

**The Skeptic Zone**  
**Show 330 - 15 Feb 2015**



**Dr Brad McKay**

1  
00:00:20,670 --> 00:00:09,500  
welcome to the skeptic zone the podcast

2  
00:00:28,560 --> 00:00:24,060  
hello and welcome to the skeptic zone

3  
00:00:31,089 --> 00:00:28,570  
episode 334 the 15th in February 2015

4  
00:00:33,040 --> 00:00:31,099  
this is Joe alabaster here from the

5  
00:00:35,650 --> 00:00:33,050  
beautiful Blue Mountains in Australia

6  
00:00:37,540 --> 00:00:35,660  
filling in for Richard Saunders it's

7  
00:00:40,570 --> 00:00:37,550  
been busy this week updating the

8  
00:00:42,520 --> 00:00:40,580  
skeptics own website the new design is

9  
00:00:46,660 --> 00:00:42,530  
going live as this episode goes to air

10  
00:00:51,549 --> 00:00:46,670  
some go and have a look ww skeptics on

11  
00:00:54,850 --> 00:00:51,559  
TV coming up on this week's show Maynard

12  
00:00:57,040 --> 00:00:54,860  
spooky action this week Maynard chats

13  
00:00:59,140 --> 00:00:57,050

with dr. Brad Mackay from embarrassing

14

00:01:02,079 --> 00:00:59,150

bodies down under who gave a talk at

15

00:01:04,869 --> 00:01:02,089

Sydney skeptics in the pub what is his

16

00:01:08,670 --> 00:01:04,879

take as a GP on some of the more popular

17

00:01:11,050 --> 00:01:08,680

forms of so-called alternative medicines

18

00:01:12,430 --> 00:01:11,060

we also find out what a group of

19

00:01:15,550 --> 00:01:12,440

pharmacists who are in the audience

20

00:01:17,080 --> 00:01:15,560

think of woo in chemist shops and Iran's

21

00:01:20,890 --> 00:01:17,090

gift gives his thoughts on the

22

00:01:23,770 --> 00:01:20,900

retirement of James Randi after that

23

00:01:26,170 --> 00:01:23,780

Richard chats to dr. Steve Roberts also

24

00:01:29,440 --> 00:01:26,180

known as dr. Bob of dr. Bob's trivia

25

00:01:32,620 --> 00:01:29,450

quiz and asks where have all the UFOs

26

00:01:35,490 --> 00:01:32,630

gone following that it's the popular

27

00:01:40,209 --> 00:01:35,500

segment awaken science from our iOS and

28

00:01:42,219 --> 00:01:40,219

finally it's evidence please with me my

29

00:01:44,740 --> 00:01:42,229

report this week includes something of a

30

00:01:49,090 --> 00:01:44,750

book review of stephanie messengers

31

00:01:52,060 --> 00:01:49,100

Melanie's marvelous measles well it's

32

00:01:54,190 --> 00:01:52,070

time for me to run downstairs and into

33

00:01:56,800 --> 00:01:54,200

my back garden as I live in a

34

00:01:58,239 --> 00:01:56,810

single-story house on a mountain perhaps

35

00:02:01,330 --> 00:01:58,249

I'll sit on the lawn and have a picnic

36

00:02:16,140 --> 00:02:01,340

while I'm doing that please enjoy the

37

00:02:23,540 --> 00:02:21,119

here's my not spooky action at the

38

00:02:26,190 --> 00:02:23,550

distance

39

00:02:27,960 --> 00:02:26,200

we just been listening to dr. Brad do

40

00:02:29,730 --> 00:02:27,970

his talk I had to call you Doogie Howser

41

00:02:34,560 --> 00:02:29,740

when I heard that you went to uni at 16

42

00:02:36,930 --> 00:02:34,570

I started University 116 yeah so is a

43

00:02:39,630 --> 00:02:36,940

very aged reference may not oh yeah i

44

00:02:41,550 --> 00:02:39,640

know because people know hun 33 people

45

00:02:43,380 --> 00:02:41,560

went oh and the other people went shut

46

00:02:45,300 --> 00:02:43,390

up they nod there was a lot of

47

00:02:47,610 --> 00:02:45,310

reflection and understanding from

48

00:02:49,170 --> 00:02:47,620

everyman's you look so you had fantastic

49

00:02:51,330 --> 00:02:49,180

marks in high schools that part of the

50

00:02:54,600 --> 00:02:51,340

reason and you had a real aptitude yeah

51  
00:02:56,370 --> 00:02:54,610  
yeah I studied very hard and I spent a

52  
00:02:59,130 --> 00:02:56,380  
lot of time in my bedroom looking at

53  
00:03:00,240 --> 00:02:59,140  
books from reading so much better than

54  
00:03:02,940 --> 00:03:00,250  
the books that I were looking at

55  
00:03:04,800 --> 00:03:02,950  
obviously I think look at dr. bad I've

56  
00:03:06,000 --> 00:03:04,810  
had people on Twitter already saying I

57  
00:03:07,350 --> 00:03:06,010  
had to interview because people were

58  
00:03:08,400 --> 00:03:07,360  
fascinated about what you were doing

59  
00:03:09,930 --> 00:03:08,410  
there you were giving us some case

60  
00:03:11,580 --> 00:03:09,940  
studies where people have offered

61  
00:03:13,380 --> 00:03:11,590  
alternative medicine to the regular

62  
00:03:15,090 --> 00:03:13,390  
medicine but frankly everything you put

63  
00:03:16,440 --> 00:03:15,100

up on the screen I think could have been

64

00:03:19,979 --> 00:03:16,450

either fixed with a prescription of

65

00:03:22,290 --> 00:03:19,989

dexamphetamine or MDMA well it's

66

00:03:24,270 --> 00:03:22,300

depression and a bang I'm feeling bit

67

00:03:26,699 --> 00:03:24,280

sluggish to detect amphetamine I'm no

68

00:03:28,800 --> 00:03:26,709

doctor but you know there are a lot of

69

00:03:31,050 --> 00:03:28,810

vague symptoms that people have and

70

00:03:34,530 --> 00:03:31,060

people will struggle with low mood or

71

00:03:36,120 --> 00:03:34,540

with low energy levels or different skin

72

00:03:37,320 --> 00:03:36,130

conditions and so a lot of people are

73

00:03:39,780 --> 00:03:37,330

trying to find answers and they haven't

74

00:03:41,550 --> 00:03:39,790

found it in the regular medical circles

75

00:03:43,140 --> 00:03:41,560

so that will often look at other

76

00:03:44,430 --> 00:03:43,150

alternative therapies because they

77

00:03:46,860 --> 00:03:44,440

haven't got their answers from what

78

00:03:48,860 --> 00:03:46,870

they're wanting my principle is to

79

00:03:50,850 --> 00:03:48,870

listen to people and to understand

80

00:03:52,800 --> 00:03:50,860

really get to the bottom of what's going

81

00:03:54,900 --> 00:03:52,810

on and often will find a problem and be

82

00:03:56,910 --> 00:03:54,910

able to fix it so this is one of the

83

00:03:58,440 --> 00:03:56,920

respect I have for GPS is cuz you at the

84

00:04:00,569 --> 00:03:58,450

front line of this and one of the

85

00:04:02,880 --> 00:04:00,579

examples you gave was that you just come

86

00:04:05,130 --> 00:04:02,890

back from holidays women came in with

87

00:04:07,350 --> 00:04:05,140

thyroid issues ng asked you how

88

00:04:09,720 --> 00:04:07,360

thyroxine made what is the background to

89

00:04:11,759 --> 00:04:09,730

it and you've got at what six minutes 15

90

00:04:13,470 --> 00:04:11,769

minutes and you've got to give out this

91

00:04:14,759 --> 00:04:13,480

information and that's very difficult

92

00:04:17,400 --> 00:04:14,769

for you it's like you've got to be a

93

00:04:19,289 --> 00:04:17,410

walking instant encyclopedia yeah and as

94

00:04:21,150 --> 00:04:19,299

a GP your knowledge is very broad and so

95

00:04:22,560 --> 00:04:21,160

you need to know a lot about a whole lot

96

00:04:24,280 --> 00:04:22,570

of different things so one of my

97

00:04:25,930 --> 00:04:24,290

interest areas has really been

98

00:04:28,360 --> 00:04:25,940

alternative therapies and what is that

99

00:04:29,950 --> 00:04:28,370

and what's the quality of it what what

100

00:04:31,270 --> 00:04:29,960

are the studies behind it so I probably

101  
00:04:33,040 --> 00:04:31,280  
have more of an interest in it than

102  
00:04:34,840 --> 00:04:33,050  
other people and can give more of an

103  
00:04:36,910 --> 00:04:34,850  
opinion and when people ask me questions

104  
00:04:39,280 --> 00:04:36,920  
like how is the oxen made I'm they going

105  
00:04:41,080 --> 00:04:39,290  
oh crap I don't know so so if you're

106  
00:04:42,310 --> 00:04:41,090  
looking it up and researching then you

107  
00:04:44,200 --> 00:04:42,320  
can know the answers to it and then it

108  
00:04:47,020 --> 00:04:44,210  
gets stored but yeah that's sort of

109  
00:04:48,670 --> 00:04:47,030  
having that constant looking and reading

110  
00:04:50,470 --> 00:04:48,680  
and being up to date with it so the

111  
00:04:53,340 --> 00:04:50,480  
success rate do you have with weaning

112  
00:04:55,660 --> 00:04:53,350  
people off non evidence-based medicine I

113  
00:04:57,070 --> 00:04:55,670

think it's very difficult I think of

114

00:04:59,140 --> 00:04:57,080

people are getting a benefit or a

115

00:05:00,670 --> 00:04:59,150

perceived benefit it's very difficult to

116

00:05:01,990 --> 00:05:00,680

tell them that they're not getting a

117

00:05:04,540 --> 00:05:02,000

benefit from it or that it's only

118

00:05:06,850 --> 00:05:04,550

placebo because they've got a belief or

119

00:05:08,830 --> 00:05:06,860

a faith in what's going on well they may

120

00:05:10,690 --> 00:05:08,840

be getting a mile benefit or it might

121

00:05:12,550 --> 00:05:10,700

work for them but not the next person as

122

00:05:15,100 --> 00:05:12,560

well and so it's quite a complex

123

00:05:17,320 --> 00:05:15,110

situation so I think it's worthwhile

124

00:05:19,600 --> 00:05:17,330

taking people at face value and saying

125

00:05:21,820 --> 00:05:19,610

okay well what's going on if you're

126

00:05:23,890 --> 00:05:21,830

trying this their energy you're feeling

127

00:05:25,840 --> 00:05:23,900

that it's got this benefit then let's

128

00:05:27,640 --> 00:05:25,850

try off it for a couple of weeks and see

129

00:05:29,170 --> 00:05:27,650

how you feel then we'll try back on it

130

00:05:31,360 --> 00:05:29,180

again let's try something different and

131

00:05:33,460 --> 00:05:31,370

tried to prove or disprove what's

132

00:05:35,410 --> 00:05:33,470

working what's not working through our

133

00:05:36,310 --> 00:05:35,420

listeners playing along at home could

134

00:05:37,990 --> 00:05:36,320

you give them just one of the examples

135

00:05:39,730 --> 00:05:38,000

that you throw up on the screen then

136

00:05:42,310 --> 00:05:39,740

just just tell us what it is and what

137

00:05:45,540 --> 00:05:42,320

you did is there one you like you'd like

138

00:05:47,830 --> 00:05:45,550

it to us now well my favorite is cupping

139

00:05:49,120 --> 00:05:47,840

which I thought was like spooning I

140

00:05:51,280 --> 00:05:49,130

thought gray it's like going to be a

141

00:05:53,230 --> 00:05:51,290

cuddling thing of it now no not at all

142

00:05:55,180 --> 00:05:53,240

so here's a lot of people find that

143

00:05:56,740 --> 00:05:55,190

they're not getting anywhere with their

144

00:05:59,050 --> 00:05:56,750

treatment if they've got low back pain

145

00:06:00,670 --> 00:05:59,060

or the upper thoracic back pain or

146

00:06:03,520 --> 00:06:00,680

whatever's going on if they've got a

147

00:06:05,620 --> 00:06:03,530

cold then people often offer to do

148

00:06:08,470 --> 00:06:05,630

cupping which is basically sticking cups

149

00:06:11,680 --> 00:06:08,480

to your skin and either using suction or

150

00:06:14,020 --> 00:06:11,690

heat to suck up your skin up into the

151  
00:06:18,070 --> 00:06:14,030  
cup or a large version of getting a

152  
00:06:20,170 --> 00:06:18,080  
nasty Hickey when you're 14 yeah so by

153  
00:06:22,210 --> 00:06:20,180  
getting a hickey on your back that is

154  
00:06:23,920 --> 00:06:22,220  
apparently beneficial and getting rid of

155  
00:06:25,930 --> 00:06:23,930  
colds getting rid of your fever I'm

156  
00:06:28,270 --> 00:06:25,940  
getting rid of toxins from your skin

157  
00:06:30,370 --> 00:06:28,280  
when if you're basically sucking on your

158  
00:06:31,090 --> 00:06:30,380  
skin you'll you'll get up like a mouth

159  
00:06:33,250 --> 00:06:31,100  
full of sweat

160  
00:06:34,630 --> 00:06:33,260  
if you're sucking on it directly if

161  
00:06:36,790 --> 00:06:34,640  
you've got a cup then you might get some

162  
00:06:38,560 --> 00:06:36,800  
sweat or you'll just be breaking blood

163  
00:06:41,080 --> 00:06:38,570

vessels and creating a lot of bruising

164

00:06:43,450 --> 00:06:41,090

so and that's what I get horrified with

165

00:06:45,760 --> 00:06:43,460

when people have decorative bruising all

166

00:06:47,500 --> 00:06:45,770

over their back for not any benefit this

167

00:06:49,390 --> 00:06:47,510

is a little bit like a distraction like

168

00:06:50,620 --> 00:06:49,400

acupuncture is like the actual act of

169

00:06:52,990 --> 00:06:50,630

doing this will distract people from

170

00:06:54,310 --> 00:06:53,000

what symptoms they have as an issue well

171

00:06:56,170 --> 00:06:54,320

a lot of people talk about acupuncture

172

00:06:58,270 --> 00:06:56,180

or cupping or any other modality and

173

00:07:00,040 --> 00:06:58,280

think well if they're lying down and

174

00:07:01,750 --> 00:07:00,050

they can't move because they've got

175

00:07:04,300 --> 00:07:01,760

needles in them or they've got cups

176

00:07:06,520 --> 00:07:04,310

sucking their skin up on their back then

177

00:07:09,220 --> 00:07:06,530

they have to just lie there and not

178

00:07:11,680 --> 00:07:09,230

think about things and relax which a lot

179

00:07:12,910 --> 00:07:11,690

of people don't do these days so is it

180

00:07:15,370 --> 00:07:12,920

more that there's a benefit from

181

00:07:18,690 --> 00:07:15,380

meditating or that there's a benefit

182

00:07:21,130 --> 00:07:18,700

from lying there still and just

183

00:07:22,330 --> 00:07:21,140

quietening down for the day is that

184

00:07:23,830 --> 00:07:22,340

what's doing the benefit or is it

185

00:07:25,840 --> 00:07:23,840

because they're getting a whole lot of

186

00:07:28,450 --> 00:07:25,850

nikki's on the back look cupping you're

187

00:07:30,820 --> 00:07:28,460

getting close to bloodletting and you're

188

00:07:32,500 --> 00:07:30,830

getting close to leeches well sometimes

189

00:07:34,480 --> 00:07:32,510

you actually get bloodletting from

190

00:07:36,970 --> 00:07:34,490

cupping you can get blisters and you can

191

