

The Skeptic Zone
Show 336- 29 March 2015



Pontus Bäckman

1
00:00:29,410 --> 00:00:09,080
welcome to the skeptic zone the podcast

2
00:00:34,210 --> 00:00:31,270
well as you can hear we sure aren't here

3
00:00:35,650 --> 00:00:34,220
for the music yes we are may not what

4
00:00:38,290 --> 00:00:35,660
are you talking about hello and welcome

5
00:00:39,430 --> 00:00:38,300
to the club here may not now this isn't

6
00:00:41,260 --> 00:00:39,440
the club at the end of the street will

7
00:00:44,560 --> 00:00:41,270
use do think tank this is another club

8
00:00:47,320 --> 00:00:44,570
but you're here I'm here Joe alabasta

9
00:00:49,570 --> 00:00:47,330
hello John hello we're all here tonight

10
00:00:52,150 --> 00:00:49,580
to hear dr. Brad Mackay this is the

11
00:00:53,590 --> 00:00:52,160
skeptics dinner meeting here in Sydney I

12
00:00:54,939 --> 00:00:53,600
tell what it's been a big weekend for me

13
00:00:57,009 --> 00:00:54,949

like last night was the Hellfire Club

14

00:00:59,170 --> 00:00:57,019

and tonight it's the Australian skeptics

15

00:01:01,420 --> 00:00:59,180

dinner what a range of experiencing in

16

00:01:04,750 --> 00:01:01,430

one weekend you're a man of mystery man

17

00:01:05,800 --> 00:01:04,760

you really now coming up on this week's

18

00:01:08,170 --> 00:01:05,810

show we're going to be talking to

19

00:01:11,710 --> 00:01:08,180

punters Berkman from the Swedish

20

00:01:16,410 --> 00:01:11,720

skeptics may not Sweden ah my favorite

21

00:01:20,140 --> 00:01:16,420

the Polish name is Jana spro hanska

22

00:01:21,820 --> 00:01:20,150

Touche well in fact I'd like dedicate

23

00:01:23,230 --> 00:01:21,830

this show to Jana spre hanska look him

24

00:01:25,120 --> 00:01:23,240

up on Wikipedia but what are you going

25

00:01:26,649 --> 00:01:25,130

to talk about with the Swedish hip ting

26

00:01:28,030 --> 00:01:26,659

well what they're doing in Sweden about

27

00:01:30,010 --> 00:01:28,040

skepticism getting the word out and

28

00:01:31,990 --> 00:01:30,020

sweetie skeptics in the pub which sounds

29

00:01:34,660 --> 00:01:32,000

like a lot of fun we also have a week in

30

00:01:37,420 --> 00:01:34,670

science of course from our IRS and are

31

00:01:38,999 --> 00:01:37,430

the raw skeptic report highly robertson

32

00:01:43,719 --> 00:01:39,009

is going to be looking at claims

33

00:01:44,859 --> 00:01:43,729

revolving around asthma and woo claims

34

00:01:47,410 --> 00:01:44,869

and things like that mean so these

35

00:01:48,700 --> 00:01:47,420

claims to cure asthma or what is it yeah

36

00:01:51,310 --> 00:01:48,710

well there are a lot of claims out there

37

00:01:53,169 --> 00:01:51,320

woo alternative medicine claims that say

38

00:01:55,510 --> 00:01:53,179

they can treat asthma you can treat

39

00:01:57,580 --> 00:01:55,520

asthma this can with this device or this

40

00:01:59,770 --> 00:01:57,590

remedy and heidi's going to have a close

41

00:02:00,969 --> 00:01:59,780

look at these some of these claims but

42

00:02:02,080 --> 00:02:00,979

your raw milk will come into it

43

00:02:05,830 --> 00:02:02,090

somewhere

44

00:02:07,599 --> 00:02:05,840

I wonder if well I mean we had the prize

45

00:02:09,550 --> 00:02:07,609

her out of her raw milk bath but there

46

00:02:11,110 --> 00:02:09,560

you go look we have Joe here cuz you got

47

00:02:14,259 --> 00:02:11,120

something coming up on next week's show

48

00:02:16,390 --> 00:02:14,269

I do indeed i'm going to be talking once

49

00:02:18,400 --> 00:02:16,400

again about world homeopathy Awareness

50

00:02:20,259 --> 00:02:18,410

Week which actually marks a year that

51
00:02:21,880 --> 00:02:20,269
I've been talking on the sign now doing

52
00:02:23,740 --> 00:02:21,890
reports because it was my first report a

53
00:02:26,619 --> 00:02:23,750
year ago so have you had much pushback

54
00:02:29,140 --> 00:02:26,629
from homeopaths about it you know not

55
00:02:31,630 --> 00:02:29,150
very much to be honest I've had one

56
00:02:34,120 --> 00:02:31,640
comment I've got a homeopath who does

57
00:02:36,100 --> 00:02:34,130
comment on my blog and also speaks to me

58
00:02:40,000 --> 00:02:36,110
on Twitter but her arguments aren't

59
00:02:41,890 --> 00:02:40,010
really very solid I wouldn't say just

60
00:02:43,839 --> 00:02:41,900
just like homeopathy itself we might say

61
00:02:46,000 --> 00:02:43,849
and what a solid arguments we got on the

62
00:02:49,210 --> 00:02:46,010
show this week it's about it may not

63
00:02:51,759 --> 00:02:49,220

that's about as solid as it gets but I

64

00:02:53,140 --> 00:02:51,769

tell you what we're in outside the room

65

00:02:55,630 --> 00:02:53,150

at the moment there's a big dinner going

66

00:02:57,880 --> 00:02:55,640

on in just about to call for dessert so

67

00:02:59,530 --> 00:02:57,890

while we three run into that room and

68

00:03:02,860 --> 00:02:59,540

have our dessert listen to the talk I

69

00:03:05,559 --> 00:03:02,870

hope our listeners enjoy the skeptic

70

00:03:32,430 --> 00:03:05,569

zone I want to go downstairs see if I

71

00:03:37,660 --> 00:03:35,680

and joining me now all the way from

72

00:03:40,180 --> 00:03:37,670

Sweden now have spoken to people from my

73

00:03:41,680 --> 00:03:40,190

no way before their Norwegian skeptics

74

00:03:43,800 --> 00:03:41,690

are very well known to listen to the

75

00:03:46,210 --> 00:03:43,810

skeptic turn now we're just going to

76

00:03:47,580 --> 00:03:46,220

shift our focus a little bit in that

77

00:03:51,250 --> 00:03:47,590

area in the world we're going to visit

78

00:03:54,670 --> 00:03:51,260

Sweden and the city of Malmo in Sweden

79

00:03:56,740 --> 00:03:54,680

and I'm speaking to member of the board

80

00:03:59,950 --> 00:03:56,750

member of the Swedish skeptics society

81

00:04:02,260 --> 00:03:59,960

pontus Berkman hello punters hello

82

00:04:04,360 --> 00:04:02,270

Richard how are you I'm really well and

83

00:04:06,100 --> 00:04:04,370

it's so nice to chat with you and thank

84

00:04:09,580 --> 00:04:06,110

you so much for dropping the aligner

85

00:04:11,140 --> 00:04:09,590

just this last week in fact you

86

00:04:13,750 --> 00:04:11,150

contacted me because you're very

87

00:04:15,790 --> 00:04:13,760

interested in the the vaccination

88

00:04:18,340 --> 00:04:15,800

Chronicles and I've sent you off a copy

89

00:04:20,140 --> 00:04:18,350
of that on DVD and I thought well what a

90

00:04:22,570 --> 00:04:20,150
great opportunity to chat to somebody

91

00:04:25,690 --> 00:04:22,580
from the Swedish skeptics oh thank you

92

00:04:27,460 --> 00:04:25,700
for making contact no problem it's

93

00:04:29,890 --> 00:04:27,470
really nice to speak with you what can

94

00:04:33,190 --> 00:04:29,900
you tell me about the Swedish skeptics

95

00:04:35,110 --> 00:04:33,200
in general the organization well yeah

96

00:04:36,760 --> 00:04:35,120
well the skeptics movement is pretty

97

00:04:39,159 --> 00:04:36,770
well established in Sweden i would say

98

00:04:42,210 --> 00:04:39,169
the the skeptic the swedish skeptics

99

00:04:45,790 --> 00:04:42,220
association was founded in in 1982 and

100

00:04:48,130 --> 00:04:45,800
we have gradually grown to have close to

101
00:04:50,650 --> 00:04:48,140
3,000 members by now so we're pretty

102
00:04:53,800 --> 00:04:50,660
proud of that that's pretty good

103
00:04:55,540 --> 00:04:53,810
threaten three are you concentrate

104
00:04:57,400 --> 00:04:55,550
mostly on Sweden or do you have people

105
00:05:00,909 --> 00:04:57,410
from around the world sort of interested

106
00:05:03,520 --> 00:05:00,919
in what you're doing well we we focus on

107
00:05:06,159 --> 00:05:03,530
Sweden and well that gives us plenty to

108
00:05:08,820 --> 00:05:06,169
do actually but we do try also to to

109
00:05:12,610 --> 00:05:08,830
keep in touch with the international

110
00:05:15,040 --> 00:05:12,620
other organizations I i use i actually

111
00:05:17,950 --> 00:05:15,050
since mama was pretty close to denmark

112
00:05:20,080 --> 00:05:17,960
out I quite often go over to Copenhagen

113
00:05:24,190 --> 00:05:20,090

and talk to the my Danish colleagues

114

00:05:27,280 --> 00:05:24,200

