

The Skeptic Zone
Show 371 - 28 Nov 2015



Dr Mel Thomson

1
00:00:22,030 --> 00:00:09,080
welcome to the skeptic zone the podcast

2
00:00:28,330 --> 00:00:24,620
hello and welcome to the skeptic zone

3
00:00:32,060 --> 00:00:28,340
episode number 371 for the 29th of

4
00:00:33,830 --> 00:00:32,070
November 2015 Richard Saunders here with

5
00:00:35,540 --> 00:00:33,840
you from Sydney Australia that funny

6
00:00:37,360 --> 00:00:35,550
buzzing noise in the background you can

7
00:00:39,910 --> 00:00:37,370
hear is the air conditioning because

8
00:00:43,040 --> 00:00:39,920
sometimes it's very hard to do the

9
00:00:45,860 --> 00:00:43,050
voiceover work for this show in a closed

10
00:00:47,930 --> 00:00:45,870
room on a hot day I hope you'll

11
00:00:50,990 --> 00:00:47,940
understand I quite like air conditioning

12
00:00:53,270 --> 00:00:51,000
it's good to live in an age of science

13
00:00:54,770 --> 00:00:53,280

which brings us air conditioning

14

00:00:57,950 --> 00:00:54,780

especially when you live in a hot

15

00:00:59,899 --> 00:00:57,960

country like Australia what's coming up

16

00:01:01,969 --> 00:00:59,909

on this week's show well it's may not

17

00:01:03,979 --> 00:01:01,979

may not spooky action more about may not

18

00:01:05,420 --> 00:01:03,989

coming up later in the show there's a

19

00:01:07,700 --> 00:01:05,430

special night he's putting on a new

20

00:01:10,880 --> 00:01:07,710

castle where he's going to be playing

21

00:01:13,010 --> 00:01:10,890

the old spaceballs movie it's called

22

00:01:14,840 --> 00:01:13,020

Maynard the farce awakens more about

23

00:01:16,160 --> 00:01:14,850

that later hope to see you there but

24

00:01:18,649 --> 00:01:16,170

anyway may nod to kick off the show

25

00:01:20,000 --> 00:01:18,659

Maynard chat to dr. Mel Thompson who was

26

00:01:22,100 --> 00:01:20,010

at the Australian skeptics National

27

00:01:27,170 --> 00:01:22,110

Convention Mel's going to be chatting

28

00:01:32,330 --> 00:01:27,180

about her um problems health problems

29

00:01:34,250 --> 00:01:32,340

and how she's tackling them and some

30

00:01:36,740 --> 00:01:34,260

interesting advice for people with

31

00:01:39,080 --> 00:01:36,750

similar problems and the rest of us how

32

00:01:41,690 --> 00:01:39,090

to relate to people who have certain

33

00:01:43,460 --> 00:01:41,700

medical problems hmm that's a bit

34

00:01:45,590 --> 00:01:43,470

cryptic isn't it I think you'll enjoy

35

00:01:49,910 --> 00:01:45,600

this interview with may not conducted in

36

00:01:52,970 --> 00:01:49,920

his usual style following that it's

37

00:01:55,340 --> 00:01:52,980

evidence please with Joe alabasta this

38

00:01:59,680 --> 00:01:55,350

week Joe's going to be looking at the

39

00:02:03,530 --> 00:01:59,690

crazy alternative medical practice of

40

00:02:07,730 --> 00:02:03,540

cupping cupping this is where you put

41

00:02:11,300 --> 00:02:07,740

hot cup shape containers on your back or

42

00:02:13,580 --> 00:02:11,310

your front I don't know and heat them up

43

00:02:15,619 --> 00:02:13,590

or heat them up beforehand and it's

44

00:02:18,470 --> 00:02:15,629

supposed to draw out the toxins and all

45

00:02:22,130 --> 00:02:18,480

this sort of new-age weaselly washy

46

00:02:24,199 --> 00:02:22,140

wishy-washy stuff does it probably not

47

00:02:28,520 --> 00:02:24,209

but Joe will tell us all about that

48

00:02:30,080 --> 00:02:28,530

coming up in Joe's evidence please then

49

00:02:33,420 --> 00:02:30,090

it's a week in science on the Royal

50

00:02:37,740 --> 00:02:33,430

Institution of Australia w w RI

51
00:02:39,599 --> 00:02:37,750
us dog got a you hello everybody there I

52
00:02:41,640 --> 00:02:39,609
do like visiting that institution I did

53
00:02:44,539 --> 00:02:41,650
that to about a year ago had a wonderful

54
00:02:47,640 --> 00:02:44,549
time then to ran off the show I speak to

55
00:02:50,009 --> 00:02:47,650
Tamara Robertson from California who's

56
00:02:51,809 --> 00:02:50,019
involved in the new series which you may

57
00:02:54,360 --> 00:02:51,819
have heard being talked about here on

58
00:02:58,949 --> 00:02:54,370
the skeptic zone the feeling joob all

59
00:03:02,610 --> 00:02:58,959
about food myths what's her story does

60
00:03:06,059 --> 00:03:02,620
she like food I like food we'll find out

61
00:03:07,890 --> 00:03:06,069
coming up to round off the show now

62
00:03:10,050 --> 00:03:07,900
before we get stuck into the show a big

63
00:03:12,629 --> 00:03:10,060

thank you to everybody who have sent me

64

00:03:15,530 --> 00:03:12,639

birthday wishes and greetings thank you

65

00:03:19,349 --> 00:03:15,540

very much yes yesterday was my birthday

66

00:03:23,129 --> 00:03:19,359

the big 50 why don't they call it the

67

00:03:24,780 --> 00:03:23,139

small 50 the little the minor 50 thee so

68

00:03:28,619 --> 00:03:24,790

what did somebody call me the other day

69

00:03:32,940 --> 00:03:28,629

they called me a junior geriatric um

70

00:03:35,550 --> 00:03:32,950

hello to all the 1965 is out there we've

71

00:03:37,500 --> 00:03:35,560

made it to 50 unbelievable most of us as

72

00:03:39,960 --> 00:03:37,510

a few yet to come actually in December

73

00:03:43,550 --> 00:03:39,970

hmm but now it's time for me to run

74

00:03:48,300 --> 00:03:43,560

downstairs and have the last slice of

75

00:03:53,460 --> 00:03:48,310

the birthday cake which was red velvet

76

00:03:56,490 --> 00:03:53,470

with cheese cake icing or frosting my

77

00:04:00,330 --> 00:03:56,500

goodness me it was almost worth waiting

78

00:04:15,720 --> 00:04:00,340

50 years for mm-hmm well I do that I

79

00:04:23,900 --> 00:04:20,640

here's my not spooky action at the

80

00:04:27,689 --> 00:04:26,339

well I was watching something pretty

81

00:04:29,550 --> 00:04:27,699

interesting on stage earlier I was

82

00:04:31,589 --> 00:04:29,560

looking up an iron saw I saw inside this

83

00:04:33,809 --> 00:04:31,599

woman's body I saw your staples I know

84

00:04:35,909 --> 00:04:33,819

it's but they're great hump a who are

85

00:04:37,980 --> 00:04:35,919

you and why are you doing here I'm dr.

