

1
00:00:00,000 --> 00:00:09,089
[Music]

2
00:00:05,929 --> 00:00:11,839
welcome to the skeptic zone the podcast

3
00:00:09,089 --> 00:00:13,919
from Australia for science and reason

4
00:00:11,839 --> 00:00:16,960
[Music]

5
00:00:13,919 --> 00:00:16,960
[Applause]

6
00:00:23,600 --> 00:00:30,080
hello and welcome to the skeptic zone

7
00:00:26,250 --> 00:00:33,539
episode number 481 for the 7th of

8
00:00:30,079 --> 00:00:35,339
January 2018 Richardson is here with you

9
00:00:33,539 --> 00:00:37,350
from Sydney Australia and that noise you

10
00:00:35,340 --> 00:00:38,850
can hear in the background possibly is

11
00:00:37,350 --> 00:00:40,200
an air conditioner which I normally

12
00:00:38,850 --> 00:00:42,899
wouldn't run of course when I'm

13
00:00:40,200 --> 00:00:45,059
recording but today is just ridiculous

14
00:00:42,899 --> 00:00:47,759
now I flew back into Sydney only a

15
00:00:45,058 --> 00:00:50,659
matter of hours ago from lovely cool

16
00:00:47,759 --> 00:00:53,659
California to silly

17
00:00:50,659 --> 00:00:56,849
outrageous heat wave Sydney Australia

18
00:00:53,659 --> 00:01:01,078
some parts in Sydney are predicted to be

19
00:00:56,850 --> 00:01:04,760
45 degrees today or even warmer it's

20
00:01:01,079 --> 00:01:08,368
quite a shock that plus jet lag what fun

21
00:01:04,760 --> 00:01:10,890
so today another another of the shorter

22
00:01:08,368 --> 00:01:13,489
episodes of the skeptic zone due to lots

23
00:01:10,890 --> 00:01:16,109
of international travel and jet lag and

24
00:01:13,489 --> 00:01:18,239
travel and jet lag and all sorts of

25
00:01:16,109 --> 00:01:21,900
things going on but an interesting one a

26
00:01:18,239 --> 00:01:23,219
couple of days ago in California I had

27
00:01:21,900 --> 00:01:25,830
the pleasure of joining Eugenie Scott

28
00:01:23,219 --> 00:01:30,509
dr. eugenie Scott and we drove to the

29

00:01:25,829 --> 00:01:32,819
big trees the big trees links in the

30
00:01:30,509 --> 00:01:36,509
show notes and we wander around and we

31
00:01:32,819 --> 00:01:41,099
chat about the biology and mmm the big

32
00:01:36,509 --> 00:01:43,739
trees big trees it's it was a marvelous

33
00:01:41,099 --> 00:01:45,298
experience you may well be familiar with

34
00:01:43,739 --> 00:01:48,899
the famous photograph of people driving

35
00:01:45,299 --> 00:01:50,759
a car Model T Ford through a tree well

36
00:01:48,899 --> 00:01:54,509
this was in that area unfortunately that

37
00:01:50,759 --> 00:01:58,500
tree fell down last year so we didn't

38
00:01:54,509 --> 00:02:02,718
get to see that join us as we wander

39
00:01:58,500 --> 00:02:07,289
around the big trees in California and

40
00:02:02,718 --> 00:02:08,939
just admire their amazing beauty also

41
00:02:07,290 --> 00:02:11,489
coming up on today's show more from

42
00:02:08,939 --> 00:02:13,469
Maynard from a couple of months ago from

43
00:02:11,489 --> 00:02:15,420

the skeptics convention

44

00:02:13,469 --> 00:02:17,789

may nod catches up with Katherine Hughes

45

00:02:15,419 --> 00:02:20,579

who was one of the speakers at the at

46

00:02:17,789 --> 00:02:23,039

the convention who lost her son Riley to

47

00:02:20,580 --> 00:02:24,960

hooping coffin as since with her husband

48

00:02:23,039 --> 00:02:27,539

started the light for Riley Foundation

49

00:02:24,960 --> 00:02:30,060

and also more from the diet skeptic

50

00:02:27,539 --> 00:02:33,060

Mandy lee Noble and she discusses more

51

00:02:30,060 --> 00:02:34,860

with may not about weight loss and is it

52

00:02:33,060 --> 00:02:40,219

good or is it bad or is it mrs. theory

53

00:02:34,860 --> 00:02:43,050

or find out find out should you die it

54

00:02:40,219 --> 00:02:46,139

but for now it's time for me to run

55

00:02:43,050 --> 00:02:48,330

downstairs have an extra large cup of

56

00:02:46,139 --> 00:02:50,039

coffee didn't get too much sleep on the

57

00:02:48,330 --> 00:02:52,680

plane last night it's a long trip from

58
00:02:50,039 --> 00:02:56,099
where we flew from San Francisco changed

59
00:02:52,680 --> 00:02:59,760
at LA and then to Sydney and yeah that's

60
00:02:56,099 --> 00:03:02,729
quite a quite a hike so rundown says get

61
00:02:59,759 --> 00:03:05,359
a large cup of coffee well I do that by

62
00:03:02,729 --> 00:03:37,000
hope you enjoy the skeptic zone

63
00:03:05,360 --> 00:03:41,990
[Music]

