

The Skeptic Zone
Show 296 - 22 June 2014



Jo Alabaster

1
00:00:11,000 --> 00:00:01,939
this is James Randi and you're listening

2
00:00:13,850 --> 00:00:11,010
to the skeptic zone welcome to the

3
00:00:26,670 --> 00:00:13,860
skeptic zone the podcast from Australia

4
00:00:33,400 --> 00:00:29,590
hello and welcome to the skeptic zone

5
00:00:36,130 --> 00:00:33,410
episode number 296 for the 22nd of jun

6
00:00:42,340 --> 00:00:36,140
2014 Richard Saunders here with you from

7
00:00:46,360 --> 00:00:42,350
Sydney Australia whoo and part two yes

8
00:00:49,780 --> 00:00:46,370
this week we have a two-parter we do ah

9
00:00:52,030 --> 00:00:49,790
i joined joe alabaster and head up to

10
00:00:54,250 --> 00:00:52,040
Katoomba in the Blue Mountains Joe live

11
00:00:57,040 --> 00:00:54,260
quite near there and we check out the

12
00:01:01,509 --> 00:00:57,050
winter magic festival of katoomba which

13
00:01:03,610 --> 00:01:01,519

is a huge street fair with lots of magic

14

00:01:05,860 --> 00:01:03,620

and sort of wintery things happening up

15

00:01:08,890 --> 00:01:05,870

there to celebrate the winter solstice

16

00:01:12,190 --> 00:01:08,900

what will we find will we find mysticism

17

00:01:14,980 --> 00:01:12,200

will we find magic join us shortly and

18

00:01:16,240 --> 00:01:14,990

find out after that it's a week in

19

00:01:19,210 --> 00:01:16,250

science from our good friends at the

20

00:01:22,930 --> 00:01:19,220

Royal Institution | Australia w WR | a

21

00:01:25,780 --> 00:01:22,940

u.s. dot org dot au not much magic there

22

00:01:28,600 --> 00:01:25,790

but plenty of science then its rule week

23

00:01:31,390 --> 00:01:28,610

in part two as I head for these festival

24

00:01:34,660 --> 00:01:31,400

of mind body spirit or as we have been

25

00:01:37,210 --> 00:01:34,670

calling it for years and years mind body

26

00:01:40,590 --> 00:01:37,220

wallet and then the round off the show

27

00:01:43,920 --> 00:01:40,600

evidence please with Joe alabaster Joe

28

00:01:47,050 --> 00:01:43,930

continuing her look at parenting

29

00:01:49,270 --> 00:01:47,060

skeptically and there's a Facebook site

30

00:01:51,550 --> 00:01:49,280

that Joe is put together with Lauren

31

00:01:53,200 --> 00:01:51,560

Cochran from Canberra if you go to

32

00:01:56,920 --> 00:01:53,210

facebook and look for parenting

33

00:01:59,920 --> 00:01:56,930

skeptically um you'll see that this week

34

00:02:03,970 --> 00:01:59,930

Joe looks at the early years young

35

00:02:06,820 --> 00:02:03,980

children what whoo can she find out

36

00:02:09,550 --> 00:02:06,830

about or aimed at parents with the young

37

00:02:11,949 --> 00:02:09,560

children and I hear that Joe alabaster

38

00:02:14,740 --> 00:02:11,959

is also heading for him briz skeptic amp

39

00:02:18,490 --> 00:02:14,750

breathe skeptic ambar skeptic camp in

40

00:02:20,380 --> 00:02:18,500

brisbane australia ah mm I wonder if I

41

00:02:22,690 --> 00:02:20,390

can sort of hitchhike my way up to

42

00:02:23,979 --> 00:02:22,700

Brisbane for that now I must admit

43

00:02:27,070 --> 00:02:23,989

friends that this week's show is a

44

00:02:30,339 --> 00:02:27,080

little shorter than your average skeptic

45

00:02:32,860 --> 00:02:30,349

zone I've been very busy this week got a

46

00:02:36,099 --> 00:02:32,870

new job on and running around quite a

47

00:02:37,300 --> 00:02:36,109

bit up and down the coast so a little

48

00:02:38,010 --> 00:02:37,310

bit of a shorter show this week

49

00:02:39,780 --> 00:02:38,020

nevermind

50

00:02:41,130 --> 00:02:39,790

you more time to um well I don't know

51
00:02:43,980 --> 00:02:41,140
check out some of the websites we

52
00:02:45,450 --> 00:02:43,990
mentioned along the way but now it's

53
00:02:47,390 --> 00:02:45,460
time for me to run downstairs making

54
00:02:51,660 --> 00:02:47,400
sure that Fred the cat has lots of her

55
00:02:53,340 --> 00:02:51,670
yummy yummy cat food in his bowl as for

56
00:02:57,240 --> 00:02:53,350
me I'm going to go into the cotan see if

57
00:03:00,060 --> 00:02:57,250
I haven't got some peanut butter cups oh

58
00:03:02,400 --> 00:03:00,070
man I probably don't because as soon as

59
00:03:05,310 --> 00:03:02,410
they come into the house and they

60
00:03:07,140 --> 00:03:05,320
magically disappear somehow well I'm

61
00:03:27,980 --> 00:03:07,150
doing that by hope you enjoy the

62
00:03:34,680 --> 00:03:32,040
it's the 21st of June the first day of

63
00:03:37,290 --> 00:03:34,690

winter Joe alabaster here we are at

64

00:03:38,940 --> 00:03:37,300

katoomba and it's the what is it they

65

00:03:41,040 --> 00:03:38,950

call it the magic festival the weather

66

00:03:43,080 --> 00:03:41,050

magic first of all the winter magic

67

00:03:47,600 --> 00:03:43,090

first of all we're in the main street of

68

00:03:53,390 --> 00:03:51,710

passing something very loud strolling up

69

00:03:55,880 --> 00:03:53,400

to the top of the street cuz the whole

70

00:03:58,250 --> 00:03:55,890

street stretching a couple of kilometres

71

00:04:00,920 --> 00:03:58,260

I guess there's nothing with street

72

00:04:03,500 --> 00:04:00,930

stalls and this is really a bit of a

73

00:04:07,700 --> 00:04:03,510

wool fest isn't a job it certainly can

74

00:04:10,220 --> 00:04:07,710

be yes well that's the promise that's

75

00:04:12,620 --> 00:04:10,230

why like that's why I'm here so we're

76

00:04:14,440 --> 00:04:12,630

going to be poking around this first of

77

00:04:18,110 --> 00:04:14,450

all as we get through the crowd and

78

00:04:21,620 --> 00:04:18,120

seeing what we can we can report on for

79

00:04:24,010 --> 00:04:21,630

the zone and I've been getting some

80

00:04:26,960 --> 00:04:24,020

lovely comments about your latest

81

00:04:30,530 --> 00:04:26,970

reports Joe about parenting that's very

82

00:04:33,320 --> 00:04:30,540

lovely excellent to hear ya and I hope

83

00:04:34,820 --> 00:04:33,330

more to come yes yes more to come I

84

00:04:37,490 --> 00:04:34,830

don't know how am i doing one this week

85

00:04:38,690 --> 00:04:37,500

I don't well hop on this week well by

86

00:04:40,730 --> 00:04:38,700

the time listeners hear this show

87

00:04:44,240 --> 00:04:40,740

they'll know that will indeed they can

88

00:04:45,740 --> 00:04:44,250

see the future and I cannot well let's

89

00:04:48,980 --> 00:04:45,750

make our way to the top of the street

90

00:04:51,210 --> 00:04:48,990

will meander solely down and see what we

91

00:04:53,790 --> 00:04:51,220

can see

92

00:05:01,210 --> 00:04:53,800

good heavens as a wizard coming towards

93

00:05:06,460 --> 00:05:03,820

it wouldn't be a witness of that drums

94

00:05:14,500 --> 00:05:06,470

Joe certainly not take me back to

95

00:05:19,790 --> 00:05:16,370

well it didn't take us long we're

96

00:05:22,640 --> 00:05:19,800

passing the candle store which makes

97

00:05:24,440 --> 00:05:22,650

candles and I quote as soon as the

98

00:05:27,500 --> 00:05:24,450

people move away Australian beeswax

99

00:05:29,720 --> 00:05:27,510

candles reliefs negative ions and

100

00:05:33,980 --> 00:05:29,730

neutralized pollens allergens and dust

101
00:05:39,360 --> 00:05:33,990
particles goodness me we should just run

102
00:05:47,580 --> 00:05:43,260
I try to describe the scene to you it's

103
00:05:51,390 --> 00:05:47,590
a beautiful bright sunny wintry day up

104
00:05:54,600 --> 00:05:51,400
here in the Blue Mountains streets and

105
00:05:58,140 --> 00:05:54,610
streets are covered with their or lined

106
00:06:03,000 --> 00:05:58,150
with lots of different stores all sorts

107
00:06:06,180 --> 00:06:03,010
of things as stall selling hats someone

108
00:06:08,280 --> 00:06:06,190
selling portrait photography lots of

109
00:06:10,260 --> 00:06:08,290
clothes of different kinds what do we

110
00:06:12,650 --> 00:06:10,270
have over here looks like someone's

111
00:06:17,370 --> 00:06:12,660
selling different paints some teas

112
00:06:21,750 --> 00:06:17,380