00:07:38,890 --> 00:07:36,980

get a serious love blood coming out you

192

00:07:40,870 --> 00:07:38,900

can get infections as well you get

193

00:07:44,440 --> 00:07:40,880

infections from acupuncture to the

194

00:07:46,270 --> 00:07:44,450

needles up being appropriately used so

195

00:07:49,630 --> 00:07:46,280

yeah there's a lot of dangers that can

196

00:07:51,640 --> 00:07:49,640

be had from from both treatments and as

197

00:07:52,960 --> 00:07:51,650

a GP you mentioned a case there where

198

00:07:55,630 --> 00:07:52,970

someone came in and they wanted to have

199

00:07:57,280 --> 00:07:55,640

their cortisol level in their blood

200

00:07:58,750 --> 00:07:57,290

measured is that something that a doctor

201  
00:08:01,720 --> 00:07:58,760  
would do when people come in and they

202  
00:08:03,400 --> 00:08:01,730  
want a specific test for some reason did

203  
00:08:04,600 --> 00:08:03,410  
you want to go into what they're all on

204  
00:08:06,100 --> 00:08:04,610  
about and everything because it could

205  
00:08:06,620 --> 00:08:06,110  
have a detrimental effect finding out

206  
00:08:09,590 --> 00:08:06,630  
that

207  
00:08:11,390 --> 00:08:09,600  
so um people will often come in and say

208  
00:08:12,950 --> 00:08:11,400  
that they have adrenal fatigue and

209  
00:08:16,580 --> 00:08:12,960  
inverted commas and they've been told

210  
00:08:19,880 --> 00:08:16,590  
that by the naturopath and so as GP ism

211  
00:08:21,800 --> 00:08:19,890  
as medicos it's hard to understand what

212  
00:08:23,270 --> 00:08:21,810  
that actually is because it's a little

213  
00:08:25,130 --> 00:08:23,280

bit like strengthening the immune system

214

00:08:26,960 --> 00:08:25,140

it's a bit meaningless how do you

215

00:08:29,330 --> 00:08:26,970

measure that what's going on so they'll

216

00:08:31,490 --> 00:08:29,340

often be told by their naturopath to

217

00:08:33,050 --> 00:08:31,500

have a reading of their cortisol to see

218

00:08:34,610 --> 00:08:33,060

what's going on and so it's often very

219

00:08:36,230 --> 00:08:34,620

difficult because you can look at them

220

00:08:37,969 --> 00:08:36,240

and go yeah like I don't think you've

221

00:08:40,850 --> 00:08:37,979

got Cushing's disease which will be in

222

00:08:43,760 --> 00:08:40,860

excess of cortisol you may be stressed

223

00:08:45,290 --> 00:08:43,770

because it's a stress hormone so if we

224

00:08:47,030 --> 00:08:45,300

check your cortisol level and it's up

225

00:08:48,500 --> 00:08:47,040

what does that mean like does that mean

226

00:08:49,760 --> 00:08:48,510

that your stress I guess you don't

227

00:08:52,460 --> 00:08:49,770

always have a base level for that

228

00:08:53,720 --> 00:08:52,470

particular person either do um you often

229

00:08:55,520 --> 00:08:53,730

don't have a base level and you often

230

00:08:57,410 --> 00:08:55,530

need to repeat it a number of times to

231

00:08:59,360 --> 00:08:57,420

see if it's a true reading or not but

232

00:09:01,250 --> 00:08:59,370

again like you often have a variety of

233

00:09:03,050 --> 00:09:01,260

different symptoms that are there so

234

00:09:04,670 --> 00:09:03,060

with cushing's disease people are often

235

00:09:07,220 --> 00:09:04,680

like very overweight they've got very

236

00:09:08,630 --> 00:09:07,230

thin skin they've got a moon face

237

00:09:10,160 --> 00:09:08,640

because of that a lot of swelling around

238

00:09:11,840 --> 00:09:10,170

their cheeks at around their face and

239

00:09:13,280 --> 00:09:11,850

they've got like high blood pressure

240

00:09:14,840 --> 00:09:13,290

there's a whole range of different

241

00:09:16,400 --> 00:09:14,850

symptoms that they've got if they've got

242

00:09:18,740 --> 00:09:16,410

Cushing's disease and if they've got a

243

00:09:19,940 --> 00:09:18,750

high lot of cortisol that's going around

244

00:09:22,820 --> 00:09:19,950

the body and it's a really serious

245

00:09:24,410 --> 00:09:22,830

condition so um and if you've got the

246

00:09:25,790 --> 00:09:24,420

other way if you're not having enough

247

00:09:28,220 --> 00:09:25,800

cortisol then you end up having

248

00:09:30,140 --> 00:09:28,230

Addison's disease where again it's a

249

00:09:31,670 --> 00:09:30,150

very very important issue and there's a

250

00:09:33,320 --> 00:09:31,680

whole lot of endocrinology bill problems

251  
00:09:34,970 --> 00:09:33,330  
that go along with it that you need

252  
00:09:37,670 --> 00:09:34,980  
specialist treatment for with Addison's

253  
00:09:39,110 --> 00:09:37,680  
disease but it's also very very rare and

254  
00:09:41,060 --> 00:09:39,120  
usually these people would be feeling a

255  
00:09:42,920 --> 00:09:41,070  
lot worse than what they are coming and

256  
00:09:44,920 --> 00:09:42,930  
said that they're stressed or that

257  
00:09:47,090 --> 00:09:44,930  
they've got adrenal fatigue as a

258  
00:09:48,560 --> 00:09:47,100  
diagnosis because it's not a diagnose

259  
00:09:50,360 --> 00:09:48,570  
which is why you went to medical school

260  
00:09:51,980 --> 00:09:50,370  
because a single data point like your

261  
00:09:54,200 --> 00:09:51,990  
cortisol reading is not going to give

262  
00:09:55,540 --> 00:09:54,210  
you the entire story no not at all no

263  
00:09:56,800 --> 00:09:55,550

way and

264

00:09:58,870 --> 00:09:56,810

not that they will want to have that

265

00:10:00,190 --> 00:09:58,880

number so they can go back to their

266

00:10:01,780 --> 00:10:00,200

natural path and then the naturopath

267

00:10:04,150 --> 00:10:01,790

might go oh yes of course it's a little

268

00:10:06,430 --> 00:10:04,160

bit up so you've got yeah you're you're

269

00:10:07,480 --> 00:10:06,440

stressed or it's a little bit low and of

270

00:10:10,210 --> 00:10:07,490

course you've got adrenal fatigue

271

00:10:12,940 --> 00:10:10,220

because you've got really low levels so

272

00:10:14,050 --> 00:10:12,950

it's yeah look you've got along cure

273

00:10:15,460 --> 00:10:14,060

people who want to see you here and

274

00:10:17,980 --> 00:10:15,470

that's get some free medical advice but

275

00:10:20,860 --> 00:10:17,990

if if dr. Brad could magically knock out

276

00:10:22,120 --> 00:10:20,870

one non evidence-based modality what

277

00:10:23,620 --> 00:10:22,130

would it be what would be the one you go

278

00:10:26,949 --> 00:10:23,630

that's it it's gone from this planet

279

00:10:29,889 --> 00:10:26,959

what would the one be only one only 11

280

00:10:32,380 --> 00:10:29,899

only 11 non evidence-based it's out of

281

00:10:34,090 --> 00:10:32,390

there know what look cupping is my most

282

00:10:36,040 --> 00:10:34,100

hated thing it's something that freaks

283

00:10:37,540 --> 00:10:36,050

me out and even as a GP I'm used to

284

00:10:38,910 --> 00:10:37,550

seeing a lot of those things but it

285

00:10:41,590 --> 00:10:38,920

still gets a little bit of anxiety

286

00:10:43,389 --> 00:10:41,600

whenever I see anybody with cupping so I

287

00:10:45,850 --> 00:10:43,399

think just for purely selfish reasons

288

00:10:47,199 --> 00:10:45,860

then copy would be it and look if you

289

00:10:48,759 --> 00:10:47,209

got a website or something where you got

290

00:10:50,170 --> 00:10:48,769

this kind of information or was anywhere

291

00:10:53,350 --> 00:10:50,180

you'd like to point us to on the web

292

00:10:56,230 --> 00:10:53,360

yeah you can find me on twitter @dr Brad

293

00:11:05,350 --> 00:10:56,240

Makai and I'm on facebook as well and

294

00:11:06,639 --> 00:11:05,360

I've got my website which is www it was

295

00:11:08,730 --> 00:11:06,649

great I'm glad that you're very

296

00:11:15,730 --> 00:11:08,740

illuminated and you use the word pus and

297

00:11:18,069 --> 00:11:15,740

you use the word Diggy it's and as we

298

00:11:19,420 --> 00:11:18,079

all know pharmacists almost completely

299

00:11:21,699 --> 00:11:19,430

no use unless you've got a blank

300

00:11:23,860 --> 00:11:21,709

prescription pad really has anyone that

301  
00:11:25,030 --> 00:11:23,870  
blank prescription pad know so I mean

302  
00:11:26,560 --> 00:11:25,040  
initially I'm not interested in talking

303  
00:11:28,269 --> 00:11:26,570  
to you but we've got to ask some stuff

304  
00:11:29,680 --> 00:11:28,279  
about what you thought about dr. Brad up

305  
00:11:33,069 --> 00:11:29,690  
there what did you think of him and he's

306  
00:11:36,880 --> 00:11:33,079  
non evidence-based modality poopoo well

307  
00:11:39,490 --> 00:11:36,890  
this is my first skeptics meeting a lot

308  
00:11:41,079 --> 00:11:39,500  
of beads here hey a lot of beer yeah

309  
00:11:44,269 --> 00:11:41,089  
there's lots of beer but that's that's a

310  
00:11:48,199 --> 00:11:44,279  
good speed Oh beard um

311  
00:11:49,790 --> 00:11:48,209  
okay before you're funny anyway what I

312  
00:11:51,619 --> 00:11:49,800  
was going to say is that he gave a

313  
00:11:55,009 --> 00:11:51,629

really good talk a lot of the stuff that

314

00:11:57,290 --> 00:11:55,019

he had seen in his GP practice like a

315

00:11:58,670 --> 00:11:57,300

pharmacist we've seen as well possibly

316

00:12:00,079 --> 00:11:58,680

we were put more on the spot because

317

00:12:02,239 --> 00:12:00,089

you're right there and the drugs are

318

00:12:04,129 --> 00:12:02,249

there and it's like all right so my you

319

00:12:05,989 --> 00:12:04,139

know my physio said this or my doctor

320

00:12:07,790 --> 00:12:05,999

said this what are you gonna say but you

321

00:12:09,049 --> 00:12:07,800

know what are you gonna get up someone

322

00:12:11,900 --> 00:12:09,059

land in the pharmacy and said how's

323

00:12:13,249 --> 00:12:11,910

thyroxine made that's a pretty wild

324

00:12:15,650 --> 00:12:13,259

question to come out of the blue isn't

325

00:12:18,230 --> 00:12:15,660

it not so wild because through our

326

00:12:20,030 --> 00:12:18,240

degrees we do to some extent learn about

327

00:12:22,759 --> 00:12:20,040

how drugs are manufactured especially

328

00:12:23,900 --> 00:12:22,769

drugs that are like sort of hormone in

329

00:12:25,910 --> 00:12:23,910

nature we do know where they're

330

00:12:28,069 --> 00:12:25,920

extracted from and that sort of thing

331

00:12:30,470 --> 00:12:28,079

when someone asks that you know it's a

332

00:12:32,509 --> 00:12:30,480

loaded question when they're sort of

333

00:12:34,790 --> 00:12:32,519

asking for the natural equivalence is

334

00:12:37,489 --> 00:12:34,800

not always the easiest thing to do

335

00:12:40,759 --> 00:12:37,499

definitely not so it likely says loaded

336

00:12:42,110 --> 00:12:40,769

question I did ask dr. Brad this and you

337

00:12:45,049 --> 00:12:42,120

probably got an answer to this if there

338

00:12:46,579 --> 00:12:45,059

was one non evidence-based modality that

339

00:12:47,840 --> 00:12:46,589

you could get rid of ban it from the

340

00:12:50,329 --> 00:12:47,850

planet what would be the one that you

341

00:12:51,829 --> 00:12:50,339

would get rid of well honestly because

342

00:12:53,749 --> 00:12:51,839

I've done a little bit of research in it

343

00:12:55,879 --> 00:12:53,759

a lot of girls take evening primrose oil

344

00:12:57,769 --> 00:12:55,889

for period pain but there's no evidence

345

00:13:00,110 --> 00:12:57,779

to back it up the only thing it actually

346

00:13:02,600 --> 00:13:00,120

does have a little bit of evidence for

347

00:13:04,850 --> 00:13:02,610

is a little bit of skin like irritation

348

00:13:07,400 --> 00:13:04,860

and a little bit of breast tenderness

349

00:13:10,460 --> 00:13:07,410

but in terms of period pain in general

350

00:13:12,590 --> 00:13:10,470

or pms symptoms it does nothing and a

351

00:13:15,799 --> 00:13:12,600

lot of girls I even have cousins abroad

352

00:13:17,360 --> 00:13:15,809

who asked me to buy some for them from

353

00:13:19,910 --> 00:13:17,370

Australia because you can't get it in

354

00:13:23,179 --> 00:13:19,920

certain parts of the world and I just

355

00:13:24,960 --> 00:13:23,189

think that's the load on evidence-based

356

00:13:27,059 --> 00:13:24,970

stuff

357

00:13:28,259 --> 00:13:27,069

and what are these side effects of

358

00:13:29,699 --> 00:13:28,269

taking a large amount of it is there

359

00:13:32,280 --> 00:13:29,709

anything like you get with st. John's

360

00:13:33,840 --> 00:13:32,290

wort or that sort of thing it's not like

361

00:13:35,369 --> 00:13:33,850

those risky side effects like st. John's

362

00:13:37,980 --> 00:13:35,379

work because st. John's wort can cause

363

00:13:40,259 --> 00:13:37,990

actual clinical side effects such as

364

00:13:42,600 --> 00:13:40,269

serotonin syndrome which can be fatal

365

00:13:44,129 --> 00:13:42,610

with evening primrose oil I'm not going

366

00:13:45,990 --> 00:13:44,139

to say I know one hundred percent but

367

00:13:48,360 --> 00:13:46,000

you would have to take a much larger

368

00:13:51,389 --> 00:13:48,370

quantity for it to have those kind of

369

00:13:54,090 --> 00:13:51,399

lethal or detrimental side effects but

370

00:13:55,710 --> 00:13:54,100

I'm always from the viewpoint that the

371

00:13:57,300 --> 00:13:55,720

less medicines you take even if they're

372

00:13:59,040 --> 00:13:57,310

evidence-based the better if you don't

373

00:14:01,710 --> 00:13:59,050

need it don't take it if it's not gonna

374

00:14:04,470 --> 00:14:01,720

work don't take it so why put something

375

00:14:06,329 --> 00:14:04,480

in your body for no reason thank you

376

00:14:08,129 --> 00:14:06,339

I've got your friend over here fellow

377

00:14:09,420 --> 00:14:08,139

colleague here a fellow pharmacist how

378

00:14:12,929 --> 00:14:09,430

many years have you been a pharmacist

379

00:14:14,910 --> 00:14:12,939

for years almost yeah yeah a longer than

380

00:14:17,160 --> 00:14:14,920

you so and what did you make of dr.