over there and I have be I went to QED

115

00:05:29,710 --> 00:05:27,290

and Manchester last year I know that you

116

00:05:32,590 --> 00:05:29,720

you've been there yourself Richard yes

117

00:05:36,100 --> 00:05:32,600

and I'm yeah I'm going again this year

118

00:05:38,710 --> 00:05:36,110

so I have that I'm yeah you know I know

119

00:05:41,140 --> 00:05:38,720

Michael Marshall a bit and and it's nice

120

00:05:43,610 --> 00:05:41,150

to keep in touch with

121

00:05:45,379 --> 00:05:43,620

other skeptics I don't I don't think

122

00:05:48,080 --> 00:05:45,389

this the movement actually need any

123

00:05:50,540 --> 00:05:48,090

national borders I think you're

124

00:05:53,330 --> 00:05:50,550

absolutely right in QED of course which

125

00:05:54,800 --> 00:05:53,340

I have as you mentioned I've been to QD

126

00:05:57,350 --> 00:05:54,810

a couple of times when what a thrill

127

00:05:59,689 --> 00:05:57,360

that was it is really one of them the

128

00:06:03,020 --> 00:05:59,699

better are skeptical conventions

129

00:06:05,540 --> 00:06:03,030

anywhere in the world and and i'm very

130

00:06:08,149 --> 00:06:05,550

jealous of anybody who goes to QED and

131

00:06:10,219 --> 00:06:08,159

looking at a map i'm just looking at my

132

00:06:13,249 --> 00:06:10,229

map now where you are exactly in malna

133

00:06:15,290 --> 00:06:13,259

which is just across a very large bridge

134

00:06:18,110 --> 00:06:15,300

to copenhagen so you're a very

135

00:06:20,050 --> 00:06:18,120

international man I think yeah well it's

136

00:06:22,969 --> 00:06:20,060

easy actually they make it easy for us

137

00:06:24,619 --> 00:06:22,979

there's really two so that's great i'm

138

00:06:27,110 --> 00:06:24,629

glad the swedish skeptics have been

139

00:06:28,850 --> 00:06:27,120

around for a while now i was just

140

00:06:30,320 --> 00:06:28,860

looking to at your website and i think

141

00:06:36,189 --> 00:06:30,330

that's very interesting that for our

142

00:06:40,990 --> 00:06:36,199

international is that website is WWF SE

143

00:06:45,409 --> 00:06:41,000

SE for sweden what does v O F stand for

144

00:06:48,680 --> 00:06:45,419

yeah that that's an abbreviation of vet

145

00:06:50,930 --> 00:06:48,690

and scope oak Foulke building which may

146

00:06:53,689 --> 00:06:50,940

be hard to pronounce in other languages

147

00:06:57,769 --> 00:06:53,699

but it means roughly science and popular

148

00:07:00,619 --> 00:06:57,779

education so in 1982 when it was founded

149

00:07:04,249 --> 00:07:00,629

I don't think that the skeptics that the

150

00:07:07,459 --> 00:07:04,259

word skeptic was as such had such

151
00:07:09,369 --> 00:07:07,469
popularity as it has now so maybe today

152
00:07:12,409 --> 00:07:09,379
we would call it something else but

153
00:07:15,140 --> 00:07:12,419
science and popular of Education that's

154
00:07:23,420 --> 00:07:15,150
fine ma'am I can completely understand

155
00:07:25,700 --> 00:07:23,430
that WWV offa or waffle yeah we might we

156
00:07:29,360 --> 00:07:25,710
might call that means you it reach yeah

157
00:07:31,279 --> 00:07:29,370
we do sometimes make that joke yet oh I

158
00:07:32,570 --> 00:07:31,289
thought it was the first one and tell me

159
00:07:35,209 --> 00:07:32,580
what are the some of the activities that

160
00:07:37,579 --> 00:07:35,219
the organization gets up to in Sweden

161
00:07:39,950 --> 00:07:37,589
the the thing that we are mostly

162
00:07:42,649 --> 00:07:39,960
recognized for is that we give out two

163
00:07:45,200 --> 00:07:42,659

prizes every year one is the enlightener

164

00:07:48,379 --> 00:07:45,210

of the year where we give a price and

165

00:07:50,360 --> 00:07:48,389

actually some money to to somebody or

166

00:07:52,089 --> 00:07:50,370

some organization that has done

167

00:07:54,200 --> 00:07:52,099

something very good in spreading

168

00:07:57,290 --> 00:07:54,210

critical thinking thing

169

00:08:00,559 --> 00:07:57,300

king or or debunking some pseudoscience

170

00:08:02,900 --> 00:08:00,569

and then we also give out our version of

171

00:08:06,050 --> 00:08:02,910

the bent spoon waterhouse you would

172

00:08:09,320 --> 00:08:06,060

point yeah yeah not as popular to

173

00:08:12,469 --> 00:08:09,330

receive but it gets quite some press

174

00:08:14,360 --> 00:08:12,479

here but that's good that I mean we've

175

00:08:17,390 --> 00:08:14,370

been handing out in Australia the bent

176

00:08:21,320 --> 00:08:17,400

spoon award for over 30 years and James

177

00:08:22,730 --> 00:08:21,330

Randi has his Pegasus award I'm glad out

178

00:08:24,620 --> 00:08:22,740

of the organization's do this I think

179

00:08:26,960 --> 00:08:24,630

it's a good it's a really good idea yes

180

00:08:29,120 --> 00:08:26,970

it does get some press what do you know

181

00:08:32,000 --> 00:08:29,130

some of the examples of some of the

182

00:08:35,480 --> 00:08:32,010

people who've won this prize yeah last

183

00:08:38,930 --> 00:08:35,490

year we gave actually the so called spin

184

00:08:41,930 --> 00:08:38,940

bent spoon war to TV for which is one of

185

00:08:45,320 --> 00:08:41,940

the big national networks we have here

186

00:08:47,930 --> 00:08:45,330

because they have they actually they

187

00:08:51,800 --> 00:08:47,940

have earned it again since then but but

188

00:08:54,079 --> 00:08:51,810

in the morning they have a show where

189

00:08:55,760 --> 00:08:54,089

they talk about things and they give out

190

00:08:58,250 --> 00:08:55,770

advice and sometimes it's very

191

00:09:01,130 --> 00:08:58,260

scientific then sometimes it's not at

192

00:09:03,650 --> 00:09:01,140

all scientific especially disturbing

193

00:09:08,260 --> 00:09:03,660

when they do give out advice for people

194

00:09:11,840 --> 00:09:08,270

with illnesses or psychological problems

195

00:09:14,360 --> 00:09:11,850

advice that are really very dangerous to

196

00:09:17,360 --> 00:09:14,370

try to follow at home and I think it's

197

00:09:19,760 --> 00:09:17,370

especially troubling when they when they

198

00:09:23,569 --> 00:09:19,770

mix good advice with bad advice because

199

00:09:26,329 --> 00:09:23,579

they get some credibility and then they

200

00:09:28,210 --> 00:09:26,339

totally miss uses that so we we gave

201
00:09:31,910 --> 00:09:28,220
them that bent spoon award last year

202
00:09:33,800 --> 00:09:31,920
that sounds exactly like some of the the

203
00:09:37,100 --> 00:09:33,810
programs we have in this country where

204
00:09:39,290 --> 00:09:37,110
in morning television and things like

205
00:09:41,510 --> 00:09:39,300
this they'll have doctors on and people

206
00:09:44,690 --> 00:09:41,520
to talk about science occasionally and

207
00:09:46,819 --> 00:09:44,700
then they'll have psychics on and very

208
00:09:48,050 --> 00:09:46,829
very questionable medical advice from

209
00:09:50,090 --> 00:09:48,060
other people without proper

210
00:09:51,740 --> 00:09:50,100
qualifications so yeah it's interesting

211
00:09:54,410 --> 00:09:51,750
how these things are sort of around the

212
00:09:56,449 --> 00:09:54,420
world yeah and it's also interesting how

213
00:09:58,819 --> 00:09:56,459

they react because they were asked about

214

00:10:02,510 --> 00:09:58,829

a month after they got award the award

215

00:10:04,819 --> 00:10:02,520

to say have you now listen to this and

216

00:10:07,550 --> 00:10:04,829

have you adapt and adapted your your

217

00:10:10,040 --> 00:10:07,560

message any and and what they

218

00:10:13,610 --> 00:10:10,050

why was something like well we always

219

00:10:17,930 --> 00:10:13,620

listen to criticism but we have found no

220

00:10:20,090 --> 00:10:17,940

reason to rethink our approach so in my

221

00:10:23,240 --> 00:10:20,100

mind it means they listen but they don't

222

00:10:25,130 --> 00:10:23,250

think so I think yeah and also a lot of

223

00:10:27,170 --> 00:10:25,140

people we've discovered in this country

224

00:10:29,780 --> 00:10:27,180

I'm some years ago we gave the bent

225

00:10:33,650 --> 00:10:29,790

spoon to a program on the national

226

00:10:35,540 --> 00:10:33,660