64
00:03:37,000 --> 00:03:45,770
we're in a part of California called big

65
00:03:41,990 --> 00:03:46,610
trees event with dr. eugenie scott hello

66
00:03:45,770 --> 00:03:48,560
Jeanie

67
00:03:46,610 --> 00:03:50,720
howdy there how are you I'm fine you're

68
00:03:48,560 --> 00:03:52,460
our guide for today we're in big and

69
00:03:50,719 --> 00:03:54,590
we're almost in a big tree now we're in

70
00:03:52,460 --> 00:03:55,640
the big tree Museum or visitor's center

71
00:03:54,590 --> 00:03:58,340
here

72
00:03:55,639 --> 00:04:01,669
when looking at photographs of very big

73
00:03:58,340 --> 00:04:03,920
trees and the promise is we're going to

74
00:04:01,669 --> 00:04:05,719
see some big trees is that right we are

75
00:04:03,919 --> 00:04:11,149
going to see big trees and we're going

76
00:04:05,719 --> 00:04:16,790
to see a nice slice of the Sierra Nevada

77
00:04:11,150 --> 00:04:18,350
that isn't isn't what people usually

78
00:04:16,790 --> 00:04:22,069
think of when they think of this year an

79
00:04:18,350 --> 00:04:24,170
event of it there's as you know I'm sure

80
00:04:22,069 --> 00:04:25,699
there's two kinds of redwoods there's

81
00:04:24,170 --> 00:04:28,460
the coast redwoods which are the really

82
00:04:25,699 --> 00:04:30,019
really tall ones which you see at Muir

83
00:04:28,459 --> 00:04:32,149
Woods State Park and some of the other

84
00:04:30,019 --> 00:04:34,370
places on the coast and then as you go

85
00:04:32,149 --> 00:04:36,319
further inland you get another it's

86

00:04:34,370 --> 00:04:41,780
actually another species of the same

87
00:04:36,319 --> 00:04:43,430
genus Sequoia and these are the you come

88
00:04:41,779 --> 00:04:45,379
the Giant Sequoias these are the ones

89
00:04:43,430 --> 00:04:47,720
that have the huge girth the huge

90
00:04:45,379 --> 00:04:50,029
diameters they're not as tall as the

91
00:04:47,720 --> 00:04:52,880
coast redwoods but they make up with it

92
00:04:50,029 --> 00:04:55,399
they make up for it in in circumference

93
00:04:52,879 --> 00:04:59,810
the the images here in the little Museum

94
00:04:55,399 --> 00:05:01,939
are quite astonishing we see pictures

95
00:04:59,810 --> 00:05:08,030
taken 100 years ago or so the 1850s in

96
00:05:01,939 --> 00:05:09,769
fact later with people holding hands to

97
00:05:08,029 --> 00:05:11,179
go right around a tree and there some

98
00:05:09,769 --> 00:05:13,430
kids over there and this is the famous

99
00:05:11,180 --> 00:05:15,889
photograph we see here the Model T for

100
00:05:13,430 --> 00:05:18,620

driving through a tree which isn't there

101

00:05:15,889 --> 00:05:21,039

apparently anymore yes we will be taking

102

00:05:18,620 --> 00:05:24,110

that hike a little bit later on that's a

103

00:05:21,040 --> 00:05:26,840

very famous photograph and a very famous

104

00:05:24,110 --> 00:05:28,870

tree which unfortunately a couple of

105

00:05:26,839 --> 00:05:32,489

years ago blew down in a big windstorm

106

00:05:28,870 --> 00:05:38,370

so that beautiful tree which

107

00:05:32,490 --> 00:05:41,310

is probably well the the hole that they

108

00:05:38,370 --> 00:05:44,129

that the early entrepreneurs who opened

109

00:05:41,310 --> 00:05:45,839

up this area to tourist trade the hole

110

00:05:44,129 --> 00:05:48,750

that they dug through the center of this

111

00:05:45,839 --> 00:05:51,478

tree is probably a good 9 or 10 feet

112

00:05:48,750 --> 00:05:54,060

tall and it's big enough to drive a

113

00:05:51,478 --> 00:05:57,240

Model T through as it shows in the

114

00:05:54,060 --> 00:05:59,879

photograph but as we will see that very

115
00:05:57,240 --> 00:06:04,259
beautiful old tree is now lying on its

116
00:05:59,879 --> 00:06:06,658
side it is a sad thing that said oh we

117
00:06:04,259 --> 00:06:08,699
can't wait will step out soon after

118
00:06:06,658 --> 00:06:16,319
we've taken in what the museum has to

119
00:06:08,699 --> 00:06:18,389
offer into the big woods so and now we

120
00:06:16,319 --> 00:06:20,908
walked outside and we're just about to

121
00:06:18,389 --> 00:06:24,030
step up onto this extraordinary site

122
00:06:20,908 --> 00:06:25,949
it's the biggest stump surely it's a

123
00:06:24,029 --> 00:06:30,029
recent walk up a flight of steps here to

124
00:06:25,949 --> 00:06:35,669
get onto the stump step step step step

125
00:06:30,029 --> 00:06:37,489
step and it's it's huge I'm walking

126
00:06:35,668 --> 00:06:39,918
around the circumference of a stump

127
00:06:37,490 --> 00:06:43,288
really about a quarter of the way now

128
00:06:39,918 --> 00:06:47,310
right round to the other side halfway

129
00:06:43,288 --> 00:06:49,800
gives you some idea of the scale this is

130
00:06:47,310 --> 00:06:52,379
the most extraordinary yeah this is a

131
00:06:49,800 --> 00:06:56,280
big tree I mean we keep saying big trees

132
00:06:52,379 --> 00:06:58,860
but it's actually gotten worn down in

133
00:06:56,279 --> 00:07:00,658
the decades since it was originally cut

134
00:06:58,860 --> 00:07:02,788
we'll go and take a look at the signage

135
00:07:00,658 --> 00:07:04,740
and remind ourselves exactly how big it

136
00:07:02,788 --> 00:07:06,810
was when it was cut down but this was

137
00:07:04,740 --> 00:07:09,228
part of the tourist attraction sitting

138
00:07:06,810 --> 00:07:12,300
opposite us is the rest of the trunk

139
00:07:09,228 --> 00:07:17,490
that you know keeled over hill though

140
00:07:12,300 --> 00:07:19,139
the you notice these horizontal what

141
00:07:17,490 --> 00:07:20,788
would you drillings almost a gift so

142
00:07:19,139 --> 00:07:22,340
that was how they've managed to fill the

143

00:07:20,788 --> 00:07:25,680
tree they would actually take these

144
00:07:22,339 --> 00:07:27,388
mining drills and they just drilled the

145
00:07:25,680 --> 00:07:29,370
circumference of the tree until it

146
00:07:27,389 --> 00:07:31,228
finally was a what they were finally

147
00:07:29,370 --> 00:07:34,468
able to do you could fit scores of

148
00:07:31,228 --> 00:07:36,000
people on this yeah this was as I say it

149
00:07:34,468 --> 00:07:37,050
was a tourist attraction and people

150
00:07:36,000 --> 00:07:41,009
would come out here and they would hold

151
00:07:37,050 --> 00:07:44,158
dances and the surface of this you could

152
00:07:41,009 --> 00:07:45,259
lovely zoo and there's some pictures of

153
00:07:44,158 --> 00:07:47,750
the

154
00:07:45,259 --> 00:07:50,389
and they're they're fancy long gowns and

155
00:07:47,750 --> 00:07:51,829
and the men's and their you know dress

156
00:07:50,389 --> 00:07:56,079
clothes and they would be a whirling

157
00:07:51,829 --> 00:07:58,870

away on the top of this natural wonder

158

00:07:56,079 --> 00:08:00,699

it's inconceivable to us today with our

159

00:07:58,870 --> 00:08:02,870

sensibilities that we have about

160

00:08:00,699 --> 00:08:05,539

preservation of the end I guess so I

161

00:08:02,870 --> 00:08:07,459

guess so but this was filled well a very

162

00:08:05,540 --> 00:08:11,120