381

00:14:19,530 --> 00:14:17,170

Brad's talk it was really interesting

382

00:14:21,840 --> 00:14:19,540

it's interesting always to hear things

383

00:14:24,119 --> 00:14:21,850

from a medical perspective as opposed to

384

00:14:26,429 --> 00:14:24,129

a pharmacist perspective because we

385

00:14:29,309 --> 00:14:26,439

think a lot more about the drugs or as

386

00:14:30,660 --> 00:14:29,319

opposed to the Diagnostics because the

387

00:14:33,629 --> 00:14:30,670

medical field there they're all about

388

00:14:35,460 --> 00:14:33,639

Diagnostics were about the drugs and

389

00:14:36,629 --> 00:14:35,470

when you have been in a pharmacy and

390

00:14:38,400 --> 00:14:36,639

you've had people coming in with the

391

00:14:40,889 --> 00:14:38,410

loaded questions and basically the

392

00:14:42,990 --> 00:14:40,899

question they're asking really is I want

393

00:14:44,490 --> 00:14:43,000

to find some way to blame big farmer for

394

00:14:46,199 --> 00:14:44,500

what's going wrong with me or avoid

395

00:14:47,999 --> 00:14:46,209

taking medicine because I'm suspicious a

396

00:14:49,740 --> 00:14:48,009

big farmer how do you handle that in the

397

00:14:53,340 --> 00:14:49,750

very short interaction you've got with

398

00:14:55,290 --> 00:14:53,350

them being a long term skeptic since

399

00:14:56,579 --> 00:14:55,300

before I'd registered I probably have a

400

00:14:59,369 --> 00:14:56,589

little bit more experience in this

401  
00:15:01,799 --> 00:14:59,379  
personally I sort of asked them why have

402  
00:15:03,869 --> 00:15:01,809  
they come in wanting a quote-unquote

403  
00:15:06,689 --> 00:15:03,879  
natural therapy and thank you someone

404  
00:15:08,340 --> 00:15:06,699  
who used to be into work I completely

405  
00:15:11,129 --> 00:15:08,350  
understand it because your would come on

406  
00:15:14,040 --> 00:15:11,139  
I reckon maybe astrology a touch of

407  
00:15:16,460 --> 00:15:14,050  
cupping it's a bit of spooning oh do you

408  
00:15:19,319 --> 00:15:16,470  
like a bit of spooning to this guy yeah

409  
00:15:22,879 --> 00:15:19,329  
yes I was definitely into when I was

410  
00:15:26,150 --> 00:15:22,889  
like a kid I loved horoscopes

411  
00:15:28,639 --> 00:15:26,160  
and you know I really got into I'm a

412  
00:15:30,109 --> 00:15:28,649  
Capricorn like Paul McCartney all the

413  
00:15:34,309 --> 00:15:30,119

weekend mad you can blackmail against

414

00:15:35,929 --> 00:15:34,319

Bob right here but you know having said

415

00:15:37,609 --> 00:15:35,939

that like I understand where people are

416

00:15:38,900 --> 00:15:37,619

coming from so generally speaking our

417

00:15:40,340 --> 00:15:38,910

last and look you know where are you

418

00:15:42,229 --> 00:15:40,350

coming from why you wanting this and

419

00:15:44,479 --> 00:15:42,239

understanding that medications are quite

420

00:15:46,579 --> 00:15:44,489

scary so trying to very quickly

421

00:15:48,439 --> 00:15:46,589

understand what it is about the

422

00:15:50,689 --> 00:15:48,449

medication that they've been prescribed

423

00:15:54,530 --> 00:15:50,699

or the illness that they've been

424

00:15:56,210 --> 00:15:54,540

diagnosed with that is scaring them or

425

00:15:58,129 --> 00:15:56,220

making them feel uncomfortable and

426

00:16:01,039 --> 00:15:58,139

trying to reconcile that very quickly so

427

00:16:02,960 --> 00:16:01,049

with the depression being that dr. Brad

428

00:16:04,729 --> 00:16:02,970

put up I thought a lot of people come in

429

00:16:06,919 --> 00:16:04,739

that I want to be depressed it's a very

430

00:16:09,019 --> 00:16:06,929

it's got a lot of stigma behind it she's

431

00:16:11,030 --> 00:16:09,029

done and look it's just a mismatch of

432

00:16:12,739 --> 00:16:11,040

it's an imbalance it's not your fault

433

00:16:14,659 --> 00:16:12,749

because a lot of people feel self blame

434

00:16:16,099 --> 00:16:14,669

for it you know and trying to rectify

435

00:16:18,199 --> 00:16:16,109

that time look you know you got to take

436

00:16:20,299 --> 00:16:18,209

a medication that can either work

437

00:16:21,499 --> 00:16:20,309

short-term or you can work like you know

438

00:16:22,699 --> 00:16:21,509

you need to be on a long term and

439

00:16:24,769 --> 00:16:22,709

there's nothing to be embarrassed about

440

00:16:26,299 --> 00:16:24,779

you know and telling them I've been

441

00:16:28,309 --> 00:16:26,309

through the same thing or my friends

442

00:16:30,350 --> 00:16:28,319

been through the same thing or lots of

443

00:16:33,289 --> 00:16:30,360

patients are on it and normalizing the

444

00:16:35,359 --> 00:16:33,299

situation for them and normalizing

445

00:16:38,689 --> 00:16:35,369

taking medications which they genuinely

446

00:16:40,669 --> 00:16:38,699

need if they don't genuinely need it and

447

00:16:43,249 --> 00:16:40,679

they could be something where they could

448

00:16:45,769 --> 00:16:43,259

get a better response from a non

449

00:16:47,720 --> 00:16:45,779

pharmacological therapies such as cbt or

450

00:16:50,359 --> 00:16:47,730

cognitive behavioral therapy or from

451  
00:16:53,780 --> 00:16:50,369  
visio exercise diet that sort of thing

452  
00:16:56,119 --> 00:16:53,790  
if you really want to do this let's give

453  
00:16:58,189 --> 00:16:56,129  
it a time frame let's tell our doctor

454  
00:17:00,019 --> 00:16:58,199  
that we're doing it and come back to me

455  
00:17:02,239 --> 00:17:00,029  
and if it's not working then we'll move

456  
00:17:03,830 --> 00:17:02,249  
forward onto the sort of quote-unquote

457  
00:17:05,990 --> 00:17:03,840  
more hardcore stuff

458  
00:17:07,040 --> 00:17:06,000  
when they come in like if they for

459  
00:17:09,050 --> 00:17:07,050  
breastfeeding and things like that and

460  
00:17:10,820 --> 00:17:09,060  
they want you know you know things to

461  
00:17:12,500 --> 00:17:10,830  
supplement their breastfeeding I tell

462  
00:17:13,940 --> 00:17:12,510  
them look you know with her but I never

463  
00:17:15,620 --> 00:17:13,950

know how much it is in there are we

464

00:17:17,690 --> 00:17:15,630

haven't done the tests we haven't we

465

00:17:19,010 --> 00:17:17,700

don't know what else is in there with

466

00:17:20,510 --> 00:17:19,020

you and me up with you explain to I

467

00:17:22,310 --> 00:17:20,520

asked them do you know what I homeopathy

468

00:17:23,510 --> 00:17:22,320

is all its natural might well you know

469

00:17:24,710 --> 00:17:23,520

i'ma hook me up at this night and I'm

470

00:17:26,810 --> 00:17:24,720

like you can look it up you can buy

471

00:17:28,550 --> 00:17:26,820

today it works for me because I get more

472

00:17:32,240 --> 00:17:28,560

money for the store but I don't want you

473

00:17:34,040 --> 00:17:32,250

to buy for x y&z so I sort of rather

474

00:17:35,540 --> 00:17:34,050

than telling them they're stupid or

475

00:17:36,590 --> 00:17:35,550

whatever like you know being like I know

476

00:17:38,930 --> 00:17:36,600

I don't want to sell you that I don't

477

00:17:40,760 --> 00:17:38,940

you know from my standpoint I'd rather

478

00:17:42,860 --> 00:17:40,770

you be safe and I wouldn't recommend it

479

00:17:45,560 --> 00:17:42,870

to fix why is it why is it in the store

480

00:17:47,720 --> 00:17:45,570

then well I don't own the store you know

481

00:17:49,070 --> 00:17:47,730

unfortunately the government isn't

482

00:17:50,390 --> 00:17:49,080

paying us enough money and we're going

483

00:17:52,730 --> 00:17:50,400

to sell our souls and literally

484

00:17:54,800 --> 00:17:52,740

prostitute ourselves so yeah that's

485

00:17:56,960 --> 00:17:54,810

pretty much it and if you had tube and

486

00:17:58,790 --> 00:17:56,970

one on evidence-based modality from the

487

00:18:00,320 --> 00:17:58,800

play in face of this planet which one

488

00:18:02,750 --> 00:18:00,330

would it be for you which one would you

489

00:18:05,000 --> 00:18:02,760

get rid of probably anything you

490

00:18:08,060 --> 00:18:05,010

probably homeopathy probably your

491

00:18:10,070 --> 00:18:08,070

homeopathy or kinesiology because they

492

00:18:12,800 --> 00:18:10,080

they spurn a lot of you net

493

00:18:14,600 --> 00:18:12,810

clinics well I'll get working on that

494

00:18:16,130 --> 00:18:14,610

one straight away and look shout out

495

00:18:17,900 --> 00:18:16,140

everyone out there who's ever bought

496

00:18:19,940 --> 00:18:17,910

anything on the black milk label will

497

00:18:22,310 --> 00:18:19,950

know that those pants you are wearing

498

00:18:23,630 --> 00:18:22,320

our fantastic black milk pants every

499

00:18:26,120 --> 00:18:23,640

girl who knows what I'm talking your ear

500

00:18:28,250 --> 00:18:26,130

leggings hell yeah Legos repair for that

501  
00:18:29,930 --> 00:18:28,260  
absolutely absolutely i'll put them on

502  
00:18:31,460 --> 00:18:29,940  
it their own knows it all the fashion

503  
00:18:32,840 --> 00:18:31,470  
people listen to the skeptic zone and

504  
00:18:35,060 --> 00:18:32,850  
speaking of skeptics were going around

505  
00:18:37,130 --> 00:18:35,070  
here well we have to have Richard take a

506  
00:18:39,200 --> 00:18:37,140  
photo of these pans and make them the

507  
00:18:40,370 --> 00:18:39,210  
logo for this week's show so you can

508  
00:18:41,960 --> 00:18:40,380  
make them background art couldn't you

509  
00:18:44,399 --> 00:18:41,970  
just like one section of the Magnum but

510  
00:18:47,820 --> 00:18:44,409  
up now

511  
00:18:50,259 --> 00:18:47,830  
no no no with with James Randi I'm

512  
00:18:51,460 --> 00:18:50,269  
retiring which means he's not only going

513  
00:18:53,139 --> 00:18:51,470

to be a skeptic he's going to be selling

514

00:18:54,669 --> 00:18:53,149

crystals on the home shopping channel or

515

00:18:56,619 --> 00:18:54,679

something um oh yeah he's getting right

516

00:18:58,359 --> 00:18:56,629

out of skepticism what do you think do

517

00:19:00,249 --> 00:18:58,369

you think there needs to be someone a

518

00:19:02,289 --> 00:19:00,259

figure like that or do you think it can

519

00:19:05,979 --> 00:19:02,299

is more organic now we can do without