86

00:04:42,409 --> 00:04:37,990

Melanie Thompson I'm here to talk about

87

00:04:45,629 --> 00:04:42,419

my experiences as a patient as a

88

00:04:47,490 --> 00:04:45,639

recently diagnosed Ms patient but as

89

00:04:49,559 --> 00:04:47,500

well as how I'm marrying that with my

90

00:04:51,960 --> 00:04:49,569

professional career as a evidence-based

91

00:04:54,059 --> 00:04:51,970

medicine practitioner as a scientist

92

00:04:56,309 --> 00:04:54,069

working at a medical school as a doctor

93

00:04:57,990 --> 00:04:56,319

yourself did you do a self diagnosis on

94

00:04:59,879 --> 00:04:58,000

you because doctors can get a bit you

95

00:05:02,610 --> 00:04:59,889

know paranoid I'm not that kind of

96

00:05:04,649 --> 00:05:02,620

doctor oh I'm a science doctor here

97

00:05:09,930 --> 00:05:04,659

today I'm not a doctor doctor other were

98

00:05:11,790 --> 00:05:09,940

and basically my diagnosis was quite

99

00:05:14,809 --> 00:05:11,800

challenging at a start because I thought

100

00:05:17,969 --> 00:05:14,819

it was based on we all thought including

101
00:05:20,040 --> 00:05:17,979
various ophthalmologists etc etc that it

102
00:05:21,930 --> 00:05:20,050
was sort of acquired brain injury from

103
00:05:24,869 --> 00:05:21,940
fender bender accident I'd had two days

104
00:05:27,510 --> 00:05:24,879
before I lost my sight so we were all

105
00:05:29,370 --> 00:05:27,520
focusing on that and by the time they

106
00:05:31,170 --> 00:05:29,380
actually stuck me in an MRI machine I've

107
00:05:32,550 --> 00:05:31,180
got my vision back and I was able to

108
00:05:33,570 --> 00:05:32,560
drive again so I thought nothing all

109
00:05:35,070 --> 00:05:33,580
that I thought well they say my rods

110
00:05:37,260 --> 00:05:35,080
just going to be a it's going to be just

111
00:05:38,249 --> 00:05:37,270
a bit i run of the mill they're going to

112
00:05:39,719 --> 00:05:38,259
tell me there's nothing wrong with me

113
00:05:41,279 --> 00:05:39,729

and send me home for Christmas and then

114

00:05:43,559 --> 00:05:41,289

saw those little white bits they went

115

00:05:45,659 --> 00:05:43,569

little they were massive 2-centimeter

116

00:05:46,980 --> 00:05:45,669

tomb effective Legion as well as some

117

00:05:50,070 --> 00:05:46,990

other smaller legions so they were

118

00:05:51,990 --> 00:05:50,080

pretty substantial brain lesions and

119

00:05:53,879 --> 00:05:52,000

look having spoken with Tim Ferguson

120

00:05:56,219 --> 00:05:53,889

about this about about his reaction to

121

00:05:59,550 --> 00:05:56,229

that what's it but what do you go into

122

00:06:01,320 --> 00:05:59,560

how does one handle that I mean I'm now

123

00:06:02,730 --> 00:06:01,330

it's a very blunt question but I can't

124

00:06:04,320 --> 00:06:02,740

really get my head around that so the

125

00:06:07,409 --> 00:06:04,330

first thing I did was biting Ferguson's

126

00:06:08,730 --> 00:06:07,419

book carry a big stick yes yes so the

127

00:06:10,649 --> 00:06:08,740

first thing I did was buy that I send my

128

00:06:13,559 --> 00:06:10,659

husband down the local bookshop said

129

00:06:14,450 --> 00:06:13,569

come back with to Ferguson's I carry a

130

00:06:18,620 --> 00:06:14,460

big stick and I went

131

00:06:20,809 --> 00:06:18,630

I'd follow him on Twitter and knew his

132

00:06:23,529 --> 00:06:20,819

issues obviously and I follow what's a

133

00:06:26,719 --> 00:06:23,539

big fan big fan girl when I was a child

134

00:06:29,480 --> 00:06:26,729

not well child teenager wasn't quite

135

00:06:31,040 --> 00:06:29,490

legal um look there's a lot love teenage

136

00:06:32,870 --> 00:06:31,050

angst at their gigs at that time yeah

137

00:06:34,520 --> 00:06:32,880

exactly and I never got to go because I

138

00:06:36,350 --> 00:06:34,530

would they I think they left the country

139

00:06:38,059 --> 00:06:36,360

before I turned 18 and was able to go to

140

00:06:39,740 --> 00:06:38,069

any big gig so I've always had this I

141

00:06:42,350 --> 00:06:39,750

thought I finally went to see there for

142

00:06:45,950 --> 00:06:42,360

them do a gig at jalan maybe six months

143

00:06:48,020 --> 00:06:45,960

ago first time and I'm like yay um but

144

00:06:51,860 --> 00:06:48,030

yeah sorry reading his book was really

145

00:06:54,469 --> 00:06:51,870

interesting and his approach really well

146

00:06:56,240 --> 00:06:54,479

yeah I've got this thing but and I like

147

00:06:58,310 --> 00:06:56,250

the chapter where he's like going and

148

00:07:00,770 --> 00:06:58,320

here's here's my spiel don't try and

149

00:07:02,810 --> 00:07:00,780

give me the woo I was like yeah you go

150

00:07:04,370 --> 00:07:02,820

girl yeah well he's had tapeworms offer

151
00:07:06,980 --> 00:07:04,380
to him and that's all hookworms that's

152
00:07:08,300 --> 00:07:06,990
when I find weird I mean because I do it

153
00:07:10,159 --> 00:07:08,310
because I mean infectious disease expert

154
00:07:12,050 --> 00:07:10,169
us previously it's been a lot of time on

155
00:07:14,629 --> 00:07:12,060
the stop the avian hashtag helping out

156
00:07:17,270 --> 00:07:14,639
the really great group of people that

157
00:07:20,510 --> 00:07:17,280
have been driving changing that way and

158
00:07:22,730 --> 00:07:20,520
I've the vaccine trolls tried to tell me

159
00:07:25,700 --> 00:07:22,740
I had fun tell me that my ms was caused

160
00:07:28,550 --> 00:07:25,710
by a vaccine injury and I went thanks

161
00:07:31,370 --> 00:07:28,560
for that block oh yeah how would you

162
00:07:34,939 --> 00:07:31,380
even relate that back what auto immune

163
00:07:36,830 --> 00:07:34,949

injury isn't it ms yeah but over the

164

00:07:38,360 --> 00:07:36,840

entire life yeah and that's when I was a

165

00:07:40,219 --> 00:07:38,370

mother thing when I was sort of talking

166

00:07:42,320 --> 00:07:40,229

to this troll about was well if that is

167

00:07:44,659 --> 00:07:42,330

true there'll be a lot more people with

168

00:07:45,800 --> 00:07:44,669

MS yeah there be a lot more people

169

00:07:49,850 --> 00:07:45,810

there's not that many people they mess

170

00:07:51,620 --> 00:07:49,860

so really hmm I don't not your vaccines

171

00:07:53,420 --> 00:07:51,630

cause MS he's not holding mortal with me

172

00:07:54,860 --> 00:07:53,430

right now this is what I was told only

173

00:07:56,360 --> 00:07:54,870

last week I was talking about this all

174

00:07:58,279 --> 00:07:56,370

you know Tim Ferguson they go yeah well

175

00:07:59,839 --> 00:07:58,289

everyone I know who's got a mess has got

176

00:08:01,279 --> 00:07:59,849

pale skin and they don't get a lot of

177

00:08:02,810 --> 00:08:01,289

sunlight so it's probably caused by lack

178

00:08:04,550 --> 00:08:02,820

of vitamin D that's what I was told in

179

00:08:06,890 --> 00:08:04,560

one go because they because I know two

180

00:08:08,060 --> 00:08:06,900

people but and then Tim didn't go out

181

00:08:11,420 --> 00:08:08,070

much doing the dopest is working in

182

00:08:13,220 --> 00:08:11,430

clubs at night well yeah but no any

183

00:08:14,630 --> 00:08:13,230

vitamin D link at all

184

00:08:16,400 --> 00:08:14,640

there is a vitamin D link and it but

185

00:08:22,220 --> 00:08:16,410

it's only been shown scientifically

186

00:08:24,470 --> 00:08:22,230

recently I am a son lover okay I spend

187

00:08:27,290 --> 00:08:24,480

my whole time outside without sunscreen

188

00:08:30,020 --> 00:08:27,300

much to the horror of my GP and this

189

00:08:31,400 --> 00:08:30,030

before I had my ms diagnosis alright cuz

190

00:08:32,510 --> 00:08:31,410

i lived in the UK for 12 years and

191

00:08:34,550 --> 00:08:32,520

frankly when you live in the UK

192

00:08:36,680 --> 00:08:34,560

especially the northern UK in York where

193

00:08:37,880 --> 00:08:36,690

I lived you don't see this on much and

194

00:08:39,290 --> 00:08:37,890

when it comes out you're literally out

195

00:08:40,969 --> 00:08:39,300

there on your bikini going burn me burn

196

00:08:42,680 --> 00:08:40,979

me let me tell you at lunch time

197

00:08:44,210 --> 00:08:42,690

everybody's out there with their shirt

198

00:08:45,830 --> 00:08:44,220

off in their undies out of the office in

199

00:08:47,450 --> 00:08:45,840

the park it's amazing getting their

200

00:08:49,820 --> 00:08:47,460

vitamin D because it sounds much much

201
00:08:51,650 --> 00:08:49,830
weaker there and so you need Australia

202
00:08:52,730 --> 00:08:51,660
you can get vitamin D just on your you

203
00:08:55,130 --> 00:08:52,740
know your arms in your face we've been

204
00:08:56,510 --> 00:08:55,140
doing minutes but in England you really

205
00:08:59,120 --> 00:08:56,520
have to work at it and you have to take

206
00:09:01,760 --> 00:08:59,130
a summer holiday and so now I'm actually

207
00:09:03,740 --> 00:09:01,770
committed to taking winter sun holidays

208
00:09:07,190 --> 00:09:03,750
now that I've had my diagnosis I went to

209
00:09:08,510 --> 00:09:07,200
Fiji chopped up the tan and my vitamin D

210
00:09:11,480 --> 00:09:08,520
levels have been recommended to stay

211
00:09:12,860 --> 00:09:11,490
above 75 okay the average for a normal

212
00:09:15,830 --> 00:09:12,870
person are tablets are good for this

213
00:09:18,110 --> 00:09:15,840

honor yes okay yes they can be I don't

214

00:09:20,330 --> 00:09:18,120

take them personally but my GP is trying

215

00:09:21,950 --> 00:09:20,340

to convince me I'm always of the opinion

216

00:09:24,050 --> 00:09:21,960

scientifically you actually need the

217

00:09:26,840 --> 00:09:24,060

sunlight the UV light to actually

218

00:09:28,730 --> 00:09:26,850

convert the tablets that the vitamin T

219

00:09:31,220 --> 00:09:28,740

you take into an activated form so you

220

00:09:32,510 --> 00:09:31,230

do need that step with the UV but having

221

00:09:33,590 --> 00:09:32,520

said that if you take a lot of

222

00:09:36,380 --> 00:09:33,600

supplements then there's a lot more

223

00:09:38,690 --> 00:09:36,390

vitamin D waiting to be activated and so

224

00:09:40,850 --> 00:09:38,700

it tends to be a self activating cycle

225

00:09:44,300 --> 00:09:40,860

well okay and what other wove you had

226

00:09:46,010 --> 00:09:44,310

shoved your way I mean and you must be

227

00:09:47,600 --> 00:09:46,020

just up for an argument so much like

228

00:09:49,310 --> 00:09:47,610

people add so you know you can get

229

00:09:51,770 --> 00:09:49,320

really really indignant more than

230

00:09:53,300 --> 00:09:51,780

anything it's been great just I mean I

231

00:09:55,820 --> 00:09:53,310

was like having a child diagnosed with

232

00:09:57,980 --> 00:09:55,830

autism gave me a bit of that where i

233

00:09:59,990 --> 00:09:57,990

came across patients that a pip fellow