long time ago by the looks of it I guess

163

00:08:07,459 --> 00:08:13,219

but yeah again I'm just what I'm walking

164

00:08:11,120 --> 00:08:17,930

right over to the other side you're

165

00:08:13,220 --> 00:08:22,910

going into the distance now and I'm at

166

00:08:17,930 --> 00:08:25,009

one side you're at the other and this is

167

00:08:22,910 --> 00:08:27,280

a street stump this is this is quite

168

00:08:25,009 --> 00:08:27,279

amazing

169

00:08:27,790 --> 00:08:34,009

this was the tree that was first sighted

170

00:08:30,529 --> 00:08:36,379

by the old hunter trapper who stumbled

171

00:08:34,009 --> 00:08:39,259

upon this Grove back in the early 1850s

172
00:08:36,379 --> 00:08:43,250
and so it's called the discovery tree

173
00:08:39,259 --> 00:08:45,740
and he went back to tell the people back

174
00:08:43,250 --> 00:08:51,070
home as it were that there was this tree

175
00:08:45,740 --> 00:08:51,070
that had a you know 25 foot diameter

176
00:08:52,029 --> 00:08:56,319
size and never but yeah sure you know

177
00:08:54,980 --> 00:08:58,970
you've been drinking too much

178
00:08:56,320 --> 00:09:00,290
they just pooh-poohed it but he managed

179
00:08:58,970 --> 00:09:01,759
to persuade a couple of other people

180
00:09:00,289 --> 00:09:03,919
that come back and take a look at it and

181
00:09:01,759 --> 00:09:06,590
yeah wow this is really great so the

182
00:09:03,919 --> 00:09:09,250
very next year after this tree was first

183
00:09:06,590 --> 00:09:11,450
discovered by white people anyway

184
00:09:09,250 --> 00:09:18,710
speculators came back and stripped the

185
00:09:11,450 --> 00:09:22,460
bark off and cut it in it and the is you

186
00:09:18,710 --> 00:09:24,170
look across at the the portion of the

187
00:09:22,460 --> 00:09:25,460
tree that used to be on top of the stump

188
00:09:24,169 --> 00:09:29,360
yeah the huge stump that we're looking

189
00:09:25,460 --> 00:09:31,160
at you can see these horizontal lines

190
00:09:29,360 --> 00:09:34,039
running through it well that was

191
00:09:31,159 --> 00:09:36,529
produced by the mining augers that were

192
00:09:34,039 --> 00:09:39,589
used to fill the tree and according to

193
00:09:36,529 --> 00:09:43,100
the good information provided by big

194
00:09:39,590 --> 00:09:45,320
trees Calaveras State Park it took five

195
00:09:43,100 --> 00:09:49,250
men twenty-two days to drill all these

196
00:09:45,320 --> 00:09:53,810
holes but the tree did not fall for

197
00:09:49,250 --> 00:09:56,000
several days so then the stump was

198
00:09:53,809 --> 00:09:58,429
planed smooth to serve as a dance floor

199
00:09:56,000 --> 00:09:59,089
in a two-lane bowling alley and bar were

200

00:09:58,429 --> 00:10:04,489
built on the

201
00:09:59,089 --> 00:10:07,100
and drunk and indeed of course you know

202
00:10:04,490 --> 00:10:09,499
it became a tourist attraction well it's

203
00:10:07,100 --> 00:10:13,308
it's it's it's quite impressive but as I

204
00:10:09,499 --> 00:10:15,709
look around there are many many big

205
00:10:13,308 --> 00:10:16,879
trees but there are some huge trees I

206
00:10:15,708 --> 00:10:20,208
mean the one over there in the distance

207
00:10:16,879 --> 00:10:20,600
that's a oh mighty tree we'll check them

208
00:10:20,208 --> 00:10:26,088
all out

209
00:10:20,600 --> 00:10:28,069
we will check them all out that big tree

210
00:10:26,089 --> 00:10:29,329
we just I just pointed out to you in the

211
00:10:28,068 --> 00:10:31,759
distance tent that's called the--

212
00:10:29,328 --> 00:10:34,789
that's one of two trees called the

213
00:10:31,759 --> 00:10:36,620
sentinals which were the original road

214
00:10:34,789 --> 00:10:39,039

that was the tourist route that was

215

00:10:36,620 --> 00:10:42,350

built in here to open up this country a

216

00:10:39,039 --> 00:10:44,299

territory in the late 1800s used to have

217

00:10:42,350 --> 00:10:45,680

212 trees like that

218

00:10:44,299 --> 00:10:50,120

they were called the sentinels they were

219

00:10:45,679 --> 00:10:53,328

sort of the mark of this trail but we

220

00:10:50,120 --> 00:10:55,730

are we are continuing we are walking

221

00:10:53,328 --> 00:10:58,370

along this trail now fragilaria it says

222

00:10:55,730 --> 00:11:03,409

stay on trail and we're right in front

223

00:10:58,370 --> 00:11:05,120

of a it's hard to it's hard to really

224

00:11:03,409 --> 00:11:06,558

relay I mean we're looking at the base

225

00:11:05,120 --> 00:11:08,389

of the tree now and you think oh that's

226

00:11:06,558 --> 00:11:10,490

impressive look at that the and then you

227

00:11:08,389 --> 00:11:13,039

tilt your head up and you tilt your head

228

00:11:10,490 --> 00:11:18,409

up and you tilt your head up and way up

229
00:11:13,039 --> 00:11:21,469
into the sky I walk around here looking

230
00:11:18,409 --> 00:11:26,600
straight up through the the branches and

231
00:11:21,470 --> 00:11:28,428
it's just it's just gulp smacking the

232
00:11:26,600 --> 00:11:30,050
scale of it the way you have to tilt

233
00:11:28,428 --> 00:11:32,899
your head up to see right to the top of

234
00:11:30,049 --> 00:11:35,838
these trees and it's almost like you get

235
00:11:32,899 --> 00:11:38,269
a bit of vertical Genie looking up for

236
00:11:35,839 --> 00:11:42,160
this tree work look at that no we're

237
00:11:38,269 --> 00:11:47,419
both craning your head it's easy too

238
00:11:42,159 --> 00:11:50,028
it's easy to kind of feel your jaw drop

239
00:11:47,419 --> 00:11:52,308
I don't know and I sort of lose a sense

240
00:11:50,028 --> 00:11:54,708
of the height of it rusev so tall yeah

241
00:11:52,308 --> 00:11:57,588
fascinating of course of course the

242
00:11:54,708 --> 00:11:59,748
coast sequoias are taller but you know

243
00:11:57,589 --> 00:12:01,879
there's some there's a massive ities of

244
00:11:59,749 --> 00:12:05,808
these trees that give them no pun

245
00:12:01,879 --> 00:12:07,819
intended and add a little extra heft but

246
00:12:05,808 --> 00:12:09,769
it's it's such a pleasant day here it's

247
00:12:07,818 --> 00:12:11,099
January it's not too cold though there's

248
00:12:09,769 --> 00:12:15,269
no snow

249
00:12:11,100 --> 00:12:17,240
the woods are just still and quiet apart

250
00:12:15,269 --> 00:12:21,840
from the odd tourists running around

251
00:12:17,240 --> 00:12:24,330
yeah you can if you sit down on a bench

252
00:12:21,840 --> 00:12:26,430
or a stump or someplace and just listen

253
00:12:24,330 --> 00:12:29,639
you can hear lots of birds you can hear

254
00:12:26,429 --> 00:12:32,370
animals wrestling in the in the ground

255
00:12:29,639 --> 00:12:34,559
it's it's it's a very definitely natural

256
00:12:32,370 --> 00:12:36,659
area you know I mean you know there's no

257

00:12:34,559 --> 00:12:38,429
car zones or anything like that so we've

258
00:12:36,659 --> 00:12:41,250
come to a decision

259
00:12:38,429 --> 00:12:46,049
grove overlook or North Grove trail come

260
00:12:41,250 --> 00:12:48,000
to a fork in the road take it diameter

261