pancakes dutch pancakes haul your hand

113
00:06:23,790 --> 00:06:21,760

in wax your hand in wax Himalayan yummy

114

00:06:25,879 --> 00:06:23,800

kitchen lots of food here folks and lots

115

00:06:28,200 --> 00:06:25,889

of people dressed up and all sorts of

116

00:06:31,469 --> 00:06:28,210

some Mouse ears over there lots of

117

00:06:35,850 --> 00:06:31,479

wizards and in a health and wellness

118

00:06:39,469 --> 00:06:35,860

we're passing now aloe vera they're

119

00:06:42,450 --> 00:06:39,479

flogging a magazine and they've got a

120

00:06:44,719 --> 00:06:42,460

detox as well that's that's what we want

121

00:06:47,550 --> 00:06:44,729

isn't it something Rick detoxes

122

00:06:49,529 --> 00:06:47,560

unspecified toxin that's right what

123

00:06:51,450 --> 00:06:49,539

happens to the toxins once you detox

124

00:06:54,120 --> 00:06:51,460

where do they go that's all I like to

125

00:06:55,200 --> 00:06:54,130

know I think into the marine well then

126

00:06:58,260 --> 00:06:55,210

it's really polluting the environment

127

00:07:02,070 --> 00:06:58,270

you can say we have grilled chicken and

128

00:07:05,570 --> 00:07:02,080

chips hot dogs you notice I'm noticing

129

00:07:08,520 --> 00:07:05,580

all their the food stores ahead and

130

00:07:10,439 --> 00:07:08,530

German gourmet sausages it's quite

131

00:07:13,140 --> 00:07:10,449

something up here I had no idea this was

132

00:07:14,939 --> 00:07:13,150

so big I when I heard about it I thought

133

00:07:18,150 --> 00:07:14,949

it was just like a you know a little

134

00:07:20,580 --> 00:07:18,160

fair or somebody with its many 350 we're

135

00:07:22,190 --> 00:07:20,590

coming up to be vegan to make a peace

136

00:07:25,060 --> 00:07:22,200

stand

137

00:07:28,750 --> 00:07:25,070

the greens are here the political party

138

00:07:32,120 --> 00:07:28,760

the herb store sign the petition

139

00:07:33,800 --> 00:07:32,130

bastards budget sign here there we go we

140

00:07:36,450 --> 00:07:33,810

can bust Abbott's budget if we sign

141

00:07:48,089 --> 00:07:40,070

what's this one supreme master Ching

142

00:07:49,860 --> 00:07:48,099

what's that one looks like Animal Farm

143

00:07:52,650 --> 00:07:49,870

we've got the horse and the goat in the

144

00:07:58,469 --> 00:07:52,660

pig and everything free DVD vegan

145

00:08:01,499 --> 00:07:58,479

recipes hmm oh well there you go thank

146

00:08:04,950 --> 00:08:01,509

you organic vegan and love the way of

147

00:08:07,589 --> 00:08:04,960

living loving recipes it says be vegan

148

00:08:11,790 --> 00:08:07,599

make peace oh I would miss my steaks too

149

00:08:13,830 --> 00:08:11,800

much if I did that I hope sorry I

150

00:08:16,830 --> 00:08:13,840

usually the kebabs are the stakes so I

151
00:08:19,320 --> 00:08:16,840
see 19 years i'm vegan now much more i

152
00:08:22,379 --> 00:08:19,330
mean majestic universe were peaceful

153
00:08:24,060 --> 00:08:22,389
friendly with easels i wouldn't give a

154
00:08:25,589 --> 00:08:24,070
kebab or anything but you know I don't

155
00:08:28,920 --> 00:08:25,599
know I just assigning jobs i have a

156
00:08:31,409 --> 00:08:28,930
problem let us show the crowd sales at

157
00:08:33,750 --> 00:08:31,419
the moment so in this non tears you know

158
00:08:36,690 --> 00:08:33,760
process what has going to reverse you

159
00:08:38,159 --> 00:08:36,700
yeah i've been so many I I guess that's

160
00:08:40,980 --> 00:08:38,169
great but if you eat a well-balanced

161
00:08:42,750 --> 00:08:40,990
diet with a bit of medium utility uses

162
00:08:45,120 --> 00:08:42,760
quite healthy and well it is true look

163
00:08:46,620 --> 00:08:45,130

at all you even though there is no bad

164

00:08:49,560 --> 00:08:46,630

first of all everybody their chakras

165

00:08:50,910 --> 00:08:49,570

different but no if you just consciously

166

00:08:53,130 --> 00:08:50,920

she was like no we don't want to eat

167

00:08:55,710 --> 00:08:53,140

meat or we don't want to take long well

168

00:08:57,150 --> 00:08:55,720

they don't judge people because you

169

00:08:58,949 --> 00:08:57,160

cannot judge people because you don't

170

00:09:01,380 --> 00:08:58,959

know the other people's you know there's

171

00:09:02,730 --> 00:09:01,390

any other way he also got so everybody's

172

00:09:04,769 --> 00:09:02,740

you know I have been helping everybody

173

00:09:07,019 --> 00:09:04,779

whatever you too that is meant for you

174

00:09:08,250 --> 00:09:07,029

you know I mean why so we don't wanna

175

00:09:09,780 --> 00:09:08,260

share as you know if you're a special we

176

00:09:11,639 --> 00:09:09,790

don't even know your own so we love

177

00:09:13,050 --> 00:09:11,649

everybody the same but we know that

178

00:09:14,940 --> 00:09:13,060

everybody's part all so different now

179

00:09:17,280 --> 00:09:14,950

you have respect that's absolutely right

180

00:09:19,230 --> 00:09:17,290

in a free society you can be vegan or

181

00:09:21,000 --> 00:09:19,240

you can be immediately god bless your

182

00:09:23,950 --> 00:09:21,010

australia before that's all right thank

183

00:09:28,870 --> 00:09:26,410

hey i jus I'm got a free DVD to enjoy

184

00:09:30,280 --> 00:09:28,880

later fantastic it's worth checking out

185

00:09:32,830 --> 00:09:30,290

their website actually they've got some

186

00:09:36,430 --> 00:09:32,840

interesting spiritual ideas do they they

187

00:09:39,220 --> 00:09:36,440

do it yeah I thought I heard a steam

188

00:09:42,010 --> 00:09:39,230

train I thought I heard a steam train

189

00:09:44,470 --> 00:09:42,020

just Stan decided not to graph this

190

00:09:46,510 --> 00:09:44,480

straight with you oh and we've come to

191

00:09:48,700 --> 00:09:46,520

the end or the beginning now we have to

192

00:09:50,440 --> 00:09:48,710

turn around do it all again and what's

193

00:09:52,090 --> 00:09:50,450

that idea look at all the people running

194

00:09:54,120 --> 00:09:52,100

to the bridge Justine trade there's a

195

00:09:57,400 --> 00:09:54,130

steam train cutting all there it is

196

00:10:10,850 --> 00:09:57,410

goodness me run over here to the railing

197

00:10:17,150 --> 00:10:13,610

beautiful old steam train just pulled in

198

00:10:20,230 --> 00:10:17,160

I had been pushed by a diesel truck can

199

00:10:24,310 --> 00:10:22,030

now she's looking at the microphone now

200

00:10:26,500 --> 00:10:24,320

Joe it's happened again your daughter

201
00:10:29,620 --> 00:10:26,510
will not speak on the microphone it's

202
00:10:32,790 --> 00:10:29,630
quite bizarre Daphne going to say hello

203
00:10:40,840 --> 00:10:37,329
just a chatterbox before you said hello

204
00:10:46,650 --> 00:10:40,850
it is can you say hello again hello here

205
00:10:49,960 --> 00:10:46,660
we go here we go we've got a sign here

206
00:10:52,120 --> 00:10:49,970
Joad says what is the spirit saying to

207
00:10:56,110 --> 00:10:52,130
you it's a very good question blessing

208
00:10:58,030 --> 00:10:56,120
trio with some jewelry yeah the spirit

209
00:11:01,000 --> 00:10:58,040
is no doubt saying by our jewelry I

210
00:11:02,980 --> 00:11:01,010
would say the spirit is correct and at

211
00:11:06,700 --> 00:11:02,990
least putting silver Arthur that's right

212
00:11:08,860 --> 00:11:06,710
I prefer silver I just can't help myself

213
00:11:12,150 --> 00:11:08,870

I look over here and i can see gourmet

214

00:11:15,940 --> 00:11:12,160

viking chargrilled gourmet sausages

215

00:11:20,740 --> 00:11:17,770

okay we're sort of on the Main Street

216

00:11:22,750 --> 00:11:20,750

again at the top of the rise that goes

217

00:11:25,630 --> 00:11:22,760

down the street and eventually ends up

218

00:11:29,580 --> 00:11:25,640

the three sisters look out and we can

219

00:11:31,990 --> 00:11:29,590

hardly move for the crush of people here

220

00:11:37,810 --> 00:11:32,000

this is much bigger than I ever

221

00:11:42,130 --> 00:11:40,240

passing mostly food stores at the modal

222