234

00:10:02,030 --> 00:10:00,000

fellow like mothers of the school gate

235

00:10:03,620 --> 00:10:02,040

who have children that were diagnosed

236

00:10:05,630 --> 00:10:03,630

with autism and they'd be like oh yeah

237

00:10:07,460 --> 00:10:05,640

we took into a naturopath or not maybe

238

00:10:09,740 --> 00:10:07,470

you know that and I said I work on seed

239

00:10:12,050 --> 00:10:09,750

if you know back to your are yeah we

240

00:10:15,350 --> 00:10:12,060

took our son to a this doctor bio

241

00:10:18,259 --> 00:10:15,360

medical doctor who gave him a high dose

242

00:10:20,660 --> 00:10:18,269

beta lactam Aizaz or something um i

243

00:10:23,480 --> 00:10:20,670

really don't do that we can oh don't do

244

00:10:24,949 --> 00:10:23,490

that and i said but if it makes you feel

245

00:10:27,230 --> 00:10:24,959

better that you're doing something for

246

00:10:28,519 --> 00:10:27,240

your child that's what that's what

247

00:10:30,500 --> 00:10:28,529

you're addressing here and that's what

248

00:10:32,630 --> 00:10:30,510

people don't understand is that they

249

00:10:35,060 --> 00:10:32,640

feel powerless against these diseases

250

00:10:36,620 --> 00:10:35,070

that have no cures and they feel they

251
00:10:38,000 --> 00:10:36,630
need to be doing something to make

252
00:10:39,860 --> 00:10:38,010
themselves feel better and sleep at

253
00:10:42,199 --> 00:10:39,870
night well this is something I spoke to

254
00:10:44,990 --> 00:10:42,209
about with Nicole Rogerson about her

255
00:10:47,030 --> 00:10:45,000
issues with their but there's a touch of

256
00:10:48,230 --> 00:10:47,040
parental is a touch of parental guilt

257
00:10:50,090 --> 00:10:48,240
there or something you feel like there's

258
00:10:51,889 --> 00:10:50,100
something you've done and and that you

259
00:10:54,170 --> 00:10:51,899
want to undo it is that part of it all I

260
00:10:56,060 --> 00:10:54,180
mean you do get that and then listening

261
00:10:58,880 --> 00:10:56,070
to Loretta talk about your cancer and

262
00:11:00,920 --> 00:10:58,890
and how this whole fight a warrior meme

263
00:11:02,990 --> 00:11:00,930

that goes on and I got that and I was

264

00:11:04,460 --> 00:11:03,000

like you could cough with that and

265

00:11:06,440 --> 00:11:04,470

actually if you've got I've got a

266

00:11:08,300 --> 00:11:06,450

wordpress blog being honor and people

267

00:11:10,610 --> 00:11:08,310

still do it to me and I'm politely

268

00:11:13,460 --> 00:11:10,620

saying for them please don't give me the

269

00:11:15,500 --> 00:11:13,470

fight of me said all I'm doing now so

270

00:11:17,750 --> 00:11:15,510

this is an incurable disease oh you

271

00:11:19,970 --> 00:11:17,760

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

272

00:11:21,889 --> 00:11:19,980

not have to have her I've heard that

273

00:11:24,199 --> 00:11:21,899

what the fighter meme is really annoying

274

00:11:26,120 --> 00:11:24,209

too because in people I've spoken to

275

00:11:28,280 --> 00:11:26,130

with breast cancers have been remission

276

00:11:29,960 --> 00:11:28,290

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

277

00:11:31,699 --> 00:11:29,970

it's like being on a horrible roller

278

00:11:32,870 --> 00:11:31,709

coaster that sometimes slows down then

279

00:11:34,160 --> 00:11:32,880

flows up and sometimes it's good

280

00:11:36,019 --> 00:11:34,170

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

281

00:11:38,360 --> 00:11:36,029

an anal allergen it's good maybe but the

282

00:11:42,019 --> 00:11:38,370

point about fighting is that you have

283

00:11:44,720 --> 00:11:42,029

agency over your disease yeah now you

284

00:11:47,000 --> 00:11:44,730

have agency over various things in your

285

00:11:48,980 --> 00:11:47,010

life I katkar you by what job you do

286

00:11:50,750 --> 00:11:48,990

what the university degrees you study

287

00:11:52,430 --> 00:11:50,760

but you do not have agency against

288

00:11:54,139 --> 00:11:52,440

various things and I presented three

289

00:11:56,060 --> 00:11:54,149

life major life events that happened to

290

00:11:59,090 --> 00:11:56,070

me and the third one with my ms

291

00:11:59,940 --> 00:11:59,100

diagnosis but I had a miscarriage I had

292

00:12:09,660 --> 00:11:59,950

a

293

00:12:11,220 --> 00:12:09,670

there's no point telling someone they're

294

00:12:12,420 --> 00:12:11,230

a fighter because it means that if

295

00:12:15,180 --> 00:12:12,430

they're not fighting hard enough they're

296

00:12:17,610 --> 00:12:15,190

just not trying and that is just wrong

297

00:12:20,010 --> 00:12:17,620

and you shouldn't lay that kind of guilt

298

00:12:21,930 --> 00:12:20,020

on someone and that's what happens yeah

299

00:12:23,610 --> 00:12:21,940

like it you can fight this you can find

300

00:12:25,500 --> 00:12:23,620

it so you're not thinking positively

301
00:12:27,990 --> 00:12:25,510
enough about it it's your fault because

302
00:12:29,340 --> 00:12:28,000
you're not you're not trying you're not

303
00:12:31,440 --> 00:12:29,350
fighting the cancer because if you just

304
00:12:33,060 --> 00:12:31,450
try to make some organic food you'd be

305
00:12:34,950 --> 00:12:33,070
fine if you think it is the further

306
00:12:37,140 --> 00:12:34,960
people are away from that kind of thing

307
00:12:38,580 --> 00:12:37,150
the more they think like that I think so

308
00:12:42,840 --> 00:12:38,590
i know i think the rise of social media

309
00:12:44,250 --> 00:12:42,850
which i use a lot has been interesting

310
00:12:46,440 --> 00:12:44,260
in that way because you get a lot of

311
00:12:48,270 --> 00:12:46,450
family and friends that are ignorant the

312
00:12:49,950 --> 00:12:48,280
trying latest stuff on now I spoke in my

313
00:12:52,350 --> 00:12:49,960

talk about a woman i worked with that

314

00:12:54,320 --> 00:12:52,360

has an inoperable brain tumor of the

315

00:12:57,900 --> 00:12:54,330

kind that bill Gibson thought she had

316

00:12:59,790 --> 00:12:57,910

well pretended she had now it's gonna

317

00:13:01,980 --> 00:12:59,800

kill her she may never see her daughter

318

00:13:03,600 --> 00:13:01,990

who was four she was pregnant with when

319

00:13:05,130 --> 00:13:03,610

she was diagnosed with it she may never

320

00:13:06,900 --> 00:13:05,140

see him a daughter grow up because it

321

00:13:12,480 --> 00:13:06,910

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

322

00:13:13,950 --> 00:13:12,490

and so she had a aunt turn up on her

323

00:13:15,690 --> 00:13:13,960

doorstep one Friday evening when she was

324

00:13:19,950 --> 00:13:15,700

trying to have your nice quiet car

325

00:13:22,470 --> 00:13:19,960

dinnae in the garden and say to her oh I

326

00:13:24,540 --> 00:13:22,480

met this guy down the park who owns an

327

00:13:25,860 --> 00:13:24,550

organic food shop and basically she was

328

00:13:27,780 --> 00:13:25,870

describing they'll give some sport and

329

00:13:30,180 --> 00:13:27,790

he said that it's got this book with

330

00:13:33,460 --> 00:13:30,190

this woman this is cured her brain tumor

331

00:13:35,200 --> 00:13:33,470

with her diet just by eating organic and

332

00:13:38,470 --> 00:13:35,210

was being told to Michelle membership

333

00:13:40,510 --> 00:13:38,480

that this woman is got a PhD in science

334

00:13:42,220 --> 00:13:40,520

okay so she was looking at her aren't

335

00:13:45,010 --> 00:13:42,230

going thank you for that it's illicit

336

00:13:47,290 --> 00:13:45,020

advice so yeah that this kind of

337

00:13:51,010 --> 00:13:47,300

well-meaning unsolicited advice really

338

00:13:52,900 --> 00:13:51,020

creates this culture of you know other

339

00:13:54,400 --> 00:13:52,910

people wanting you to do something about

340

00:13:56,950 --> 00:13:54,410

your disease because they've read about

341

00:13:58,090 --> 00:13:56,960

it on some website yeah and they haven't

342

00:13:59,290 --> 00:13:58,100

really thought a lot about it before

343

00:14:00,610 --> 00:13:59,300

they've come to you and they don't know

344

00:14:02,740 --> 00:14:00,620

what the effect is when they say that to

345

00:14:04,930 --> 00:14:02,750

another person yeah because you know

346

00:14:07,690 --> 00:14:04,940

they might be it's well-intentioned but

347

00:14:09,340 --> 00:14:07,700

it's quite damaging and psychologically

348

00:14:11,080 --> 00:14:09,350

how can you prepare yourself for the

349

00:14:12,670 --> 00:14:11,090

sort of thing I that's very naive

350

00:14:14,710 --> 00:14:12,680

question I'm asking but that's cuz I

351
00:14:16,150 --> 00:14:14,720
wonder yeah well it's basically you just

352
00:14:19,210 --> 00:14:16,160
have to develop resilience to that kind

353
00:14:21,010 --> 00:14:19,220
of thing you do need to be very be

354
00:14:23,290 --> 00:14:21,020
prepared to cut people off that you

355
00:14:25,060 --> 00:14:23,300
consider toxic okay right and they may

356
00:14:27,790 --> 00:14:25,070
be family members so it's definitely

357
00:14:30,750 --> 00:14:27,800
it's hard and it can be isolating but

358
00:14:33,250 --> 00:14:30,760
and then I mean I have got a lot where I

359
00:14:35,890 --> 00:14:33,260
tend to be the sort of black sheep of my

360
00:14:37,629 --> 00:14:35,900
family because I'm not Christmas be

361
00:14:40,670 --> 00:14:37,639
great with you yeah

362
00:14:44,090 --> 00:14:40,680
it was really not bright um and

363
00:14:45,530 --> 00:14:44,100

basically because it over the rest of my

364

00:14:47,239 --> 00:14:45,540

family think Andrew bolts a great guy

365

00:14:49,129 --> 00:14:47,249

and has better ads more scientifically

366

00:14:51,759 --> 00:14:49,139

aware than I am Wow and so that's always

367

00:14:53,650 --> 00:14:51,769

you know uncomfortable and

368

00:14:55,689 --> 00:14:53,660

inside you've got to be prepared to

369

00:14:57,489 --> 00:14:55,699

remove toxic people from your life now

370

00:15:00,489 --> 00:14:57,499

you want to talk toxins it's mostly

371

00:15:02,169 --> 00:15:00,499

psychological toxins I fine and you need

372

00:15:04,540 --> 00:15:02,179

to find a support network and I was very

373

00:15:07,389 --> 00:15:04,550

lucky as I said in my talk the people

374

00:15:10,119 --> 00:15:07,399

that responded when i was in my you know

375

00:15:12,579 --> 00:15:10,129

the christmas new year nightmare that i

376

00:15:15,539 --> 00:15:12,589

had over Christmas I had my Twitter

377

00:15:18,189 --> 00:15:15,549

buddies now a lot of them were skeptics

378

00:15:19,869 --> 00:15:18,199

some of them were big Nobel Prize

379

00:15:22,689 --> 00:15:19,879

winning scientists they came and visited

380

00:15:25,449 --> 00:15:22,699

me on my house to say hi how're you

381

00:15:27,039 --> 00:15:25,459