00:12:46,049 --> 00:12:49,559
that's a big branch this branch we're

262
00:12:48,000 --> 00:12:57,570
looking at now that's about what four

263
00:12:49,559 --> 00:13:04,409
feet because just near it it's really

264
00:12:57,570 --> 00:13:06,600
big Trudy this is a well named place and

265
00:13:04,409 --> 00:13:11,219
okay let's let's walk around a little

266
00:13:06,600 --> 00:13:14,060
bit on this wooden boardwalk and oh my

267
00:13:11,220 --> 00:13:16,529
goodness I thought that last tree was

268
00:13:14,059 --> 00:13:19,799
was something miss crane our heads up

269
00:13:16,529 --> 00:13:21,870
this one oh it's so thick all the way up

270
00:13:19,799 --> 00:13:24,839
yeah this one's much much bigger in

271
00:13:21,870 --> 00:13:26,580

diameter but you can't really see the

272

00:13:24,840 --> 00:13:28,019

top very well noise we're sitting too

273

00:13:26,580 --> 00:13:30,780

close to it we have to get far away to

274

00:13:28,019 --> 00:13:32,250

see the tops now there's you know if you

275

00:13:30,779 --> 00:13:33,990

look off in the distance a little bit

276

00:13:32,250 --> 00:13:35,519

you can see another pretty good-sized

277

00:13:33,990 --> 00:13:37,080

River it's not as big as the one we're

278

00:13:35,519 --> 00:13:40,139

standing next to but at least you can

279

00:13:37,080 --> 00:13:42,620

see at the top of the tree and that's

280

00:13:40,139 --> 00:13:49,490

probably about a six story building

281

00:13:42,620 --> 00:13:52,649

easily no more I think Oh more yeah Wow

282

00:13:49,490 --> 00:13:58,399

I told you I was lousy at spatial yeah

283

00:13:52,649 --> 00:13:58,399

and we're just passing now a fallen tree

284

00:13:58,669 --> 00:14:06,779

it's just dramatic so as we walk along

285

00:14:03,539 --> 00:14:10,500

and we considering the age of these

286
00:14:06,779 --> 00:14:13,079
trees now your background of course is

287
00:14:10,500 --> 00:14:15,529
they're older than I am are they are

288
00:14:13,080 --> 00:14:20,040
they that's good to know

289
00:14:15,529 --> 00:14:23,419
of course with the evolutionary it's

290
00:14:20,039 --> 00:14:25,250
it's more with the the fauna I suppose

291
00:14:23,419 --> 00:14:27,889
but certainly the

292
00:14:25,250 --> 00:14:33,230
the evolution of the trees tells the

293
00:14:27,889 --> 00:14:37,879
story I would think yeah but I'm crappy

294
00:14:33,230 --> 00:14:39,399
as a biologist I really am not the best

295
00:14:37,879 --> 00:14:41,629
person to ask I mean the thing

296
00:14:39,399 --> 00:14:43,879
evolutionarily the reason why we pay

297
00:14:41,629 --> 00:14:45,230
attention to trees oh this is the

298
00:14:43,879 --> 00:14:50,320
botanists are gonna kill me on this and

299
00:14:45,230 --> 00:14:53,980
earth is because of the coevolution of

300
00:14:50,320 --> 00:14:57,980
the angiosperms the trees like these

301
00:14:53,980 --> 00:15:00,379
that produce seeds because they also

302
00:14:57,980 --> 00:15:03,950
produce pollen some of the angiosperms

303
00:15:00,379 --> 00:15:06,860
produce nectar and that was very

304
00:15:03,950 --> 00:15:10,370
critical in the evolution of insects and

305
00:15:06,860 --> 00:15:14,360
other kinds of arthropods that act as

306
00:15:10,370 --> 00:15:18,320
pollinators and spreaders of seeds in

307
00:15:14,360 --> 00:15:19,909
various ways so but yeah what I find

308
00:15:18,320 --> 00:15:21,860
interesting is we're just looking at

309
00:15:19,909 --> 00:15:23,809
this before and this tree in front of us

310
00:15:21,860 --> 00:15:27,230
now which is again another giant tree

311
00:15:23,809 --> 00:15:30,379
you're mentioning the way the the buck

312
00:15:27,230 --> 00:15:35,420
it's not actually the bark it's the tree

313
00:15:30,379 --> 00:15:38,029
itself it's it's yes there there's a

314

00:15:35,419 --> 00:15:41,089
twist to the growth of the tree itself

315
00:15:38,029 --> 00:15:43,490
which acts as to increase the stability

316
00:15:41,090 --> 00:15:45,500
of the tree against wind and you know

317
00:15:43,490 --> 00:15:47,720
other erosional factors and stuff which

318
00:15:45,500 --> 00:15:49,580
is another product which is doesn't

319
00:15:47,720 --> 00:15:51,950
always show up in the bark actually but

320
00:15:49,580 --> 00:15:53,540
this one not so much you can tell if you

321
00:15:51,950 --> 00:15:58,240
look down the house tree now you can

322
00:15:53,539 --> 00:16:01,009
tell how it's twisting slightly and then

323
00:15:58,240 --> 00:16:03,019
anti-clockwise direction I suppose it

324
00:16:01,009 --> 00:16:04,689
depends you're looking from the top or

325
00:16:03,019 --> 00:16:07,129
the bottom to the right to the right

326
00:16:04,690 --> 00:16:08,390
also notice why you were looking at that

327
00:16:07,129 --> 00:16:12,519
tree that there's a look there's a whole

328
00:16:08,389 --> 00:16:16,639

series of holes if those are drilled by

329

00:16:12,519 --> 00:16:18,559

woodpeckers and other birds that you

330

00:16:16,639 --> 00:16:22,279

know flickers and creatures there that

331

00:16:18,559 --> 00:16:25,309

that drill holes and trees the larger

332

00:16:22,279 --> 00:16:29,990

ones are very likely used for nesting

333

00:16:25,309 --> 00:16:31,939

okay but yeah there there's a it's it's

334

00:16:29,990 --> 00:16:33,620

interesting really we're back of it

335

00:16:31,940 --> 00:16:35,660

we're looking at this particularly big

336

00:16:33,620 --> 00:16:38,060

tree how much of the tree is just

337

00:16:35,659 --> 00:16:38,990

nothing just just a big trunk and then

338

00:16:38,059 --> 00:16:41,139

suddenly neat

339

00:16:38,990 --> 00:16:43,490

towards the top the last third the last

340

00:16:41,139 --> 00:16:45,799

something like that you get these weird

341

00:16:43,490 --> 00:16:48,049

huge branches coming out mm-hmm

342

00:16:45,799 --> 00:16:49,969

that's quite interesting you're gonna

343
00:16:48,049 --> 00:16:54,019
come here for yeah you got to come here

344
00:16:49,970 --> 00:16:56,680
part of that is is the you know the the

345
00:16:54,019 --> 00:17:00,500
natural selection for countries to

346
00:16:56,679 --> 00:17:02,028
maximize photosynthesis right they're

347
00:17:00,500 --> 00:17:03,950
competing with other transformation with

348
00:17:02,028 --> 00:17:06,318
other trees and the lower branches

349
00:17:03,950 --> 00:17:08,539
eventually you can see in younger trees

350
00:17:06,318 --> 00:17:10,938
the lower branches eventually just kind

351
00:17:08,539 --> 00:17:14,449
of you know so the tree concentrates all

352
00:17:10,939 --> 00:17:16,009
its its photosynthesis gathering on the

353
00:17:14,449 --> 00:17:21,740
top where the sun's going to be yeah

354
00:17:16,009 --> 00:17:23,750
yeah it's fascinating it's not really a

355
00:17:21,740 --> 00:17:25,459
joke but it's sort of it hits humans the

356
00:17:23,750 --> 00:17:29,390
way we turn a corner we say oh look

357
00:17:25,459 --> 00:17:32,570
another big tree number living in your

358
00:17:29,390 --> 00:17:36,110
gut wow there's a big tree these two

359