520

00:19:08,139 --> 00:19:05,989

that kind of figure I think and I don't

521

00:19:11,080 --> 00:19:08,149

think we need Randy or somebody like him

522

00:19:13,450 --> 00:19:11,090

necessarily i think there's it what

523

00:19:16,239 --> 00:19:13,460

Randy did was he popularized certain

524

00:19:18,039 --> 00:19:16,249

things he Randy is a performer and

525

00:19:19,989 --> 00:19:18,049

because of his popularity as a performer

526

00:19:22,299 --> 00:19:19,999

because of his showmanship his ability

527

00:19:24,219 --> 00:19:22,309

to speak to a large audience he's been

528

00:19:26,560 --> 00:19:24,229

particularly useful to the skeptical

529

00:19:29,259 --> 00:19:26,570

movement I do not think that he's

530

00:19:33,310 --> 00:19:29,269

leadership necessarily all the jf in

531

00:19:34,509 --> 00:19:33,320

particular have been a groundbreaking

532

00:19:36,339 --> 00:19:34,519

you know like he was not the first

533

00:19:37,149 --> 00:19:36,349

organization he was not its I don't

534

00:19:39,460 --> 00:19:37,159

think it's an organization that

535

00:19:40,810 --> 00:19:39,470

necessarily leads from a skeptical

536

00:19:42,580 --> 00:19:40,820

perspective what it's done really well

537

00:19:46,109 --> 00:19:42,590

and he did a lot of it is because of

538

00:19:49,210 --> 00:19:46,119

Randy's book popularity and personal

539

00:19:52,029 --> 00:19:49,220

personal abilities he's been able to

540

00:19:55,210 --> 00:19:52,039

popularize skepticism I think nowadays

541

00:19:56,680 --> 00:19:55,220

it's needed a lot less for the very

542

00:19:58,810 --> 00:19:56,690

simple reason that it's a big movement

543

00:20:01,060 --> 00:19:58,820

nowadays communications a lot easier

544

00:20:03,099 --> 00:20:01,070

than it was in the 70s and they in the

545

00:20:06,700 --> 00:20:03,109

80s when when Randy started working on

546

00:20:09,879 --> 00:20:06,710

this I think I don't think we need a

547

00:20:12,159 --> 00:20:09,889

leader leaders also have a leader like

548

00:20:13,810 --> 00:20:12,169

Randy there's also issues with with

549

00:20:17,349 --> 00:20:13,820

having somebody like that because for

550

00:20:18,789 --> 00:20:17,359

example they have frailties you know I'm

551  
00:20:20,680 --> 00:20:18,799  
not talking about the physical frailties

552  
00:20:22,029 --> 00:20:20,690  
of you know Randy as an 86 year old man

553  
00:20:24,099 --> 00:20:22,039  
I'm talking about the fact that he

554  
00:20:26,859 --> 00:20:24,109  
sometimes gets it wrong there's all

555  
00:20:29,019 --> 00:20:26,869  
kinds of issues you know people can have

556  
00:20:30,219 --> 00:20:29,029  
a debate about Brandis morality in

557  
00:20:32,109 --> 00:20:30,229  
certain cities and doesn't matter

558  
00:20:33,969 --> 00:20:32,119  
whether we agree with them or not the

559  
00:20:36,039 --> 00:20:33,979  
thing is that the focus on one person

560  
00:20:38,320 --> 00:20:36,049  
means that the skeptical movement is a

561  
00:20:40,659 --> 00:20:38,330  
movement is probably weekend so I think

562  
00:20:43,239 --> 00:20:40,669  
I don't

563  
00:20:45,820 --> 00:20:43,249

need Randy and I think we need Randy I

564

00:20:48,070 --> 00:20:45,830

think I look he's done an amazing job

565

00:20:51,279 --> 00:20:48,080

and I'm i feel fortunate to have met him

566

00:20:54,340 --> 00:20:51,289

many times and you know to spoken to him

567

00:21:06,639 --> 00:20:54,350

but I don't think the movement needs him

568

00:21:12,560 --> 00:21:09,080

the skeptic zone is brought to you by

569

00:21:16,010 --> 00:21:12,570

dr. Bob's trivia quiz visit dr. Bob's

570

00:21:18,649 --> 00:21:16,020

quiz wordpress.com and see if you can

571

00:21:22,039 --> 00:21:18,659

match wits with dr. Bob and I'm joined

572

00:21:23,840 --> 00:21:22,049

again by the well-traveled and well-read

573

00:21:26,539 --> 00:21:23,850

dr. Steve Roberts who's a long time

574

00:21:28,460 --> 00:21:26,549

skeptic here in Australia he's also the

575

00:21:31,010 --> 00:21:28,470

man behind dr. Bob's trivia quiz but

576

00:21:33,380 --> 00:21:31,020

Steve you have a very long interest in

577

00:21:35,060 --> 00:21:33,390

skeptical matter specifically about UFOs

578

00:21:37,580 --> 00:21:35,070

among so yeah what are we going to say

579

00:21:39,769 --> 00:21:37,590

they're very long the bosses or

580

00:21:42,220 --> 00:21:39,779

something yeah yeah look I came into the

581

00:21:45,080 --> 00:21:42,230

skeptics ooh UFO so when I was a kid I

582

00:21:47,240 --> 00:21:45,090

thought something was going on with UFOs

583

00:21:49,130 --> 00:21:47,250

yes so did I I don't respect for books

584

00:21:52,760 --> 00:21:49,140

which have been physically dindin to me

585

00:21:55,789 --> 00:21:52,770

at school yeah but kids in those days

586

00:21:57,830 --> 00:21:55,799

the 1960s thought that some if something

587

00:21:59,630 --> 00:21:57,840

was in a book it was true Oh from my

588

00:22:02,570 --> 00:21:59,640

point of view akin to the 1970s when it

589

00:22:03,830 --> 00:22:02,580

was on TV it was on TV reports and we

590

00:22:05,539 --> 00:22:03,840

thought it was true as well that's how

591

00:22:08,419 --> 00:22:05,549

what'll wage the thing goes easy as I

592

00:22:10,880 --> 00:22:08,429

know I saw it on television um yeah and

593

00:22:13,340 --> 00:22:10,890

unfortunately some of the UFO nuts got

594

00:22:15,639 --> 00:22:13,350

so rich from writing in books that they

595

00:22:18,080 --> 00:22:15,649

actually were able to found their own

596

00:22:20,269 --> 00:22:18,090

publishing house yeah pick the phone

597

00:22:22,730 --> 00:22:20,279

book says really bizarre books out there

598

00:22:25,639 --> 00:22:22,740

and um it wasn't till I actually began

599

00:22:28,070 --> 00:22:25,649

to with other people at uni and many

600

00:22:29,630 --> 00:22:28,080

other quite smile we began to actually

601  
00:22:31,760 --> 00:22:29,640  
get hold of the evidence to try to

602  
00:22:33,500 --> 00:22:31,770  
collate it and see if there's something

603  
00:22:35,360 --> 00:22:33,510  
going on and they actually actually

604  
00:22:38,200 --> 00:22:35,370  
wasn't much evidence that was the first

605  
00:22:40,940 --> 00:22:38,210  
thing yeah lots of stories and lots of

606  
00:22:43,580 --> 00:22:40,950  
not the whole of British sightings for

607  
00:22:46,190 --> 00:22:43,590  
six years every sighting in bitten was

608  
00:22:48,680 --> 00:22:46,200  
about a one centimeter pile of paper hmm

609  
00:22:49,760 --> 00:22:48,690  
including all the unfussy ones yeah

610  
00:22:52,970 --> 00:22:49,770  
ninety percent of them are just very

611  
00:22:55,159 --> 00:22:52,980  
fuzzy and no hoax is in those days right

612  
00:22:56,690 --> 00:22:55,169  
um and some yeah look kind of

613  
00:22:58,279 --> 00:22:56,700

interesting but there's always a lack of

614

00:23:00,289 --> 00:22:58,289

evidence when you come to those and

615

00:23:02,210 --> 00:23:00,299

you've wonder what did go on but then

616

00:23:03,980 --> 00:23:02,220

you've got to think what if alias did

617

00:23:06,230 --> 00:23:03,990

land in a corn field somewhere there'd

618

00:23:08,090 --> 00:23:06,240

be some footprints or well that's it

619

00:23:12,289 --> 00:23:08,100

it's radiation or somebody else we've

620

00:23:14,779 --> 00:23:12,299

seen it after all this time even well

621

00:23:17,120 --> 00:23:14,789

they said v8 in Roswell all the aliens

622

00:23:18,950 --> 00:23:17,130

crashed okay so there they can make

623

00:23:21,799 --> 00:23:18,960

mistakes yeah surely

624

00:23:23,360 --> 00:23:21,809

a few more if all the UFO reports are

625

00:23:24,769 --> 00:23:23,370

real that a few more would have made

626

00:23:26,750 --> 00:23:24,779

mistakes that's a bit of a straw man i

627

00:23:28,669 --> 00:23:26,760

guess but there should be something well

628

00:23:30,529 --> 00:23:28,679

not only can the alias make mistakes and

629

00:23:33,169 --> 00:23:30,539

crashed the damn thing but the US gallon

630

00:23:35,720 --> 00:23:33,179

can make mistakes and and failed to keep

631

00:23:37,730 --> 00:23:35,730

secrets under control i hear the van

632

00:23:40,130 --> 00:23:37,740

gate near the Watergate scandal the end

633

00:23:43,220 --> 00:23:40,140

contra scandal with ya Bill Clinton

634

00:23:45,139 --> 00:23:43,230

shenanigans here newest things it's hard

635

00:23:47,899 --> 00:23:45,149

to keep secret very hard to keep secret

636

00:23:49,669 --> 00:23:47,909

surely that man what's his name Snowden

637

00:23:53,510 --> 00:23:49,679

would have released her the naughty UFO

638

00:23:55,940 --> 00:23:53,520

files by now other be da minha against

639

00:23:57,830 --> 00:23:55,950

whom is it secret you know i mean if if

640

00:23:58,789 --> 00:23:57,840

your makers have a better tank now they

641

00:24:01,159 --> 00:23:58,799

need to keep that secret from the

642

00:24:03,769 --> 00:24:01,169

Russians yeah the Cold War but yeah this

643

00:24:05,299 --> 00:24:03,779

is a Flying Saucer lands like it doesn't

644

00:24:06,590 --> 00:24:05,309

have been on the whole of humanity you

645

00:24:09,560 --> 00:24:06,600

know the people involved would think

646

00:24:11,539 --> 00:24:09,570

that why why are we keeping this away

647

00:24:13,490 --> 00:24:11,549

from mother like Findlay nations a year

648

00:24:15,710 --> 00:24:13,500

well you must be on their payroll that's

649

00:24:17,930 --> 00:24:15,720

like I'm sorry yeah I don't have to kill

650

00:24:19,610 --> 00:24:17,940

you well I was told I was told just two

651  
00:24:22,370 --> 00:24:19,620  
days ago on Twitter that I'm on the

652  
00:24:25,100 --> 00:24:22,380  
payroll of them the big pharmaceutical

653  
00:24:27,860 --> 00:24:25,110  
companies yeah i went to the letter box

654  
00:24:29,570 --> 00:24:27,870  
today no check again no chit yeah i

655  
00:24:31,610 --> 00:24:29,580  
wished i wish they wish they would hurry

656  
00:24:33,919 --> 00:24:31,620  
up i wish my payments would have yeah so

657  
00:24:36,740 --> 00:24:33,929  
what's the state of the modern UFO seen

658  
