:32,199 --> 00:53:37,480

who have no health habits there quite a

1133

00:53:34,329 --> 00:53:41,740

lot higher for people who are in larger

1134

00:53:37,480 --> 00:53:45,190

bodies but when we as we go along those

1135

00:53:41,739 --> 00:53:47,979

risk dropped dramatically and also level

1136

00:53:45,190 --> 00:53:51,990

out to the point where we if you have

1137

00:53:47,980 --> 00:53:54,309

those four health habits your risk of

1138

00:53:51,989 --> 00:53:57,098

your hazard risk your risk of mortality

1139

00:53:54,309 --> 00:53:59,980

is the same whether you are BMI eighteen

1140

00:53:57,099 --> 00:54:02,619

point five to twenty five BMI twenty

1141
00:53:59,980 --> 00:54:08,289
five to twenty nine point nine or B my

1142
00:54:02,619 --> 00:54:13,119
30-plus so most people will be thinking

1143
00:54:08,289 --> 00:54:15,369
well what does this say to us I think it

1144
00:54:13,119 --> 00:54:17,140
says that I'd like to see people not

1145
00:54:15,369 --> 00:54:19,660
getting so much weight centric health

1146
00:54:17,139 --> 00:54:22,779
care and not so much weight bias in

1147
00:54:19,659 --> 00:54:24,730
their health care a lot of people might

1148
00:54:22,780 --> 00:54:26,890
think that there's no harm in dieting

1149
00:54:24,730 --> 00:54:28,480
but it's quite an oculist sort of thing

1150
00:54:26,889 --> 00:54:30,429
to do but that's not the case

1151
00:54:28,480 --> 00:54:32,619
two-thirds of those people who try to

1152
00:54:30,429 --> 00:54:34,440
lose weight will end up at a BMI higher

1153
00:54:32,619 --> 00:54:37,059
than when they started

1154
00:54:34,440 --> 00:54:39,309
a lot of those people have increased

1155
00:54:37,059 --> 00:54:43,619
body dissatisfaction which doesn't

1156
00:54:39,309 --> 00:54:46,509
really do great things for our health

1157
00:54:43,619 --> 00:54:50,230
also it's really important to know that

1158
00:54:46,510 --> 00:54:51,880
weight loss is a really big flag for

1159
00:54:50,230 --> 00:54:53,740
something seriously going on with your

1160
00:54:51,880 --> 00:54:55,990
body the reason why our bodies regain

1161
00:54:53,739 --> 00:55:00,639
weight is because it's what healthy

1162
00:54:55,989 --> 00:55:03,429
bodies do our scent ancestors their

1163
00:55:00,639 --> 00:55:05,348
bodies regained weight the bodies that

1164
00:55:03,429 --> 00:55:11,889
didn't regain weight after effect after

1165
00:55:05,349 --> 00:55:14,530
a femine are not our ancestors and they

1166
00:55:11,889 --> 00:55:16,420
really can break so also I'd like to say

1167
00:55:14,530 --> 00:55:19,589
that there's a lot of a lot of weight

1168
00:55:16,420 --> 00:55:22,510
stigma so it's really important and

1169

00:55:19,588 --> 00:55:24,940
people who do lose weight who may be

1170
00:55:22,510 --> 00:55:26,770
dieting may not pick up that first flag

1171
00:55:24,940 --> 00:55:29,679
that something's really seriously going

1172
00:55:26,769 --> 00:55:31,630
on with their health so I would like to

1173
00:55:29,679 --> 00:55:33,759
thank everyone for all their attention

1174
00:55:31,630 --> 00:55:36,309
today and I'd really like to invite

1175
00:55:33,760 --> 00:55:38,830
people to ask me questions and I'd like

1176
00:55:36,309 --> 00:55:41,019