00:17:32,569 --> 00:17:37,549
trees were named the mother and son but

360
00:17:36,109 --> 00:17:38,839
they probably began life at about the

361
00:17:37,549 --> 00:17:44,299
same side the mother's been more

362
00:17:38,839 --> 00:17:46,730
successful there you go where's the Sun

363
00:17:44,299 --> 00:17:49,279
do you see the Sun no might be around

364
00:17:46,730 --> 00:17:52,789
the other side oh there it is if we walk

365
00:17:49,279 --> 00:17:54,319
around yes because it's this tree so big

366
00:17:52,789 --> 00:17:57,170
it's hiding another big tree around the

367
00:17:54,319 --> 00:17:59,990
other side oh wait a minute no it's it's

368
00:17:57,170 --> 00:18:02,660
directly behind it directly

369
00:17:59,990 --> 00:18:05,900
I'm getting my big trees confused here

370
00:18:02,660 --> 00:18:08,870
folks in fact oh yeah there's two right

371

00:18:05,900 --> 00:18:10,929
now and there's a special bench here you

372
00:18:08,869 --> 00:18:12,649
just sit down the special bench because

373
00:18:10,929 --> 00:18:15,320
the backrest

374
00:18:12,650 --> 00:18:17,990
is at about a 45 degree angle so I can

375
00:18:15,319 --> 00:18:20,710
rest my head back and look directly up

376
00:18:17,990 --> 00:18:28,690
into the sky at these two incredible

377
00:18:20,710 --> 00:18:33,440
trees I'm now standing in a little area

378
00:18:28,690 --> 00:18:36,830
between two trees it's like a cave it's

379
00:18:33,440 --> 00:18:40,570
quite extraordinary there's a walkway in

380
00:18:36,829 --> 00:18:40,569
and a walkway out

381
00:18:41,759 --> 00:18:51,789
I'm standing in a tree it is amazing now

382
00:18:48,819 --> 00:18:52,329
just come across a tree here it fell

383
00:18:51,789 --> 00:18:56,019
over

384
00:18:52,329 --> 00:18:59,019
who knows how long ago it's me 10 20 30

385
00:18:56,019 --> 00:19:02,139

meters long here it's so big that you

386

00:18:59,019 --> 00:19:05,079

can walk down some steps and go right in

387

00:19:02,140 --> 00:19:08,860

and under the tree itself and I'm

388

00:19:05,079 --> 00:19:11,819

walking along in a natural tunnel up the

389

00:19:08,859 --> 00:19:17,259

middle of a tree which is fallen over I

390

00:19:11,819 --> 00:19:20,710

keep going it's dark it's like a cave

391

00:19:17,259 --> 00:19:22,240

and I'm only gonna walk about 1/3 of the

392

00:19:20,710 --> 00:19:26,289

length of this tree before the steps

393

00:19:22,240 --> 00:19:30,250

come around again here we go our masses

394

00:19:26,289 --> 00:19:32,440

of carvings here over the who knows how

395

00:19:30,250 --> 00:19:35,380

long people carving their initials and

396

00:19:32,440 --> 00:19:36,910

their names into this tree and they pop

397

00:19:35,380 --> 00:19:41,290

out the other side well I've never done

398

00:19:36,910 --> 00:19:46,870

that before the middle of a tree it

399

00:19:41,289 --> 00:19:50,230

wasn't so yeah well we're nearly at the

400
00:19:46,869 --> 00:19:52,000
end of the walk now Jeanne and we can be

401
00:19:50,230 --> 00:19:54,039
up close and personal to this amazing

402
00:19:52,000 --> 00:19:56,529
little group of trees here to sort of

403
00:19:54,039 --> 00:19:58,659
grown together than separated and it

404
00:19:56,529 --> 00:20:02,889
even says in the book we can we can

405
00:19:58,660 --> 00:20:15,519
touch the bark now walk over here this

406
00:20:02,890 --> 00:20:18,250
giant tree touch the box shaggy it's not

407
00:20:15,519 --> 00:20:20,950
bristly here but it's very fibrous you

408
00:20:18,250 --> 00:20:25,690
can really see yeah you can really see

409
00:20:20,950 --> 00:20:30,940
where it's has all these little looks

410
00:20:25,690 --> 00:20:34,210
like asbestos we did actually see some

411
00:20:30,940 --> 00:20:36,100
signage informing us that in the bad old

412
00:20:34,210 --> 00:20:38,019
days they would strip the bark off of

413
00:20:36,099 --> 00:20:40,689
these trees and use it for house

414
00:20:38,019 --> 00:20:43,869
insulation you know and you can start to

415
00:20:40,690 --> 00:20:46,809
see why kind of a bad idea this is a

416
00:20:43,869 --> 00:20:49,149
pretty rare species but there's only

417
00:20:46,809 --> 00:20:50,980
what seventy-five groves in all of

418
00:20:49,150 --> 00:20:53,170
California that have this particular

419
00:20:50,980 --> 00:20:55,210
species of trees and of course a grove

420
00:20:53,170 --> 00:20:57,490
can be very small this is

421
00:20:55,210 --> 00:20:59,500
fairly good-sized growth but you know

422
00:20:57,490 --> 00:21:01,720
like we learned with so many plants and

423
00:20:59,500 --> 00:21:05,909
animals that you need enough territory

424
00:21:01,720 --> 00:21:09,069
to maintain a population of an organism

425
00:21:05,909 --> 00:21:11,140
and you can't just plop down a giant

426
00:21:09,069 --> 00:21:13,928
sequoia anyplace it has certain

427
00:21:11,140 --> 00:21:15,070
environmental requirements certainly not

428

00:21:13,929 --> 00:21:17,048
in Australia hmm

429
00:21:15,069 --> 00:21:19,240
well gee thanks very much what a

430
00:21:17,048 --> 00:21:21,009
wonderful outing this has been to see

431
00:21:19,240 --> 00:21:22,870
these wonderful trees and folks it's

432
00:21:21,009 --> 00:21:26,079
called big trees for a good reason

433
00:21:22,869 --> 00:21:27,398
yes calavaras big trees State Park told

434
00:21:26,079 --> 00:21:30,059
you you should come here someday and

435
00:21:27,398 --> 00:21:45,459
look now we've done it

436
00:21:30,059 --> 00:21:45,460
[Music]

437
00:21:52,038 --> 00:21:57,500
hi this is Heidi Robertson from the

438
00:21:55,589 --> 00:22:00,408
Northern Rivers vaccination supporters

439
00:21:57,500 --> 00:22:02,940
we are a group of concerned citizens

440
00:22:00,409 --> 00:22:05,580
dedicated to promoting good science and

441
00:22:02,940 --> 00:22:08,700
common sense in our region the far north

442
00:22:05,579 --> 00:22:10,259

coast of New South Wales this area are

443

00:22:08,700 --> 00:22:13,590

famous for its natural beauty and

444

00:22:10,259 --> 00:22:16,950

relaxed lifestyle also has the lowest

445

00:22:13,589 --> 00:22:19,230

rates of vaccination in Australia we are

446

00:22:16,950 --> 00:22:21,569

out to change that by challenging the

447

00:22:19,230 --> 00:22:23,250

myths and misinformation and by

448

00:22:21,569 --> 00:22:26,579

providing good evidence-based

449

00:22:23,250 --> 00:22:28,409

information to the community we'd love

450

00:22:26,579 --> 00:22:32,038

for you no matter where you are in the

451

00:22:28,409 --> 00:22:39,629

world to join our fight please visit our

452

00:22:32,038 --> 00:22:42,628

webpage at WWF in folk we also have a

453

00:22:39,628 --> 00:22:46,769

link there to our Facebook page tweet us

454

00:22:42,628 --> 00:22:49,558

at in our FAQs supporters that's VIX and

455

00:22:46,769 --> 00:22:52,019

check us out on Wikipedia by searching

456

00:22:49,558 --> 00:22:55,319

for Northern Rivers vaccination

457
00:22:52,019 --> 00:22:59,710
supporters thank you

458
00:22:55,319 --> 00:22:59,710
[Music]