00:11:45,820 --> 00:11:42,140

somebody dressed up like the Joker from

223

00:11:48,940 --> 00:11:45,830

Batman as opposed to the Joker from

224

00:11:53,110 --> 00:11:48,950

anywhere else I guess and if there were

225

00:11:57,860 --> 00:11:53,120

some more woo stores here be hard to see

226

00:12:03,569 --> 00:12:01,980

well we're in me a really nice library

227

00:12:05,430 --> 00:12:03,579

area here at the moment and there was a

228

00:12:10,920 --> 00:12:05,440

room set aside for the mind-body-spirit

229

00:12:13,170 --> 00:12:10,930

section and it's it's rather small this

230

00:12:15,569 --> 00:12:13,180

not many mind-body-spirit things

231

00:12:19,019 --> 00:12:15,579

happening in there but we're walking

232

00:12:22,590 --> 00:12:19,029

through the library now out to the big

233

00:12:24,030 --> 00:12:22,600

outside area here I think our friend

234

00:12:26,069 --> 00:12:24,040

Pete about it you're saying comes here

235

00:12:28,410 --> 00:12:26,079

quite often yes the library that Peter

236

00:12:31,110 --> 00:12:28,420

checks in on at Foursquare we're just

237

00:12:34,259 --> 00:12:31,120

walking now to the viewing platform here

238

00:12:36,449 --> 00:12:34,269

at the library and I can even see before

239

00:12:40,079 --> 00:12:36,459

me as we walk towards that the viewers

240

00:12:42,569 --> 00:12:40,089

even from here spectacular this is one

241

00:12:45,389 --> 00:12:42,579

of the most famous views in Australia

242

00:12:48,480 --> 00:12:45,399

Joe the Kitumba views the three sisters

243

00:12:51,449 --> 00:12:48,490

of the Megalon Valley walking up the

244

00:12:53,910 --> 00:12:51,459

ramp here mouth I think this show is

245

00:13:00,240 --> 00:12:53,920

turning into more like a travelogue

246

00:13:01,980 --> 00:13:00,250

tourister wow look at that I've never

247

00:13:05,490 --> 00:13:01,990

been to this particular vantage point

248

00:13:07,829 --> 00:13:05,500

before what a fantastic view it's quite

249

00:13:11,309 --> 00:13:07,839

new tax it's quite new is it well for

250

00:13:13,949 --> 00:13:11,319

the benefit of skeptics own fans out

251

00:13:15,990 --> 00:13:13,959

there in a moment I'll take a big

252

00:13:19,110 --> 00:13:16,000

panorama and I'll put it on the twitter

253

00:13:20,509 --> 00:13:19,120

at skeptic zone so you can see what

254

00:13:23,490 --> 00:13:20,519

we're looking at but it's absolutely

255

00:13:27,750 --> 00:13:23,500

spectacular it couldn't be a better day

256

00:13:29,220 --> 00:13:27,760

for it either the Jay you've picked up

257

00:13:31,920 --> 00:13:29,230

one of the leaflets there from outside

258

00:13:34,379 --> 00:13:31,930

the mind-body-spirit room and what do we

259

00:13:37,319 --> 00:13:34,389

have here here we have Trudy and more

260

00:13:40,620 --> 00:13:37,329

who does soul surgery some sort of

261

00:13:42,389 --> 00:13:40,630

shamanic clearing says here with over 20

262

00:13:44,100 --> 00:13:42,399

years experience Trudy is able to

263

00:13:45,870 --> 00:13:44,110

dissolve the psychic energy stored in

264

00:13:48,660 --> 00:13:45,880

the body from past trauma such as

265

00:13:52,079 --> 00:13:48,670

divorce anxiety emotional sexual abuse

266

00:13:54,300 --> 00:13:52,089

grief and accidents trauma often forces

267

00:13:55,980 --> 00:13:54,310

a soul fragment out of the body Trudy

268

00:14:00,060 --> 00:13:55,990

will journey to retrieve it restoring

269

00:14:05,310 --> 00:14:00,070

wholeness of being I'm convinced

270

00:14:06,920 --> 00:14:05,320

I'm confused are you chuckling now Joe

271

00:14:09,270 --> 00:14:06,930

what's happening we've got some very

272

00:14:11,370 --> 00:14:09,280

cost-effective discount therapeutic

273

00:14:13,140 --> 00:14:11,380

services here we've got the most

274

00:14:14,700 --> 00:14:13,150

affordable way to create change by

275

00:14:16,320 --> 00:14:14,710

nurturing your senses attained in a

276

00:14:18,540 --> 00:14:16,330

piece cope with life's demands and

277

00:14:21,420 --> 00:14:18,550

enhance your quality of life i can do it

278

00:14:24,650 --> 00:14:21,430

for cheaper you can I can I've had one

279

00:14:33,820 --> 00:14:24,660

of your cookies hahaha did it for me

280

00:14:38,480 --> 00:14:36,800

when I was growing up in the 1970s we

281

00:14:40,610 --> 00:14:38,490

used to have things called throw downs

282

00:14:46,490 --> 00:14:40,620

and throw down to a big part of

283

00:15:00,320 --> 00:14:46,500

firecracker night and hello I'm kids

284

00:15:06,420 --> 00:15:03,330

the breeds over and we're winding our

285

00:15:08,970 --> 00:15:06,430

way down the street here still stalls

286

00:15:10,890 --> 00:15:08,980

and people as far as we can see which oh

287

00:15:14,310 --> 00:15:10,900

you have been winkling out a bit of woo

288

00:15:17,400 --> 00:15:14,320

here now we just noticing that on the on

289

00:15:20,460 --> 00:15:17,410

the poles and posts are quit smoking

290

00:15:25,620 --> 00:15:20,470

signs guaranteed or something I hypnosis

291

00:15:30,220 --> 00:15:25,630

I believe ya mmm I'm skeptical I am

292

00:15:35,920 --> 00:15:32,830

well we're now making our way away from

293

00:15:37,950 --> 00:15:35,930

the winter magic Joe and you're just

294

00:15:40,600 --> 00:15:37,960

saying that there wasn't as much

295

00:15:43,090 --> 00:15:40,610

mysticism is woo and woo as you're

296

00:15:47,500 --> 00:15:43,100

expecting not quite as much this year no

297

00:15:50,170 --> 00:15:47,510

it's curious very curious what lack of

298

00:15:51,940 --> 00:15:50,180

crystals maybe well after crystals lack

299

00:15:54,100 --> 00:15:51,950

of crystal trees but we did see the

300

00:15:55,990 --> 00:15:54,110

elusive blue mountains Panther we did

301
00:15:57,580 --> 00:15:56,000
see the elusive blue mountains Panther

302
00:15:59,520 --> 00:15:57,590
and we had a selfie with the blue

303
00:16:02,500 --> 00:15:59,530
mountains panther we did indeed

304
00:16:05,260 --> 00:16:02,510
cryptozoology at its best well that's

305
00:16:08,110 --> 00:16:05,270
the end of part one of our whoo weekend

306
00:16:23,250 --> 00:16:08,120
coming up after the break part two where

307
00:16:28,090 --> 00:16:25,840
did you see that UFO sighting that made

308
00:16:29,800 --> 00:16:28,100
the news what did that latest study

309
00:16:32,230 --> 00:16:29,810
about alternative treatments really say

310
00:16:35,200 --> 00:16:32,240
is this photo making the rounds real or

311
00:16:37,060 --> 00:16:35,210
hoax duffle news is a unique website

312
00:16:39,220 --> 00:16:37,070
featuring news about pseudoscience the

313
00:16:40,920 --> 00:16:39,230

paranormal anomalies and questionable

314

00:16:43,870 --> 00:16:40,930

claims framed with the skeptical view

315

00:16:45,630 --> 00:16:43,880

come visit doubtful newscom every day

316

00:16:49,360 --> 00:16:45,640

for news about cryptozoology

317

00:16:52,270 --> 00:16:49,370

conspiracies shams scams and more follow

318

00:16:53,830 --> 00:16:52,280

us on twitter at doubtful news critical

319

00:16:56,110 --> 00:16:53,840

thinking is essential in assessing

320

00:17:05,250 --> 00:16:56,120

today's news duffel news helps you

321

00:17:10,090 --> 00:17:07,900

welcome to weaken science from our oz

322

00:17:12,160 --> 00:17:10,100

bringing you the science you need to

323

00:17:14,290 --> 00:17:12,170

know everyone knows that the Earth

324

00:17:16,990 --> 00:17:14,300

orbits the Sun but how did we actually

325

00:17:21,309 --> 00:17:17,000

get to know that let me introduce you to

326

00:17:26,840 --> 00:17:24,189

galileo galilei was born in Easley in

327

00:17:29,210 --> 00:17:26,850

1564 while studying medicine at

328

00:17:32,600 --> 00:17:29,220

university is it what so many students

329

00:17:34,250 --> 00:17:32,610

do and no not get horribly drunk found

330

00:17:36,169 --> 00:17:34,260

that his interest lay in a different

331

00:17:38,570 --> 00:17:36,179

field and changed this area of study