going now and that was amazing it was

382

00:15:29,109 --> 00:15:27,049

really really amazing and that kind of

383

00:15:31,449 --> 00:15:29,119

support that I got from the skeptics

384

00:15:33,129 --> 00:15:31,459

family particularly was just just so

385

00:15:34,269 --> 00:15:33,139

grateful for okay and you're not sitting

386

00:15:35,739 --> 00:15:34,279

around either you're getting out there

387

00:15:37,720 --> 00:15:35,749

and doing some activism you're talking

388

00:15:39,999 --> 00:15:37,730

at the end of your talk about how our

389

00:15:41,799 --> 00:15:40,009

regulatory authorities aren't doing much

390

00:15:44,919 --> 00:15:41,809

and could you explain to the listener

391

00:15:46,929 --> 00:15:44,929

what was said by one of them about how

392

00:15:48,759 --> 00:15:46,939

if there's someone doing a shonky thing

393

00:15:50,559 --> 00:15:48,769

medically that they've better consider

394

00:15:53,100 --> 00:15:50,569

the business owner could you explain

395

00:15:56,379 --> 00:15:53,110

that again yes so basically the TGA is

396

00:15:59,619 --> 00:15:56,389

not fully independent and the TGA had is

397

00:16:00,819 --> 00:15:59,629

required by their code to basically

398

00:16:02,949 --> 00:16:00,829

address the needs of all of the

399

00:16:04,480 --> 00:16:02,959

stakeholders now they are the

400

00:16:06,669 --> 00:16:04,490

stakeholders in this particular case in

401
00:16:09,100 --> 00:16:06,679
case of WoW is that is the pharmacies

402
00:16:11,410 --> 00:16:09,110
who sell Blackmore's you know super in

403
00:16:13,929 --> 00:16:11,420
switz vitamins which most of that

404
00:16:15,549 --> 00:16:13,939
stuff's not evidence-based they're the

405
00:16:17,410 --> 00:16:15,559
natural path there the complementary

406
00:16:19,179 --> 00:16:17,420
therapies are the acupuncture people all

407
00:16:22,809 --> 00:16:19,189
of those people are making a lot of

408
00:16:24,009 --> 00:16:22,819
money in the economy ingredient so the

409
00:16:25,569 --> 00:16:24,019
fact that they're actually making money

410
00:16:26,980 --> 00:16:25,579
is taken into account of their an active

411
00:16:28,689 --> 00:16:26,990
business and they don't want to send

412
00:16:30,579 --> 00:16:28,699
them broke correct correct that has to

413
00:16:32,650 --> 00:16:30,589

be taken into account the evidence is

414

00:16:35,049 --> 00:16:32,660

not the only thing that is to be taken

415

00:16:36,939 --> 00:16:35,059

into account business requirement is

416

00:16:38,019 --> 00:16:36,949

also to be taken into account and that

417

00:16:39,480 --> 00:16:38,029

was the most frightening thing I've ever

418

00:16:41,040 --> 00:16:39,490

heard anyone say

419

00:16:43,139 --> 00:16:41,050

that was from basically the guys second

420

00:16:44,610 --> 00:16:43,149

in charge of the TGA did you spit it I

421

00:16:47,910 --> 00:16:44,620

was the flory trying to be professional

422

00:16:49,680 --> 00:16:47,920

and I was thinking that um and it was

423

00:16:51,269 --> 00:16:49,690

you could see them we can when they were

424

00:16:52,920 --> 00:16:51,279

questioned by the scientists and the

425

00:16:55,410 --> 00:16:52,930

practitioners and the people in the

426

00:16:57,120 --> 00:16:55,420

audience they said look it's just the

427

00:16:58,740 --> 00:16:57,130

way it is that's just the look that's

428

00:17:00,269 --> 00:16:58,750

that that's our code that's our code

429

00:17:05,280 --> 00:17:00,279

that's our guidelines we can't do

430

00:17:08,100 --> 00:17:05,290

anything about it okay yeah so and

431

00:17:10,949 --> 00:17:08,110

that's the thing if it's basically I was

432

00:17:14,250 --> 00:17:10,959

saying to Loretta who was speaking on

433

00:17:15,780 --> 00:17:14,260

the TGA just now I spoke to her and I

434

00:17:19,470 --> 00:17:15,790

said look we just need to burn the TGA

435

00:17:21,120 --> 00:17:19,480

down completely right so replace it with

436

00:17:24,079 --> 00:17:21,130

something else perhaps yes and start

437

00:17:27,480 --> 00:17:24,089

again basically a lot of it is funded by

438

00:17:29,610 --> 00:17:27,490

industry body so that the way it's grown

439

00:17:30,870 --> 00:17:29,620

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

440

00:17:33,000 --> 00:17:30,880

organic thing and no one's really paid

441

00:17:34,830 --> 00:17:33,010

attention and most of the regulatory the

442

00:17:37,380 --> 00:17:34,840

proper regulatory stuff is done by the

443

00:17:39,570 --> 00:17:37,390

FDA or the European regulatory agencies

444

00:17:42,690 --> 00:17:39,580

for biotechnology and literally the tj's

445

00:17:45,410 --> 00:17:42,700

rubber stamp and the rubber stamp is

446

00:17:48,180 --> 00:17:45,420

really not helping in this case you know

447

00:17:49,500 --> 00:17:48,190

so Mel what can we do there that the

448

00:17:50,970 --> 00:17:49,510

skid the people listening that want to

449

00:17:52,560 --> 00:17:50,980

have a bit of activism going on is there

450

00:17:54,180 --> 00:17:52,570

someone we can write to a website we can

451
00:17:55,290 --> 00:17:54,190
go to same where we can like make you

452
00:17:57,330 --> 00:17:55,300
feel a little bit better about what's

453
00:17:59,130 --> 00:17:57,340
going on person oh just you know I get I

454
00:18:01,980 --> 00:17:59,140
get angry but it's righteous anger and

455
00:18:03,299 --> 00:18:01,990
so it makes me feel good and I quite

456
00:18:08,310 --> 00:18:03,309
quite quite it's a good feedback loop

457
00:18:09,630 --> 00:18:08,320
for me but basically really the best

458
00:18:12,360 --> 00:18:09,640
thing to do is to write to your local

459
00:18:14,100 --> 00:18:12,370
MPs and say close a loophole the TGA

460
00:18:15,390 --> 00:18:14,110
loophole on particularly the one I was

461
00:18:17,490 --> 00:18:15,400
presenting with autologous stem cell

462
00:18:18,860 --> 00:18:17,500
transplants now we're hoping that's

463
00:18:20,250 --> 00:18:18,870

going to close soon they've had all the

464

00:18:23,370 --> 00:18:20,260

consultation with the stakeholders

465

00:18:25,049 --> 00:18:23,380

period and you know the NHMRC and the a

466

00:18:26,370 --> 00:18:25,059

are at the training academy science of

467

00:18:28,520 --> 00:18:26,380

all basically said now this has gotta

468

00:18:30,980 --> 00:18:28,530

stop gotta stop

469

00:18:32,510 --> 00:18:30,990

but you know also the natural breathy

470

00:18:35,900 --> 00:18:32,520

and all the other people are saying no

471

00:18:38,170 --> 00:18:35,910

no it's really useful and then some

472

00:18:41,090 --> 00:18:38,180

medical doctors who particularly the

473

00:18:44,510 --> 00:18:41,100

people doing knee cartilage operations

474

00:18:46,490 --> 00:18:44,520

where there's been some successes they

475

00:18:47,900 --> 00:18:46,500

are in the middle saying no no we don't

476

00:18:49,220 --> 00:18:47,910

want to be regulated because we won't be

477

00:18:52,130 --> 00:18:49,230

able to provide it with for up to our

478

00:18:53,870 --> 00:18:52,140

patients okay so there is some evidence

479

00:18:56,060 --> 00:18:53,880

that may work in that case family in

480

00:18:57,680 --> 00:18:56,070

particular cases that again the evidence

481

00:19:00,290 --> 00:18:57,690

isn't fully formed it needs more

482

00:19:03,230 --> 00:19:00,300

clinical trials but again these

483

00:19:05,780 --> 00:19:03,240

practitioners I've spoken to him and his

484

00:19:07,250 --> 00:19:05,790

commercial backers at these meetings

485

00:19:10,190 --> 00:19:07,260

because I go to them and I speak to them

486

00:19:11,870 --> 00:19:10,200

and basically they're saying well you

487

00:19:13,580 --> 00:19:11,880

know we want that we want the evidence

488

00:19:17,300 --> 00:19:13,590

but they're quite happy to still take

489

00:19:18,920 --> 00:19:17,310

people's money that aren't eligible for

490

00:19:21,860 --> 00:19:18,930

their trials so they have a trial

491

00:19:24,560 --> 00:19:21,870

eligibility under there normal clinical

492

00:19:26,090 --> 00:19:24,570

trials guidelines but then the people

493

00:19:28,130 --> 00:19:26,100

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

494

00:19:30,560 --> 00:19:28,140

put you on the free trial but you can

495

00:19:32,570 --> 00:19:30,570

pay 10 grand to have it anyway okay it

496

00:19:33,740 --> 00:19:32,580

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

497

00:19:35,540 --> 00:19:33,750

evidence base but we haven't actually

498

00:19:37,850 --> 00:19:35,550

created the evidence base for that yet

499

00:19:39,350 --> 00:19:37,860

but just in case give us 10 gram will

500

00:19:40,970 --> 00:19:39,360

give you the give you the stem cells I

501
00:19:45,350 --> 00:19:40,980
like that it's pretty much evidence

502
00:19:46,940 --> 00:19:45,360
based early so almost yeah you could if

503
00:19:49,310 --> 00:19:46,950
you jump off the building pretty much

504
00:19:50,660 --> 00:19:49,320
you could be ok but no maybe not it's

505
00:19:51,680 --> 00:19:50,670
evidence based probably not likely

506
00:19:54,920 --> 00:19:51,690
you've never jumped off a building

507
00:19:57,530 --> 00:19:54,930
before we don't know yeah yeah but this

508
00:19:59,480 --> 00:19:57,540
is it it said it's very frustrating in

509
00:20:00,710 --> 00:19:59,490
that way what's your website or blog

510
00:20:02,420 --> 00:20:00,720
where we could check out what's going on

511
00:20:04,400 --> 00:20:02,430
with you yeah well I mean I've got a

512
00:20:07,930 --> 00:20:04,410
sort of mixed bag on my blog but my blog

513
00:20:11,120 --> 00:20:07,940

is dr. Mel Thompson without a P at

514

00:20:12,470 --> 00:20:11,130

wordpress.com okay and make sure I give

515

00:20:14,480 --> 00:20:12,480

you a shout out on bunga bunga with tim

516

00:20:15,680 --> 00:20:14,490

ferguson the podcast i do with him ya

517

00:20:17,320 --> 00:20:15,690

know he's great i haven't met him yet

518

00:20:19,430 --> 00:20:17,330

but I a minute

519

00:20:24,260 --> 00:20:19,440

desperate to meeting but I mean you go

520

00:20:26,930 --> 00:20:24,270

to I went to his gig and you know it was

521

00:20:28,340 --> 00:20:26,940

absolutely mind-blowing that it was the

522

00:20:30,440 --> 00:20:28,350

first time I felt like a cool kid

523

00:20:33,260 --> 00:20:30,450

because I've got a mess oh my god I'm

524

00:20:36,200 --> 00:20:33,270

such a cool thing I like about Tim

525

00:20:37,430 --> 00:20:36,210

Ferguson is it like that one Tim said

526

00:20:39,260 --> 00:20:37,440

look mine up the worst thing about

527

00:20:41,360 --> 00:20:39,270

having him at ms and the worst thing I

528

00:20:43,430 --> 00:20:41,370

will ever say is that it's boring he

529

00:20:46,160 --> 00:20:43,440