broadcaster the ABC national TV in this

227

00:10:37,610 --> 00:10:35,550

country they were running a program and

228

00:10:40,130 --> 00:10:37,620

some of our listeners may remember this

229

00:10:42,440 --> 00:10:40,140

called second opinion which is all about

230

00:10:45,950 --> 00:10:42,450

alternative medicine and was giving out

231

00:10:48,260 --> 00:10:45,960

just outrageous advice and basing

232

00:10:50,570 --> 00:10:48,270

stories on nonsense and when they won

233

00:10:53,510 --> 00:10:50,580

the bent spoon award they tried to use

234

00:10:56,210 --> 00:10:53,520

it as publicity saying are the skeptics

235

00:10:59,990 --> 00:10:56,220

gave us this is a tongue-in-cheek this

236

00:11:02,120 --> 00:11:00,000

funny award and I it was interesting

237

00:11:04,100 --> 00:11:02,130

because it was the award came with a

238

00:11:05,420 --> 00:11:04,110

very powerful message I think that you

239

00:11:07,430 --> 00:11:05,430

know we were very concerned about this

240

00:11:09,320 --> 00:11:07,440

so I'm pleased to hear that other groups

241

00:11:12,590 --> 00:11:09,330

are giving out these sort of strange

242

00:11:14,060 --> 00:11:12,600

awards and I understand you also do

243

00:11:16,100 --> 00:11:14,070

something that we love to do in

244

00:11:20,180 --> 00:11:16,110

Australia you have something like

245

00:11:23,510 --> 00:11:20,190

skeptics in the pub yes we do we we do

246

00:11:26,120 --> 00:11:23,520

organized skeptics in the pubs and some

247

00:11:27,530 --> 00:11:26,130

lectures and actually it was to be

248

00:11:29,690 --> 00:11:27,540

honest it was the skeptics in the pub

249

00:11:33,050 --> 00:11:29,700

that got me interested in the movement

250

00:11:35,960 --> 00:11:33,060

to begin with aha because I listened to

251
00:11:38,600 --> 00:11:35,970
a lot of podcasts skeptics own included

252
00:11:40,730 --> 00:11:38,610
and and you would hear things like

253
00:11:44,180 --> 00:11:40,740
Maynard running around that skeptics in

254
00:11:47,180 --> 00:11:44,190
the pub in in Sydney having a good time

255
00:11:49,610 --> 00:11:47,190
and say what can I do that so that was

256
00:11:53,720 --> 00:11:49,620
actually my gateway into the the

257
00:11:57,740 --> 00:11:53,730
movement but we do we do that so we have

258
00:12:01,370 --> 00:11:57,750
we have and we have seven local chapters

259
00:12:04,660 --> 00:12:01,380
now of the of the skeptics association

260
00:12:07,370 --> 00:12:04,670
that keep that organises these things

261
00:12:09,650 --> 00:12:07,380
locally and here in the south of Sweden

262
00:12:12,350 --> 00:12:09,660
we have have them regularly in two

263
00:12:15,440 --> 00:12:12,360

cities and now we are reaching out to

264

00:12:18,560 --> 00:12:15,450

third the city because we think that any

265

00:12:21,440 --> 00:12:18,570

every city should should have a skeptics

266

00:12:24,080 --> 00:12:21,450

in the pub pub activity but we

267

00:12:27,080 --> 00:12:24,090

also have other lectures we are going to

268

00:12:29,870 --> 00:12:27,090

do something about the ignoble prices in

269

00:12:32,870 --> 00:12:29,880

Stockholm in about a couple of weeks aha

270

00:12:34,790 --> 00:12:32,880

yes yes very fine yeah yeah and things

271

00:12:39,020 --> 00:12:34,800

like things like that things that are

272

00:12:41,530 --> 00:12:39,030

you know fun and and can can attract

273

00:12:45,160 --> 00:12:41,540

people not just the skeptics but also

274

00:12:47,900 --> 00:12:45,170

other interested parties of the public

275

00:12:49,940 --> 00:12:47,910

and it's exactly why one of the reasons

276

00:12:52,460 --> 00:12:49,950

why we do something like skeptics in the

277

00:12:54,140 --> 00:12:52,470

pub not only is it a great night because

278

00:12:58,700 --> 00:12:54,150

we just meet with friends and anybody

279

00:13:00,410 --> 00:12:58,710

can come along and we think it's a

280

00:13:02,180 --> 00:13:00,420

really really interesting way to

281

00:13:04,070 --> 00:13:02,190

introduce skepticism of people because

282

00:13:06,170 --> 00:13:04,080

you do get people coming along to the

283

00:13:08,270 --> 00:13:06,180

pub who are curious and don't know what

284

00:13:11,950 --> 00:13:08,280

skepticism really is or they think they

285

00:13:14,600 --> 00:13:11,960

know and then they often is a

286

00:13:17,810 --> 00:13:14,610

interesting time when people realize

287

00:13:19,670 --> 00:13:17,820

what we're doing or get great benefit

288

00:13:23,330 --> 00:13:19,680

out of it and they completely changed

289

00:13:26,420 --> 00:13:23,340

their mind so it's not just an excuse to

290

00:13:28,820 --> 00:13:26,430

have lots of food and drink really I

291

00:13:31,580 --> 00:13:28,830

think no more serious aspect of skeptics

292

00:13:34,400 --> 00:13:31,590

in the pub no actually just last night

293

00:13:36,770 --> 00:13:34,410

we had a skeptics in the pub and we had

294

00:13:40,580 --> 00:13:36,780

a separate room in the back and at one

295

00:13:43,430 --> 00:13:40,590

point during a lecture there was one guy

296

00:13:44,840 --> 00:13:43,440

coming in obviously not knowing what we

297

00:13:47,090 --> 00:13:44,850

were all about and said where's the

298

00:13:49,520 --> 00:13:47,100

match he was looking for the for the

299

00:13:51,500 --> 00:13:49,530

football match and I said well that's

300

00:13:54,410 --> 00:13:51,510

not what we're doing here we're having a

301

00:13:56,990 --> 00:13:54,420

lecture this and that and he said well

302

00:13:59,330 --> 00:13:57,000

ok then that might do just as well and

303

00:14:01,430 --> 00:13:59,340

he went in and sat at the back and he

304

00:14:03,440 --> 00:14:01,440

was it paid a lot of attention and I

305

00:14:06,380 --> 00:14:03,450

think maybe we have a new member soon

306

00:14:09,410 --> 00:14:06,390

and how often do you have your skeptics

307

00:14:12,110 --> 00:14:09,420

in the pub in Malmo well we have them we

308

00:14:14,870 --> 00:14:12,120

have every month we have a skeptic

309

00:14:17,090 --> 00:14:14,880

cinder pub and one we have them in Malmo

310

00:14:19,460 --> 00:14:17,100

every other month and in a city called

311

00:14:21,290 --> 00:14:19,470

learned the other months oh yes I'm just

312

00:14:24,170 --> 00:14:21,300

looking at my map now and I can see Luna

313

00:14:25,880 --> 00:14:24,180

it's not very far is it not very far we

314

00:14:29,240 --> 00:14:25,890

actually have more members in learned

315

00:14:31,550 --> 00:14:29,250

it's it's a it's a university town so we

316

00:14:35,440 --> 00:14:31,560

have both academics in in the movement

317

00:14:38,060 --> 00:14:35,450

so so we we try to alternate

318

00:14:39,530 --> 00:14:38,070

sounds good to me sounds very good to me

319

00:14:42,200 --> 00:14:39,540

is of course skeptics in the pub is

320

00:14:43,970 --> 00:14:42,210

international there are many I think

321

00:14:46,370 --> 00:14:43,980

just about any night of the week

322

00:14:47,930 --> 00:14:46,380

somewhere in the world you can find a

323

00:14:53,480 --> 00:14:47,940

skeptics and above I guess if you're

324

00:14:55,220 --> 00:14:53,490

prepared to travel yes I I would be me

325

00:14:57,530 --> 00:14:55,230

too i think i think that's a good idea

326

00:15:00,050 --> 00:14:57,540

and just again for the sake of our

327

00:15:02,690 --> 00:15:00,060

listeners anywhere in the world have a

328

00:15:05,450 --> 00:15:02,700

look in your city or your region there

329

00:15:08,360 --> 00:15:05,460

may just might be a skeptics in the pub

330

00:15:12,710 --> 00:15:08,370

and its really worthwhile going to yeah

331

00:15:14,600 --> 00:15:12,720

and if like me you you want to go but

332

00:15:19,010 --> 00:15:14,610

there's nobody organizing it you can do

333

00:15:21,530 --> 00:15:19,020

it yourself we actually i reached out to

334

00:15:24,320 --> 00:15:21,540

on facebook and i got in contact with

335

00:15:27,800 --> 00:15:24,330

one other person this is about 45 years

336

00:15:29,300 --> 00:15:27,810

ago four years ago and we decided him

337

00:15:30,920 --> 00:15:29,310

and me we didn't know each other but we

338

00:15:32,950 --> 00:15:30,930

