



HIDDEN TRUTH SHOW WITH JIM BRESLO
TRANSGENDER MOVEMENT

AVAILABLE ON ALL PODCAST APPS



1
00:00:00,000 --> 00:00:08,500

[Music]

2
00:00:12,950 --> 00:00:10,850

welcome to the hidden truth podcast

3
00:00:15,650 --> 00:00:12,960

where we focus on the transgender

4
00:00:17,570 --> 00:00:15,660

movement we're diving deep to find the

5
00:00:19,340 --> 00:00:17,580

truth behind the movement we're gonna

6
00:00:22,640 --> 00:00:19,350

provide an excerpt from this week's

7
00:00:24,500 --> 00:00:22,650

episode if you enjoy this excerpt you

8
00:00:26,810 --> 00:00:24,510

can check out the podcast hidden truth

9
00:00:28,820 --> 00:00:26,820

show on Apple podcast or wherever you

10
00:00:32,269 --> 00:00:28,830

listen to podcasts this is an interview

11
00:00:34,819 --> 00:00:32,279

with Joanna Harper she was a man in

12
00:00:36,819 --> 00:00:34,829

Canada running marathons in fact she was

13
00:00:39,319 --> 00:00:36,829

top 20 marathon runner in Canada

14

00:00:41,750 --> 00:00:39,329

ultimately transitioned to being a woman

15

00:00:43,610 --> 00:00:41,760

as a result she was interested in

16

00:00:45,680 --> 00:00:43,620

studying the effects of estrogen when a

17

00:00:47,389 --> 00:00:45,690

man starts taking it she started taking

18

00:00:51,439 --> 00:00:47,399

it and said that it had reduced her

19

00:00:55,569 --> 00:00:51,449

levels of running by about 10% and so

20

00:00:58,160 --> 00:00:55,579

she now advises the Olympics she advises

21

00:00:59,569 --> 00:00:58,170

universities and even high schools on

22

00:01:02,299 --> 00:00:59,579

what their policy should be on

23

00:01:04,729 --> 00:01:02,309

transgender athletes rather than it

24

00:01:06,260 --> 00:01:04,739

being based on biological sex she

25

00:01:09,200 --> 00:01:06,270

contends it should be all based upon

26
00:01:11,120 --> 00:01:09,210
hormone levels as long as someone who's

27
00:01:13,219 --> 00:01:11,130
been taking hormone treatment for at

28
00:01:16,039 --> 00:01:13,229
least a year they should be able to

29
00:01:18,260 --> 00:01:16,049
compete in the sport of the sex that

30
00:01:21,170 --> 00:01:18,270
they identify with here's a snippet from

31
00:01:23,810 --> 00:01:21,180
that interview with Joanna Harbor within

32
00:01:27,350 --> 00:01:23,820
nine months of being on hormone therapy

33
00:01:30,020 --> 00:01:27,360
I was running 12 percent slower and and

34
00:01:33,109 --> 00:01:30,030
so that that was amazing to me that that

35
00:01:34,760 --> 00:01:33,119
hormone therapy could do that and so

36
00:01:35,929 --> 00:01:34,770
while you're blocking well is sorry to

37
00:01:37,700 --> 00:01:35,939
interrupt you but you're blocking your

38
00:01:40,069 --> 00:01:37,710

testosterone and you're producing

39

00:01:45,020 --> 00:01:40,079

estrogen right yes sorry not produced

40

00:01:46,850 --> 00:01:45,030

but taking estrogen in 2004 so I mean I

41

00:01:48,560 --> 00:01:46,860

don't I guess I'm questioning why you

42

00:01:50,450 --> 00:01:48,570

were so surprised by it because it

43

00:01:54,050 --> 00:01:50,460

wouldn't surprise me because we've seen

44

00:01:56,539 --> 00:01:54,060

athletes taking steroids over the years

45

00:01:58,459 --> 00:01:56,549

almost every sport has banned the use of

46

00:02:00,469 --> 00:01:58,469

steroids and they take it because it

47

00:02:02,630 --> 00:02:00,479

gives them at least a 10% boost in their

48

00:02:05,060 --> 00:02:02,640

performance so why were you surprised

49

00:02:11,759 --> 00:02:05,070

that blocking your testosterone would

50

00:02:16,240 --> 00:02:14,020

certainly you know when you're talking

51
00:02:19,720 --> 00:02:16,250
about steroids you're talking about very

52
00:02:24,610 --> 00:02:19,730
large doses of testosterone that these

53
00:02:27,789 --> 00:02:24,620
people take and certainly the the idea

54
00:02:30,339 --> 00:02:27,799
that you could take a male athlete put

55
00:02:32,440 --> 00:02:30,349
them on female hormone levels for nine

56
00:02:36,220 --> 00:02:32,450
months and wind up with an equivalent

57
00:02:39,490 --> 00:02:36,230
female athlete I think there are very

58
00:02:39,910 --> 00:02:39,500
few people who on their own would say oh

59