to think oh one more I'll say one more

1177
00:55:38,829 --> 00:55:43,750
slide so I grabbed this off the quack

1178
00:55:41,019 --> 00:55:46,539
watch page and it talks about whether

1179
00:55:43,750 --> 00:55:48,820
pseudoscience where what how we can pick

1180
00:55:46,539 --> 00:55:50,289
out a pseudoscience and it says the

1181
00:55:48,820 --> 00:55:53,070
literature is aimed at the general

1182
00:55:50,289 --> 00:55:55,409
public and there is no review no

1183
00:55:53,070 --> 00:55:58,490

standards no pre-published verification

1184

00:55:55,409 --> 00:56:01,379

no demand or for accuracy or position

1185

00:55:58,489 --> 00:56:03,599

now I think the literature is a lot

1186

00:56:01,380 --> 00:56:05,099

aimed at aimed at the general public

1187

00:56:03,599 --> 00:56:07,529

when we see how many weight loss books

1188

00:56:05,099 --> 00:56:09,389

and that's a theory now looks there's no

1189

00:56:07,530 --> 00:56:11,610

real evidence to show that if you take

1190

00:56:09,389 --> 00:56:13,170

someone in a larger body and put make

1191

00:56:11,610 --> 00:56:16,019

them into someone in a smaller body that

1192

00:56:13,170 --> 00:56:17,519

they would have improved health but that

1193

00:56:16,019 --> 00:56:18,599

would change their risk and the reason

1194

00:56:17,519 --> 00:56:20,610

for that is they can't really get a

1195

00:56:18,599 --> 00:56:23,819

cohort large enough for people who can

1196

00:56:20,610 --> 00:56:26,480

do that for a long enough time it's one

1197

00:56:23,820 --> 00:56:29,780

of the reasons so results cannot be

1198
00:56:26,480 --> 00:56:32,369
reproduced or verified which we've seen

1199
00:56:29,780 --> 00:56:34,230
failures are ignored and I think in this

1200
00:56:32,369 --> 00:56:35,849
we are really ignoring the failure of

1201
00:56:34,230 --> 00:56:40,380
people to be able to successfully lose

1202
00:56:35,849 --> 00:56:43,730
weight there's no physical phenomena or

1203
00:56:40,380 --> 00:56:46,470
processes ever found or studied

1204
00:56:43,730 --> 00:56:48,719
convinces by appeal to faith and belief

1205
00:56:46,469 --> 00:56:50,699
and I think that's a really strong one

1206
00:56:48,719 --> 00:56:52,379
with weight loss we are really when we

1207
00:56:50,699 --> 00:56:53,969
look at the advertising around it we're

1208
00:56:52,380 --> 00:56:58,440
really trying to appeal to people's

1209
00:56:53,969 --> 00:57:00,480
emotions about weight loss and the last

1210
00:56:58,440 --> 00:57:02,820
one is generally earned some or all of

1211
00:57:00,480 --> 00:57:05,639
its living by selling questionable

1212
00:57:02,820 --> 00:57:09,150
products well I hope that now that I've

1213
00:57:05,639 --> 00:57:12,089
been able to explain how I feel about

1214
00:57:09,150 --> 00:57:14,639
weight loss I can now go forward on the

1215
00:57:12,090 --> 00:57:16,829
diet on the skeptic and the diet skeptic

1216
00:57:14,639 --> 00:57:19,799
reports and start unpacking some of

1217
00:57:16,829 --> 00:57:22,049
these fad diets and looking at how

1218
00:57:19,800 --> 00:57:23,620
questionable they are so thanks a lot

1219
00:57:22,050 --> 00:57:27,630
everyone

1220
00:57:23,619 --> 00:57:30,449
[Applause]