we had the similar interest and we said

339

00:15:35,870 --> 00:15:32,960

we need to get this going in mama and

340

00:15:39,950 --> 00:15:35,880

for six months it was just him and me

341

00:15:43,520 --> 00:15:39,960

sitting in a pub I had what didn't give

342

00:15:46,370 --> 00:15:43,530

up and we eventually the word word got

343

00:15:48,830 --> 00:15:46,380

around we got you know formally

344

00:15:50,780 --> 00:15:48,840

affiliated with the Swedish skeptics and

345

00:15:52,790 --> 00:15:50,790

now we are about you know sometimes

346

00:15:56,920 --> 00:15:52,800

we're 35 people there and it's it's

347

00:15:59,930 --> 00:15:56,930

great it's great fun I'd that's exactly

348

00:16:03,290 --> 00:15:59,940

what you should do and you if I cast my

349

00:16:05,570 --> 00:16:03,300

mind back ah 12 years or 13 years i'm

350

00:16:06,860 --> 00:16:05,580

not sure how many years now when i was

351

00:16:08,660 --> 00:16:06,870

kicking off skeptics in the pub in

352

00:16:11,180 --> 00:16:08,670

sydney and i guess some nights would

353

00:16:14,330 --> 00:16:11,190

have five or six people in a room and

354

00:16:16,310 --> 00:16:14,340

then it just grew and grew over the

355

00:16:18,470 --> 00:16:16,320

years and now i'm pleased to say now in

356

00:16:20,540 --> 00:16:18,480

sydney at least we can have so many

357

00:16:23,810 --> 00:16:20,550

people in we can hardly squeeze people

358

00:16:25,970 --> 00:16:23,820

into the lecture room we have it's very

359

00:16:28,250 --> 00:16:25,980

heartening and every month there are new

360

00:16:29,660 --> 00:16:28,260

people every month review people coming

361

00:16:33,050 --> 00:16:29,670

along which is which is a really great

362

00:16:36,320 --> 00:16:33,060

thing yes yes i agree and it's fun to

363

00:16:39,110 --> 00:16:36,330

meet new people that that's that's why I

364

00:16:41,600 --> 00:16:39,120

got into it it's the social aspect and

365

00:16:44,120 --> 00:16:41,610

of course no I do sympathize with the

366

00:16:47,480 --> 00:16:44,130

course that's not only thing but but but

367

00:16:49,129 --> 00:16:47,490

but the social aspect is very important

368

00:16:50,869 --> 00:16:49,139

and I was you know

369

00:16:53,960 --> 00:16:50,879

the family was getting tired of hearing

370

00:16:55,939 --> 00:16:53,970

me ranting about the things and I had to

371

00:16:58,249 --> 00:16:55,949

to find somebody else that would listen

372

00:17:01,039 --> 00:16:58,259

and its really really rewarding to do

373

00:17:06,379 --> 00:17:01,049

this now looking passing another I at

374

00:17:08,240 --> 00:17:06,389

your website [www v ofse](http://www.vofse.com) I can see you

375

00:17:10,929 --> 00:17:08,250

have a magazine can you tell me

376

00:17:14,990 --> 00:17:10,939

something about that yeah it we have

377

00:17:17,230 --> 00:17:15,000

actually all the ways back since 1980 83

378

00:17:20,559 --> 00:17:17,240

we have published a quarterly magazine

379

00:17:24,289 --> 00:17:20,569

where we debate or discuss or or or

380

00:17:28,220 --> 00:17:24,299

publish articles about pseudoscience and

381

00:17:30,049 --> 00:17:28,230

and also good things like good examples

382

00:17:34,100 --> 00:17:30,059

on critical thinking it's a really

383

00:17:36,980 --> 00:17:34,110

worthwhile magazine and all of the art

384

00:17:39,710 --> 00:17:36,990

articles eventually get published on the

385

00:17:41,210 --> 00:17:39,720

website so well if you know Swedish you

386

00:17:45,470 --> 00:17:41,220

can go in there and read it for free

387

00:17:48,289 --> 00:17:45,480

with some delay well about if you know

388

00:17:49,669 --> 00:17:48,299

sweetie of course but the great I'm so

389

00:17:51,409 --> 00:17:49,679

pleased to hear that that's been our

390

00:17:53,870 --> 00:17:51,419

philosophy here in Australia for a long

391

00:17:55,549 --> 00:17:53,880

time is once the magazine's been out for

392

00:17:57,799 --> 00:17:55,559

a year or something like that we'll

393

00:17:59,810 --> 00:17:57,809

we'll put it online so everybody around

394

00:18:01,159 --> 00:17:59,820

the world can enjoy the benefits of the

395

00:18:02,509 --> 00:18:01,169

research and the articles and things

396

00:18:05,840 --> 00:18:02,519

like that what's the name of that

397

00:18:08,750 --> 00:18:05,850

magazine in Sweden it's called Falk

398

00:18:12,529 --> 00:18:08,760

ivette which is well it's hard to

399

00:18:15,289 --> 00:18:12,539

translate I guess it's sort of a pun but

400

00:18:18,080 --> 00:18:15,299

it also translates into you know common

401
00:18:20,180 --> 00:18:18,090
sense okay okay that's a good name for

402
00:18:23,480 --> 00:18:20,190
magazine and on science and reason I

403
00:18:24,680 --> 00:18:23,490
think that sounds good to me and also in

404
00:18:26,539 --> 00:18:24,690
Sweden there I think you have the same

405
00:18:30,350 --> 00:18:26,549
sort of philosophy when it comes to

406
00:18:32,149 --> 00:18:30,360
education and educational outreach yes

407
00:18:35,720 --> 00:18:32,159
there are a couple of us that are

408
00:18:39,080 --> 00:18:35,730
reaching out two stools and so we offer

409
00:18:40,759 --> 00:18:39,090
to come and give a lecture present why

410
00:18:44,240 --> 00:18:40,769
we think critical thinking is so

411
00:18:46,490 --> 00:18:44,250
important and also we try to mention

412
00:18:49,850 --> 00:18:46,500
that the organization but the thing is

413
00:18:51,860 --> 00:18:49,860

we were not trying to recruit members we

414

00:18:55,700 --> 00:18:51,870

are we are there to spread the word

415

00:18:58,279 --> 00:18:55,710

about how easy it is to be deceived how

416

00:19:02,360 --> 00:18:58,289

you have to be aware that everything you

417

00:19:02,930 --> 00:19:02,370

read is not gospel you need to question

418

00:19:06,050 --> 00:19:02,940

what you see

419

00:19:09,560 --> 00:19:06,060

II and personally I've been in in the

420

00:19:12,470 --> 00:19:09,570

school so this is directed to we have a

421

00:19:15,650 --> 00:19:12,480

mandatory school system to 9th grade and

422

00:19:18,620 --> 00:19:15,660

then you have 33 years which most people

423

00:19:21,530 --> 00:19:18,630

most students go on to and that's where

424

00:19:24,340 --> 00:19:21,540

I'm focusing on so they are about 16 17

425

00:19:27,350 --> 00:19:24,350

18 years old and for me personally

426

00:19:29,840 --> 00:19:27,360

that's a perfect age to reach out to

427

00:19:34,040 --> 00:19:29,850

because they are very very inquisitive

428

00:19:35,900 --> 00:19:34,050

they are there are adults in a way but

429

00:19:38,090 --> 00:19:35,910

they don't have a lot of experience and

430

00:19:40,550 --> 00:19:38,100

they're at least in Sweden they are not

431

00:19:43,300 --> 00:19:40,560

afraid to question authority so I try to

432

00:19:46,400 --> 00:19:43,310

provoke them a little bit and and and

433

00:19:48,740 --> 00:19:46,410

you know question while I'm saying which

434

00:19:51,770 --> 00:19:48,750

is good because I I tell them to

435

00:19:53,330 --> 00:19:51,780

question everything they see and then I

436

00:19:56,150 --> 00:19:53,340

encouraged him to question what I'm

437

00:19:57,830 --> 00:19:56,160

saying so whether registry with me or

438

00:20:00,410 --> 00:19:57,840

not they're starting to question things

439

00:20:02,420 --> 00:20:00,420

and I think that's a good approach it's

440

00:20:05,060 --> 00:20:02,430

a very good approach I completely agree

441

00:20:06,800 --> 00:20:05,070

and again it's sort of mirrors a little

442

00:20:09,470 --> 00:20:06,810

bit of what other groups are doing

443

00:20:11,830 --> 00:20:09,480

around the world I think that is a good

444

00:20:14,660 --> 00:20:11,840

age group in schools because by then

445

00:20:16,280 --> 00:20:14,670

there's a lot of interest and wonder

446

00:20:20,480 --> 00:20:16,290

about these sort of things and students

447

00:20:23,710 --> 00:20:20,490

are very open we find to discovering

448

00:20:27,770 --> 00:20:23,720

answers like this now i'm also curious

449

00:20:29,900 --> 00:20:27,780

to know and i suspect i know what you're

450

00:20:32,180 --> 00:20:29,910