finds it boring like you see has people

530

00:20:48,980 --> 00:20:46,170

he has people come up to me go ah it's

531

00:20:50,330 --> 00:20:48,990

so it's so sorry it's so it's so

532

00:20:53,780 --> 00:20:50,340

terrible this happened to you and he

533

00:20:56,150 --> 00:20:53,790

goes yeah problem it's like well you

534

00:20:59,870 --> 00:20:56,160

know it's boring that's the worse it's

535

00:21:01,220 --> 00:20:59,880

gonna be yeah and it's just you know to

536

00:21:03,650 --> 00:21:01,230

be able to have that role model of

537

00:21:05,420 --> 00:21:03,660

someone who is basically getting on with

538

00:21:07,730 --> 00:21:05,430

things what is it I think they can

539

00:21:10,100 --> 00:21:07,740

figure go into the classic line was yeah

540

00:21:13,970 --> 00:21:10,110

or you guys that think you're okay Tik

541

00:21:15,740 --> 00:21:13,980

Tok yes yeah I just went yes that is so

542

00:21:19,010 --> 00:21:15,750

right and that's basically my last slide

543

00:21:21,680 --> 00:21:19,020

was pretty much you know life's too

544

00:21:24,260 --> 00:21:21,690

short by the shoes yank down I didn't

545

00:21:26,390 --> 00:21:24,270

swear so you can still wear heels quite

546

00:21:27,950 --> 00:21:26,400

well can I do yes look at that and yeah

547

00:21:31,100 --> 00:21:27,960

and you were writing how much money was

548

00:21:32,930 --> 00:21:31,110

being wasted by shoes like like

549

00:21:34,790 --> 00:21:32,940

apparently bruton's is worth between

550

00:21:36,650 --> 00:21:34,800

sort of eight and depending if it's on

551
00:21:38,360 --> 00:21:36,660
sale or not between eight and a thousand

552
00:21:39,890 --> 00:21:38,370
dollars and women that like shoes love

553
00:21:41,360 --> 00:21:39,900
those shoes yes absolutely i'm

554
00:21:43,280 --> 00:21:41,370
desperately i wanted to buy a pair for

555
00:21:46,460 --> 00:21:43,290
my 40th birthday but i got ms instead

556
00:21:48,190 --> 00:21:46,470
really I feel cheated cheated that's one

557
00:21:51,190 --> 00:21:48,200
you can't send back either

558
00:21:52,870 --> 00:21:51,200
I get a refund on that well and it's

559
00:21:55,180 --> 00:21:52,880
good to see you using humor very much

560
00:21:57,759 --> 00:21:55,190
like Tim yeah it's like he's the master

561
00:22:00,310 --> 00:21:57,769
yeah I mean I've always use humor in my

562
00:22:02,019 --> 00:22:00,320
work and using humor to communicate

563
00:22:05,409 --> 00:22:02,029

science is it something it's just me as

564

00:22:07,450 --> 00:22:05,419

my personality and I can't do the

565

00:22:09,100 --> 00:22:07,460

earnestness I guess I lose it I Lou I

566

00:22:29,609 --> 00:22:09,110

just can't keep a straight face with

567

00:22:35,619 --> 00:22:32,649

hello Richard and all the listeners of

568

00:22:38,529 --> 00:22:35,629

skeptic zone my name is Ron levy and I'm

569

00:22:40,989 --> 00:22:38,539

the producer and co-host of curious mind

570

00:22:47,350 --> 00:22:40,999

it's about cast about science technology

571

00:22:49,570 --> 00:22:47,360

and history at wwc em-pod cmp OD dot net

572

00:22:51,820 --> 00:22:49,580

each episode will bring you interesting

573

00:22:54,879 --> 00:22:51,830

stories from a wide range of subjects

574

00:22:57,340 --> 00:22:54,889

from physics astronomy and medicine from

575

00:22:59,169 --> 00:22:57,350

arts to science fiction we strive for

576

00:23:01,539 --> 00:22:59,179

the highest production values both in

577

00:23:04,269 --> 00:23:01,549

content and in delivery we already have

578

00:23:06,789 --> 00:23:04,279

on the air episodes about German u-boats

579

00:23:09,849 --> 00:23:06,799

in Second World War about the history of

580

00:23:13,950 --> 00:23:09,859

x-rays and the war of currents between

581

00:23:30,220 --> 00:23:13,960

Tesla and Edison come and have a listen

582

00:23:40,210 --> 00:23:33,289

what we want is some more evidence

583

00:23:40,220 --> 00:23:45,570

hello this is Joe alabaster

584

00:23:53,080 --> 00:23:50,170

this week cupping therapy an alternative

585

00:23:55,450 --> 00:23:53,090

health practice cupping therapy is the

586

00:23:58,210 --> 00:23:55,460

placement of cups made of plastic glass

587

00:24:01,660 --> 00:23:58,220

or silicon or more traditionally horn

588

00:24:03,940 --> 00:24:01,670

earthenware or bamboo on the skin often

589

00:24:07,990 --> 00:24:03,950

on the back or neck sometimes elsewhere

590

00:24:10,630 --> 00:24:08,000

including the face using suction skin is

591

00:24:13,030 --> 00:24:10,640

drawn into the cup some of the claims

592

00:24:16,480 --> 00:24:13,040

that are associated with cupping are

593

00:24:20,080 --> 00:24:16,490

that it is drawing out toxins dispelling

594

00:24:23,950 --> 00:24:20,090

stagnation and or improving the flow of

595

00:24:26,530 --> 00:24:23,960

energy cupping is practiced as part of

596

00:24:28,090 --> 00:24:26,540

traditional Chinese medicine and also in

597

00:24:31,330 --> 00:24:28,100

the Muslim world where it's known as

598

00:24:34,030 --> 00:24:31,340

hijama there are two forms of cupping

599

00:24:35,770 --> 00:24:34,040

therapy wet cupping in which superficial

600

00:24:37,840 --> 00:24:35,780

lacerations are made on the skin and

601
00:24:40,480 --> 00:24:37,850
blood is pulled through into the cup or

602
00:24:43,000 --> 00:24:40,490
dry cupping in which there are no cuts

603
00:24:46,300 --> 00:24:43,010
made and blood is pulled to the skin but

604
00:24:49,270 --> 00:24:46,310
not through there are several methods by

605
00:24:51,670 --> 00:24:49,280
which suction is created fire cupping is

606
00:24:54,040 --> 00:24:51,680
when a cotton ball soaked in alcohol or

607
00:24:57,010 --> 00:24:54,050
something similar is held with forceps

608
00:24:59,610 --> 00:24:57,020
satellite then briefly placed in the cup

609
00:25:02,560 --> 00:24:59,620
before the cup is placed onto the skin

610
00:25:04,840 --> 00:25:02,570
the heat causes the air to expand within

611
00:25:08,560 --> 00:25:04,850
the cup and then contracts as it cools

612
00:25:10,420 --> 00:25:08,570
and a vacuum is created cups with valves

613
00:25:14,160 --> 00:25:10,430

to be used in conjunction with a suction

614

00:25:17,650 --> 00:25:14,170

pump are also available its efficacy

615

00:25:20,890 --> 00:25:17,660

well it's good at creating bruises and

616

00:25:22,990 --> 00:25:20,900

in the case of wet cupping scars fire

617

00:25:25,570 --> 00:25:23,000

cupping carries the risk of burns and

618

00:25:28,570 --> 00:25:25,580

skin infections are a risk whenever skin

619

00:25:31,330 --> 00:25:28,580

is damaged and broken cupping can create

620

00:25:34,450 --> 00:25:31,340

blisters blood clots or potential side

621

00:25:36,220 --> 00:25:34,460

effect blood loss during wet cupping can

622

00:25:39,580 --> 00:25:36,230

cause lightheadedness similar to that

623

00:25:42,250 --> 00:25:39,590

experienced when donating blood from a

624

00:25:44,890 --> 00:25:42,260

risk-benefit perspective cupping is all

625

00:25:46,600 --> 00:25:44,900

risk and zero benefit there's no good

626

00:25:49,270 --> 00:25:46,610

evidence that cupping can treat any

627

00:25:52,120 --> 00:25:49,280

medical condition or have effects beyond

628

00:25:54,010 --> 00:25:52,130

that of a placebo as I mentioned earlier

629

00:25:56,500 --> 00:25:54,020

though the wet cupping method referred

630

00:25:59,080 --> 00:25:56,510

to as hijama is practiced in the Muslim

631

00:26:01,450 --> 00:25:59,090

world and was reportedly endorsed by

632

00:26:04,440 --> 00:26:01,460

so for some people cupping is as much a

633

00:26:07,090 --> 00:26:04,450

religious practice as it is medical Ed's

634

00:26:08,890 --> 00:26:07,100

advanced and Simon Singh evaluate the

635

00:26:11,230 --> 00:26:08,900

lack of scientific evidence for cupping

636

00:26:13,810 --> 00:26:11,240

therapy in their book trick or treatment

637

00:26:15,340 --> 00:26:13,820

alternative medicine on trial which is

638

00:26:17,110 --> 00:26:15,350

well worth read if you're interested in

639

00:26:21,280 --> 00:26:17,120

alternative medicine and haven't already

640

00:26:23,770 --> 00:26:21,290

got a copy cupping therapy made it into

641

00:26:25,810 --> 00:26:23,780

the media this week when popular New

642

00:26:28,450 --> 00:26:25,820

Zealand rugby player Sonny Bill Williams

643

00:26:30,820 --> 00:26:28,460

tweeted a photo of himself undergoing

644

00:26:33,790 --> 00:26:30,830

hijama cupping therapy accompanied by

645

00:26:36,550 --> 00:26:33,800

the text detox time and an emoji with

646

00:26:38,830 --> 00:26:36,560

hands raised in celebration the

647

00:26:40,900 --> 00:26:38,840

photograph is a little gory Sonny is

648

00:26:43,180 --> 00:26:40,910

leaning forwards with five cups attached

649

00:26:45,100 --> 00:26:43,190

to his back and two smaller ones on his

650

00:26:47,710 --> 00:26:45,110

neck all splattered with blood which is

651
00:26:49,750 --> 00:26:47,720
pulling in the basis of the cups by the

652
00:26:52,740 --> 00:26:49,760
look of the valves they're attached via

653
00:26:55,330 --> 00:26:52,750
manual suction rather than fire cupping

654
00:26:57,730 --> 00:26:55,340
the first tweet in response to this

655
00:27:00,580 --> 00:26:57,740
photo came from our friend dr. Brad

656
00:27:03,940 --> 00:27:00,590
Mackay a GP with an extensive public

657
00:27:06,400 --> 00:27:03,950
profile who replied quote looks painful

658
00:27:08,530 --> 00:27:06,410
and no evidence that cupping is good for

659
00:27:12,970 --> 00:27:08,540
you like getting giant hickeys on your

660
00:27:15,340 --> 00:27:12,980
back ouch end quote this was picked up

661
00:27:18,040 --> 00:27:15,350
by several media outlets the Sydney

662
00:27:19,840 --> 00:27:18,050
Morning Herald The Daily Mail Mashable

663
00:27:21,460 --> 00:27:19,850

interviewed dr. Brad and published

664

00:27:23,590 --> 00:27:21,470

several statements he made from an

665

00:27:25,600 --> 00:27:23,600

evidence-based medicine perspective on

666

00:27:27,220 --> 00:27:25,610

the lack of evidence for any benefits

667

00:27:29,980 --> 00:27:27,230

from cupping therapy beyond the

668

00:27:31,600 --> 00:27:29,990

religious unfortunately they also spoke

669

00:27:33,130 --> 00:27:31,610

with a traditional Chinese medicine

670

00:27:35,320 --> 00:27:33,140

practitioner who uses cupping therapy

671

00:27:37,420 --> 00:27:35,330

which was a bit of a disappointment from

672

00:27:39,370 --> 00:27:37,430

a false balance perspective but other

673

00:27:41,140 --> 00:27:39,380

media outlets who quote mind from the

674

00:27:43,000 --> 00:27:41,150

Mashable article including The

675

00:27:45,130 --> 00:27:43,010

Huffington Post and The Independent

676

00:27:47,500 --> 00:27:45,140

tended to stick to just offering dr.