332

00:17:41,330 --> 00:17:38,580

luckily for us he discovered his passion

333

00:17:43,669 --> 00:17:41,340

in geometry and became a mathematician

334

00:17:45,710 --> 00:17:43,679

during his work as a mathematician he

335

00:17:47,990 --> 00:17:45,720

changed the theory of gravity the

336

00:17:50,049 --> 00:17:48,000

previous theory devised by Aristotle

337

00:17:52,880 --> 00:17:50,059

said that heavier objects fall faster

338

00:17:55,279 --> 00:17:52,890

Galileo showed all objects fell at the

339

00:17:57,289 --> 00:17:55,289

same speed after several years he moves

340

00:17:59,899 --> 00:17:57,299

the University of Padua which is where

341

00:18:01,850 --> 00:17:59,909

his most famous story starts it is here

342

00:18:04,840 --> 00:18:01,860

that he built his telescope and started

343

00:18:07,880 --> 00:18:04,850

observing the movements of the planets

344

00:18:09,860 --> 00:18:07,890

with his telescope Galileo discovered

345

00:18:12,710 --> 00:18:09,870

the mountains on the moon and the moons

346

00:18:14,419 --> 00:18:12,720

of Jupiter but what made Galileo famous

347

00:18:16,789 --> 00:18:14,429

was his confirmation of Copernicus

348

00:18:19,010 --> 00:18:16,799

theory of planets orbiting the Sun and

349

00:18:21,200 --> 00:18:19,020

not the earth as religious doctrine had

350

00:18:23,210 --> 00:18:21,210

stated the discovery of Jupiter's moons

351

00:18:25,610 --> 00:18:23,220

show that not everything or was the

352

00:18:28,279 --> 00:18:25,620

earth and the phases of Venus showed

353

00:18:30,320 --> 00:18:28,289

that orbited the Sun Galileo realized

354

00:18:32,389 --> 00:18:30,330

that all planets including earth orbit

355

00:18:35,750 --> 00:18:32,399

of the Sun and published this theory in

356

00:18:37,850 --> 00:18:35,760

1632 for guy against religious dogma the

357

00:18:40,250 --> 00:18:37,860

Catholic Church found Galileo guilty of

358

00:18:43,100 --> 00:18:40,260

heresy imprisoned him and banned his

359

00:18:45,980 --> 00:18:43,110

book it was only in 1992 that the

360

00:18:49,740 --> 00:18:45,990

Catholic Church pardon Galileo and now

361

00:18:52,890 --> 00:18:49,750

for fast facts about planetary orbits

362

00:18:55,440 --> 00:18:52,900

a common misconception is the Galileo

363

00:18:58,380 --> 00:18:55,450

wasn't religious in fact he was a devout

364

00:19:00,780 --> 00:18:58,390

Catholic Galileo thought planet's orbit

365

00:19:02,700 --> 00:19:00,790

of the Sun in circular orbits laser

366

00:19:05,160 --> 00:19:02,710

Kepler found that these orbits are in

367

00:19:06,810 --> 00:19:05,170

fact elliptical or oval shaped the

368

00:19:09,060 --> 00:19:06,820

elliptical orbits mean the Earth's

369

00:19:11,970 --> 00:19:09,070

distance from the Sun varies by around

370

00:19:14,670 --> 00:19:11,980

five million kilometers and earth speed

371

00:19:17,220 --> 00:19:14,680

as over the Sun is around 30 kilometers

372

00:19:19,290 --> 00:19:17,230

per second that's it for this week in

373

00:19:21,150 --> 00:19:19,300

science more information about the

374

00:19:25,470 --> 00:19:21,160

orbits of planets around the Sun Goes

375

00:19:28,620 --> 00:19:25,480

the RLS website RI aus dog to a you

376

00:19:31,050 --> 00:19:28,630

follow us on twitter at arias and like

377

00:19:39,649 --> 00:19:31,060

us on facebook i'm ben lewis and we'll

378

00:19:44,940 --> 00:19:42,810

ad hominem begging the question factoid

379

00:19:47,100 --> 00:19:44,950

propagation false analogy false cause

380

00:19:48,899 --> 00:19:47,110

false dichotomy gibberish immunized

381

00:19:50,460 --> 00:19:48,909

hypothesis moral equivalence poison the

382

00:19:53,070 --> 00:19:50,470

well simple modern certitude stacking a

383

00:19:54,989 --> 00:19:53,080

deck and WTF are just some of the

384

00:19:57,509 --> 00:19:54,999

fallacies we provide real life examples

385

00:20:01,409 --> 00:19:57,519

of in hunting humbug 101 a podcast about

386

00:20:16,710 --> 00:20:01,419

bad arguments check it out at WWF text

387

00:20:16,720 --> 00:20:22,050

Oh

388

00:20:28,380 --> 00:20:24,840

hello from the mind-body wat festival

389

00:20:31,080 --> 00:20:28,390

here in Sydney it's the 22nd of June

390

00:20:36,030 --> 00:20:31,090

okay I can't on the stage now on the

391

00:20:38,970 --> 00:20:36,040

main stage is a psychic and what strikes

392

00:20:44,910 --> 00:20:38,980

me is what he's doing on the stage there

393

00:20:48,030 --> 00:20:44,920

is so I'm textbook cold reading it's

394

00:20:50,310 --> 00:20:48,040

almost it's galling and people say our

395

00:20:51,840 --> 00:20:50,320

Richard you should have an open mind and

396

00:20:53,250 --> 00:20:51,850

good these things and have you tried

397

00:20:56,520 --> 00:20:53,260

this I can have you tried that psychic

398

00:20:58,230 --> 00:20:56,530

honestly people it's the same set of

399

00:21:01,440 --> 00:20:58,240

notes played on different instruments

400

00:21:05,270 --> 00:21:01,450

what a life is there a female energy

401
00:21:07,890 --> 00:21:05,280
here etc etc asking questions

402
00:21:10,440 --> 00:21:07,900
after all these years it's slightly mind

403
00:21:13,950 --> 00:21:10,450
numbing never mind never mind there's

404
00:21:17,160 --> 00:21:13,960
lots of other minor things here at

405
00:21:19,980 --> 00:21:17,170
mind-body wild here in Sydney healing

406
00:21:23,640 --> 00:21:19,990
crystals lots of people offering health

407
00:21:27,270 --> 00:21:23,650
checks one wonders about the legalities

408
00:21:29,870 --> 00:21:27,280
of using these terms but anyway lots of

409
00:21:34,950 --> 00:21:29,880
readings lots of people selling

410
00:21:39,240 --> 00:21:34,960
certainly unproven pseudo medicines for

411
00:21:41,490 --> 00:21:39,250
your ills there are devices which you

412
00:21:44,880 --> 00:21:41,500
hold on to they run through a computer

413
00:21:46,110 --> 00:21:44,890

then then tell you your ills things like

414

00:21:48,810 --> 00:21:46,120

that and just walking down one of the

415

00:21:54,159 --> 00:21:48,820

Isles here what do we have here really

416

00:21:59,830 --> 00:21:58,119

the skin scroll art I'm not sure that is

417

00:22:02,979 --> 00:21:59,840

Chinese brush painting oh that's very

418

00:22:06,249 --> 00:22:02,989

nice there you go another tour going on

419

00:22:08,080 --> 00:22:06,259

here POS equal Bell gotta love that it

420

00:22:10,090 --> 00:22:08,090

just stops your back flow just in case

421

00:22:13,629 --> 00:22:10,100

you're adjusting about stuff that moves

422

00:22:15,940 --> 00:22:13,639

through your vows so what happened in my

423

00:22:19,629 --> 00:22:15,950

spare time I was 14 I was going in and

424

00:22:21,789 --> 00:22:19,639

out of talk is entitled us how the human

425

00:22:24,129 --> 00:22:21,799

cells in the body are affected by the

426
00:22:27,659 --> 00:22:24,139
environment around them how to avoid

427
00:22:30,729 --> 00:22:27,669
guest wrote back gastrointestinal

428
00:22:32,040 --> 00:22:30,739
illness and cancer I think I've been

429
00:22:34,080 --> 00:22:32,050
listening

430
00:22:37,620 --> 00:22:34,090
do you have here I'll see another one

431
00:22:41,330 --> 00:22:37,630
stem cell nutrition free water testing

432
00:22:44,670 --> 00:22:41,340
hmm who I sense a marketing opportunity

433
00:22:47,250 --> 00:22:44,680
there lots of people here I must say

434
00:22:49,050 --> 00:22:47,260
it's not in its normal location this

435
00:22:52,020 --> 00:22:49,060
year it's way out in the burbs a little

436
00:22:56,880 --> 00:22:52,030
bit you're hard to get to it still the

437
00:23:00,080 --> 00:22:56,890
joint is packed it really is deep muscle

438
00:23:03,270 --> 00:23:00,090

massage hey what's wrong with that ah

439

00:23:09,289 --> 00:23:03,280

here we go clairvoyant palmistry Tarot

440

00:23:14,509 --> 00:23:11,210

there's money in them narrow that

441

00:23:17,200 --> 00:23:14,519

psychic industry let's walk around the

442