going to tell me around the world we

451

00:20:33,620 --> 00:20:32,190

have in just about every country i'm

452

00:20:35,410 --> 00:20:33,630

sure every country we have people who

453

00:20:37,940 --> 00:20:35,420

claim that they can talk with the dead

454

00:20:39,860 --> 00:20:37,950

sighs oh yeah so on I mean I guess

455

00:20:42,800 --> 00:20:39,870

Sweden would be just about the same as

456

00:20:45,350 --> 00:20:42,810

anywhere else yes yes there are

457

00:20:49,280 --> 00:20:45,360

television shows about them and there

458

00:20:53,300 --> 00:20:49,290

are people offering to talk to two

459

00:20:55,660 --> 00:20:53,310

people dead relatives etc and I think

460

00:21:00,440 --> 00:20:55,670

that's very upsetting I think it's very

461

00:21:02,540 --> 00:21:00,450

cynical and even if some of them do it

462

00:21:04,850 --> 00:21:02,550

but we're you know in good faith or

463

00:21:06,740 --> 00:21:04,860

think that they can do it I think they

464

00:21:09,170 --> 00:21:06,750

really should think again because it's

465

00:21:11,950 --> 00:21:09,180

as you usually say it's easy to talk to

466

00:21:14,040 --> 00:21:11,960

that it's hard to get a good reply

467

00:21:16,200 --> 00:21:14,050

you're right and

468

00:21:18,750 --> 00:21:16,210

it can be pretty tough to sit there

469

00:21:20,490 --> 00:21:18,760

anywhere in the world and have some TV

470

00:21:22,950 --> 00:21:20,500

program come on and somebody who sits in

471

00:21:25,680 --> 00:21:22,960

a chair and in an audience or in a TV

472

00:21:29,850 --> 00:21:25,690

studio and say things like oh yes yes

473

00:21:31,620 --> 00:21:29,860

they're telling me now that oh they send

474

00:21:33,390 --> 00:21:31,630

their love and oh I can see a little

475

00:21:35,820 --> 00:21:33,400

girl and she's playing in the garden and

476

00:21:37,920 --> 00:21:35,830

I'm sitting at home fuming but it's

477

00:21:40,680 --> 00:21:37,930

really tough to to beat the sort of

478

00:21:43,950 --> 00:21:40,690

things and and it works unfortunately it

479

00:21:45,990 --> 00:21:43,960

works all around the world yeah it's an

480

00:21:47,940 --> 00:21:46,000

obvious play on people's emotions as

481

00:21:51,000 --> 00:21:47,950

well because people who seek this kind

482

00:21:55,320 --> 00:21:51,010

of service or whatever you call it they

483

00:21:57,510 --> 00:21:55,330

they they have a need to to to to grieve

484

00:21:59,970 --> 00:21:57,520

and cetera and you are exploiting that

485

00:22:02,610 --> 00:21:59,980

in a very bad way there i mean i've seen

486

00:22:06,360 --> 00:22:02,620

in the swedish television where it ends

487

00:22:08,160 --> 00:22:06,370

up with the person crying because the

488

00:22:10,020 --> 00:22:08,170

the the medium is telling you well

489

00:22:12,150 --> 00:22:10,030

that's your grandmother and she's not

490

00:22:14,820 --> 00:22:12,160

very happy with what you've done and the

491

00:22:16,530 --> 00:22:14,830

poor person is you know breaking down

492

00:22:20,070 --> 00:22:16,540

and why wouldn't you if you believe that

493

00:22:24,180 --> 00:22:20,080

thing yes and sadly upset sadly when

494

00:22:26,730 --> 00:22:24,190

when that happens the TV producer up

495

00:22:28,620 --> 00:22:26,740

there in the control room or wherever

496

00:22:32,360 --> 00:22:28,630

they are watching the shows it's being

497

00:22:36,120 --> 00:22:32,370

taped going our great reaction exactly

498

00:22:40,260 --> 00:22:36,130

TP good TV yeah that does is that thing

499

00:22:42,030 --> 00:22:40,270

about it well pontus it's really really

500

00:22:44,670 --> 00:22:42,040

good to make contact with you the

501
00:22:46,230 --> 00:22:44,680
vaccination chronicles DVD is in the

502
00:22:47,610 --> 00:22:46,240
post as we speak and i'm sure you'll

503
00:22:50,790 --> 00:22:47,620
find that very interesting and I

504
00:22:52,380 --> 00:22:50,800
understand you want to help get get that

505
00:22:54,390 --> 00:22:52,390
out through Sweden which is really good

506
00:22:58,530 --> 00:22:54,400
and I know you're very kind you're going

507
00:23:01,860 --> 00:22:58,540
to help with the Swedish translation of

508
00:23:04,140 --> 00:23:01,870
that devious yes yes I'll do that I

509
00:23:06,840 --> 00:23:04,150
think that's a fun little project I've

510
00:23:09,510 --> 00:23:06,850
actually done similar things in the past

511
00:23:11,940 --> 00:23:09,520
so I know that how to do it and it'll be

512
00:23:15,630 --> 00:23:11,950
fun and I think that may increase the

513
00:23:17,580 --> 00:23:15,640

the reach that we can get I think by the

514

00:23:21,330 --> 00:23:17,590

way Richard I think that's an excellent

515

00:23:23,460 --> 00:23:21,340

documentary and I think you know in 10

516

00:23:27,570 --> 00:23:23,470

years you wouldn't be able to do this so

517

00:23:29,940 --> 00:23:27,580

you you're documenting something that a

518

00:23:33,150 --> 00:23:29,950

period in time but people are forgetting

519

00:23:36,930 --> 00:23:33,160

about when when when you had these iron

520

00:23:39,570 --> 00:23:36,940

lungs and when they were be you know you

521

00:23:41,340 --> 00:23:39,580

your schoolmate got polio and that you

522

00:23:44,160 --> 00:23:41,350

meant you knew that meant you would

523

00:23:48,360 --> 00:23:44,170

never see him again yeah and that period

524

00:23:50,850 --> 00:23:48,370

in time is going to be forgotten but not

525

00:23:52,260 --> 00:23:50,860

now because you've done this documentary

526

00:23:53,970 --> 00:23:52,270

so thank you very much for doing that

527

00:23:56,760 --> 00:23:53,980

that's very kind of you thank you for

528

00:24:00,450 --> 00:23:56,770

mentioning that it's also important that

529

00:24:02,760 --> 00:24:00,460

we don't revisit those times oh yes yes

530

00:24:04,830 --> 00:24:02,770

and there are people out there sadly as

531

00:24:08,730 --> 00:24:04,840

we know who would bring that upon us

532

00:24:12,180 --> 00:24:08,740

they would stop vaccinations instantly

533

00:24:13,710 --> 00:24:12,190

and then the results would not be very

534

00:24:16,260 --> 00:24:13,720

pleasant indeed would not be pleasant

535

00:24:18,450 --> 00:24:16,270

thank you again for contacting us that

536

00:24:21,140 --> 00:24:18,460

website ladies and gentlemen and

537

00:24:25,610 --> 00:24:21,150

especially if you're in Sweden or in

538

00:24:30,450 --> 00:24:25,620

Denmark or Norway that area of the world

539

00:24:32,520 --> 00:24:30,460

WWV ofse check it out you can subscribe

540

00:24:35,100 --> 00:24:32,530

to the magazine you can go along to

541

00:24:36,990 --> 00:24:35,110

skeptics in the pub and have a beer with

542

00:24:39,540 --> 00:24:37,000

the sweetie skeptics that sounds pretty

543

00:24:42,570 --> 00:24:39,550

good to me so both us thank you very

544

00:25:04,300 --> 00:24:42,580

much thank you very much Richard oh i

545

00:25:09,560 --> 00:25:07,550

hey svenska skeptical the vet valid

546

00:25:11,690 --> 00:25:09,570

vatan scope for billing in the boy to

547

00:25:14,660 --> 00:25:11,700

none hanger of the skeptic zone that an

548

00:25:17,420 --> 00:25:14,670

ox 0 alpha alpha dog pop science quiz of

549

00:25:20,090 --> 00:25:17,430

skeptical Kevin Thomas Valley Queen por

550

00:25:22,850 --> 00:25:20,100

virir juntos punta safe at spawning

551
00:25:25,790 --> 00:25:22,860
vivoli luger luke alphania hun tamilanda

552
00:25:27,980 --> 00:25:25,800
top gone home to install talent Athene's

553
00:25:32,720 --> 00:25:27,990
non-local training button to start I'm

554
00:25:35,690 --> 00:25:32,730
12 your Papa made a new hello all

555
00:25:37,340 --> 00:25:35,700
skeptics in Sweden I'm sure you already

556
00:25:39,830 --> 00:25:37,350
know that the Swedish skeptics

557
00:25:42,080 --> 00:25:39,840
Association not only is a big fan of the

558
00:25:44,570 --> 00:25:42,090
skeptic zone but that we also organize

559
00:25:48,730 --> 00:25:44,580
lectures pop science quiz and skeptics

560
00:25:52,940 --> 00:25:48,740
in the pub all over the country go to

561
00:25:55,610 --> 00:25:52,950
WWD ofse to see what our seven local

562
00:25:57,320 --> 00:25:55,620