00:02:42,670 --> 00:02:39,920
yeah

60
00:02:43,930 --> 00:02:42,680
that sounds reasonable to me well you

61
00:02:45,460 --> 00:02:43,940
jumped yeah you jump to something a

62
00:02:47,860 --> 00:02:45,470
little bit different which you know I

63
00:02:50,289 --> 00:02:47,870

would clearly expect a significant

64

00:02:54,520 --> 00:02:50,299

decline performance that you said 12%

65

00:02:56,410 --> 00:02:54,530

difference in your time yeah and what is

66

00:02:59,170 --> 00:02:56,420

let's just take the the what is the

67

00:03:05,020 --> 00:02:59,180

marathon record for a man and what is

68

00:03:08,670 --> 00:03:05,030

the marathon record for a woman its 202

69

00:03:13,960 --> 00:03:08,680

fifty something for a man and 215

70

00:03:20,670 --> 00:03:13,970

something for a woman again it's ten

71

00:03:24,490 --> 00:03:20,680

percent difference yes right yep so so

72

00:03:26,530 --> 00:03:24,500

the not what you experienced in other

73

00:03:29,819 --> 00:03:26,540

words yeah about what I experienced in

74

00:03:33,640 --> 00:03:29,829

nine months of becoming hormonal female

75

00:03:36,550 --> 00:03:33,650

Ong tells us the importance of hormones

76

00:03:40,030 --> 00:03:36,560

in right performance yes it helps

77

00:03:42,280 --> 00:03:40,040

explain why men are better at sports

78

00:03:45,150 --> 00:03:42,290

than women yes it does right and it

79

00:03:47,559 --> 00:03:45,160

helps explain why so many men were

80

00:03:49,599 --> 00:03:47,569

taking testosterone to boost their

81

00:03:51,699 --> 00:03:49,609

performance Barry Bonds Mark McGwire

82

00:03:54,159 --> 00:03:51,709

etcetera advanced what I'm not sure

83

00:03:56,680 --> 00:03:54,169

exactly what they took but we know for

84

00:03:58,960 --> 00:03:56,690

sure there was a period during which

85

00:04:02,289 --> 00:03:58,970

athletes were taking testosterone

86

00:04:04,270 --> 00:04:02,299

boosters and probably from where the

87

00:04:07,949 --> 00:04:04,280

male was they were propagating about a

88

00:04:13,210 --> 00:04:07,959

10% boost up from where they were yep

89

00:04:14,920 --> 00:04:13,220

okay so keep going sorry so anyway I was

90

00:04:21,819 --> 00:04:14,930

surprised that nine months of hormone

91

00:04:24,749 --> 00:04:21,829

therapy could do this and with so you

92

00:04:27,700 --> 00:04:24,759

know that was eye-opening and then

93

00:04:30,040 --> 00:04:27,710

within two years later I found another

94

00:04:32,439 --> 00:04:30,050

trend woman runner who had experienced

95

00:04:36,100 --> 00:04:32,449

the same thing and so at this point it

96

00:04:38,320 --> 00:04:36,110

wasn't just me so this was something

97

00:04:40,719 --> 00:04:38,330

that at least two transwomen runners had

98

00:04:43,149 --> 00:04:40,729

experienced so at that point I decided I

99

00:04:47,890 --> 00:04:43,159

would start to gather data it took a

100

00:04:54,129 --> 00:04:47,900

while but eventually in 2015 I published

101
00:04:58,080 --> 00:04:54,139
study and that study showed 200 race

102
00:05:01,839 --> 00:04:58,090
times from 8 transgender runners and

103
00:05:04,149 --> 00:05:01,849
applying an analysis to those came up

104
00:05:08,080 --> 00:05:04,159
with equivalent performance in male and

105
00:05:12,129 --> 00:05:08,090
female male before transition female

106
00:05:15,279 --> 00:05:12,139
after and so that was the first

107
00:05:17,140 --> 00:05:15,289
published study ever on transgender

108
00:05:18,580 --> 00:05:17,150
athletes and then that was just three

109
00:05:22,420 --> 00:05:18,590
years ago

110
00:05:26,499 --> 00:05:22,430
the IOC the IWF took notice of what I

111
00:05:30,909 --> 00:05:26,509
was doing no one else in the world was

112
00:05:35,790 --> 00:05:30,919
doing it at the time and so they started

113
00:05:38,439 --> 00:05:35,800

inviting me to to two things that to be

114

00:05:41,890 --> 00:05:38,449

one of their worldwide experts because

115

00:05:44,140 --> 00:05:41,900

because I was to see the full interview

116

00:05:45,459 --> 00:05:44,150

with Johanna Harper check out the hidden

117

00:05:47,379 --> 00:05:45,469

truth show podcast

118

00:05:47,990 --> 00:05:47,389

wherever you listen to podcasts thanks