459
00:23:01,169 --> 00:23:08,370
here's Maynard spooky action at a

460
00:23:06,130 --> 00:23:08,370
distance

461
00:23:09,509 --> 00:23:14,079
well it's a bit relaxed here on the

462
00:23:11,980 --> 00:23:16,509
Sunday it was a huge Saturday night a

463
00:23:14,079 --> 00:23:17,829
lot of people going wrong I've had one

464
00:23:16,509 --> 00:23:19,480
glass of one is enough I have to have

465
00:23:17,829 --> 00:23:20,019
more before I can get home but who we

466
00:23:19,480 --> 00:23:22,720
got here

467
00:23:20,019 --> 00:23:25,659
Catherine is and Catherine what have you

468
00:23:22,720 --> 00:23:27,749
made of The Skeptical weekend it's my

469
00:23:25,659 --> 00:23:30,278
first time coming to anything skeptical

470
00:23:27,749 --> 00:23:33,009
into the talk yesterday and the crowd

471
00:23:30,278 --> 00:23:36,190
was amazing and yes such a fantastic

472
00:23:33,009 --> 00:23:38,730
fire P with people who you all think

473
00:23:36,190 --> 00:23:41,950
similarly I hope it how I think so

474
00:23:38,730 --> 00:23:42,999
really really interesting to hear people

475
00:23:41,950 --> 00:23:45,399
we have from all different perspectives

476
00:23:42,999 --> 00:23:47,860
but um everyone seems to have the same

477
00:23:45,398 --> 00:23:51,038
sort of critical thinking and rational

478
00:23:47,859 --> 00:23:53,949
skills well I was invited to speak here

479
00:23:51,038 --> 00:23:55,538
so that was really the main reason for

480
00:23:53,950 --> 00:23:57,490
coming so yeah yesterday I spoke about

481
00:23:55,538 --> 00:24:00,609
like for I Lee and our experience with

482
00:23:57,490 --> 00:24:02,200
the antibiotics movement but you know I

483
00:24:00,609 --> 00:24:03,998
had been aware of the sceptics for a

484
00:24:02,200 --> 00:24:07,240
couple of years pretty much since we we

485

00:24:03,999 --> 00:24:08,649
lost us onto whooping cough and you know

486
00:24:07,240 --> 00:24:10,659
identified pretty quickly that these

487
00:24:08,648 --> 00:24:13,928
people were like-minded and similar to

488
00:24:10,659 --> 00:24:17,528
us and rationality tends to be a little

489
00:24:13,929 --> 00:24:18,610
bit not have a lot of emotion with it so

490
00:24:17,528 --> 00:24:20,648
when you've had like an emotional

491
00:24:18,609 --> 00:24:27,158
experience like you had is react

492
00:24:20,648 --> 00:24:29,589
rationality much comfort to you I think

493
00:24:27,159 --> 00:24:31,749
you know sometimes when you are so

494
00:24:29,589 --> 00:24:33,788
emotional you turn to rationality

495
00:24:31,749 --> 00:24:35,200
because it's the only way that you can

496
00:24:33,788 --> 00:24:37,450
really process how you're feeling and

497
00:24:35,200 --> 00:24:39,819
process what happened in in a traumatic

498
00:24:37,450 --> 00:24:41,830
situation and I think for me you know I

499
00:24:39,819 --> 00:24:44,829

was raised in a family that was rational

500

00:24:41,829 --> 00:24:46,898

my dad's a scientist and you know just

501

00:24:44,829 --> 00:24:48,189

came what I turned to rather than you

502

00:24:46,898 --> 00:24:49,839

know turn to a god or something like

503

00:24:48,190 --> 00:24:51,639

that instead I was like well what are

504

00:24:49,839 --> 00:24:53,048

the facts what happened what can we do

505

00:24:51,638 --> 00:24:54,729

better let's look at the evidence and

506

00:24:53,048 --> 00:24:56,319

yeah sort of really turned to my

507

00:24:54,730 --> 00:24:57,490

rational side you know I'm quite

508

00:24:56,319 --> 00:24:58,450

surprised this is your first time

509

00:24:57,490 --> 00:24:59,589

because I thought with what you've been

510

00:24:58,450 --> 00:25:00,100

doing your my tackle it up and you've

511

00:24:59,589 --> 00:25:02,798

been busy

512

00:25:00,099 --> 00:25:04,658

yes yeah lots of travel going to baby

513

00:25:02,798 --> 00:25:06,609

Expos and all sorts of things so yeah

514
00:25:04,659 --> 00:25:08,200
really happy to come to my first skeptic

515
00:25:06,609 --> 00:25:09,548
let's go to Connor and you look great

516
00:25:08,200 --> 00:25:11,740
last night to you all dressed up for the

517
00:25:09,548 --> 00:25:12,970
dinner it was fantastic thank you hey

518
00:25:11,740 --> 00:25:14,740
mind you you weren't as good to me

519
00:25:12,970 --> 00:25:16,150
because I had the gold Sudan no one can

520
00:25:14,740 --> 00:25:18,849
compare to the God say I'm afraid

521
00:25:16,150 --> 00:25:19,390
I tried on some weird level and who we

522
00:25:18,849 --> 00:25:23,109
got here

523
00:25:19,390 --> 00:25:26,320
Oh Mandy Noble dietitian yes yes a big

524
00:25:23,109 --> 00:25:28,269
controversial dietitian oh I don't see a

525
00:25:26,319 --> 00:25:31,149
sec controversial but I have had a few

526
00:25:28,269 --> 00:25:33,579
comments about people who saw the

527
00:25:31,150 --> 00:25:35,560
episode that was recorded of the sceptic

528
00:25:33,579 --> 00:25:37,599
zone and I'm just gonna get my what I'm

529
00:25:35,559 --> 00:25:39,700
just gonna get my graph of weight loss

530
00:25:37,599 --> 00:25:42,730
to show you because I think you'll find

531
00:25:39,700 --> 00:25:43,779
it's very interesting where are we yes

532
00:25:42,730 --> 00:25:46,299
steak off it

533
00:25:43,779 --> 00:25:48,009
yes um yeah actually what is healthy

534
00:25:46,299 --> 00:25:49,750
weight loss actually if you want trying

535
00:25:48,009 --> 00:25:52,029
to lose weight what is the most you

536
00:25:49,750 --> 00:25:56,710
should lose and I love the term white

537
00:25:52,029 --> 00:25:58,960
knuckle that's great well I don't think

538
00:25:56,710 --> 00:26:02,529
there is really any sort of healthy

539
00:25:58,960 --> 00:26:05,710
weight loss because all weight loss

540
00:26:02,529 --> 00:26:07,930
comes with risks and I think we're not

541
00:26:05,710 --> 00:26:09,340
really thinking too much about the risks

542

00:26:07,930 --> 00:26:14,049
of it all those weight that weight loss

543
00:26:09,339 --> 00:26:16,689
so you know I think we should instead be

544
00:26:14,049 --> 00:26:19,089
focusing I mean for some people you know

545
00:26:16,690 --> 00:26:21,460
and some people will lose weight if they

546
00:26:19,089 --> 00:26:24,159
get a doctor healthier habits and that's

547
00:26:21,460 --> 00:26:27,670
fine and and so I suppose rather than

548
00:26:24,160 --> 00:26:29,830
looking at as an healthy weight rate of

549
00:26:27,670 --> 00:26:31,120
weight loss we should think be focusing

550
00:26:29,829 --> 00:26:33,329
on nutrition which is something

551
00:26:31,119 --> 00:26:37,149
dietitians do really well check that out

552
00:26:33,329 --> 00:26:38,529
look at nutrition and healthy habits and

553
00:26:37,150 --> 00:26:41,470
let their weight settle where it will

554
00:26:38,529 --> 00:26:43,509
naturally when there is adopting the

555
00:26:41,470 --> 00:26:45,640
health behaviors that they can adopt in

556
00:26:43,509 --> 00:26:49,750

their circumstances the whole thing

557

00:26:45,640 --> 00:26:51,700

about being healthy when you're obese

558

00:26:49,750 --> 00:26:52,990

that was very interesting too because I

559

00:26:51,700 --> 00:26:55,840

would have thought people with big

560

00:26:52,990 --> 00:26:58,630

weight it's difficult to be fit but you

561

00:26:55,839 --> 00:27:01,869

you said you schooled me well I think

562

00:26:58,630 --> 00:27:04,090

what we need to understand so healthy is

563

00:27:01,869 --> 00:27:05,709

something that's a bit of a slippery

564

00:27:04,089 --> 00:27:07,629

slope it depends on how you define it so

565

00:27:05,710 --> 00:27:09,460

there's you know physical health and

566

00:27:07,630 --> 00:27:12,730

mental health and social health are all

567

00:27:09,460 --> 00:27:15,819

part of it so rather than looking at as

568

00:27:12,730 --> 00:27:18,400

you know healthy what I'm looking at is

569

00:27:15,819 --> 00:27:19,809

that the pursuit of health I being the

570

00:27:18,400 --> 00:27:23,080

health that you want to gain at every

571
00:27:19,809 --> 00:27:25,240
size so someone might be considered

572
00:27:23,079 --> 00:27:27,730
unhealthy and be a normal weight some

573
00:27:25,240 --> 00:27:29,220