chapters are up to and if you live in a

563
00:26:00,530 --> 00:25:57,330

place where there is no local chapter

564

00:26:08,919 --> 00:26:00,540

why not start on yourself I'm talking to

565

00:26:14,239 --> 00:26:11,600

welcome to a week in science from our

566

00:26:17,090 --> 00:26:14,249

iOS bringing you the science you need to

567

00:26:19,729 --> 00:26:17,100

know shaking with laughter or shaking

568

00:26:21,830 --> 00:26:19,739

with sobs why do we do either and are

569

00:26:24,680 --> 00:26:21,840

they polar opposites or two sides of the

570

00:26:30,759 --> 00:26:24,690

same coin you'll laugh you'll cry it'll

571

00:26:35,690 --> 00:26:33,470

scientists believe laughter developed as

572

00:26:37,729 --> 00:26:35,700

a way to express relief at a false alarm

573

00:26:39,769 --> 00:26:37,739

which is also while we laugh when

574

00:26:42,739 --> 00:26:39,779

someone trips but doesn't actually hurt

575

00:26:45,259 --> 00:26:42,749

themselves taken out of context laughter

576
00:26:47,659 --> 00:26:45,269
is pretty strange behavior facial

577
00:26:50,330 --> 00:26:47,669
muscles contract our air intake becomes

578
00:26:53,269 --> 00:26:50,340
a regular we make repetitive guttural

579
00:26:55,789 --> 00:26:53,279
sounds and our body spasms but these

580
00:26:58,369 --> 00:26:55,799
physiological symptoms all add up to a

581
00:27:00,649 --> 00:26:58,379
good effect laughing releases the

582
00:27:03,049 --> 00:27:00,659
feel-good hormones endorphins and has

583
00:27:05,539 --> 00:27:03,059
heaps of health benefits even being said

584
00:27:08,779 --> 00:27:05,549
to boost your immune system on the other

585
00:27:11,119 --> 00:27:08,789
hand we cry to ask for help this starts

586
00:27:13,369 --> 00:27:11,129
instinctively as babies but as early as

587
00:27:16,009 --> 00:27:13,379
10 months old we learn to cry to

588
00:27:17,810 --> 00:27:16,019

manipulate and seek attention we don't

589

00:27:19,629 --> 00:27:17,820

just get help from those around us when

590

00:27:21,919 --> 00:27:19,639

we cry tears flush away

591

00:27:26,869 --> 00:27:21,929

adrenocorticotrophic hormone which

592

00:27:28,759 --> 00:27:26,879

contribute to stress levels so we laugh

593

00:27:31,460 --> 00:27:28,769

for my happy and cry of and we're sad

594

00:27:32,840 --> 00:27:31,470

the two things are opposite right well

595

00:27:35,419 --> 00:27:32,850

there's a little more to it than that

596

00:27:37,700 --> 00:27:35,429

both are due to high emotional arousal

597

00:27:39,649 --> 00:27:37,710

and is stressful experiences by

598

00:27:42,379 --> 00:27:39,659

counteracting hormones like cortisol and

599

00:27:45,019 --> 00:27:42,389

adrenaline neither turns on or off

600

00:27:46,820 --> 00:27:45,029

cleanly crying and laughing have

601
00:27:48,979 --> 00:27:46,830
something called strong preservation

602
00:27:50,720 --> 00:27:48,989
which is the tendency to keep going once

603
00:27:53,149 --> 00:27:50,730
they've started and they both have

604
00:27:54,889 --> 00:27:53,159
strong social implications as bonding

605
00:27:57,649 --> 00:27:54,899
experiences and for communicating

606
00:27:59,930 --> 00:27:57,659
emotions and sometimes something is just

607
00:28:03,440 --> 00:27:59,940
hilarious enough that we laugh so hard

608
00:28:06,760 --> 00:28:03,450
we cry and now for fast facts about

609
00:28:09,910 --> 00:28:06,770
snickering and sniveling

610
00:28:13,180 --> 00:28:09,920
the study of laughter yep it's a real

611
00:28:15,370 --> 00:28:13,190
thing is called gel atala G our brains

612
00:28:17,170 --> 00:28:15,380
can easily spot fake laughter and

613
00:28:20,680 --> 00:28:17,180

differentiate it from the genuine

614

00:28:23,230 --> 00:28:20,690

response reflex tears like from stabbing

615

00:28:25,810 --> 00:28:23,240

a toe or cutting an onion are made up of

616

00:28:28,030 --> 00:28:25,820

about ninety eight percent water whereas

617

00:28:30,760 --> 00:28:28,040

emotional tears contain a cocktail of

618

00:28:34,090 --> 00:28:30,770

hormones and chemicals crocodile tears

619

00:28:36,310 --> 00:28:34,100

are real in humans and reptiles people

620

00:28:38,530 --> 00:28:36,320

can fake tears to elicit sympathy while

621

00:28:41,140 --> 00:28:38,540

Crocs shed a tear to clean and lubricate

622

00:28:43,600 --> 00:28:41,150

their eyes that's it for this week in

623

00:28:46,410 --> 00:28:43,610

science for more information on laughing

624

00:28:50,740 --> 00:28:46,420

and crying go to the ri oz website RI

625

00:28:53,320 --> 00:28:50,750

aus org a you follow us on twitter at

626

00:28:55,630 --> 00:28:53,330

our iOS and like us on Facebook I'm

627

00:29:09,430 --> 00:28:55,640

Casey Harrigan and we'll catch you next

628

00:29:11,230 --> 00:29:09,440

week on Maynard calm don't owe you there

629

00:29:13,630 --> 00:29:11,240

has been talk that there are some photos

630

00:29:16,450 --> 00:29:13,640

of the Roswell aliens that have surfaced

631

00:29:19,330 --> 00:29:16,460

in the form of slides found in the

632

00:29:21,220 --> 00:29:19,340

bottom of someone's slide draw from the

633

00:29:23,290 --> 00:29:21,230

50s or whatever this is pretty amazing

634

00:29:24,730 --> 00:29:23,300

news have you heard about this Tim yes I

635

00:29:27,460 --> 00:29:24,740

haven't it's quite extraordinary we're

636

00:29:29,830 --> 00:29:27,470

all abuzz about this it seems to lend a

637

00:29:31,780 --> 00:29:29,840

lot of credibility to the rumors about

638

00:29:33,370 --> 00:29:31,790

Roswell well yeah particularly as the

639

00:29:36,190 --> 00:29:33,380

way it's being announced rather than a

640

00:29:38,080 --> 00:29:36,200

press conference a Mexican you ufologist

641

00:29:40,240 --> 00:29:38,090

has booked a stadium of 10,000 people

642

00:29:43,330 --> 00:29:40,250

and is charging everyone to go see the

643

00:29:46,750 --> 00:29:43,340

unveiling there he will get a bit rare

644

00:29:49,510 --> 00:29:46,760

and it's very hard as photographers and

645

00:29:52,210 --> 00:29:49,520

special effects people will know to fake

646

00:29:53,770 --> 00:29:52,220

a slide it's very difficult in fact i'm

647

00:29:55,570 --> 00:29:53,780

thinking of getting mexican you follow

648

00:29:58,840 --> 00:29:55,580

just put on my business card it's the

649

00:30:08,340 --> 00:29:58,850

mexican bed i like hi everybody on Manor

650

00:30:19,410 --> 00:30:12,370

it's the raw skeptic report with Heidi

651
00:30:27,160 --> 00:30:24,520
hi everyone this week you may hear some

652
00:30:29,650 --> 00:30:27,170
rainbow lorikeets and Magpies cavorting

653
00:30:33,060 --> 00:30:29,660
outside my window or one of my dogs

654
00:30:35,140 --> 00:30:33,070
barking at them apologies in advance I

655
00:30:38,800 --> 00:30:35,150
guess it's better than the background

656
00:30:41,830 --> 00:30:38,810
noise of traffic however so this week my

657
00:30:44,440 --> 00:30:41,840
report will focus on asthma what the

658
00:30:46,270 --> 00:30:44,450
recommendations are in treating it what

659
00:30:48,760 --> 00:30:46,280
alternative treatments there are that

660
00:30:51,040 --> 00:30:48,770
claim to help it and if there is any

661
00:30:53,800 --> 00:30:51,050
evidence for any of these alternative

662
00:30:57,340 --> 00:30:53,810
treatments firstly some facts about

663
00:30:59,350 --> 00:30:57,350

asthma asthma is a condition in which

664

00:31:02,740 --> 00:30:59,360

people have sensitive Airways which

665

00:31:05,200 --> 00:31:02,750

react to certain triggers resulting in

666

00:31:08,920 --> 00:31:05,210

various symptoms which range from mild

667

00:31:11,860 --> 00:31:08,930

to severe and life-threatening the

668

00:31:14,220 --> 00:31:11,870

trachea or windpipe branches into the

669

00:31:17,220 --> 00:31:14,230

left and right primary bronchi which

670

00:31:19,390 --> 00:31:17,230

lead into the left and right lungs

671

00:31:21,640 --> 00:31:19,400

branching off from the primary bronchi

672

00:31:24,340 --> 00:31:21,650

are the secondary and tertiary bronchi

673

00:31:26,920 --> 00:31:24,350

which are progressively smaller again

674

00:31:30,070 --> 00:31:26,930

before branching into the bronchioles