00:24:38,269 --> 00:24:36,750  
is there one not really um it failed

659  
00:24:40,130 --> 00:24:38,279  
with the introduction of mobile phones

660  
00:24:42,200 --> 00:24:40,140  
especially mobile phones with cameras in

661  
00:24:45,710 --> 00:24:42,210  
them there was actually an advert for a

662  
00:24:47,510 --> 00:24:45,720  
mobile phone in 1993 when they first

663  
00:24:50,120 --> 00:24:47,520

came in although they were the size of a

664

00:24:52,820 --> 00:24:50,130

brick in those days there was an advert

665

00:24:56,090 --> 00:24:52,830

by telstra showing a guy who's seen a

666

00:24:58,760 --> 00:24:56,100

UFO yeah the land one in front of him or

667

00:24:59,899 --> 00:24:58,770

the other said quick phone somebody and

668

00:25:01,340 --> 00:24:59,909

if you're not if you don't have a phone

669

00:25:03,860 --> 00:25:01,350

your pocket as you're out there in the

670

00:25:05,539 --> 00:25:03,870

field you can't phone in your body there

671

00:25:07,519 --> 00:25:05,549

are no such phone calls that came in and

672

00:25:09,529 --> 00:25:07,529

then of course weekend was a million

673

00:25:10,909 --> 00:25:09,539

everybody has a camera now well not only

674

00:25:12,889 --> 00:25:10,919

that everybody well when we say

675

00:25:14,450 --> 00:25:12,899

everybody put many people have not only

676

00:25:16,850 --> 00:25:14,460

a camera about their person but a

677

00:25:18,919 --> 00:25:16,860

high-definition video camera oh yeah

678

00:25:20,930 --> 00:25:18,929

yeah I've got my phone has a high

679

00:25:22,760 --> 00:25:20,940

definition video camera don't write in

680

00:25:24,440 --> 00:25:22,770

those seems to have killed the UFO

681

00:25:27,139 --> 00:25:24,450

stories right off yeah you're absolutely

682

00:25:28,850 --> 00:25:27,149

right because if if they were buzzing

683

00:25:30,500 --> 00:25:28,860

around with thousands upon thousands of

684

00:25:32,450 --> 00:25:30,510

people in Australia and millions across

685

00:25:35,240 --> 00:25:32,460

the United States and other countries or

686

00:25:38,990 --> 00:25:35,250

caring at least a camera yeah we should

687

00:25:42,500 --> 00:25:39,000

be overwhelmed with spaceship fear what

688

00:25:45,560 --> 00:25:42,510

we get now is orbs mobs if you take your

689

00:25:47,540 --> 00:25:45,570

photograph in some dusty place with dust

690

00:25:50,000 --> 00:25:47,550

motes in the air and the flash goes off

691

00:25:52,550 --> 00:25:50,010

and I thing is when you're behind the

692

00:25:56,210 --> 00:25:52,560

camera looking through it you can't see

693

00:25:58,310 --> 00:25:56,220

the flash go off our people insist there

694

00:25:59,660 --> 00:25:58,320

was no flash Yeshe oh that you can tell

695

00:26:01,520 --> 00:25:59,670

from the JPEG file that there was a

696

00:26:04,190 --> 00:26:01,530

flash fired that's interesting and it

697

00:26:06,050 --> 00:26:04,200

picks up dust motes you know about two

698

00:26:09,170 --> 00:26:06,060

inches in front of the lens yeah come

699

00:26:11,330 --> 00:26:09,180

out fuzzy yeah and say focus all other

700

00:26:12,560 --> 00:26:11,340

than really with a bit of sense if you

701  
00:26:15,590 --> 00:26:12,570  
with other people you have to explain

702  
00:26:17,420 --> 00:26:15,600  
well did anybody else see the orbs cuz

703  
00:26:20,300 --> 00:26:17,430  
they're actually can't see them because

704  
00:26:22,250 --> 00:26:20,310  
the flashing at us of course yeah but

705  
00:26:23,960 --> 00:26:22,260  
nobody else saw the orbs but the people

706  
00:26:26,270 --> 00:26:23,970  
think oh I've been visited by orbs on

707  
00:26:28,970 --> 00:26:26,280  
Faden a wonderful thing either have you

708  
00:26:30,790 --> 00:26:28,980  
know normally they're associated people

709  
00:26:33,890 --> 00:26:30,800  
think they're great spirits of some kind

710  
00:26:36,140 --> 00:26:33,900  
well yeah if it gives you a warm fuzzy

711  
00:26:38,000 --> 00:26:36,150  
feeling that's that's very nice yeah we

712  
00:26:40,010 --> 00:26:38,010  
know what they are yeah look it's a

713  
00:26:42,560 --> 00:26:40,020

shame sometimes I've stopped debunking

714

00:26:44,270 --> 00:26:42,570

UFOs stories in the last days of the

715

00:26:46,250 --> 00:26:44,280

phenomenon because you're ruining

716

00:26:48,170 --> 00:26:46,260

people's self-esteem and I suppose

717

00:26:50,210 --> 00:26:48,180

avoiding people's furs longing and

718

00:26:52,070 --> 00:26:50,220

Deadhorse a bit isn't it is as I said

719

00:26:53,630 --> 00:26:52,080

the evidence is sibling yeah which you

720

00:26:55,190 --> 00:26:53,640

should be when people come to you and

721

00:26:57,770 --> 00:26:55,200

say I've seen a UFO which makes me very

722

00:27:00,020 --> 00:26:57,780

special and then you explain it that's

723

00:27:01,790 --> 00:27:00,030

the last thing they want ya feel the

724

00:27:04,700 --> 00:27:01,800

Monty Python sketch of the ex leper you

725

00:27:06,950 --> 00:27:04,710

know he explained my sighting no I was a

726  
00:27:11,150 --> 00:27:06,960  
UFO contactee now I'm just nobody oh

727  
00:27:13,310 --> 00:27:11,160  
yeah oh yeah well we'll keep watching

728  
00:27:15,830 --> 00:27:13,320  
the skies in the meantime matter Steve

729  
00:27:18,830 --> 00:27:15,840  
thanks again for dropping by and people

730  
00:27:21,290 --> 00:27:18,840  
can google dr. Bob's trivia quiz and

731  
00:27:23,390 --> 00:27:21,300  
take part in your quiz if their game

732  
00:27:27,260 --> 00:27:23,400  
enough yesterday there would be a doctor

733  
00:27:30,530 --> 00:27:27,270  
by UFOs first flies mmm and fold oh no

734  
00:27:35,190 --> 00:27:33,270  
welcome to weaken science from RI oz

735  
00:27:37,500 --> 00:27:35,200  
bringing you the science you need

736  
00:27:39,480 --> 00:27:37,510  
tonight trying to woo someone this

737  
00:27:41,730 --> 00:27:39,490  
valentine's day maybe you could take a

738  
00:27:47,250 --> 00:27:41,740

leaf out of the animal kingdom and trust

739

00:27:49,110 --> 00:27:47,260

some of these romantic displays to

740

00:27:51,180 --> 00:27:49,120

attract a female the male of many

741

00:27:53,850 --> 00:27:51,190

penguin species will build a nest out of

742

00:27:55,830 --> 00:27:53,860

pebbles before standing by it puffing up

743

00:27:58,410 --> 00:27:55,840

their chest lifting their head towards

744

00:28:01,080 --> 00:27:58,420

the sky and making honking sounds while

745

00:28:03,300 --> 00:28:01,090

out stretching their wings this is not a

746

00:28:05,490 --> 00:28:03,310

good idea for humans do not stand

747

00:28:09,120 --> 00:28:05,500

outside your house shouting at people it

748

00:28:11,760 --> 00:28:09,130

won't work this one is a bit nasty

749

00:28:14,190 --> 00:28:11,770

before mating a male porcupine will

750

00:28:16,530 --> 00:28:14,200

drench the female in his own urine if

751

00:28:18,990 --> 00:28:16,540

she is ready for copulation she will not

752

00:28:21,360 --> 00:28:19,000

object to this display whereas any other

753

00:28:27,330 --> 00:28:21,370

response is a sure sign she's not ready

754

00:28:29,520 --> 00:28:27,340

no do not do this let's try under the

755

00:28:32,220 --> 00:28:29,530

sea after all seahorses are quite the

756

00:28:34,400 --> 00:28:32,230

romantics a typical male courtship

757

00:28:36,960 --> 00:28:34,410

display can last up to eight hours

758

00:28:39,450 --> 00:28:36,970

seahorse couples also swim with their

759

00:28:42,180 --> 00:28:39,460

tails intertwined almost like holding

760

00:28:45,120 --> 00:28:42,190

hands when it comes to pregnancy the

761

00:28:47,070 --> 00:28:45,130

male takes on the female egg fertilizes

762

00:28:50,010 --> 00:28:47,080

it and nourishes it carrying the

763

00:28:52,260 --> 00:28:50,020

offspring for six weeks but sorry ladies

764

00:28:55,860 --> 00:28:52,270

human males can't get pregnant so this

765

00:28:58,440 --> 00:28:55,870

one is also off the cards the females of

766

00:28:59,870 --> 00:28:58,450

the very deep sea angler fish are much

767

00:29:02,550 --> 00:28:59,880

larger than their male counterparts

768

00:29:05,310 --> 00:29:02,560

would you think might be awkward when it

769

00:29:07,680 --> 00:29:05,320

comes to mating the male instead finds a

770

00:29:10,320 --> 00:29:07,690

female and permanently attaches his

771

00:29:13,020 --> 00:29:10,330

mouth to her taking on nutrients through

772

00:29:14,760 --> 00:29:13,030

the female's body ok so maybe none of

773

00:29:16,890 --> 00:29:14,770

these are particularly good courtship

774

00:29:19,590 --> 00:29:16,900

tips for the human world but here are

775

00:29:24,360 --> 00:29:19,600

four more fast facts about romance in

776

00:29:26,190 --> 00:29:24,370

the animal kingdom the male bowerbird

777

00:29:28,800 --> 00:29:26,200

creates a display of brightly colored

778

00:29:31,800 --> 00:29:28,810

objects which is then judged by a female

779

00:29:34,920 --> 00:29:31,810

good interior design skills leads to a

780

00:29:37,380 --> 00:29:34,930

mate Adelaide Zoo orangutang scarcer and

781

00:29:39,750 --> 00:29:37,390

clawed visibly grieved the loss of an

782

00:29:42,810 --> 00:29:39,760

infant with male clue it's providing

783

00:29:43,529 --> 00:29:42,820

support and comfort to Carter like many

784

00:29:45,570 --> 00:29:43,539

birds the

785

00:29:47,969 --> 00:29:45,580

waved albatross performs an elaborate

786

00:29:50,849 --> 00:29:47,979

courtship dance however there's is

787

00:29:52,590 --> 00:29:50,859

performed with their partner but the

788

00:29:54,989 --> 00:29:52,600

strawberry dart frog has a very

789

00:29:57,210 --> 00:29:54,999

different system for choosing a mate the

790

00:29:59,969 --> 00:29:57,220

female just takes whichever male is

791

00:30:02,039 --> 00:29:59,979

closest that's it for this week in

792

00:30:04,109 --> 00:30:02,049

science for more information on

793

00:30:09,659 --> 00:30:04,119

courtship in the animal world goes the

794

00:30:12,330 --> 00:30:09,669

RLS website RI aus org dot a you follow

795

00:30:14,639 --> 00:30:12,340

us on twitter @ ra oz and like us on

796

00:30:35,039 --> 00:30:14,649