677

00:27:50,830 --> 00:27:47,510

Brad's perspective this from mashable

678

00:27:53,200 --> 00:27:50,840

quote what you're seeing in the picture

679

00:27:56,280 --> 00:27:53,210

is basically leaking blood from cupping

680

00:27:59,500 --> 00:27:56,290

a swollen area of skin and quote he said

681

00:28:01,960 --> 00:27:59,510

quote the whole theory about the copping

682

00:28:04,780 --> 00:28:01,970

technique is that it's releasing toxins

683

00:28:06,820 --> 00:28:04,790

releasing bad blood from your body but

684

00:28:09,130 --> 00:28:06,830

basically it's just causing you to get a

685

00:28:12,380 --> 00:28:09,140

bruise underneath your skin there's no

686

00:28:14,840 --> 00:28:12,390

therapeutic benefit at all end quote

687

00:28:16,670 --> 00:28:14,850

mckay said a number of his patients have

688

00:28:18,980 --> 00:28:16,680

treated themselves with cupping for a

689

00:28:21,110 --> 00:28:18,990

number of ailments from back pain to

690

00:28:24,470 --> 00:28:21,120

pneumonia and that this has made him

691

00:28:26,270 --> 00:28:24,480

concerned quote even if you're just

692

00:28:28,160 --> 00:28:26,280

using the normal cupping technique it

693

00:28:30,680 --> 00:28:28,170

can rub against the skin and cause a

694

00:28:32,900 --> 00:28:30,690

significant abrasion permanent scarring

695

00:28:35,590 --> 00:28:32,910

and can even cause infections if you're

696

00:28:38,420 --> 00:28:35,600

breaking down the skin barrier and quote

697

00:28:41,090 --> 00:28:38,430

so there we have some good information

698

00:28:43,310 --> 00:28:41,100

on an alternative therapy making it into

699

00:28:45,770 --> 00:28:43,320

international news thanks to a couple of

700

00:28:47,800 --> 00:28:45,780

tweets sometimes it's really worth

701

00:28:50,060 --> 00:28:47,810

politely speaking up on social media

702

00:28:52,130 --> 00:28:50,070

even if you don't change the mind of the

703

00:28:55,430 --> 00:28:52,140

person you're responding to others may

704

00:28:57,500 --> 00:28:55,440

see what you've said for more evidence

705

00:29:00,380 --> 00:28:57,510

please keep listening to the skeptic

706

00:29:03,110 --> 00:29:00,390

zone you can also check out my blog at

707

00:29:13,660 --> 00:29:03,120

evidence please net and contact me via

708

00:29:18,680 --> 00:29:16,310

welcome to a week in science from our

709

00:29:22,100 --> 00:29:18,690

AOS bringing you the science you need to

710

00:29:24,050 --> 00:29:22,110

know imagine advertising so good that it

711

00:29:27,050 --> 00:29:24,060

got inside your brain and found a Buy

712

00:29:29,540 --> 00:29:27,060

button well we can't do that yet but as

713

00:29:31,670 --> 00:29:29,550

neuromarketing improves people are

714

00:29:38,480 --> 00:29:31,680

afraid that advertising will get so good

715

00:29:40,490 --> 00:29:38,490

that it will control your mind up to

716

00:29:42,170 --> 00:29:40,500

ninety five percent of the brain

717

00:29:44,960 --> 00:29:42,180

activity that happens when we make a

718

00:29:47,240 --> 00:29:44,970

decision happens at a subconscious level

719

00:29:48,500 --> 00:29:47,250

that means that we can't control it and

720

00:29:50,870 --> 00:29:48,510

we're not even aware of it

721

00:29:53,420 --> 00:29:50,880

neuromarketing trust to tap into this

722

00:29:56,330 --> 00:29:53,430

brain activity to understand how we make

723

00:29:58,280 --> 00:29:56,340

decisions about what we buy let's say a

724

00:30:00,830 --> 00:29:58,290

company wants to test how effective

725

00:30:02,810 --> 00:30:00,840

their new TV ad will be and they decide

726

00:30:04,760 --> 00:30:02,820

to use your own marketing they get a

727

00:30:06,620 --> 00:30:04,770

whole bunch of people hook them up to an

728

00:30:09,020 --> 00:30:06,630

EEG machine to measure their brains

729

00:30:11,060 --> 00:30:09,030

electrical activity and then get them to

730

00:30:13,520 --> 00:30:11,070

watch the ad the newer marketers may

731

00:30:15,890 --> 00:30:13,530

also track the subjects I movements and

732

00:30:19,070 --> 00:30:15,900

tiny changes in their facial expressions

733

00:30:20,510 --> 00:30:19,080

or they could even be given an MRI they

734

00:30:22,520 --> 00:30:20,520

then put all this information together

735

00:30:25,070 --> 00:30:22,530

to see whether the ad promotes positive

736

00:30:27,380 --> 00:30:25,080

or negative feelings how engaged the

737

00:30:30,200 --> 00:30:27,390

customer was and when they started to

738

00:30:31,910 --> 00:30:30,210

tune out it's not surprising that people

739

00:30:34,580 --> 00:30:31,920

are a bit worried about where this could

740

00:30:37,100 --> 00:30:34,590

lead imagine a perfect ad which turns on

741

00:30:38,960 --> 00:30:37,110

your brain so much that it overrides the

742

00:30:41,000 --> 00:30:38,970

part of your brain that makes conscious

743

00:30:43,550 --> 00:30:41,010

decisions this is what ethicists call

744

00:30:45,230 --> 00:30:43,560

our brains by button it means that you

745

00:30:47,390 --> 00:30:45,240

start to lose control of your own

746

00:30:48,770 --> 00:30:47,400

decisions but there's no need to freak

747

00:30:51,470 --> 00:30:48,780

out because we don't have the knowledge

748

00:30:53,930 --> 00:30:51,480

to do this yet and lots of research is a

749

00:30:56,000 --> 00:30:53,940

skeptical about their even being a Buy

750

00:30:57,770 --> 00:30:56,010

button because our brains are incredibly

751

00:30:59,900 --> 00:30:57,780

good at adapting meaning that our

752

00:31:02,300 --> 00:30:59,910

frontal cortex will always be able to

753

00:31:03,830 --> 00:31:02,310

override our subconscious but it's still

754

00:31:05,990 --> 00:31:03,840

an area that needs to be closely

755

00:31:07,580 --> 00:31:06,000

monitored and there are calls to put

756

00:31:08,870 --> 00:31:07,590

strict guidelines in place to protect

757

00:31:11,279 --> 00:31:08,880

consumers

758

00:31:13,860 --> 00:31:11,289

you're listening to a week in science

759

00:31:16,230 --> 00:31:13,870

from our iOS and now for fast facts

760

00:31:18,240 --> 00:31:16,240

about neuro marketing when you make a

761

00:31:20,580 --> 00:31:18,250

decision most of your brain activity

762

00:31:22,649 --> 00:31:20,590

happens in the frontal cortex which is

763

00:31:24,870 --> 00:31:22,659

also the part of the brain that helps us

764

00:31:27,389 --> 00:31:24,880

to learn from past experiences our

765

00:31:29,909 --> 00:31:27,399

brains account for just two percent of

766

00:31:32,639 --> 00:31:29,919

our body mass but uses twenty percent of

767

00:31:35,279 --> 00:31:32,649

our energy your subconscious can process

768

00:31:38,159 --> 00:31:35,289

information two hundred thousand times

769

00:31:39,630 --> 00:31:38,169

faster than conscious thought and lots

770

00:31:41,730 --> 00:31:39,640

of big companies already use

771

00:31:43,740 --> 00:31:41,740

neuromarketing Volvo for instance

772

00:31:46,080 --> 00:31:43,750

recently released a video on YouTube

773

00:31:48,450 --> 00:31:46,090

where they used EGS to test how

774

00:31:51,240 --> 00:31:48,460

customers responded emotionally to their

775

00:31:53,430 --> 00:31:51,250

new car design that's it for this week

776

00:31:55,710 --> 00:31:53,440

in science for more information about

777

00:32:00,360 --> 00:31:55,720

neuromarketing go to the are ales

778

00:32:02,639 --> 00:32:00,370

website are I a US or gay you follow us

779

00:32:04,320 --> 00:32:02,649

on Twitter and like us on Facebook I'm

780

00:32:15,990 --> 00:32:04,330

Karen groom and we'll catch you next

781

00:32:21,040 --> 00:32:18,910

now here's a message for all you Maynard

782

00:32:23,560 --> 00:32:21,050

fans especially Maynard fans in

783

00:32:27,550 --> 00:32:23,570

Newcastle may not is holding a special

784

00:32:29,740 --> 00:32:27,560

note Maynard the fast awakens this is on

785

00:32:32,410 --> 00:32:29,750

the fifth of december from eight o'clock

786

00:32:36,640 --> 00:32:32,420

to eleven o'clock the Royal Exchange at

787

00:32:39,790 --> 00:32:36,650

32 to 34 bolton street newcastle the new

788

00:32:42,130 --> 00:32:39,800

Star Wars movie is upon me nerd he wants

789

00:32:45,040 --> 00:32:42,140

to remind you how poopy all the others

790

00:32:48,070 --> 00:32:45,050

have been with a highly intellectual

791

00:32:50,470 --> 00:32:48,080

evening of the Mel Brooks classic space

792

00:32:52,900 --> 00:32:50,480

balls plus a few movies from the main

793

00:32:55,420 --> 00:32:52,910

art archives ten dollars and there will

794

00:32:57,340 --> 00:32:55,430

be an intermission set to ludicrous

795

00:33:01,420 --> 00:32:57,350

speed and we'll be there before you can

796

00:33:03,040 --> 00:33:01,430

say Chad Vader hmm this promises to be a