00:23:21,409 --> 00:23:17,210

corner here let's see what we can see

443

00:23:25,639 --> 00:23:21,419

more stands that's a purple today unless

444

00:23:28,399 --> 00:23:25,649

a sacred missed and hit an HSS i'm not

445

00:23:31,700 --> 00:23:28,409

sure what HFS dance for the audio

446

00:23:33,560 --> 00:23:31,710

hearing loss can affect anybody well

447

00:23:37,989 --> 00:23:33,570

that's true college of complementary

448

00:23:40,779 --> 00:23:37,999

medicine here certificate in kinesiology

449

00:23:44,930 --> 00:23:40,789

hmm those of you who know my video might

450

00:23:48,169 --> 00:23:44,940

get a chuckle out of that hole buddy or

451
00:23:53,020 --> 00:23:48,179
one of those

452
00:23:56,830 --> 00:23:53,030
aura cameras so-called order cameras

453
00:24:01,220 --> 00:23:56,840
menopause center and weight loss is he

454
00:24:05,660 --> 00:24:01,230
beeswax among Chinese acupuncture and

455
00:24:07,710 --> 00:24:05,670
massage lots of dream catchers here i'm

456
00:24:13,320 --> 00:24:07,720
passing at the moment

457
00:24:15,149 --> 00:24:13,330
had a funny dream last night clinical

458
00:24:18,149 --> 00:24:15,159
health clinic has the word health again

459
00:24:20,149 --> 00:24:18,159
more dream catchers goodness me that's

460
00:24:25,020 --> 00:24:20,159
more dream catchers here than I've seen

461
00:24:28,350 --> 00:24:25,030
in a while more beeswax candles Feng

462
00:24:30,270 --> 00:24:28,360
Shui laws with Roxanne all I know

463
00:24:32,100 --> 00:24:30,280

Roxanne it's your wave at me as I walked

464

00:24:36,770 --> 00:24:32,110

past

465

00:24:38,930 --> 00:24:36,780

claiming magnetic jewelry yeah

466

00:24:40,520 --> 00:24:38,940

one question that keeps popping up year

467

00:24:42,980 --> 00:24:40,530

after year is where are the authorities

468

00:24:45,110 --> 00:24:42,990

there are so many dodgy claims being

469

00:24:47,120 --> 00:24:45,120

made here 11 is when the government is

470

00:24:48,920 --> 00:24:47,130

going to come in and have a word to some

471

00:24:51,280 --> 00:24:48,930

of these people here's an interesting

472

00:24:55,520 --> 00:24:51,290

one does your dog and cat suffer from

473

00:24:57,980 --> 00:24:55,530

itchy skin bad breath arthritis licking

474

00:25:01,430 --> 00:24:57,990

poor skin allergies please ear or eye

475

00:25:05,410 --> 00:25:01,440

infections travel digestive and bowel

476
00:25:07,880 --> 00:25:05,420
problems thyroid skin allergies anxiety

477
00:25:11,050 --> 00:25:07,890
natural animal solutions one hundred

478
00:25:13,820 --> 00:25:11,060
percent natural professionally

479
00:25:16,220 --> 00:25:13,830
formulated by Australian naturopaths the

480
00:25:19,610 --> 00:25:16,230
other side says scientifically developed

481
00:25:23,030 --> 00:25:19,620
clinical health care no further comment

482
00:25:27,790 --> 00:25:23,040
needed one notices of these things lots

483
00:25:31,010 --> 00:25:27,800
of people waving their hands at people

484
00:25:32,660 --> 00:25:31,020
there's one chap who is looking at

485
00:25:35,260 --> 00:25:32,670
people one hand in the air and the other

486
00:25:38,530 --> 00:25:35,270
hand sort of spiraling towards use them

487
00:25:40,750 --> 00:25:38,540
mmm patient

488
00:25:43,060 --> 00:25:40,760

I think I've mentioned this tip on the

489

00:25:45,280 --> 00:25:43,070

skeptics on before but at the moment

490

00:25:47,890 --> 00:25:45,290

I've got my phone up to my ear as if I'm

491

00:25:49,440 --> 00:25:47,900

having a chat to somebody not only can i

492

00:25:53,560 --> 00:25:49,450

record without looking like a complete

493

00:25:54,970 --> 00:25:53,570

Wally but people will ignore you it's

494

00:25:57,040 --> 00:25:54,980

amazing when you're on the phone people

495

00:25:58,810 --> 00:25:57,050

just sort of look through you as if

496

00:26:01,930 --> 00:25:58,820

you're not there so you're not hassled

497

00:26:03,640 --> 00:26:01,940

by vendors and it's amazing it's like a

498

00:26:05,320 --> 00:26:03,650

huge get out of free jail card when

499

00:26:07,480 --> 00:26:05,330

you're in the social situation just to

500

00:26:10,570 --> 00:26:07,490

be on the phone in Europe in your own

501
00:26:14,230 --> 00:26:10,580
little world we're all passing chakra

502
00:26:18,010 --> 00:26:14,240
balancing crystals we have some tins

503
00:26:21,379 --> 00:26:18,020
machine dr. tins in a huge acupuncture

504
00:26:28,729 --> 00:26:23,359
breakfast on your shoulder and away you

505
00:26:30,139 --> 00:26:28,739
go infrared saunas actually I amid

506
00:26:31,489 --> 00:26:30,149
somebody wants to the mind-body wallet

507
00:26:32,869 --> 00:26:31,499
first of all who is very angry the

508
00:26:35,089 --> 00:26:32,879
infrared saunas claiming that they

509
00:26:38,269 --> 00:26:35,099
weren't real saunas because real saunas

510
00:26:41,419 --> 00:26:38,279
of course your steam I'll let them fight

511
00:26:44,959 --> 00:26:41,429
that amongst themselves Oh astrology the

512
00:26:50,169 --> 00:26:44,969
old favorites are here what's this am I

513
00:26:52,339 --> 00:26:50,179

Australia one stop detox leaf greens

514

00:26:54,949 --> 00:26:52,349

there's even a psychic here with a

515

00:26:57,289 --> 00:26:54,959

crystal ball I kid you not Kari C

516

00:27:00,940 --> 00:26:57,299

psychic medium crystal ball readings

517

00:27:03,820 --> 00:27:00,950

with Kerry sees good heavens

518

00:27:06,430 --> 00:27:03,830

then at home reiki courses talking about

519

00:27:07,720 --> 00:27:06,440

people waving their hands well they're

520

00:27:09,269 --> 00:27:07,730

actually touching the people there we

521

00:27:12,910 --> 00:27:09,279

are how nice is that new world

522

00:27:20,690 --> 00:27:17,900

three health assessment hmm

523

00:27:25,070 --> 00:27:20,700

is a standard of people selling light

524

00:27:28,130 --> 00:27:25,080

bulbs now we're passing happy science

525

00:27:34,370 --> 00:27:28,140

Australia I don't think it's nice to

526
00:27:36,860 --> 00:27:34,380
have science somehow here candles as a

527
00:27:40,730 --> 00:27:36,870
couple of ear candle stands here they're

528
00:27:44,950 --> 00:27:40,740
still legal unfortunately it wouldn't be

529
00:27:47,480 --> 00:27:44,960
a mind-body wallet without iridology

530
00:27:50,360 --> 00:27:47,490
iridology you know see your health

531
00:27:52,470 --> 00:27:50,370
through your eyes see your health

532
00:27:57,070 --> 00:27:52,480
potential

533
00:27:59,500 --> 00:27:57,080
hmm it's an interesting thing that

534
00:28:05,000 --> 00:27:59,510
everybody should know called weasel

535
00:28:08,080 --> 00:28:05,010
words may help with words this effect

536
00:28:11,030 --> 00:28:08,090
the more I walk around here the more

537
00:28:14,240 --> 00:28:11,040
just it becomes apparent to me that you

538
00:28:17,780 --> 00:28:14,250

could seriously you could set up just

539

00:28:20,870 --> 00:28:17,790

about anything here look professional

540

00:28:22,760 --> 00:28:20,880

have a few glossy signs make up

541

00:28:25,790 --> 00:28:22,770

something to back up your your claims

542

00:28:27,700 --> 00:28:25,800

and people would turn up and people give

543

00:28:30,860 --> 00:28:27,710

you their money I'm not kidding it's

544

00:28:32,420 --> 00:28:30,870

it's a I don't know what it is it's

545

00:28:34,670 --> 00:28:32,430

human nature this is what people are

546

00:28:36,530 --> 00:28:34,680

like I guess maybe it's an indictment of

547

00:28:44,580 --> 00:28:36,540

our educational system where our society

548

00:28:51,029 --> 00:28:47,640

and so it's time for me to make my way

549

00:28:53,850 --> 00:28:51,039

out of mind-body wallet for another six

550

00:29:00,070 --> 00:28:55,919

not much has changed over the years I

551

00:29:02,049 --> 00:29:00,080

guess it's a

552

00:29:05,230 --> 00:29:02,059

it's interesting and depressing at the

553

00:29:08,130 --> 00:29:05,240

same time really but as always I would

554

00:29:14,019 --> 00:29:08,140

always recommend that any skeptic camera