facebook i'm ben lewis and we'll catch

797

00:30:37,229 --> 00:30:35,049

you next week having a baby is a very

798

00:30:39,749 --> 00:30:37,239

special experience for any young parent

799

00:30:42,210 --> 00:30:39,759

but imagine what it would be like to

800

00:30:44,909 --> 00:30:42,220

live with the fear that at any time that

801  
00:30:48,299 --> 00:30:44,919  
baby could become seriously ill and even

802  
00:30:49,830 --> 00:30:48,309  
die from preventable disease this was

803  
00:30:51,690 --> 00:30:49,840  
the everyday reality for our

804  
00:30:54,779 --> 00:30:51,700  
grandparents and the countless

805  
00:30:56,820 --> 00:30:54,789  
generations before them the vaccination

806  
00:30:59,279 --> 00:30:56,830  
chronicles is a documentary film by

807  
00:31:02,190 --> 00:30:59,289  
Richard Saunders with stories from real

808  
00:31:03,960 --> 00:31:02,200  
people who know firsthand what it's like

809  
00:31:08,039 --> 00:31:03,970  
to see family members suffer from

810  
00:31:10,320 --> 00:31:08,049  
diseases we hardly hear about today it's

811  
00:31:12,239 --> 00:31:10,330  
a powerful message for today's parents

812  
00:31:15,180 --> 00:31:12,249  
wondering about vaccinating their own

813  
00:31:17,729 --> 00:31:15,190

children the documentary is free to view

814

00:31:20,999 --> 00:31:17,739

and show in public without seeking

815

00:31:24,570 --> 00:31:21,009

permission just google the vaccination

816

00:31:27,109 --> 00:31:24,580

chronicles for the youtube link you can

817

00:31:29,700 --> 00:31:27,119

also order the DVD of the documentary

818

00:31:32,639 --> 00:31:29,710

autographed by Richard Saunders for only

819

00:31:35,639 --> 00:31:32,649

twelve dollars this covers production

820

00:31:38,999 --> 00:31:35,649

and postage to anywhere in the world the

821

00:31:41,039 --> 00:31:39,009

DVD includes extra interviews archival

822

00:31:44,730 --> 00:31:41,049

newspaper reports and other features

823

00:31:47,370 --> 00:31:44,740

from the 1940s and 1950s

824

00:31:53,450 --> 00:31:47,380

the artwork for the DVD in the cover are

825

00:31:58,500 --> 00:31:53,460

included on the DVD itself just visit w

826  
00:32:01,049 --> 00:31:58,510  
WX own TV to order your copy once you

827  
00:32:03,540 --> 00:32:01,059  
have the DVD it's your job to copy it

828  
00:32:06,419 --> 00:32:03,550  
and pass it along to as many people as

829  
00:32:09,330 --> 00:32:06,429  
you wish they in turn are encouraged to

830  
00:32:25,120 --> 00:32:09,340  
do the same the vaccination chronicles a

831  
00:32:35,200 --> 00:32:27,620  
what we want is some more evidence

832  
00:32:35,210 --> 00:32:40,789  
hello this is Joe alabaster

833  
00:32:45,930 --> 00:32:43,560  
in the wake of the current US measles

834  
00:32:48,620 --> 00:32:45,940  
outbreak which began at Disneyland in

835  
00:32:51,870 --> 00:32:48,630  
California and the circle resulted in

836  
00:32:55,230 --> 00:32:51,880  
121 infections and thousands more people

837  
00:32:56,909 --> 00:32:55,240  
exposed across 17 states public and

838  
00:32:59,010 --> 00:32:56,919

media attention has been directed

839

00:33:03,150 --> 00:32:59,020

towards the issues of vaccination and

840

00:33:05,039 --> 00:33:03,160

the anti-vaccination movement as we

841

00:33:07,049 --> 00:33:05,049

witness the very real effects of lowered

842

00:33:09,419 --> 00:33:07,059

herd immunity due to vaccine refusal

843

00:33:11,940 --> 00:33:09,429

vocal support for vaccines has been

844

00:33:14,840 --> 00:33:11,950

prominent as has criticism of

845

00:33:17,789 --> 00:33:14,850

anti-vaccination misinformation in

846

00:33:20,070 --> 00:33:17,799

particular public attention has again

847

00:33:22,799 --> 00:33:20,080

been drawn to Melanie's marvelous

848

00:33:24,630 --> 00:33:22,809

measles a picture book which attempts to

849

00:33:26,870 --> 00:33:24,640

rear Shore children that it's a good

850

00:33:29,220 --> 00:33:26,880

thing to experience measles infection

851

00:33:33,060 --> 00:33:29,230

written by Australian vaccination

852

00:33:34,890 --> 00:33:33,070

opponents Stephanie messenger the blurb

853

00:33:38,720 --> 00:33:34,900

on the back cover gives a good summary

854

00:33:41,220 --> 00:33:38,730

as to what the book is about quote

855

00:33:43,320 --> 00:33:41,230

Melanie's marvelous measles was written

856

00:33:45,510 --> 00:33:43,330

to educate children on the benefits of

857

00:33:48,570 --> 00:33:45,520

having measles and how you can heal from

858

00:33:50,010 --> 00:33:48,580

the naturally and successfully often

859

00:33:52,740 --> 00:33:50,020

today we are being bombarded with

860

00:33:54,780 --> 00:33:52,750

messages from vested interests to fear

861

00:33:57,900 --> 00:33:54,790

all diseases in order for someone to

862

00:34:00,330 --> 00:33:57,910

sell some potion or vaccine when in fact

863

00:34:02,640 --> 00:34:00,340

history shows that in industrialized

864

00:34:05,400 --> 00:34:02,650

countries these diseases are quite

865

00:34:09,859 --> 00:34:05,410

benign and according to natural health

866

00:34:12,599 --> 00:34:09,869

sources beneficial to the body and quote

867

00:34:15,210 --> 00:34:12,609

you know this book is troubling on so

868

00:34:17,070 --> 00:34:15,220

many levels when I decided to cover it

869

00:34:18,720 --> 00:34:17,080

my report this week I initially wondered

870

00:34:22,230 --> 00:34:18,730

whether I'd have to present you with 10

871

00:34:24,780 --> 00:34:22,240

minutes of stones violence the story

872

00:34:26,460 --> 00:34:24,790

within follows Tina who arrives at her

873

00:34:28,649 --> 00:34:26,470

first day back at school after the

874

00:34:32,129 --> 00:34:28,659

winter holidays to find that her friend

875

00:34:34,710 --> 00:34:32,139

Melanie is absent their teacher heavily

876

00:34:37,560 --> 00:34:34,720

pregnant advises the class that Melanie

877

00:34:39,000 --> 00:34:37,570

is at home with measles some children

878

00:34:43,530 --> 00:34:39,010

are concerned and worried about catching

879

00:34:46,139 --> 00:34:43,540

measles quote Tina heard Jared tell

880

00:34:48,300 --> 00:34:46,149

Travis the boy beside him that he

881

00:34:51,450 --> 00:34:48,310

wouldn't get the measles because he had

882

00:34:53,450 --> 00:34:51,460

been vaccinated Travis said that he

883

00:34:55,909 --> 00:34:53,460

wasn't vaccinated but didn't

884

00:34:57,980 --> 00:34:55,919

and until Jared then told him angrily

885

00:35:01,070 --> 00:34:57,990

well you're going to die if you don't

886

00:35:04,040 --> 00:35:01,080

get vaccinated Travis thought about this

887

00:35:05,990 --> 00:35:04,050

for a minute and said to Jared well I

888

00:35:08,120 --> 00:35:06,000

know that isn't true because I haven't

889

00:35:10,849 --> 00:35:08,130

had any vaccinations and I am still

890

00:35:15,620 --> 00:35:10,859

alive Jared didn't know what to say to

891

00:35:18,380 --> 00:35:15,630

that end quote how much would Jared he's

892

00:35:20,870 --> 00:35:18,390

a kid a fictional one at that however

893

00:35:23,599 --> 00:35:20,880

adults adults who write books for

894

00:35:25,940 --> 00:35:23,609

children certainly should know better of

895

00:35:29,000 --> 00:35:25,950

course kids who aren't vaccinated aren't

896

00:35:31,480 --> 00:35:29,010

necessarily going to die the nuances of

897

00:35:34,070 --> 00:35:31,490

risk are utterly lacking in this book

898

00:35:35,780 --> 00:35:34,080

it's also a little heavy-handed in

899

00:35:39,560 --> 00:35:35,790

portraying a vaccinated kid in a

900

00:35:41,780 --> 00:35:39,570

negative manner more on this later Tina

901  
00:35:44,450 --> 00:35:41,790  
returns home after school and chats with

902  
00:35:47,690 --> 00:35:44,460  
her mother about Melanie measles and the

903  
00:35:50,030 --> 00:35:47,700  
other children's reactions Tina's mother

904  
00:35:51,859 --> 00:35:50,040  
who is not vaccinated Tina after

905  
00:35:54,099 --> 00:35:51,869  
attributed an illness tenes older

906  
00:35:56,630 --> 00:35:54,109  
brother experienced to his vaccinations

907  
00:36:00,320 --> 00:35:56,640  
reassures Tina that the measles don't

908  
00:36:02,390 --> 00:36:00,330  
hurt she tells Tina that children get

909  
00:36:04,670 --> 00:36:02,400  
spots on their body and can feel very

910  
00:36:06,260 --> 00:36:04,680  
hot for a day or so and that for most

911  
00:36:08,750 --> 00:36:06,270  
children it's a good thing to get

912  
00:36:11,089 --> 00:36:08,760  
measles as many wise people believe

913  
00:36:15,050 --> 00:36:11,099

measles makes the body stronger and more

914

00:36:16,579 --> 00:36:15,060

mature for the future Tina then asks her

915

00:36:21,320 --> 00:36:16,589

mother why the other children were

916

00:36:23,240 --> 00:36:21,330

scared her mother applies quote they

917

00:36:25,910 --> 00:36:23,250

are scared because they don't know much

918

00:36:28,120 --> 00:36:25,920

about measles and most people fear

919

00:36:31,099 --> 00:36:28,130

things they don't know anything about

920

00:36:36,770 --> 00:36:31,109

it's a bit like being scared of the dark

921

00:36:39,260 --> 00:36:36,780

and quote Tina's mother then tells her

922

00:36:42,349 --> 00:36:39,270

about pox parties and natural lifelong

923

00:36:44,720 --> 00:36:42,359

immunity oh this is always puzzled me

924

00:36:47,510 --> 00:36:44,730

greatly if measles and chicken pox are

925

00:36:49,400 --> 00:36:47,520

absolutely fine to experience one an

926  
00:36:52,010 --> 00:36:49,410  
earth to some anti-vaccination is

927  
00:36:54,800 --> 00:36:52,020  
declare immunity gained by experiencing

928  
00:36:59,810 --> 00:36:54,810  
an illness to be a good thing it's

929  
00:37:01,220 --> 00:36:59,820  
bizarre the story continues Tina asked

930  
00:37:03,500 --> 00:37:01,230  
her mother if she can go and visit

931  
00:37:06,230 --> 00:37:03,510  
Melanie in the hopes of catching her

932  
00:37:07,340 --> 00:37:06,240  
measles her mother feels that this is a

933  
00:37:10,040 --> 00:37:07,350  
great idea

934  
00:37:13,580 --> 00:37:10,050  
suggests bring carrot juice and melon to

935  
00:37:17,660 --> 00:37:13,590  