675

00:31:32,950 --> 00:31:30,080

the smallest airway passages the

676

00:31:35,740 --> 00:31:32,960

bronchioles are where asthma effects

677

00:31:38,020 --> 00:31:35,750

people bronchioles range in diameter

678

00:31:40,960 --> 00:31:38,030

from about half a millimeter 21

679

00:31:43,620 --> 00:31:40,970

millimeter the smallest bronchioles join

680

00:31:46,780 --> 00:31:43,630

up with little grape-like sacs called

681

00:31:49,600 --> 00:31:46,790

alveoli each sack about the size of a

682

00:31:51,670 --> 00:31:49,610

grain of sugar where gas exchange takes

683

00:31:55,120 --> 00:31:51,680

place between the airways and the

684

00:31:57,730 --> 00:31:55,130

circulatory system now before you have a

685

00:32:01,660 --> 00:31:57,740

go at my pronunciation I do know that

686

00:32:04,690 --> 00:32:01,670

americans pronounce it I really elderly

687

00:32:08,170 --> 00:32:04,700

or something so apologies american

688

00:32:10,150 --> 00:32:08,180

listeners there are three main factors

689

00:32:13,450 --> 00:32:10,160

that cause the bronchioles to become

690

00:32:15,850 --> 00:32:13,460

narrowed number one the inside lining of

691

00:32:19,240 --> 00:32:15,860

the bronchioles becomes red and inflamed

692

00:32:21,280 --> 00:32:19,250

number 2 extra mucus may be produced

693

00:32:24,340 --> 00:32:21,290

which can reduce the diameter of the

694

00:32:26,860 --> 00:32:24,350

airways and three muscles that surround

695

00:32:30,280 --> 00:32:26,870

the bronchioles start to go into spasm

696

00:32:33,460 --> 00:32:30,290

called bronchospasm which can

697

00:32:35,830 --> 00:32:33,470

but to overall bronchoconstriction this

698

00:32:40,330 --> 00:32:35,840

can then lead to coughing shortness of

699

00:32:42,070 --> 00:32:40,340

breath wheezing and chest tightness one

700

00:32:45,250 --> 00:32:42,080

in ten people in Australia have asthma

701
00:32:46,840 --> 00:32:45,260
that's over two million people there are

702
00:32:49,060 --> 00:32:46,850
links to both genetics and the

703
00:32:51,790 --> 00:32:49,070
environment which contribute to the

704
00:32:53,710 --> 00:32:51,800
causes of asthma people can have

705
00:32:55,810 --> 00:32:53,720
different triggers for the asthma that

706
00:32:58,660 --> 00:32:55,820
is for different people different things

707
00:33:01,060 --> 00:32:58,670
will cause an asthma attack some common

708
00:33:03,640 --> 00:33:01,070
triggers for asthma include cigarette

709
00:33:05,590 --> 00:33:03,650
smoke and around forty percent of

710
00:33:08,140 --> 00:33:05,600
children under the age of fourteen years

711
00:33:10,290 --> 00:33:08,150
with asthma live with smokers and are

712
00:33:13,420 --> 00:33:10,300
likely to be exposed to secondhand smoke

713
00:33:19,060 --> 00:33:13,430

other common triggers our colds and flu

714

00:33:22,780 --> 00:33:19,070

dust mites mold pollen exercise pets and

715

00:33:25,330 --> 00:33:22,790

even extremes of emotion there is

716

00:33:27,640 --> 00:33:25,340

currently no cure for asthma but with

717

00:33:30,070 --> 00:33:27,650

the right medication or medications it

718

00:33:33,760 --> 00:33:30,080

can be well controlled and people can

719

00:33:36,550 --> 00:33:33,770

lead normal active lives if not managed

720

00:33:38,980 --> 00:33:36,560

properly asthma has the potential not

721

00:33:41,200 --> 00:33:38,990

only to impact negatively on a person's

722

00:33:44,710 --> 00:33:41,210

quality of life it can be life

723

00:33:47,950 --> 00:33:44,720

threatening at the moment more than one

724

00:33:51,310 --> 00:33:47,960

person dies every day in Australia from

725

00:33:54,670 --> 00:33:51,320

asthma for more information about asthma

726

00:33:58,540 --> 00:33:54,680

take a look at asthma Australia org dot

727

00:34:00,250 --> 00:33:58,550

a you now for the legitimate treatments

728

00:34:03,640 --> 00:34:00,260

for asthma before I get on to the

729

00:34:05,260 --> 00:34:03,650

alternative unproven treatments asthma

730

00:34:07,390 --> 00:34:05,270

medications are grouped according to

731

00:34:10,240 --> 00:34:07,400

their purpose for example there are

732

00:34:12,190 --> 00:34:10,250

their relievers which obviously are

733

00:34:14,980 --> 00:34:12,200

designed to relieve the asthma attack as

734

00:34:16,919 --> 00:34:14,990

it is happening probably the most common

735

00:34:23,169 --> 00:34:16,929

one that people aware of would be

736

00:34:25,480 --> 00:34:23,179

ventolin in a blue puffer I hope you

737

00:34:28,930 --> 00:34:25,490

enjoyed that sound effect of my son's

738

00:34:31,030 --> 00:34:28,940

ventil and puffer from feedback during

739

00:34:33,220 --> 00:34:31,040

my first aid courses many people don't

740

00:34:35,890 --> 00:34:33,230

realize that using the puffer on its own

741

00:34:38,380 --> 00:34:35,900

directly into the mouth only delivers

742

00:34:41,110 --> 00:34:38,390

about one-third of the medicated dose to

743

00:34:43,120 --> 00:34:41,120

the bronchioles where it is needed this

744

00:34:44,260 --> 00:34:43,130

is why a spacer should always be used in

745

00:34:46,690 --> 00:34:44,270

conjunction with the

746

00:34:50,889 --> 00:34:46,700

it ensures that the majority of the dose

747

00:34:53,139 --> 00:34:50,899

gets to where it is actually needed then

748

00:34:54,820 --> 00:34:53,149

there are the preventer medications that

749

00:34:57,640 --> 00:34:54,830

are designed to make the airways less

750

00:35:00,420 --> 00:34:57,650

sensitive over time reducing redness and

751

00:35:03,400 --> 00:35:00,430

swelling and helping to dry up mucus

752

00:35:05,620 --> 00:35:03,410

these medications need to be taken every

753

00:35:08,830 --> 00:35:05,630

day and will not work in an emergency

754

00:35:11,680 --> 00:35:08,840

situation that is an acute asthma attack

755

00:35:13,930 --> 00:35:11,690

I commonly hear of people discarding

756

00:35:16,330 --> 00:35:13,940

their preventive medications as a result

757

00:35:19,360 --> 00:35:16,340

of them not having suffered an asthma

758

00:35:21,730 --> 00:35:19,370

attack for a while not realizing that it

759

00:35:23,620 --> 00:35:21,740

is precisely because of their preventive

760

00:35:27,220 --> 00:35:23,630

medication that they have been

761

00:35:29,620 --> 00:35:27,230

symptom-free there are also medications

762

00:35:31,600 --> 00:35:29,630

called symptom controllers that are

763

00:35:34,330 --> 00:35:31,610

taken in conjunction with preventers

764

00:35:36,340 --> 00:35:34,340

then there are combination medications

765

00:35:39,220 --> 00:35:36,350

which combine the symptom controllers

766

00:35:41,440 --> 00:35:39,230

with preventers so it can all get a

767

00:35:44,290 --> 00:35:41,450

little bit complicated and it may be a

768

00:35:46,690 --> 00:35:44,300

while from initial diagnosis to finding

769

00:35:48,520 --> 00:35:46,700

the right medication or combination of

770

00:35:53,290 --> 00:35:48,530

medications that work for each

771

00:35:55,360 --> 00:35:53,300

individual and now to the woo let me

772

00:35:57,820 --> 00:35:55,370

list the ones I've heard of and which

773

00:36:01,150 --> 00:35:57,830

are also listed on the asthma Australia

774

00:36:03,190 --> 00:36:01,160

website as unproven remedies this is

775

00:36:05,350 --> 00:36:03,200

great for a peak body to address the

776
00:36:07,660 --> 00:36:05,360
alternative treatments out there and to

777
00:36:11,100 --> 00:36:07,670
state which ones do and don't have

778
00:36:15,000 --> 00:36:11,110
legitimacy the ones that don't

779
00:36:18,480 --> 00:36:15,010
acupuncture air ionizers homeopathy

780
00:36:22,600 --> 00:36:18,490
vitamin C probiotics bowen therapy

781
00:36:25,630 --> 00:36:22,610
chiropractic osteopathy reflexology

782
00:36:28,540 --> 00:36:25,640
Reiki vibrational therapy cupping and

783
00:36:31,720 --> 00:36:28,550
mock moxibustion which I can never

784
00:36:33,790 --> 00:36:31,730
pronounce properly all of the above have

785
00:36:36,840 --> 00:36:33,800
no evidence to support their use in the

786
00:36:39,640 --> 00:36:36,850
management of acute or chronic asthma

787
00:36:41,650 --> 00:36:39,650
you may have noticed how celebrity chef