555

00:29:28,250 --> 00:29:14,029

at least comes along to a mind-body

556

00:29:32,850 --> 00:29:31,050

virtual skeptics is a weekly web show in

557

00:29:35,160 --> 00:29:32,860

which we discuss the latest news in

558

00:29:36,660 --> 00:29:35,170

skepticism whether it's a new case of

559

00:29:38,850 --> 00:29:36,670

spontaneous human combustion a

560

00:29:41,070 --> 00:29:38,860

conspiracy theory the latest update on

561

00:29:42,750 --> 00:29:41,080

the upcoming robot apocalypse tech news

562

00:29:45,240 --> 00:29:42,760

for skeptics are the latest wacky

563

00:29:47,610 --> 00:29:45,250

religious claim we cover it all we

564

00:29:50,250 --> 00:29:47,620

record the show live as a Google+ on-air

565

00:29:52,080 --> 00:29:50,260

hang out so join us and our host Brian

566

00:29:54,210 --> 00:29:52,090

Gregory for an hour of mostly

567

00:29:57,120 --> 00:29:54,220

intelligent talk every wednesday at

568

00:30:00,120 --> 00:29:57,130

eight pm eastern US time watch us at

569

00:30:02,790 --> 00:30:00,130

virtual skeptics calm and participate in

570

00:30:05,580 --> 00:30:02,800

the show on our hashtag virtual skeptics

571

00:30:12,669 --> 00:30:05,590

the virtual skeptics it's like meet the

572

00:30:24,489 --> 00:30:15,489

what we want is some more evidence

573

00:30:31,940 --> 00:30:29,869

hello this is Joe alabaster last week I

574

00:30:34,789 --> 00:30:31,950

chatted about strange claims and myths

575

00:30:36,529 --> 00:30:34,799

surrounding conception pregnancy this

576

00:30:41,239 --> 00:30:36,539

week we're moving on to birth and early

577

00:30:43,580 --> 00:30:41,249

childhood late pregnancy by 38 weeks or

578

00:30:46,159 --> 00:30:43,590

so many women are a bit over pregnancy

579

00:30:47,930 --> 00:30:46,169

and just want the baby out I noticed

580

00:30:49,669 --> 00:30:47,940

discussions on my parenting forum

581

00:30:52,580 --> 00:30:49,679

turning to methods to bring on labor

582

00:30:55,639 --> 00:30:52,590

eating spicy foods drinking castor oil

583

00:30:57,950 --> 00:30:55,649

and having sex the former two are

584

00:31:00,320 --> 00:30:57,960

intended to get the bowel moving somehow

585

00:31:01,789 --> 00:31:00,330

affecting the uterus also there is no

586

00:31:03,739 --> 00:31:01,799

good evidence that this works and

587

00:31:06,200 --> 00:31:03,749

drinking castor oil runs the risk of

588

00:31:08,960 --> 00:31:06,210

inducing horrible diarrhea potentially

589

00:31:11,359 --> 00:31:08,970

dehydrating the mother-to-be other

590

00:31:14,840 --> 00:31:11,369

methods that women try acupuncture

591

00:31:17,450 --> 00:31:14,850

acupressure eating pineapple bumpy car

592

00:31:19,759 --> 00:31:17,460

rides walking and particular exercises

593

00:31:21,680 --> 00:31:19,769

there's no evidence that these are at

594

00:31:23,389 --> 00:31:21,690

all effective though some women will

595

00:31:25,430 --> 00:31:23,399

swear by them not taking into

596

00:31:28,129 --> 00:31:25,440

consideration that the labor may well be

597

00:31:30,470 --> 00:31:28,139

on its way regardless correlation and

598

00:31:32,269 --> 00:31:30,480

causation there are some herbal

599

00:31:34,999 --> 00:31:32,279

preparations which may have an effect on

600

00:31:37,669 --> 00:31:35,009

the uterus or cervix but frankly taking

601
00:31:39,499 --> 00:31:37,679
substances that are unregulated not well

602
00:31:41,359 --> 00:31:39,509
measured and are causing changes in the

603
00:31:43,419 --> 00:31:41,369
body of a highly pregnant woman strikes

604
00:31:46,159 --> 00:31:43,429
me as potentially rather dangerous in

605
00:31:47,749 --> 00:31:46,169
late pregnancy Australian women are

606
00:31:50,149 --> 00:31:47,759
regularly in touch with Hospital

607
00:31:52,609 --> 00:31:50,159
midwives and obstetricians if for some

608
00:31:54,680 --> 00:31:52,619
reason induction it is recommended they

609
00:31:58,460 --> 00:31:54,690
can carry it out in a supervised and

610
00:32:01,460 --> 00:31:58,470
evidence-based manner for my first birth

611
00:32:02,479 --> 00:32:01,470
I wanted to avoid having an epidural not

612
00:32:04,279 --> 00:32:02,489
because I'd fallen for the

613
00:32:06,229 --> 00:32:04,289

misinformation surrounding the risks of

614

00:32:07,999 --> 00:32:06,239

having an epidural and there are minor

615

00:32:10,060 --> 00:32:08,009

risks which an anesthetist should

616

00:32:12,440 --> 00:32:10,070

discuss with women during a consultation

617

00:32:15,139 --> 00:32:12,450

but because I was rather squeamish about

618

00:32:16,820 --> 00:32:15,149

the idea of having on puddin I do find

619

00:32:18,799 --> 00:32:16,830

this little amusing in retrospect

620

00:32:20,149 --> 00:32:18,809

worrying about a needle was one of the

621

00:32:22,759 --> 00:32:20,159

furthest things from our mind during

622

00:32:25,029 --> 00:32:22,769

labor nonetheless I did look into

623

00:32:27,950 --> 00:32:25,039

alternative methods of pain relief a

624

00:32:30,919 --> 00:32:27,960

TENS machine transcutaneous electrical

625

00:32:33,349 --> 00:32:30,929

nerve stimulation was the first idea I

626

00:32:35,299 --> 00:32:33,359

looked into the evidence for their

627

00:32:36,560 --> 00:32:35,309

effectiveness is weak and more studies

628

00:32:38,389 --> 00:32:36,570

are needed but

629

00:32:39,980 --> 00:32:38,399

risks of using them a minimal and they

630

00:32:42,440 --> 00:32:39,990

do give women an active role in managing

631

00:32:44,690 --> 00:32:42,450

at least some sensations in their bodies

632

00:32:47,930 --> 00:32:44,700

if not controlling the pain itself as

633

00:32:49,700 --> 00:32:47,940

tens units are self-operated while I was

634

00:32:51,889 --> 00:32:49,710

looking around online at companies who

635

00:32:54,610 --> 00:32:51,899

hired out labor tens machines I came

636

00:32:58,580 --> 00:32:54,620

across one who was also selling

637

00:33:00,590 --> 00:32:58,590

homeopathic birthing kits for just \$99

638

00:33:03,499 --> 00:33:00,600

women can purchase a little plastic box

639

00:33:07,759 --> 00:33:03,509

containing 13 vials of sugar pills and

640

00:33:09,499 --> 00:33:07,769

I've no doubt that some women do hypno

641

00:33:11,539 --> 00:33:09,509

birthing is a rather popular system

642

00:33:14,779 --> 00:33:11,549

quite a few women in my birth group

643

00:33:17,690 --> 00:33:14,789

bought the books CDs DVDs and attended

644

00:33:20,149 --> 00:33:17,700

the classes hypno birthing is a self

645

00:33:21,860 --> 00:33:20,159

hypnosis method and its philosophy seems

646

00:33:23,899 --> 00:33:21,870

to espouse the notion that childbirth

647

00:33:25,970 --> 00:33:23,909

canon be painless comfortable and

648

00:33:27,830 --> 00:33:25,980

intervention free and that much of the

649

00:33:30,409 --> 00:33:27,840

pain experienced by women during labor

650

00:33:33,110 --> 00:33:30,419

is due to fears of being in pain and a

651
00:33:35,240 --> 00:33:33,120
lack of control I cannot comment on

652
00:33:37,460 --> 00:33:35,250
hypno birthing zephyr Casilla but I

653
00:33:38,869 --> 00:33:37,470
would like to personally note that one

654
00:33:41,180 --> 00:33:38,879
of the things that concerns me about

655
00:33:43,249 --> 00:33:41,190
this and other methods and ideologies

656
00:33:45,799 --> 00:33:43,259
which promote an empowered painless

657
00:33:47,690 --> 00:33:45,809
birthing experience is the potential for

658
00:33:49,549 --> 00:33:47,700
women to experience disappointment and

659
00:33:52,310 --> 00:33:49,559
distress if they do require medical

660
00:33:53,990 --> 00:33:52,320
intervention do experience pain or in

661
00:33:56,119 --> 00:33:54,000
some other way their experience doesn't

662
00:34:00,080 --> 00:33:56,129
meet up with what they've been told and

663
00:34:02,029 --> 00:34:00,090

have believed that can be delayed cord

664

00:34:04,310 --> 00:34:02,039

clamping is a common request made of

665

00:34:06,350 --> 00:34:04,320