help Melanie recover yep they're having

936  
00:37:19,700 --> 00:37:17,670  
a pox party for two Melanie greets Tina

937  
00:37:22,100 --> 00:37:19,710  
at the door and proudly shows off her

938  
00:37:25,280 --> 00:37:22,110

spots reassuring Tina that they don't

939

00:37:26,990 --> 00:37:25,290

itch or hurt at all Melanie's mother is

940

00:37:29,450 --> 00:37:27,000

nonplussed at the advocacy of the

941

00:37:32,000 --> 00:37:29,460

measles vaccine Melanie recette that

942

00:37:36,220 --> 00:37:32,010

mentions that melanie has the worst case

943

00:37:39,590 --> 00:37:36,230

of measles that doctor had seen in years

944

00:37:42,440 --> 00:37:39,600

Melanie's family doctor must be rather

945

00:37:44,810 --> 00:37:42,450

limited in his experience if an active

946

00:37:47,710 --> 00:37:44,820

and happy child with a rash is the worst

947

00:37:50,660 --> 00:37:47,720

case of measles he's seen in years

948

00:37:53,720 --> 00:37:50,670

common measles symptoms include fever

949

00:37:56,080 --> 00:37:53,730

malaise runny nose dry cough

950

00:37:58,310 --> 00:37:56,090

conjunctivitis and rash and

951  
00:38:00,380 --> 00:37:58,320  
complications can include middle ear

952  
00:38:02,950 --> 00:38:00,390  
inflammation diarrhea and vomiting

953  
00:38:05,120 --> 00:38:02,960  
respiratory infections pneumonia

954  
00:38:06,770 --> 00:38:05,130  
miscarriage and premature labor and

955  
00:38:09,500 --> 00:38:06,780  
pregnant women such as tenor or

956  
00:38:11,660 --> 00:38:09,510  
Melanie's teacher encephalitis which

957  
00:38:14,000 --> 00:38:11,670  
occurs in round one in a thousand cases

958  
00:38:17,030 --> 00:38:14,010  
ten to fifteen percent of people with

959  
00:38:19,340 --> 00:38:17,040  
encephalitis died while 15 to 40 percent

960  
00:38:22,220 --> 00:38:19,350  
end up with degrees of permanent brain

961  
00:38:23,990 --> 00:38:22,230  
damage there's one complication of

962  
00:38:25,730 --> 00:38:24,000  
measles that Melanie's family doctor

963  
00:38:29,180 --> 00:38:25,740

wouldn't have been able to spot there

964

00:38:33,080 --> 00:38:29,190

subacute sclerosing panencephalitis or

965

00:38:35,270 --> 00:38:33,090

sspe it's rare affecting around one in a

966

00:38:39,140 --> 00:38:35,280

hundred thousand cases of measles but

967

00:38:41,300 --> 00:38:39,150

nasty sspa is progressive inflammation

968

00:38:44,650 --> 00:38:41,310

of the brain that causes loss of

969

00:38:48,170 --> 00:38:44,660

personality and intellectual disability

970

00:38:52,520 --> 00:38:48,180

sspe usually begins around seven years

971

00:38:54,110 --> 00:38:52,530

after measles infection it's hard to

972

00:38:56,420 --> 00:38:54,120

fathom how anybody could be aware of

973

00:38:58,490 --> 00:38:56,430

this fact and still classify measles as

974

00:39:01,190 --> 00:38:58,500

a benign short-lived children's illness

975

00:39:05,450 --> 00:39:01,200

and want to actively seek out exposure

976  
00:39:08,420 --> 00:39:05,460  
to back to the book Tina's mother talks

977  
00:39:11,150 --> 00:39:08,430  
about the ability of plenty of vitamin A

978  
00:39:13,910 --> 00:39:11,160  
to prevent measles and assist recovery

979  
00:39:17,990 --> 00:39:13,920  
from measles the girls play with dolls

980  
00:39:20,300 --> 00:39:18,000  
hug and display wonderful manners a week

981  
00:39:23,690 --> 00:39:20,310  
later melanie is back at school with

982  
00:39:25,850 --> 00:39:23,700  
rash Tina and her mother are incredibly

983  
00:39:28,760 --> 00:39:25,860  
disappointed that Tina hasn't contracted

984  
00:39:30,920 --> 00:39:28,770  
measles Tina's mother attributes this to

985  
00:39:33,200 --> 00:39:30,930  
tanners immune system being in good

986  
00:39:34,970 --> 00:39:33,210  
condition because she eats lots of raw

987  
00:39:38,690 --> 00:39:34,980  
fresh food drinks plenty of water and

988  
00:39:40,490 --> 00:39:38,700

plays outside as much as it's feeling

989

00:39:43,430 --> 00:39:40,500

like shooting fish in a barrel to point

990

00:39:44,660 --> 00:39:43,440

out the inaccuracies in this book I find

991

00:39:46,610 --> 00:39:44,670

the done playing of how highly

992

00:39:48,560 --> 00:39:46,620

infectious measles is to be one of the

993

00:39:51,710 --> 00:39:48,570

most troubling elements in Melanie's

994

00:39:54,020 --> 00:39:51,720

marvelous measles measles is airborne

995

00:39:56,720 --> 00:39:54,030

and lives a long time outside the human

996

00:39:58,820 --> 00:39:56,730

body a person can become infected with

997

00:40:01,690 --> 00:39:58,830

measles by entering a room that somebody

998

00:40:04,460 --> 00:40:01,700

carrying it has been in two hours prior

999

00:40:06,320 --> 00:40:04,470

it's estimated that nine and ten people

1000

00:40:08,120 --> 00:40:06,330

without immunity who have contact with

1001  
00:40:10,790 --> 00:40:08,130  
somebody who's carrying measles will

1002  
00:40:12,910 --> 00:40:10,800  
contract it measles symptoms usually

1003  
00:40:15,320 --> 00:40:12,920  
occur ten to twelve days after infection

1004  
00:40:17,480 --> 00:40:15,330  
all of this means that measles can

1005  
00:40:21,560 --> 00:40:17,490  
spread like wildfire particularly in

1006  
00:40:23,780 --> 00:40:21,570  
areas of low herd immunity the book ends

1007  
00:40:27,620 --> 00:40:23,790  
with the news that Jared our vaccinated

1008  
00:40:30,080 --> 00:40:27,630  
straw man did get the measles Tina

1009  
00:40:32,660 --> 00:40:30,090  
attributes this to Jared eating so many

1010  
00:40:35,630 --> 00:40:32,670  
sweets and chips and Santa Moni ously

1011  
00:40:38,300 --> 00:40:35,640  
wishes I hope that the measles make his

1012  
00:40:40,280 --> 00:40:38,310  
body stronger and more mature and that

1013  
00:40:43,430 --> 00:40:40,290

he learns to eat more fresh foods so he

1014

00:40:45,830 --> 00:40:43,440

can take better care of his body the

1015

00:40:48,410 --> 00:40:45,840

accompanying image is of an annoyed

1016

00:40:51,980 --> 00:40:48,420

Jared lying in bed covered in spots with

1017

00:40:55,850 --> 00:40:51,990

a hamburger chips labeled msg enriched

1018

00:40:57,470 --> 00:40:55,860

GM fall I kid you not cheezles soda cup

1019

00:41:00,860 --> 00:40:57,480

cake and chocolate bar on his bedside

1020

00:41:03,290 --> 00:41:00,870

table the emphasis on nutrition is heavy

1021

00:41:05,450 --> 00:41:03,300

here as is the suggestion that good

1022

00:41:08,870 --> 00:41:05,460

foods can prevent disease as effectively

1023

00:41:10,730 --> 00:41:08,880

as we know vaccines can of course good

1024

00:41:12,650 --> 00:41:10,740

nutrition affects general health but as

1025

00:41:15,620 --> 00:41:12,660

my friend Alison so eloquently put it

1026  
00:41:19,700 --> 00:41:15,630  
recently diseases don't care if you've

1027  
00:41:21,650 --> 00:41:19,710  
eaten kale or McDonald's the last page

1028  
00:41:23,840 --> 00:41:21,660  
features Tina beaming up at her mother

1029  
00:41:26,960 --> 00:41:23,850  
juice in hand fruit beside her and

1030  
00:41:29,000 --> 00:41:26,970  
exclaiming maybe I'll be lucky enough to

1031  
00:41:32,720 --> 00:41:29,010  
catch measles next time someone we know

1032  
00:41:34,010 --> 00:41:32,730  
has them there's a dedication in the

1033  
00:41:35,750 --> 00:41:34,020  
front of the book which I'm think

1034  
00:41:37,820 --> 00:41:35,760  
King some of the books intended audience

1035  
00:41:39,200 --> 00:41:37,830  
children from four to ten years old

1036  
00:41:43,900 --> 00:41:39,210  
would read if they are reading

1037  
00:41:46,730 --> 00:41:43,910  
independently it states quote dedication

1038  
00:41:49,640 --> 00:41:46,740

this book is dedicated to Jason my

1039

00:41:51,110 --> 00:41:49,650

firstborn son in his short life he

1040

00:41:52,840 --> 00:41:51,120

taught me to be a more responsible

1041

00:41:55,700 --> 00:41:52,850

parent and with his death from

1042

00:42:00,770 --> 00:41:55,710

vaccinations came my life purpose end

1043

00:42:02,690 --> 00:42:00,780

quote it seems that Stephanie Messenger

1044

00:42:04,400 --> 00:42:02,700

has experienced terrible grief in her

1045

00:42:08,330 --> 00:42:04,410

life which is letter on the path she

1046

00:42:10,490 --> 00:42:08,340

pursues however I question whether it's

1047

00:42:12,020 --> 00:42:10,500

responsible to associate infant death

1048

00:42:14,870 --> 00:42:12,030

with vaccination in a book for children

1049

00:42:17,600 --> 00:42:14,880

at all but especially when the dangers

1050

00:42:19,820 --> 00:42:17,610

of measles are downplayed so greatly the

1051  
00:42:22,940 --> 00:42:19,830  
risks of vaccination versus the diseases

1052  
00:42:24,980 --> 00:42:22,950  
that they prevent are utterly skewed if

1053  
00:42:27,140 --> 00:42:24,990  
I were a kid who trusted this book and

1054  
00:42:29,420 --> 00:42:27,150  
the adult who gave it to me I'd be

1055  
00:42:32,000 --> 00:42:29,430  
terrified of vaccines and fairly blase

1056  
00:42:34,280 --> 00:42:32,010  
about measles which is perhaps the aim

1057  
00:42:37,580 --> 00:42:34,290  
of this book but goodness I find it

1058  
00:42:39,380 --> 00:42:37,590  
troubling kids trust their caregivers to

1059  
00:42:43,690 --> 00:42:39,390  
provide them with accurate guidance in

1060  
00:42:46,850 --> 00:42:43,700  
life and this book does anything but

1061  
00:42:49,130 --> 00:42:46,860  
mainstream media outlets news websites

1062  
00:42:51,200 --> 00:42:49,140  
and forums have been linking to Amazon's

1063  
00:42:52,580 --> 00:42:51,210

listing of Melanie's marvelous measles

1064

00:42:57,380 --> 00:42:52,590

and the torrent of negative reviews

1065

00:42:58,760 --> 00:42:57,390

which Amazon users have been leaving now

1066

00:43:00,410 --> 00:42:58,770

I don't know how many of these people

1067

00:43:02,030 --> 00:43:00,420

who have reviewed the book have actually

1068

00:43:04,850 --> 00:43:02,040

read it or whether many are just

1069

00:43:07,310 --> 00:43:04,860

responding to it's very existence some

1070

00:43:09,200 --> 00:43:07,320

of the reviews rather poignant among the

1071

00:43:11,390 --> 00:43:09,210

anger frustration mockery and black