pet one might be quite considered quite

574
00:27:27,730 --> 00:27:31,259
healthy because they're metabolically

575
00:27:29,220 --> 00:27:33,150
healthy at a higher weight but I think

576
00:27:31,259 --> 00:27:34,919
you know whatever body we have that's

577
00:27:33,150 --> 00:27:37,409
the only body we get that's our one

578
00:27:34,919 --> 00:27:39,120
vessel for life so it's not really much

579
00:27:37,409 --> 00:27:41,370
good wishing it was a different body we

580
00:27:39,119 --> 00:27:43,979
got to love the one we've got and do

581
00:27:41,369 --> 00:27:46,229
what we can with it so dietitian heal

582
00:27:43,980 --> 00:27:47,940
thymself once the thing that you get a

583
00:27:46,230 --> 00:27:49,440
bit annoyed with about yourself with the

584
00:27:47,940 --> 00:27:51,058
idea eating habits or the way you look

585
00:27:49,440 --> 00:27:54,029
or that kind of thing do you have

586
00:27:51,058 --> 00:27:55,918
anything I do I I'm one health habit

587
00:27:54,029 --> 00:28:01,440
that I would really love to change my

588
00:27:55,919 --> 00:28:04,679
dad and I said I don't sleep near enough

589
00:28:01,440 --> 00:28:07,500
and yeah I am terrible at getting myself

590
00:28:04,679 --> 00:28:10,080
on to bed and I could answer your brain

591
00:28:07,500 --> 00:28:12,298
doesn't switch off I do have that

592
00:28:10,079 --> 00:28:13,889
sometimes I put my head down and you

593
00:28:12,298 --> 00:28:15,599
think I'm gonna sleep I hang and I'm

594
00:28:13,890 --> 00:28:18,210
thinking about stuff that happened two

595
00:28:15,599 --> 00:28:20,069
or three years ago or 10 years ago and

596
00:28:18,210 --> 00:28:22,200
you're going how do we turn this off

597
00:28:20,069 --> 00:28:24,329
yeah and you have some chem multi you

598
00:28:22,200 --> 00:28:26,340
might have some milk yeah yeah I have

599

00:28:24,329 --> 00:28:28,980
some pretty terrible sleep hygiene which

600
00:28:26,339 --> 00:28:31,048
is what people call it so I do you take

601
00:28:28,980 --> 00:28:33,269
sometimes the electronic devices to bed

602
00:28:31,048 --> 00:28:35,730
and flick through those and all those

603
00:28:33,269 --> 00:28:37,558
nasty so I shouldn't be often got stuff

604
00:28:35,730 --> 00:28:40,110
in my ears often real voice and that

605
00:28:37,558 --> 00:28:42,240
sort of thing and and that that's okay

606
00:28:40,109 --> 00:28:44,219
as long as it stops at a certain time

607
00:28:42,240 --> 00:28:47,909
you put the sleep control on yeah so

608
00:28:44,220 --> 00:28:50,009
actually yeah I've noticed I do have

609
00:28:47,909 --> 00:28:53,309
children oh well you're never gonna

610
00:28:50,009 --> 00:28:54,599
sleep in ten years or so I mean really

611
00:28:53,308 --> 00:28:56,158
you thought you could actually sleep and

612
00:28:54,599 --> 00:28:58,230
have children what's wrong with you yeah

613
00:28:56,159 --> 00:29:01,320

I actually have four children so I'm

614

00:28:58,230 --> 00:29:03,630

pretty busy but um yeah and that's part

615

00:29:01,319 --> 00:29:06,629

of it because you know you I want to

616

00:29:03,630 --> 00:29:08,460

write and to record podcasts and things

617

00:29:06,630 --> 00:29:10,620

like that about what is evidence-based

618

00:29:08,460 --> 00:29:11,940

health and often the only time I get to

619

00:29:10,619 --> 00:29:13,829

do that is once everyone's gone to bed

620

00:29:11,940 --> 00:29:15,419

and I find myself being up an extra few

621

00:29:13,829 --> 00:29:19,500

hours and not getting up can't be too

622

00:29:15,419 --> 00:29:21,780

loud no they're fairly good sleepers but

623

00:29:19,500 --> 00:29:24,200

yeah you've got to be a bit quiet around

624

00:29:21,779 --> 00:29:27,990

the house and stuff like that so yeah

625

00:29:24,200 --> 00:29:29,669

look I don't recommend anyone sort of

626

00:29:27,990 --> 00:29:31,190

deprive themselves of things because

627

00:29:29,669 --> 00:29:35,700

what usually happens is they end up

628
00:29:31,190 --> 00:29:36,630
through restraint then just overloading

629
00:29:35,700 --> 00:29:38,429
on it when they give themselves

630
00:29:36,630 --> 00:29:40,620
permission that means I go nuts at a

631
00:29:38,429 --> 00:29:42,840
party but then when the party's over

632
00:29:40,619 --> 00:29:46,349
that's it yeah if that's kind of it

633
00:29:42,839 --> 00:29:48,929
I think if you're I would be advocate in

634
00:29:46,349 --> 00:29:51,599
intuitive eating which is listening to

635
00:29:48,930 --> 00:29:54,120
hunger and fullness keys and incepting

636
00:29:51,599 --> 00:29:57,029
serve all foods but definitely mindful

637
00:29:54,119 --> 00:29:59,819
eating so if you do all of those things

638
00:29:57,029 --> 00:30:02,369
you find it often a bit that you don't

639
00:29:59,819 --> 00:30:04,230
tend to pick out on those sort of foods

640
00:30:02,369 --> 00:30:06,029
because when we think about overeating

641
00:30:04,230 --> 00:30:07,650
of those foods quite often we're doing

642
00:30:06,029 --> 00:30:09,389
in a bit mindlessly like we're doing up

643
00:30:07,650 --> 00:30:10,710
pretty quickly when I was enjoying it

644
00:30:09,390 --> 00:30:13,500
and so if it's not in the house you

645
00:30:10,710 --> 00:30:16,769
don't go to that yeah yeah yeah yeah if

646
00:30:13,500 --> 00:30:19,319
well if that's kind of a bit of a stain

647
00:30:16,769 --> 00:30:22,349
still what I what I like to do is well

648
00:30:19,319 --> 00:30:24,000
get people to just eat intuitively so

649
00:30:22,349 --> 00:30:25,500
know their hunger and their fullness in

650
00:30:24,000 --> 00:30:27,599
their appetite and be able to have

651
00:30:25,500 --> 00:30:30,170
whatever they like in the house and eat

652
00:30:27,599 --> 00:30:33,750
according to what their body tells them

653
00:30:30,170 --> 00:30:36,450
so when you sort of I work with a you

654
00:30:33,750 --> 00:30:37,740
know permission to eat all foods so

655
00:30:36,450 --> 00:30:39,930
giving yourself permission to eat all

656

00:30:37,740 --> 00:30:43,859
foods and and and those sort of things

657
00:30:39,930 --> 00:30:48,420
so let me see at the moment I am seventy

658
00:30:43,859 --> 00:30:54,509
six kilograms and I'm six foot so I

659
00:30:48,420 --> 00:30:56,640
don't know but but whether whether that

660
00:30:54,509 --> 00:30:58,319
makes you healthy or not it depends

661
00:30:56,640 --> 00:31:00,240
whether you're healthy or not depends on

662
00:30:58,319 --> 00:31:01,980
a whole heap of things so it depends on

663
00:31:00,240 --> 00:31:04,620
those three things your physical health

664
00:31:01,980 --> 00:31:08,250
which your metabolic health so weight

665
00:31:04,619 --> 00:31:10,019
and and height I'm not really good at

666
00:31:08,250 --> 00:31:11,279
indicators of metabolic health so you

667
00:31:10,019 --> 00:31:13,799
know it depends on whether your Bloods

668
00:31:11,279 --> 00:31:16,379
are good and those sort of things and

669
00:31:13,799 --> 00:31:20,039
then it also depends on your social

670
00:31:16,380 --> 00:31:22,230

well-being and your mental health that's

671

00:31:20,039 --> 00:31:24,210

gone to hell on a minute you see me all

672

00:31:22,230 --> 00:31:26,069

weekend I've been running around I am

673

00:31:24,210 --> 00:31:27,930

that I'm you know I've managed to talk

674

00:31:26,069 --> 00:31:29,819

to a few important people once or twice

675

00:31:27,930 --> 00:31:32,850

and that's about it and it is it great

676

00:31:29,819 --> 00:31:34,980

mixing with Kathy she great yeah yeah

677

00:31:32,849 --> 00:31:36,899

there's lots of really great people here

678

00:31:34,980 --> 00:31:38,460

I've been getting to introduce yourself

679

00:31:36,900 --> 00:31:39,930

every time because I'm meeting so many

680

00:31:38,460 --> 00:31:42,059

people you have to like say their name

681

00:31:39,930 --> 00:31:45,029

again all the time and yeah and

682

00:31:42,059 --> 00:31:47,429

surprises of a sceptical thing yes I am

683

00:31:45,029 --> 00:31:50,069

and she's a really great speaker and I

684

00:31:47,430 --> 00:31:52,259

think she's done just amazing work with

685
00:31:50,069 --> 00:31:54,299
it's what she's done I'm not sure what