1221
00:57:27,630 --> 00:57:32,190
I had a bit of a question that another

1222
00:57:30,449 --> 00:57:34,500
little podcast three minutes oh yeah I

1223
00:57:32,190 --> 00:57:35,820
can easily obtain second one another

1224
00:57:34,500 --> 00:57:37,289
podcast I had a little bit to do with

1225
00:57:35,820 --> 00:57:39,120
the medical podcast there was this sort

1226

00:57:37,289 --> 00:57:41,789
of obesity expert on there and it was it

1227
00:57:39,119 --> 00:57:43,920
was aimed at doctors and they said that

1228
00:57:41,789 --> 00:57:46,050
a lot of this the actual regulation of

1229
00:57:43,920 --> 00:57:48,750
the way it's wherever you that point

1230
00:57:46,050 --> 00:57:50,490
that you get stuck at is this complex

1231
00:57:48,750 --> 00:57:52,800
interaction of all these different

1232
00:57:50,489 --> 00:57:56,159
chemical signals and nerves and it's

1233
00:57:52,800 --> 00:57:58,980
very complex system and that even that

1234
00:57:56,159 --> 00:58:01,230
you can still disrupt that slightly with

1235
00:57:58,980 --> 00:58:03,210
perhaps a drug that you go well look I'm

1236
00:58:01,230 --> 00:58:05,699
always going to be a hundred K but if I

1237
00:58:03,210 --> 00:58:08,250
tweak the complete the complex system

1238
00:58:05,699 --> 00:58:10,889
with a drug by baby reducing that urge

1239
00:58:08,250 --> 00:58:14,190
to gobble down the cake or whatever I

1240
00:58:10,889 --> 00:58:16,139

can actually set my my sort of weight

1241

00:58:14,190 --> 00:58:18,929

that doesn't change a little bit lower

1242

00:58:16,139 --> 00:58:21,059

well the NHMRC also includes

1243

00:58:18,929 --> 00:58:23,399

interventions such as pharmaceutical

1244

00:58:21,059 --> 00:58:25,799

ones and bariatric surgery and the

1245

00:58:23,400 --> 00:58:28,650

pharmaceutical one does take longer to

1246

00:58:25,800 --> 00:58:30,720

get back to pre rate but the evidence it

1247

00:58:28,650 --> 00:58:33,750

does have the same weight regain or a

1248

00:58:30,719 --> 00:58:35,519

similar weight regain mean and I think

1249

00:58:33,750 --> 00:58:37,260

that there's a common misconception that

1250

00:58:35,519 --> 00:58:39,210

people regain the weight because they go

1251

00:58:37,260 --> 00:58:41,310

back to their prior health habits but

1252

00:58:39,210 --> 00:58:43,260

that's not true actually our metabolism

1253

00:58:41,309 --> 00:58:45,449

drops deliberately and we've reduced

1254

00:58:43,260 --> 00:58:47,880

hormones and makes hungrier and if we

1255
00:58:45,449 --> 00:58:50,730
were to put us our brains in an MRI we'd

1256
00:58:47,880 --> 00:58:52,740
see that if we lost weight we find high

1257
00:58:50,730 --> 00:58:54,480
energy foods more attractive so yeah

1258
00:58:52,739 --> 00:58:56,099
that's right that's all that evolution

1259
00:58:54,480 --> 00:58:58,079
keeping us healthy body so healthy

1260
00:58:56,099 --> 00:59:01,199
bodies after weight loss regain weight

1261
00:58:58,079 --> 00:59:03,090
that's what helps me body's new well

1262
00:59:01,199 --> 00:59:10,559
thank you very much Randy Lee Noble

1263
00:59:03,090 --> 00:59:13,140
everybody well it's about time to wrap

1264
00:59:10,559 --> 00:59:14,880
up but before I do so I big thank you as

1265
00:59:13,139 --> 00:59:16,769
I often do on the sceptic zone at the

1266
00:59:14,880 --> 00:59:19,220
end of the show oh I didn't run down the

1267
00:59:16,769 --> 00:59:21,750
stairs to get anything to eat this time

1268
00:59:19,219 --> 00:59:23,939
that's okay good try fasting and

1269
00:59:21,750 --> 00:59:26,548
amphetamines that's how I do

1270
00:59:23,940 --> 00:59:28,170
looks right I'll have to save that up

1271
00:59:26,548 --> 00:59:30,449
for next week a big thank you to all the

1272
00:59:28,170 --> 00:59:32,548
people out there in podcast land in here

1273
00:59:30,449 --> 00:59:34,769
who support the the show through paypal

1274
00:59:32,548 --> 00:59:35,909
patreon it's due to your efforts that

1275
00:59:34,769 --> 00:59:39,329
I'm able to do things like buy

1276
00:59:35,909 --> 00:59:40,828
microphones for my reporters I think

1277
00:59:39,329 --> 00:59:43,380
y'all y'all should have a microphone

1278
00:59:40,829 --> 00:59:45,900
just to me yeah that new Tesla is quite

1279
00:59:43,380 --> 00:59:53,640
nice as well as easy for you to listen

1280
00:59:45,900 --> 00:59:54,809
thanks patreon but I want you all ladies

1281
00:59:53,639 --> 00:59:56,578
and gentlemen please join me in thanking

1282
00:59:54,809 --> 01:00:06,780
all our reporters who are here today for

1283

00:59:56,579 --> 01:00:08,400
wonderful show a big thank you to the

1284
01:00:06,780 --> 01:00:10,410
goose at the end Maynard who's Oh

1285
01:00:08,400 --> 01:00:13,440
Maynard you can give out some do origami

1286
01:00:10,409 --> 01:00:18,568
DVDs that you like just feel free go for

1287
01:00:13,440 --> 01:00:20,548
it all the hands go up that's great but

1288
01:00:18,568 --> 01:00:24,199
for this week this is Richard Saunders

1289
01:00:20,548 --> 01:00:24,199
signing off from Sydney Australia

1290
01:00:24,579 --> 01:00:45,478
[Music]