1072

00:43:13,490 --> 00:43:11,400

humor there are some salient points

1073

00:43:17,990 --> 00:43:13,500

which I feel bear repeating such as this

1074

00:43:19,730 --> 00:43:18,000

review from C bisquick quote my infant

1075

00:43:21,830 --> 00:43:19,740

daughter went blind after contracting

1076  
00:43:23,870 --> 00:43:21,840  
measles from an unvaccinated child and

1077  
00:43:25,490 --> 00:43:23,880  
yet there's no Braille version of this

1078  
00:43:27,530 --> 00:43:25,500  
wonderful book for me to give her some

1079  
00:43:32,140 --> 00:43:27,540  
day to explain how awesome the disease

1080  
00:43:35,770 --> 00:43:32,150  
that took away her sight is end quote

1081  
00:43:39,530 --> 00:43:35,780  
also this from someone identified as ad

1082  
00:43:42,500 --> 00:43:39,540  
quote wow I'll have to buy this for my

1083  
00:43:43,880 --> 00:43:42,510  
dad here my uncle had polio as toddlers

1084  
00:43:47,540 --> 00:43:43,890  
and both were left with permanent

1085  
00:43:49,160 --> 00:43:47,550  
disabilities now in their golden years

1086  
00:43:52,100 --> 00:43:49,170  
they get to suffer from post-polio

1087  
00:43:54,980 --> 00:43:52,110  
syndrome as an added bonus preventable

1088  
00:44:00,560 --> 00:43:54,990

diseases truly are marvelous just ask my

1089

00:44:04,010 --> 00:44:00,570

dad and quote a five star review from MJ

1090

00:44:06,650 --> 00:44:04,020

willow quote I'm so glad this book is

1091

00:44:08,360 --> 00:44:06,660

out here I was thinking the two weeks of

1092

00:44:10,130 --> 00:44:08,370

my childhood spent in a darkened room

1093

00:44:13,280 --> 00:44:10,140

with blinding headaches and a burning

1094

00:44:15,410 --> 00:44:13,290

fever were not fun it was the early 60s

1095

00:44:17,420 --> 00:44:15,420

and the measles were all the rage but I

1096

00:44:20,120 --> 00:44:17,430

was too young and ignorant to realize I

1097

00:44:22,550 --> 00:44:20,130

was experiencing a miracle this book has

1098

00:44:24,530 --> 00:44:22,560

opened my eyes I had to read it through

1099

00:44:25,970 --> 00:44:24,540

some thick eyeglasses though they're

1100

00:44:27,890 --> 00:44:25,980

almost as fun to wear as the little

1101  
00:44:29,870 --> 00:44:27,900  
plastic sunglasses I had to keep on when

1102  
00:44:32,600 --> 00:44:29,880  
I watch TV with my viral power from

1103  
00:44:34,070 --> 00:44:32,610  
measles to this day the measles protect

1104  
00:44:37,000 --> 00:44:34,080  
me from getting too much Sun as the

1105  
00:44:39,440 --> 00:44:37,010  
sensitivity to light has never left me

1106  
00:44:41,150 --> 00:44:39,450  
just to be a part of history and to have

1107  
00:44:42,800 --> 00:44:41,160  
lived under a quarantine that stretched

1108  
00:44:44,810 --> 00:44:42,810  
out to almost a month when my mother

1109  
00:44:48,020 --> 00:44:44,820  
took ill with my marvelous measles is an

1110  
00:44:50,050 --> 00:44:48,030  
honor I didn't recognize lucky for me

1111  
00:44:52,100 --> 00:44:50,060  
though I had immunity to the disease

1112  
00:44:54,350 --> 00:44:52,110  
good thing my mother wasn't pregnant

1113  
00:44:57,710 --> 00:44:54,360

then at least I don't think she was I

1114

00:44:59,360 --> 00:44:57,720

have no siblings I must apologize to my

1115

00:45:02,000 --> 00:44:59,370

children for withholding such a glorious

1116

00:45:03,680 --> 00:45:02,010

experience from them vaccines were

1117

00:45:05,510 --> 00:45:03,690

available and free for the taking when

1118

00:45:07,850 --> 00:45:05,520

they were young I can't believe I fell

1119

00:45:09,250 --> 00:45:07,860

for that hopefully they will forgive me

1120

00:45:13,220 --> 00:45:09,260

for denying them this life-changing

1121

00:45:17,930 --> 00:45:13,230

experience end quote and finally this

1122

00:45:20,390 --> 00:45:17,940

from user Tampa girl quote what a

1123

00:45:22,640 --> 00:45:20,400

dirtbag moved to steal the title of

1124

00:45:25,490 --> 00:45:22,650

author Roald Dahl's book George's

1125

00:45:28,640 --> 00:45:25,500

marvelous medicine Roald Dahl's daughter

1126  
00:45:31,160 --> 00:45:28,650  
died of measles this so-called author is

1127  
00:45:35,680 --> 00:45:31,170  
just a leech on society children and the

1128  
00:45:38,240 --> 00:45:35,690  
memory of dolls little girl end quote

1129  
00:45:40,370 --> 00:45:38,250  
indeed the title melanie's marvelous

1130  
00:45:42,560 --> 00:45:40,380  
measles does bear resemblance to the

1131  
00:45:45,590 --> 00:45:42,570  
title of Roald Dahl's book George's

1132  
00:45:47,480 --> 00:45:45,600  
marvelous medicine which leads me back

1133  
00:45:51,050 --> 00:45:47,490  
to the media coverage relating to the

1134  
00:45:52,850 --> 00:45:51,060  
current US measles outbreak circulating

1135  
00:45:55,330 --> 00:45:52,860  
widely at the moment is an open letter

1136  
00:45:58,670 --> 00:45:55,340  
which Roald Dahl wrote to parents in

1137  
00:46:00,640 --> 00:45:58,680  
1988 in which he urges them to vaccinate

1138  
00:46:02,650 --> 00:46:00,650

their children and speaks about his

1139

00:46:07,450 --> 00:46:02,660

experience of losing his seven-year-old

1140

00:46:09,400 --> 00:46:07,460

daughter Olivia to measles in 1962 it's

1141

00:46:11,349 --> 00:46:09,410

a heartbreaking but important read and

1142

00:46:14,200 --> 00:46:11,359

has been republished on many websites

1143

00:46:16,210 --> 00:46:14,210

over the past few weeks I'll put a link

1144

00:46:18,519 --> 00:46:16,220

in the show notes to its publication on

1145

00:46:20,410 --> 00:46:18,529

snopes which also includes Dolph

1146

00:46:22,870 --> 00:46:20,420

harrowing recollection of his daughters

1147

00:46:24,819 --> 00:46:22,880

last day and his wife Patricia Neal's

1148

00:46:28,930 --> 00:46:24,829

perspective on losing Olivia and the

1149

00:46:31,390 --> 00:46:28,940

effect it had on Roald Dahl now so much

1150

00:46:33,099 --> 00:46:31,400

of this is sad that there's an outbreak

1151  
00:46:35,589 --> 00:46:33,109  
of measles in a country where it was

1152  
00:46:37,630 --> 00:46:35,599  
considered eradicated that some parents

1153  
00:46:39,609 --> 00:46:37,640  
need convincing in order to vaccinate

1154  
00:46:41,890 --> 00:46:39,619  
their children and that dangerous

1155  
00:46:45,760 --> 00:46:41,900  
anti-vaccination misinformation some

1156  
00:46:47,230 --> 00:46:45,770  
directed at children exists at all based

1157  
00:46:49,029 --> 00:46:47,240  
on what I've been observing over the

1158  
00:46:51,190 --> 00:46:49,039  
past month and a half since the US

1159  
00:46:52,990 --> 00:46:51,200  
outbreak begun though more and more

1160  
00:46:54,670 --> 00:46:53,000  
members of the public is standing up for

1161  
00:46:56,920 --> 00:46:54,680  
vaccination and criticizing

1162  
00:46:59,740 --> 00:46:56,930  
misinformation and the media are

1163  
00:47:01,420 --> 00:46:59,750

acknowledging this sentiment while it's

1164

00:47:03,250 --> 00:47:01,430

lousy that it's taken an outbreak to

1165

00:47:05,289 --> 00:47:03,260

catalyze this wave of public support for

1166

00:47:08,079 --> 00:47:05,299

vaccination and the outbreak is

1167

00:47:09,670 --> 00:47:08,089

unfortunately far from over hopefully

1168

00:47:12,279 --> 00:47:09,680

the pre vaccination sentiment will

1169

00:47:14,049 --> 00:47:12,289

strengthen as a result and some parents

1170

00:47:16,180 --> 00:47:14,059

who are complacent or on the fence

1171

00:47:21,010 --> 00:47:16,190

regarding vaccinating their children may

1172

00:47:22,900 --> 00:47:21,020

reconsider their positions a transcript

1173

00:47:25,120 --> 00:47:22,910

of this report will be available on my

1174

00:47:37,270 --> 00:47:25,130

website which can be found at evidence

1175

00:47:43,250 --> 00:47:40,100

the skeptic magazine the journal from

1176

00:47:45,470 --> 00:47:43,260

Australian skeptics subscribe online to

1177

00:47:50,780 --> 00:47:45,480

the world's second oldest skeptical

1178

00:47:53,540 --> 00:47:50,790

magazine visit w WC APA mau and click

1179

00:47:57,500 --> 00:47:53,550

the publication's league you can also

1180

00:48:00,830 --> 00:47:57,510

find their over 30 years on back issues

1181

00:48:18,710 --> 00:48:00,840

free to download the skeptic magazine

1182

00:48:23,940 --> 00:48:21,090

thank you for listening to the skeptics

1183

00:48:26,330 --> 00:48:23,950

iron coming up next week there's more

1184

00:48:28,410 --> 00:48:26,340

from Heidi Robertson the raw skeptic

1185

00:48:30,359 --> 00:48:28,420

Richard will be back in the captain's

1186

00:48:32,880 --> 00:48:30,369

chair and he'll be interviewing ash

1187

00:48:34,920 --> 00:48:32,890

price from the Edinburgh skeptics who's

1188

00:48:38,490 --> 00:48:34,930

taking is edinboro French show how to

1189

00:48:41,010 --> 00:48:38,500

talk to the dead on the road comedy

1190

00:48:43,950 --> 00:48:41,020

magic and rational inquiry it sounds

1191

00:48:45,840 --> 00:48:43,960

very much like my cup of tea for this

1192

00:48:53,640 --> 00:48:45,850

week this is joe alabaster signing off

1193

00:48:55,230 --> 00:48:53,650

from the Blue Mountains Australia you've

1194

00:48:59,010 --> 00:48:55,240

been listening to the skeptics own

1195

00:49:02,130 --> 00:48:59,020

podcast visit our website at wwc aiptek

1196

00:49:06,030 --> 00:49:02,140

zone TV for contacts an archive of all

1197

00:49:08,340 --> 00:49:06,040

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1198

00:49:11,060 --> 00:49:08,350

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1199

00:49:14,070 --> 00:49:11,070

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1200

00:49:17,130 --> 00:49:14,080

liking us on facebook and leaving a

1201

00:49:19,980 --> 00:49:17,140

review on iTunes you can also show your

1202

00:49:23,460 --> 00:49:19,990

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1203

00:49:25,800 --> 00:49:23,470

little as 99 cents a week the skeptic

1204

00:49:27,510 --> 00:49:25,810

zone is an independent production the

1205

00:49:29,580 --> 00:49:27,520

views and opinions expressed on the

1206

00:49:32,270 --> 00:49:29,590

skeptic zone and not necessarily those