midwives the claim is that the blood

666

00:34:08,569 --> 00:34:06,360

within the umbilical cord is beneficial

667

00:34:10,490 --> 00:34:08,579

to the newly born baby and while there

668

00:34:13,129 --> 00:34:10,500

is no notable long-term benefit in doing

669

00:34:16,309 --> 00:34:13,139

so delaying cord clamping is of no harm

670

00:34:18,859 --> 00:34:16,319

a more extreme practice is that of lotus

671

00:34:21,050 --> 00:34:18,869

birth in which the umbilical cord is not

672

00:34:22,909 --> 00:34:21,060

cut and remains attached to the placenta

673

00:34:25,790 --> 00:34:22,919

until it disintegrates on its own

674

00:34:27,379 --> 00:34:25,800

several days postpartum there is no

675

00:34:29,720 --> 00:34:27,389

evidence that keeping the placenta

676
00:34:31,550 --> 00:34:29,730
attached is of any benefit and there is

677
00:34:33,619 --> 00:34:31,560
a risk that infection can occur in the

678
00:34:36,859 --> 00:34:33,629
placenta transferring to the baby via

679
00:34:38,089 --> 00:34:36,869
the umbilical cord the most worrying

680
00:34:40,579 --> 00:34:38,099
misinformation I've come across

681
00:34:42,740 --> 00:34:40,589
regarding Lotus birthing was given by

682
00:34:45,409 --> 00:34:42,750
the Australian vaccination Network a

683
00:34:47,419 --> 00:34:45,419
woman who was advised to have an anti d

684
00:34:48,860 --> 00:34:47,429
injection by her medical providers as

685
00:34:51,860 --> 00:34:48,870
the child she is carrying with

686
00:34:54,410 --> 00:34:51,870
h+ and she was Rh negative was advised

687
00:34:56,930 --> 00:34:54,420
by the AVM that the anti D injection

688
00:34:59,630 --> 00:34:56,940

contained a fire muzzle it does not and

689

00:35:01,370 --> 00:34:59,640

to consider a lotus birth as they were

690

00:35:03,590 --> 00:35:01,380

under the impression that late cord

691

00:35:05,060 --> 00:35:03,600

clamping and lotus birth eliminates the

692

00:35:08,870 --> 00:35:05,070

exchange of blood between mother and

693

00:35:12,320 --> 00:35:08,880

baby they do not the H Triple C have

694

00:35:14,420 --> 00:35:12,330

addressed this claim on to lactation

695

00:35:16,100 --> 00:35:14,430

there are plenty of myths and much

696

00:35:18,140 --> 00:35:16,110

advice regarding establishing

697

00:35:20,900 --> 00:35:18,150

breastfeeding should a woman wish to do

698

00:35:23,030 --> 00:35:20,910

so and increasing milk supply from

699

00:35:26,420 --> 00:35:23,040

consuming the placenta either cooked

700

00:35:28,550 --> 00:35:26,430

fresh or dehydrated taking herbs to a

701
00:35:30,410 --> 00:35:28,560
lactation cookies recipe that has been

702
00:35:32,810 --> 00:35:30,420
doing the rounds via parenting forums

703
00:35:35,690 --> 00:35:32,820
for some years I'll admit to having

704
00:35:38,030 --> 00:35:35,700
baked the cookies or rather having had

705
00:35:39,440 --> 00:35:38,040
somebody bake the cookies for me whether

706
00:35:43,930 --> 00:35:39,450
they actually have a go back to log

707
00:35:46,010 --> 00:35:43,940
effect is disputable but cookies

708
00:35:48,260 --> 00:35:46,020
maintaining supply during breastfeeding

709
00:35:50,150 --> 00:35:48,270
can be an incredibly waris and concern

710
00:35:51,980 --> 00:35:50,160
especially for new parents who are

711
00:35:54,830 --> 00:35:51,990
experiencing one heck of a life change

712
00:35:56,570 --> 00:35:54,840
and often very little sleep early

713
00:35:58,610 --> 00:35:56,580

childhood nurses are experienced in

714

00:36:00,800 --> 00:35:58,620

monitoring how feeding is going and can

715

00:36:04,250 --> 00:36:00,810

refer families to a lactation consultant

716

00:36:08,930 --> 00:36:04,260

if any problems are suspected mastitis

717

00:36:10,940 --> 00:36:08,940

is a pain characterized by saw painful

718

00:36:13,430 --> 00:36:10,950

or hardened breasts flu-like symptoms

719

00:36:15,350 --> 00:36:13,440

and a high temperature it can be caused

720

00:36:18,920 --> 00:36:15,360

by inflammation due to blocked milk

721

00:36:20,750 --> 00:36:18,930

ducts or from a bacterial infection this

722

00:36:22,640 --> 00:36:20,760

is one state to the GP should it be

723

00:36:24,230 --> 00:36:22,650

experienced there's some women try to

724

00:36:27,460 --> 00:36:24,240

treat it at home with cabbage leaves

725

00:36:30,920 --> 00:36:27,470

applied to the breasts and homeopathics

726

00:36:33,020 --> 00:36:30,930

young babies can experience colic which

727

00:36:35,180 --> 00:36:33,030

is the term used to describe unexplained

728

00:36:37,340 --> 00:36:35,190

crying fetch which usually happen in the

729

00:36:39,770 --> 00:36:37,350

afternoon and evening the cause is

730

00:36:41,810 --> 00:36:39,780

unknown and it's generally self-limiting

731

00:36:44,500 --> 00:36:41,820

again speak with an early childhood

732

00:36:46,700 --> 00:36:44,510

nurse or your GP if you're concerned

733

00:36:48,340 --> 00:36:46,710

naturally there are a few claims that

734

00:36:51,140 --> 00:36:48,350

there's a queue of colic out there

735

00:36:53,690 --> 00:36:51,150

chiropractors treated pharmacies so

736

00:36:55,520 --> 00:36:53,700

homeopathics and gripe water a horrible

737

00:36:59,270 --> 00:36:55,530

concoction with no demonstrated efficacy

738

00:37:02,130 --> 00:36:59,280

and quite sure that I could do an entire

739

00:37:03,660 --> 00:37:02,140

series on myths surrounding vaccinations

740

00:37:05,970 --> 00:37:03,670

and make a full time job of refuting

741

00:37:08,519 --> 00:37:05,980

them dr. Richie has written extensively

742

00:37:10,380 --> 00:37:08,529

on vaccination myths on the off chance

743

00:37:12,450 --> 00:37:10,390

you haven't already I recommend checking

744

00:37:15,839 --> 00:37:12,460

out her articles on the conversation and

745

00:37:19,319 --> 00:37:15,849

Mamma Mia the final topic I would like

746

00:37:21,690 --> 00:37:19,329

to discuss today is teething now here's

747

00:37:24,299 --> 00:37:21,700

one of my personal bugbears when the

748

00:37:26,220 --> 00:37:24,309

exhausted parent of a grumpy sleepless

749

00:37:28,049 --> 00:37:26,230

teething baby walks into a pharmacy

750

00:37:30,180 --> 00:37:28,059

looking for something to relieve their

751
00:37:32,730 --> 00:37:30,190
Bub's discomfort and they approach the

752
00:37:34,500 --> 00:37:32,740
baby needs oil that generally confronted

753
00:37:36,259 --> 00:37:34,510
with an array of gels and such which

754
00:37:39,210 --> 00:37:36,269
claim to soothe the pain of teething

755
00:37:42,210 --> 00:37:39,220
some have active ingredients some claim

756
00:37:45,599 --> 00:37:42,220
to be natural some have nothing in them

757
00:37:47,910 --> 00:37:45,609
at all homeopathic teething remedies on

758
00:37:50,880 --> 00:37:47,920
the shelves next to those with active

759
00:37:53,460 --> 00:37:50,890
ingredients so many of my birth group

760
00:37:54,839 --> 00:37:53,470
friends generally quite savvy people but

761
00:37:57,029 --> 00:37:54,849
without a particular interest in

762
00:37:58,740 --> 00:37:57,039
skepticism picked up the homeopathic

763
00:38:00,779 --> 00:37:58,750

remedies instead of those which had a

764

00:38:01,980 --> 00:38:00,789

chance of having an effect under the

765

00:38:03,859 --> 00:38:01,990

impression that they were doing

766

00:38:06,120 --> 00:38:03,869

something to help their infants of

767

00:38:08,130 --> 00:38:06,130

course there are homeopathics

768

00:38:09,870 --> 00:38:08,140

masquerading as medicines in pharmacies

769

00:38:12,329 --> 00:38:09,880

which have the potential to do more harm

770

00:38:14,130 --> 00:38:12,339

in particular those which people up to

771

00:38:17,400 --> 00:38:14,140

use in lieu of seeking medical advice

772

00:38:19,289 --> 00:38:17,410

for potentially serious conditions but

773

00:38:21,509 --> 00:38:19,299

the pharmacies would choose to deceive

774

00:38:24,089 --> 00:38:21,519

young parents by selling homeopathics

775

00:38:27,089 --> 00:38:24,099