686
00:31:52,259 --> 00:31:55,710
she's being through I just I

687
00:31:54,299 --> 00:31:57,539
can't imagine that I mean you're a

688
00:31:55,710 --> 00:32:00,690
mother of course so you can have

689
00:31:57,539 --> 00:32:02,819
lingering but as a guy with no kids and

690
00:32:00,690 --> 00:32:04,140
never gonna have them I'm going I it's

691
00:32:02,819 --> 00:32:05,429
almost like I'm embarrassed talking to

692
00:32:04,140 --> 00:32:07,650
it because I can't reference what's

693
00:32:05,430 --> 00:32:10,980
happened to it yeah it is really hard

694
00:32:07,650 --> 00:32:13,860
and she's so beautifully generous with

695
00:32:10,980 --> 00:32:16,829
sharing her story I see lots of people

696
00:32:13,859 --> 00:32:19,409
come for NASA and she has this doesn't

697
00:32:16,829 --> 00:32:21,299
even blink she's she's really generous

698
00:32:19,410 --> 00:32:23,190
with their experience and she's really

699
00:32:21,299 --> 00:32:25,139
passionate about ensuring that other

700
00:32:23,190 --> 00:32:27,090
parents don't have to experience what

701
00:32:25,140 --> 00:32:30,150
she did which is just you know a really

702
00:32:27,089 --> 00:32:32,669
loving thing to do so just amazing good

703
00:32:30,150 --> 00:32:34,500
luck we're getting some sleep um is the

704
00:32:32,670 --> 00:32:36,390
problem with the lack of sleep you don't

705
00:32:34,500 --> 00:32:39,809
like the bags under the eyes or you wake

706
00:32:36,390 --> 00:32:40,980
up going I'm grouchy sleep definitely

707
00:32:39,809 --> 00:32:43,349
affects your health like all other

708
00:32:40,980 --> 00:32:46,980
things so yeah so not getting enough

709
00:32:43,349 --> 00:32:49,409
sleep can definitely affect your your

710
00:32:46,980 --> 00:32:51,779
body can't biochemistry and can affect

711
00:32:49,410 --> 00:32:54,120
your risk of chronic disease and all of

712
00:32:51,779 --> 00:32:55,859
those things so yeah it's it's wanting

713

00:32:54,119 --> 00:32:57,689
for health but also wanting to enjoy

714
00:32:55,859 --> 00:32:59,729
myself a bit better in life I'm bit

715
00:32:57,690 --> 00:33:01,590
tired sometimes well look you've had a

716
00:32:59,730 --> 00:33:03,200
great weekend it's been fantastic what's

717
00:33:01,589 --> 00:33:08,339
been your favorite moment of the weekend

718
00:33:03,200 --> 00:33:10,650
I think you know certainly dr. Cal stalk

719
00:33:08,339 --> 00:33:12,839
was pretty fun and I really enjoyed that

720
00:33:10,650 --> 00:33:14,310
I'm definitely meeting everyone so a lot

721
00:33:12,839 --> 00:33:15,899
of these people have seen online but I

722
00:33:14,309 --> 00:33:17,339
haven't met come back and visitors yeah

723
00:33:15,900 --> 00:33:19,670
absolutely so I'll definitely be back

724
00:33:17,339 --> 00:33:19,669
again

725
00:33:31,019 --> 00:33:36,710
[Music]

726
00:33:34,638 --> 00:33:40,649
you

727
00:33:36,710 --> 00:33:42,870

so yes simply hey Sal you guys guys I

728

00:33:40,650 --> 00:33:45,000

just had the most amazing experience

729

00:33:42,869 --> 00:33:46,409

what experience undress under Chevy been

730

00:33:45,000 --> 00:33:48,569

to the pub I told you not to hang out

731

00:33:46,410 --> 00:33:51,000

with mash you know she was blessed by

732

00:33:48,569 --> 00:33:53,849

peter Popoff no Jelena I'm not talking

733

00:33:51,000 --> 00:33:55,829

about psychics it was a really SP

734

00:33:53,849 --> 00:33:57,359

experience now you have been to the pub

735

00:33:55,829 --> 00:33:58,079

either that or you've been smoking

736

00:33:57,359 --> 00:34:00,569

something

737

00:33:58,079 --> 00:34:02,819

no pontus the ESB is the european

738

00:34:00,569 --> 00:34:04,950

sceptics podcast it's the most amazing

739

00:34:02,819 --> 00:34:06,720

thing you get to know so much about

740

00:34:04,950 --> 00:34:09,690

sceptics and their activities across

741

00:34:06,720 --> 00:34:11,309

europe you know events hot topics and

742
00:34:09,690 --> 00:34:13,980
interviews with lots of interesting

743
00:34:11,309 --> 00:34:15,000
people oh wow cool by the way pontus you

744
00:34:13,980 --> 00:34:17,849
just come into the false dichotomy

745
00:34:15,000 --> 00:34:20,699
fallacy I guess that means I'm really

746
00:34:17,849 --> 00:34:22,710
wrong yep and you can even learn about

747
00:34:20,699 --> 00:34:25,199
those fallacies in the show and hear

748
00:34:22,710 --> 00:34:27,480
about people spreading silly ideas you

749
00:34:25,199 --> 00:34:30,449
should really check it out it's the ESP

750
00:34:27,480 --> 00:34:33,148
the European sceptics podcast it's on

751
00:34:30,449 --> 00:34:35,460
never week all right so where can I get

752
00:34:33,148 --> 00:34:38,159
this is the experience it sounds good

753
00:34:35,460 --> 00:34:41,220
you can go online at the ESP do - you

754
00:34:38,159 --> 00:34:44,250
follow it on twitter at es podcast

755
00:34:41,219 --> 00:34:46,378
underscore EU or like the podcast on

756
00:34:44,250 --> 00:34:49,440
Facebook oh and you can also contact the

757
00:34:46,378 --> 00:34:53,279
show by sending them an email to info at

758
00:34:49,440 --> 00:34:55,320
the ESPE you and if you want to

759
00:34:53,280 --> 00:34:58,050
subscribe do a quick search for the

760
00:34:55,320 --> 00:35:04,350
European skeptic podcast on soundcloud

761
00:34:58,050 --> 00:35:07,700
iTunes or stitcher I don't know how you

762
00:35:04,349 --> 00:35:07,699
can't believe

763
00:35:08,800 --> 00:35:13,530
[Music]

764
00:35:20,570 --> 00:35:25,920
thank you for listening to the skeptics

765
00:35:23,070 --> 00:35:27,960
only abbreviated version for this time

766
00:35:25,920 --> 00:35:31,289
of year I hope you understand with lots

767
00:35:27,960 --> 00:35:33,539
of travel and other things going on but

768
00:35:31,289 --> 00:35:36,570
never fear we have a interesting year of

769
00:35:33,539 --> 00:35:37,889
the sceptic zone 2018 the lying ahead of

770

00:35:36,570 --> 00:35:39,570
us thank you to those people those

771
00:35:37,889 --> 00:35:42,509
lovely people who subscribe to the

772
00:35:39,570 --> 00:35:44,130
skeptic zone by paypal patreon your

773
00:35:42,510 --> 00:35:46,920
contributions really help Thank You

774
00:35:44,130 --> 00:35:49,619
Stuart Stuart Ferguson who recently sent

775
00:35:46,920 --> 00:35:52,340
in a very welcome donation it all helps

776
00:35:49,619 --> 00:35:55,050
and it all keeps the show ticking over

777
00:35:52,340 --> 00:35:59,880
but now it's time for me to run to bed I

778
00:35:55,050 --> 00:36:00,600
think a coffee only works so much with

779
00:35:59,880 --> 00:36:04,700
jet lag

780
00:36:00,599 --> 00:36:07,589
hey if anybody has a cure let me know

781
00:36:04,699 --> 00:36:09,599
until next week this is Richard Saunders

782
00:36:07,590 --> 00:36:15,780
signing off from heatwave Sydney

783
00:36:09,599 --> 00:36:18,480
Australia you've been listening to the

784
00:36:15,780 --> 00:36:24,060

skeptic zone podcast please visit our

785

00:36:18,480 --> 00:36:26,519

website at WWE TV for shownotes contacts

786

00:36:24,059 --> 00:36:30,570

and to access the bat catalog of

787

00:36:26,519 --> 00:36:32,280

episodes going back to 2008 you can

788

00:36:30,570 --> 00:36:35,340

follow the skeptic zone podcast on

789

00:36:32,280 --> 00:36:37,619

twitter at skeptic zone visit our

790

00:36:35,340 --> 00:36:38,510

facebook page or leave a review on

791

00:36:37,619 --> 00:36:41,190

itunes

792

00:36:38,510 --> 00:36:45,090

you can also support the skeptic zone

793

00:36:41,190 --> 00:36:47,670

via patreon or paypal you can be part of

794

00:36:45,090 --> 00:36:52,079

the show by downloading the voice bite

795

00:36:47,670 --> 00:36:55,440

app at Voice bite comm and using the

796

00:36:52,079 --> 00:36:58,159

hashtag skeptic zone the skeptic zone

797

00:36:55,440 --> 00:37:00,539

podcast is an independent production

798

00:36:58,159 --> 00:37:02,670

reviews and opinions expressed on the

799

00:37:00,539 --> 00:37:05,009

skeptic zone and not necessarily those

800

00:37:02,670 --> 00:37:06,820

of Australian skeptics or any other

801

00:37:05,010 --> 00:37:13,289

sceptical organisation

802

00:37:06,820 --> 00:37:13,289

[Music]