797

00:33:05,500 --> 00:33:03,050

fun night folks I'm going to be there

798

00:33:08,410 --> 00:33:05,510

the Royal Exchange that's saturday the

799

00:33:10,300 --> 00:33:08,420

fifth and for more information head to

800

00:33:14,380 --> 00:33:10,310

Facebook head to Facebook and type in

801
00:33:18,610 --> 00:33:14,390
maynard hyphen the fast way gan's if you

802
00:33:20,410 --> 00:33:18,620
go to ww skeptics on TV and the show

803
00:33:28,570 --> 00:33:20,420
notes for this episode there'll be a

804
00:33:34,070 --> 00:33:32,420
help out a skeptic in Mexico one of the

805
00:33:37,160 --> 00:33:34,080
things I like about the skeptical

806
00:33:38,900 --> 00:33:37,170
community worldwide is sometimes we come

807
00:33:40,840 --> 00:33:38,910
together to really help out each other

808
00:33:44,090 --> 00:33:40,850
it's a good thing it's a good thing

809
00:33:45,650 --> 00:33:44,100
Daniel Zepeda in Mexico does need your

810
00:33:47,480 --> 00:33:45,660
help at the moment he wants to buy an

811
00:33:50,150 --> 00:33:47,490
oven to bake some bread to sell that

812
00:33:52,490 --> 00:33:50,160
bread to keep himself going he's been

813
00:33:54,890 --> 00:33:52,500

doing skeptical activism for some time

814

00:33:57,560 --> 00:33:54,900

now including some videos on the old

815

00:34:01,040 --> 00:33:57,570

applied kinesiology I can certainly

816

00:34:03,230 --> 00:34:01,050

relate to debunking that he's after your

817

00:34:05,630 --> 00:34:03,240

help to help him buy an oven so he can

818

00:34:07,210 --> 00:34:05,640

bake some bread so he can well basically

819

00:34:11,240 --> 00:34:07,220

get back on his feet and help himself

820

00:34:13,010 --> 00:34:11,250

check it out go to www.skeptics.org on TV

821

00:34:15,590 --> 00:34:13,020

and click the link in this week's show

822

00:34:18,740 --> 00:34:15,600

notes and I'm pleased to say that Daniel

823

00:34:21,410 --> 00:34:18,750

is already a quarter of the way to his

824

00:34:24,080 --> 00:34:21,420

goal maybe one day Daniel I'd like to

825

00:34:27,200 --> 00:34:24,090

come to Mexico and enjoy munching on

826

00:34:51,500 --> 00:34:27,210

your delicious looking bread let's help

827

00:34:56,040 --> 00:34:54,300

and joining me now all the way from Los

828

00:34:58,410 --> 00:34:56,050

Angeles the city I've always wanted to

829

00:35:00,450 --> 00:34:58,420

visit or hang on I do frequently if you

830

00:35:02,750 --> 00:35:00,460

ever been to the La Brea Tar Pits folks

831

00:35:05,370 --> 00:35:02,760

that's worth a visit forget Hollywood

832

00:35:08,210 --> 00:35:05,380

anyway joining me all the way from Los

833

00:35:11,940 --> 00:35:08,220

Angeles is Tamara Robinson hello Tamara

834

00:35:14,970 --> 00:35:11,950

how are you I'm doing really well and

835

00:35:17,910 --> 00:35:14,980

it's great to meet you virtually by this

836

00:35:20,100 --> 00:35:17,920

a wonderful video thing hook up we have

837

00:35:21,540 --> 00:35:20,110

because I want to have a quick chat to

838

00:35:23,910 --> 00:35:21,550

you and let our listeners know more

839

00:35:28,620 --> 00:35:23,920

about a very interesting new video

840

00:35:30,600 --> 00:35:28,630

series called the feeding tube or just

841

00:35:34,860 --> 00:35:30,610

feeding tube because the website is the

842

00:35:36,720 --> 00:35:34,870

URL is feeding tube one word dot TV what

843

00:35:41,430 --> 00:35:36,730

can you tell me about it and why do you

844

00:35:43,590 --> 00:35:41,440

appear the feeding tube is a really neat

845

00:35:47,010 --> 00:35:43,600

new video series that we're hosting

846

00:35:52,280 --> 00:35:47,020

where we are basically looking at all of

847

00:35:56,280 --> 00:35:52,290

today's food myths or food fads and

848

00:35:58,290 --> 00:35:56,290

going and really kind of studying the

849

00:36:01,170 --> 00:35:58,300

science behind them looking at whether

850

00:36:05,580 --> 00:36:01,180

or not what we perceive as an issue or a

851
00:36:08,070 --> 00:36:05,590
benefit for multiple diets is really

852
00:36:11,760 --> 00:36:08,080
based in reality at all or if it's more

853
00:36:13,770 --> 00:36:11,770
the you know the nature of the blog and

854
00:36:15,120 --> 00:36:13,780
the networks where people just get

855
00:36:17,460 --> 00:36:15,130
online and talk about what they think

856
00:36:21,120 --> 00:36:17,470
versus what's actually based in reality

857
00:36:24,480 --> 00:36:21,130
so we want to be a source for people

858
00:36:27,330 --> 00:36:24,490
that are really looking at a diet to be

859
00:36:31,860 --> 00:36:27,340
able to say okay is this real or is it

860
00:36:35,880 --> 00:36:31,870
just a fad so we're pretty excited to

861
00:36:37,850 --> 00:36:35,890
get the video blog our vlog as we've

862
00:36:39,780 --> 00:36:37,860
been calling it um started and going

863
00:36:42,180 --> 00:36:39,790

that's great now there's already one

864

00:36:44,460 --> 00:36:42,190

episode online that's about antibiotics

865

00:36:46,320 --> 00:36:44,470

in beef which is interesting now that

866

00:36:48,990 --> 00:36:46,330

they're not going to be long videos are

867

00:36:51,360 --> 00:36:49,000

they they're very concise very short

868

00:36:54,060 --> 00:36:51,370

bits of information they are they're

869

00:36:56,130 --> 00:36:54,070

gonna be pretty short all of our

870

00:36:58,110 --> 00:36:56,140

episodes are about three

871

00:37:02,430 --> 00:36:58,120

minute and we try to make them suitable

872

00:37:06,660 --> 00:37:02,440

for all audiences they're also utilized

873

00:37:09,300 --> 00:37:06,670

and education world so people that are

874

00:37:11,250 --> 00:37:09,310

in university studying food science are

875

00:37:13,320 --> 00:37:11,260

actually watching these as part of their

876

00:37:15,960 --> 00:37:13,330

curriculum which is a really neat

877

00:37:17,760 --> 00:37:15,970

additional benefit for us so we get a

878

00:37:20,490 --> 00:37:17,770

lot of really good insights from

879

00:37:23,010 --> 00:37:20,500

professors and people in the science

880

00:37:26,010 --> 00:37:23,020

world to ensure that our content is

881

00:37:27,690 --> 00:37:26,020

dead-on and that we are sharing the best

882

00:37:30,990 --> 00:37:27,700

and most useful knowledge about each

883

00:37:32,130 --> 00:37:31,000

diet but that's really good dear that's

884

00:37:33,750 --> 00:37:32,140

really good to hear the video looks

885

00:37:36,210 --> 00:37:33,760

great the first episode certainly looks

886

00:37:40,740 --> 00:37:36,220

very slick and professional and I notice

887

00:37:43,590 --> 00:37:40,750

it's going to be a sort of am a fan

888

00:37:45,480 --> 00:37:43,600

funding or crowdfunding so people can

889

00:37:47,430 --> 00:37:45,490

chip in contribute to get the next

890

00:37:49,380 --> 00:37:47,440

episode produced and the next episode

891

00:37:52,230 --> 00:37:49,390

I'm just having a quick glance over the

892

00:37:53,910 --> 00:37:52,240

website now I see is already fifty

893

00:37:55,500 --> 00:37:53,920

percent funded and they're not there's

894

00:37:57,690 --> 00:37:55,510

not much money needed to actually get a

895

00:38:00,120 --> 00:37:57,700

new episode going and the next episode

896

00:38:02,580 --> 00:38:00,130

looks very interesting is about paleo

897

00:38:05,220 --> 00:38:02,590

paleo diets caveman diets as they

898

00:38:06,840 --> 00:38:05,230

sometimes call them so that that

899

00:38:10,290 --> 00:38:06,850

promises to be an interesting little

900

00:38:13,440 --> 00:38:10,300

video coming up yes absolutely we on the

901
00:38:16,260 --> 00:38:13,450
Paleo diet or the caveman diet is one

902
00:38:19,110 --> 00:38:16,270
that has gotten very big especially in

903
00:38:22,440 --> 00:38:19,120
the CrossFit communities and as as

904
00:38:24,480 --> 00:38:22,450
people start to really question gluten

905
00:38:26,220 --> 00:38:24,490
in their diets overall and you know

906
00:38:28,530 --> 00:38:26,230
we're living in an era where almost

907
00:38:31,050 --> 00:38:28,540
everyone is gluten free gluten

908
00:38:33,450 --> 00:38:31,060
intolerant or gluten questionable so

909
00:38:35,760 --> 00:38:33,460
it's going to be a good episode to

910
00:38:38,670 --> 00:38:35,770
really start to dive into that and and

911
00:38:41,550 --> 00:38:38,680
see what part of it really is health

912
00:38:43,260 --> 00:38:41,560
beneficial and what part may just be a

913
00:38:46,200 --> 00:38:43,270

little bit of fodder to make it seem

914

00:38:47,790 --> 00:38:46,210

more important so we like to play

915

00:38:49,440 --> 00:38:47,800

devil's advocate we don't take one

916

00:38:51,750 --> 00:38:49,450

stance or the other we just give the

917

00:38:54,450 --> 00:38:51,760

science the way it is and let everyone

918