alongside effective teething gels really

776

00:38:29,009 --> 00:38:27,099

galls me needless to say I fully support

777

00:38:31,730 --> 00:38:29,019

dr. ken hobbies campaign against

778

00:38:34,259 --> 00:38:31,740

homeopathics being sold in pharmacies

779

00:38:37,730 --> 00:38:34,269

the other highly popular teething bunk

780

00:38:40,200 --> 00:38:37,740

is the Baltic amber teething necklace

781

00:38:42,299 --> 00:38:40,210

those who listen to my report last week

782

00:38:45,480 --> 00:38:42,309

maybe guessing what I'm about to admit

783

00:38:47,460 --> 00:38:45,490

to I'd like to preface this with a note

784

00:38:49,859 --> 00:38:47,470

that when my son was teething I was

785

00:38:52,109 --> 00:38:49,869

incredibly worn out experiencing

786

00:38:54,749 --> 00:38:52,119

postnatal depression and anxiety barely

787

00:38:56,430 --> 00:38:54,759

sleeping and desperate a situation that

788

00:38:58,980 --> 00:38:56,440

I imagine is common to a heck of a lot

789

00:39:02,460 --> 00:38:58,990

of new parents we're generally not at

790

00:39:04,109 --> 00:39:02,470

our most mentally acute the TGA warnings

791

00:39:06,900 --> 00:39:04,119

were not out yet and I was not involved

792

00:39:08,160 --> 00:39:06,910

in any skeptical communities I'm not

793

00:39:10,349 --> 00:39:08,170

presenting this background information

794

00:39:12,120 --> 00:39:10,359

as an excuse but hopefully it will serve

795

00:39:14,249 --> 00:39:12,130

as an explanation as to the state of

796

00:39:15,900 --> 00:39:14,259

mind of parents who buy into these silly

797

00:39:19,289 --> 00:39:15,910

things

798

00:39:22,940 --> 00:39:19,299

I bought my son a Baltic amber necklace

799

00:39:25,799 --> 00:39:22,950

to help with his teething discomfort oh

800

00:39:27,900 --> 00:39:25,809

they don't help there's no plausible

801
00:39:29,880 --> 00:39:27,910
mechanism by which they can release an

802
00:39:32,279 --> 00:39:29,890
analgesic substance when warmed against

803
00:39:34,230 --> 00:39:32,289
the skin which is their claim they were

804
00:39:36,180 --> 00:39:34,240
choking and strangulation hazard I

805
00:39:37,770 --> 00:39:36,190
learned this while the necklace was in

806
00:39:40,200 --> 00:39:37,780
the post and my son didn't wear it

807
00:39:42,900 --> 00:39:40,210
though many of my parenting friends have

808
00:39:45,420 --> 00:39:42,910
put them on their kids when the subject

809
00:39:47,490 --> 00:39:45,430
arises many taker well what's the harm

810
00:39:50,160 --> 00:39:47,500
approach to whether they're effective or

811
00:39:52,319 --> 00:39:50,170
not to my mind the harms of potential

812
00:39:53,819 --> 00:39:52,329
strangulation and choking to which

813
00:39:55,400 --> 00:39:53,829

they're generally reply that their

814

00:39:58,470 --> 00:39:55,410

children early weather must supervise

815

00:40:00,750 --> 00:39:58,480

wasted money the investment of hope in a

816

00:40:03,660 --> 00:40:00,760

sham and the perpetuation of cultural

817

00:40:05,640 --> 00:40:03,670

acceptance of the silly things and there

818

00:40:07,710 --> 00:40:05,650

is a cultural acceptance and even

819

00:40:10,710 --> 00:40:07,720

promotion of so many myths and shams

820

00:40:12,170 --> 00:40:10,720

surrounding early parenthood it can be

821

00:40:14,190 --> 00:40:12,180

incredibly difficult to navigate

822

00:40:16,859 --> 00:40:14,200

particularly when you're immersed in the

823

00:40:20,269 --> 00:40:16,869

exhausting elating emotional and opinion

824

00:40:22,589 --> 00:40:20,279

heavy world of caring for a new baby if

825

00:40:24,870 --> 00:40:22,599

skepticism and science-based parenting

826

00:40:27,059 --> 00:40:24,880

is a topic which interests you Lauren

827

00:40:29,549 --> 00:40:27,069

Cochran president of Canberra skeptics

828

00:40:32,039 --> 00:40:29,559

and myself have started up a Facebook

829

00:40:34,190 --> 00:40:32,049

group parenting skeptically which would

830

00:40:36,809 --> 00:40:34,200

welcome you to lack and participate in

831

00:40:39,089 --> 00:40:36,819

also olurum will be speaking at Brisbane

832

00:40:41,670 --> 00:40:39,099

skeptica camp next month on the topic

833

00:40:44,609 --> 00:40:41,680

parenting skeptically mummy guilt versus

834

00:40:46,799 --> 00:40:44,619

good science brisbane skeptica camp is on

835

00:40:49,500 --> 00:40:46,809

the 19th of july at hamilton town hall

836

00:40:51,750 --> 00:40:49,510

check out riz skeptic amp dot org for

837

00:40:53,400 --> 00:40:51,760

more information i'll also be there

838

00:40:54,930 --> 00:40:53,410

wandering about with my skeptic zone

839

00:41:02,970 --> 00:40:54,940

microphone and speaking to some

840

00:41:07,350 --> 00:41:05,830

you've argued against the same woo so

841

00:41:09,850 --> 00:41:07,360

many times you can do it in your sleep

842

00:41:11,980 --> 00:41:09,860

quit trying to stop the nonsense one

843

00:41:14,740 --> 00:41:11,990

person at a time join guerrilla

844

00:41:16,540 --> 00:41:14,750

skepticism on Wikipedia help us make

845

00:41:18,910 --> 00:41:16,550

sure the best skeptical information is

846

00:41:22,150 --> 00:41:18,920

always at everyone's fingertips we need

847

00:41:24,520 --> 00:41:22,160

writers editors translators we need you

848

00:41:27,640 --> 00:41:24,530

and take as much or as little time as

849

00:41:29,770 --> 00:41:27,650

you can give us help us make Wikipedia

850

00:41:31,180 --> 00:41:29,780

as accurate as it can be and you'll

851

00:41:34,630 --> 00:41:31,190

literally be helping people while you

852

00:41:36,790 --> 00:41:34,640

sleep to join us or find out more send a

853

00:41:40,440 --> 00:41:36,800

facebook friend request to Susan Durbin

854

00:41:44,440 --> 00:41:40,450

that's ger be IC guerrilla skepticism

855

00:41:53,230 --> 00:41:44,450

the time is now

856

00:41:59,089 --> 00:41:55,700

thank you for listening to the skeptic

857

00:42:01,819 --> 00:41:59,099

zone not long now before I start to pack

858

00:42:05,299 --> 00:42:01,829

my bags i'm off to Las Vegas for the

859

00:42:06,769 --> 00:42:05,309

amazing meeting in July looking forward

860

00:42:09,019 --> 00:42:06,779

to that looking forward to running

861

00:42:11,930 --> 00:42:09,029

around with dr. Karl cruising whiskey in

862

00:42:13,819 --> 00:42:11,940

Las Vegas it's dr. Cole's first time at

863

00:42:16,970 --> 00:42:13,829

the amazing meeting if you're coming to

864

00:42:19,549 --> 00:42:16,980

the amazing meeting say hello to me say

865

00:42:23,150 --> 00:42:19,559

hello to dr. Karl I'm sure we'll have a

866

00:42:25,849 --> 00:42:23,160

really great time and that's just so we

867

00:42:27,920 --> 00:42:25,859

can whet our appetite for the Australian

868

00:42:33,289 --> 00:42:27,930

skeptics National Convention which will

869

00:42:35,210 --> 00:42:33,299

be in November November the 28 29 and 30

870

00:42:38,930 --> 00:42:35,220

if this year and you can get your

871

00:42:41,960 --> 00:42:38,940

tickets are at convention skeptics calm

872

00:42:44,870 --> 00:42:41,970

today you guests include the skeptics

873

00:42:47,299 --> 00:42:44,880

guide to the universe george horeb dick

874

00:42:49,490 --> 00:42:47,309

smith dr. carless of mentioned dr.

875

00:42:52,309 --> 00:42:49,500

Rachel be giving a talk Sonia Pemberton

876

00:42:54,740 --> 00:42:52,319

patina art and many more yet to be

877

00:42:56,059 --> 00:42:54,750

announced looking forward to seeing you

878

00:42:58,670 --> 00:42:56,069

they are looking forward to seeing you

879

00:43:02,539 --> 00:42:58,680

at tam wherever you see me please come

880

00:43:04,309 --> 00:43:02,549

up and say hello but for this week this

881

00:43:11,390 --> 00:43:04,319

is Richard Saunders and Fred the cat

882

00:43:14,779 --> 00:43:11,400

signing off from Sydney Australia you've

883

00:43:19,400 --> 00:43:14,789

been listening to the skeptic zone visit

884

00:43:21,859 --> 00:43:19,410

our website at www.skepticzoneTV.com for