00:38:56,280 --> 00:38:54,460

make an educated decision and tell me

919

00:38:58,800 --> 00:38:56,290

what's your background and what else do

920

00:39:01,820 --> 00:38:58,810

you do I'm actually chemical and

921

00:39:04,010 --> 00:39:01,830

biomolecular engineer by training I

922

00:39:06,030 --> 00:39:04,020

spent the first few years out of college

923

00:39:08,160 --> 00:39:06,040

designing and building vaccines

924

00:39:10,829 --> 00:39:08,170

facilities and then

925

00:39:12,480 --> 00:39:10,839

actually got the chance to spend some

926
00:39:16,500 --> 00:39:12,490
time in Europe during the pandemic

927
00:39:18,720 --> 00:39:16,510
making swine flu vaccine for the US and

928
00:39:21,270 --> 00:39:18,730
then I spent the last year of that

929
00:39:23,160 --> 00:39:21,280
running a viral manufacturing Department

930
00:39:25,980 --> 00:39:23,170
working with the CDC in World Health

931
00:39:27,809 --> 00:39:25,990
Organization I'm trying to really look

932
00:39:30,510 --> 00:39:27,819
at the first clinical material for avian

933
00:39:32,309 --> 00:39:30,520
flu and then from there I've just I've

934
00:39:35,430 --> 00:39:32,319
spent some time in the green science

935
00:39:38,010 --> 00:39:35,440
field running pilot plants for biodiesel

936
00:39:40,289 --> 00:39:38,020
I've spent some time in the packaging

937
00:39:43,170 --> 00:39:40,299
perspective looking at clarifiers and

938
00:39:46,890 --> 00:39:43,180

new creators for everyday use plastics

939

00:39:48,630 --> 00:39:46,900

and then the last bit of it spent in the

940

00:39:51,480 --> 00:39:48,640

post treatment of packaging for

941

00:39:54,630 --> 00:39:51,490

shelf-life stability so kind of have a

942

00:39:57,900 --> 00:39:54,640

very very business background and

943

00:40:00,329 --> 00:39:57,910

science but always kind of focus on

944

00:40:02,730 --> 00:40:00,339

either medical or consumer product good

945

00:40:05,250 --> 00:40:02,740

so it's been kind of neat to kind of

946

00:40:07,200 --> 00:40:05,260

meld those Sciences together in this

947

00:40:10,020 --> 00:40:07,210

series and really start to look at both

948

00:40:13,559 --> 00:40:10,030

how the food on the Shelf affects you

949

00:40:15,660 --> 00:40:13,569

and then how the chemistry of the actual

950

00:40:19,049 --> 00:40:15,670

components and the food affects your

951
00:40:20,640 --> 00:40:19,059
body so but you're no stranger to the

952
00:40:25,380 --> 00:40:20,650
limelight either i noticed that you're

953
00:40:28,020 --> 00:40:25,390
also a director yeah I am actually I'm

954
00:40:31,530 --> 00:40:28,030
an actor I'm work I work as a producer

955
00:40:35,039 --> 00:40:31,540
for indie stuff I do casting for indeed

956
00:40:37,319 --> 00:40:35,049
stuff so I just joined the union for

957
00:40:40,950 --> 00:40:37,329
acting and have been doing some big

958
00:40:43,260 --> 00:40:40,960
features so I I spend some time in for

959
00:40:45,150 --> 00:40:43,270
the camera on behind I actually am kind

960
00:40:49,530 --> 00:40:45,160
of focusing now more in front of the

961
00:40:51,750 --> 00:40:49,540
camera but I still continue to spend a

962
00:40:56,099 --> 00:40:51,760
lot of time in science it's funny you

963
00:40:58,410 --> 00:40:56,109

sit on us on a production team and you

964

00:41:00,270 --> 00:40:58,420

start talking to them about just normal

965

00:41:03,020 --> 00:41:00,280

how to how to run an efficient set and

966

00:41:05,700 --> 00:41:03,030

they kind of their like minds blown yeah

967

00:41:09,690 --> 00:41:05,710

you don't expect engineers to be hanging

968

00:41:13,710 --> 00:41:09,700

out behind the scenes lip haha we didn't

969

00:41:15,030 --> 00:41:13,720

we do have the efficient it sounds

970

00:41:16,620 --> 00:41:15,040

fascinating well I'm glad you're

971

00:41:18,089 --> 00:41:16,630

involved with this it's a great series

972

00:41:20,099 --> 00:41:18,099

folks it's just getting started the

973

00:41:21,580 --> 00:41:20,109

first episodes really interesting that

974

00:41:26,820 --> 00:41:21,590

website again is

975

00:41:31,870 --> 00:41:26,830

a feeding tube let's one word f ee di ng

976

00:41:33,340 --> 00:41:31,880

tube8 TV go there the videos right on

977

00:41:35,620 --> 00:41:33,350

the first page and you can find out a

978

00:41:37,360 --> 00:41:35,630

little bit more about it well Tamara I

979

00:41:38,440 --> 00:41:37,370

wish you all success with the series

980

00:41:41,260 --> 00:41:38,450

we're looking forward to the next

981

00:41:43,600 --> 00:41:41,270

episode coming out soon and episodes

982

00:41:45,430 --> 00:41:43,610

after that and I tell you what a bit

983

00:41:47,290 --> 00:41:45,440

later on maybe next year when there is a

984

00:41:49,480 --> 00:41:47,300

few more episodes out there we'll have

985

00:41:51,310 --> 00:41:49,490

another chat don't even know absolutely

986

00:41:53,230 --> 00:41:51,320

thank you for your time and I hope

987

00:41:54,490 --> 00:41:53,240

everyone enjoys the series definitely

988

00:42:13,990 --> 00:41:54,500

give us your feedback we're always

989

00:42:14,000 --> 00:42:18,890

nice one

990

00:42:25,709 --> 00:42:23,219

hi are you a skeptic living somewhere in

991

00:42:27,689 --> 00:42:25,719

Europe all simply interested in what

992

00:42:30,239 --> 00:42:27,699

like minded people are up to in

993

00:42:33,150 --> 00:42:30,249

countries around here I have good news

994

00:42:35,549 --> 00:42:33,160

for you there is a new podcast out there

995

00:42:40,099 --> 00:42:35,559

with the aim of helping you connect with

996

00:42:43,709 --> 00:42:40,109

all those European skeptics the ESP

997

00:42:46,529 --> 00:42:43,719

European skeptics podcast a biweekly

998

00:42:50,640 --> 00:42:46,539

show coming out on the 18th of November

999

00:42:53,459 --> 00:42:50,650

on soundcloud iTunes and stitcher come

1000

00:42:55,979 --> 00:42:53,469

and visit our website the ESPE you

1001
00:42:58,620 --> 00:42:55,989
follow us on Facebook and Twitter and

1002
00:43:02,459 --> 00:42:58,630
help us keep the project genuinely

1003
00:43:13,010 --> 00:43:02,469
international and interactive let us

1004
00:43:34,590 --> 00:43:19,100
me crazy I don't know why you can't

1005
00:43:38,410 --> 00:43:36,910
thank you for listening to the skeptic

1006
00:43:43,240 --> 00:43:38,420
zone and thank you to those people who

1007
00:43:45,520 --> 00:43:43,250
visit mr. Katz origami jewelry store the

1008
00:43:48,130 --> 00:43:45,530
money made by that store does help the

1009
00:43:51,130 --> 00:43:48,140
skeptic zone keep going so I appreciate

1010
00:43:53,410 --> 00:43:51,140
it very much and if you want to buy

1011
00:43:55,600 --> 00:43:53,420
something for Christmas now's the time

1012
00:43:58,270 --> 00:43:55,610
to do it especially if you live outside

1013
00:44:00,700 --> 00:43:58,280

Australia because of the postage coming

1014

00:44:03,210 --> 00:44:00,710

up on next week's show even more from

1015

00:44:06,610 --> 00:44:03,220

Maynard Vox pops and all sorts of things

1016

00:44:07,870 --> 00:44:06,620

some skeptics in the pub here in Sydney

1017

00:44:09,940 --> 00:44:07,880

all that's coming up by the way you

1018

00:44:12,310 --> 00:44:09,950

people in Sydney this thursday night at

1019

00:44:14,200 --> 00:44:12,320

the crown hotel from 6pm that's the

1020

00:44:16,120 --> 00:44:14,210

crown hotel in the city near central

1021

00:44:18,820 --> 00:44:16,130

station between central and museum

1022

00:44:22,420 --> 00:44:18,830

stations everybody's welcome so some

1023

00:44:25,420 --> 00:44:22,430

more from that and up well who knows who

1024

00:44:27,700 --> 00:44:25,430

knows a mixture of things but for this

1025

00:44:34,300 --> 00:44:27,710

week this is Richard Saunders signing

1026
00:44:36,160 --> 00:44:34,310
off from Sydney Australia you've been

1027
00:44:39,460 --> 00:44:36,170
listening to the skeptic zone podcast

1028
00:44:42,580 --> 00:44:39,470
visit our website at wwc a petting zoo

1029
00:44:46,420 --> 00:44:42,590
TV for contacts an archive of all

1030
00:44:48,730 --> 00:44:46,430
episodes since 2008 and our online store

1031
00:44:51,450 --> 00:44:48,740
please support the skeptic zone by

1032
00:44:54,460 --> 00:44:51,460
following us on twitter at skeptic zone

1033
00:44:57,520 --> 00:44:54,470
liking us on facebook and leaving a

1034
00:45:00,370 --> 00:44:57,530
review on iTunes you can also show your

1035
00:45:03,850 --> 00:45:00,380
support by subscribing via paypal for as

1036
00:45:06,160 --> 00:45:03,860
little as 99 cents a week the skeptic

1037
00:45:07,870 --> 00:45:06,170
zone is an independent production the

1038
00:45:09,970 --> 00:45:07,880

views and opinions expressed on the

1039

00:45:12,660 --> 00:45:09,980

skeptic zone and not necessarily those