788
00:36:44,410 --> 00:36:41,660

pete evans has been saying that his

789

00:36:47,110 --> 00:36:44,420

Paleo diet may help with all manner of

790

00:36:49,750 --> 00:36:47,120

things including asthma it was both

791

00:36:52,150 --> 00:36:49,760

surprising and worrying to see recently

792

00:36:54,550 --> 00:36:52,160

the asthma Australia Facebook page

793

00:36:56,800 --> 00:36:54,560

appearing to endorse him with one of his

794

00:36:59,140 --> 00:36:56,810

followers providing a testimony

795

00:37:02,170 --> 00:36:59,150

on his page which asthma Australia then

796

00:37:04,330 --> 00:37:02,180

shared when a few people commented that

797

00:37:07,000 --> 00:37:04,340

it may not be appropriate to appear to

798

00:37:09,370 --> 00:37:07,010

endorse his claims asthma Australia

799

00:37:11,910 --> 00:37:09,380

posted on Pete Evans Facebook page that

800

00:37:14,950 --> 00:37:11,920

they do not promote any specific diet as

801
00:37:17,440 --> 00:37:14,960
beneficial for managing asthma their

802
00:37:19,660 --> 00:37:17,450
comment as stated by them was promptly

803
00:37:23,680 --> 00:37:19,670
deleted from his page just minutes after

804
00:37:26,110 --> 00:37:23,690
they posted it the reasons it may not be

805
00:37:28,030 --> 00:37:26,120
a good idea for a respected asthma

806
00:37:31,180 --> 00:37:28,040
organization to align themselves with

807
00:37:33,130 --> 00:37:31,190
this particular celebrity firstly

808
00:37:36,550 --> 00:37:33,140
because his claims for paleo helping

809
00:37:38,560 --> 00:37:36,560
asthma unproven secondly there is a risk

810
00:37:41,230 --> 00:37:38,570
that people reading testimonials if the

811
00:37:44,110 --> 00:37:41,240
Paleo diet may stop their prescribed

812
00:37:46,540 --> 00:37:44,120
medications in favor of his diet thus

813
00:37:49,600 --> 00:37:46,550

putting them at a very real risk of

814

00:37:52,080 --> 00:37:49,610

illness and thirdly Pete Evans has

815

00:37:54,640 --> 00:37:52,090

insinuated he is dubious about

816

00:37:57,100 --> 00:37:54,650

vaccinations and asthmatics are

817

00:37:59,410 --> 00:37:57,110

recommended to have a yearly influenza

818

00:38:02,770 --> 00:37:59,420

vaccine as they are in a higher risk

819

00:38:05,590 --> 00:38:02,780

category for complications for influenza

820

00:38:07,870 --> 00:38:05,600

in fact asthma is the most common

821

00:38:11,010 --> 00:38:07,880

underlying medical condition of those

822

00:38:13,960 --> 00:38:11,020

who are hospitalized with the flu a

823

00:38:15,910 --> 00:38:13,970

common myth is that ingesting milk will

824

00:38:17,860 --> 00:38:15,920

increase mucus production and should

825

00:38:20,140 --> 00:38:17,870

therefore be avoided for people with

826

00:38:23,380 --> 00:38:20,150

asthma and other respiratory conditions

827

00:38:25,990 --> 00:38:23,390

this is false unless the person

828

00:38:28,840 --> 00:38:26,000

specifically has a dairy intolerance or

829

00:38:32,920 --> 00:38:28,850

allergy which can cause respiratory

830

00:38:35,200 --> 00:38:32,930

tract symptoms so are there any

831

00:38:38,800 --> 00:38:35,210

alternative therapies for asthma that do

832

00:38:41,800 --> 00:38:38,810

work firstly breathing exercises in

833

00:38:44,290 --> 00:38:41,810

people who suffer from mild asthma some

834

00:38:46,210 --> 00:38:44,300

research suggests that certain breathing

835

00:38:48,460 --> 00:38:46,220

exercises may have a beneficial effect

836

00:38:51,700 --> 00:38:48,470

on long-term management of asthma and

837

00:38:54,580 --> 00:38:51,710

perhaps in the case of acute asthma

838

00:38:57,520 --> 00:38:54,590

episodes results vary depending on the

839

00:39:00,090 --> 00:38:57,530

type of breathing exercises used and the

840

00:39:02,950 --> 00:39:00,100

severity of the person's asthma

841

00:39:05,050 --> 00:39:02,960

breathing exercises are not recommended

842

00:39:08,140 --> 00:39:05,060

as a substitute for using reliever

843

00:39:10,210 --> 00:39:08,150

medication when required a GP or

844

00:39:12,490 --> 00:39:10,220

specialist should be consulted a

845

00:39:16,780 --> 00:39:12,500

out which specific breathing exercises

846

00:39:18,940 --> 00:39:16,790

may help the Asthma Foundation states

847

00:39:21,280 --> 00:39:18,950

that there is some evidence that various

848

00:39:23,530 --> 00:39:21,290

herbs can improve asthma symptoms but

849

00:39:26,890 --> 00:39:23,540

that the benefits of using herbal

850

00:39:29,680 --> 00:39:26,900

medicine are quote much less than those

851
00:39:32,050 --> 00:39:29,690
you can gain from the lowest dose of an

852
00:39:34,690 --> 00:39:32,060
inhaled corticosteroid preventive

853
00:39:36,730 --> 00:39:34,700
medication the main problems with herbal

854
00:39:39,970 --> 00:39:36,740
medicines are a lack of standardization

855
00:39:43,900 --> 00:39:39,980
of the contents and dose and the risk of

856
00:39:46,570 --> 00:39:43,910
side effects end quote checking with a

857
00:39:49,420 --> 00:39:46,580
doctor prior to taking any herbs is very

858
00:39:51,670 --> 00:39:49,430
important some are contraindicated for

859
00:39:53,650 --> 00:39:51,680
use for example during pregnancy and

860
00:39:56,940 --> 00:39:53,660
some may interfere with other

861
00:39:59,770 --> 00:39:56,950
medications that the patient is on

862
00:40:02,170 --> 00:39:59,780
massage there is some evidence that it

863
00:40:05,050 --> 00:40:02,180

may reduce the need of reliever use in

864

00:40:08,050 --> 00:40:05,060

children keeping in mind that massage

865

00:40:10,150 --> 00:40:08,060

aids in relaxation and that one trigger

866

00:40:13,120 --> 00:40:10,160

for asthma is stress this is

867

00:40:15,280 --> 00:40:13,130

unsurprising it is however important to

868

00:40:17,140 --> 00:40:15,290

ensure that whatever oils the massage

869

00:40:20,280 --> 00:40:17,150

therapist is using will not in

870

00:40:23,020 --> 00:40:20,290

themselves be a trigger for the asthma

871

00:40:24,880 --> 00:40:23,030

magnesium supplementation has had some

872

00:40:28,240 --> 00:40:24,890

positive effects on asthma symptoms

873

00:40:31,480 --> 00:40:28,250

again only advisable after consultation

874

00:40:34,540 --> 00:40:31,490

with the treating physician folic acid

875

00:40:36,910 --> 00:40:34,550

recent research has shown that taking

876
00:40:38,620 --> 00:40:36,920
high-dose folic acid supplements

877
00:40:41,109 --> 00:40:38,630
throughout the entire duration of

878
00:40:42,880 --> 00:40:41,119
pregnancy increase the risk of having a

879
00:40:47,260 --> 00:40:42,890
child with asthma by about thirty

880
00:40:49,780 --> 00:40:47,270
percent this did not include low-dose

881
00:40:52,839 --> 00:40:49,790
folic acid from natural sources such as

882
00:40:55,329 --> 00:40:52,849
green leafy vegetables and it is still

883
00:40:58,120 --> 00:40:55,339
important for women to take folic acid

884
00:40:59,920 --> 00:40:58,130
for the first 16 weeks of pregnancy to

885
00:41:04,300 --> 00:40:59,930
reduce the chances of neural tube

886
00:41:05,980 --> 00:41:04,310
defects in the developing fetus I have a

887
00:41:08,680 --> 00:41:05,990
friend who grew up here in the northern

888
00:41:11,290 --> 00:41:08,690

rivers area with asthma and her parents

889

00:41:13,560 --> 00:41:11,300

that refused conventional treatment for

890

00:41:16,839 --> 00:41:13,570

it opting instead for many and various

891

00:41:19,390 --> 00:41:16,849

alternative treatments this friend has

892

00:41:21,970 --> 00:41:19,400

distressing memories of months and years

893

00:41:23,740 --> 00:41:21,980

on end of being anxious and distressed

894

00:41:26,440 --> 00:41:23,750

with shortness of breath and

895

00:41:29,170 --> 00:41:26,450

wheezing and is quite cross to say the

896

00:41:31,990 --> 00:41:29,180

least at what she need lessly endured

897

00:41:36,390 --> 00:41:32,000

she now takes conventional medication

898

00:41:39,700 --> 00:41:36,400

for it and lives a full active life and

899

00:41:42,400 --> 00:41:39,710

one more anecdote which also serves to

900

00:41:45,130 --> 00:41:42,410

illustrate the misplaced beliefs of many

901
00:41:47,740 --> 00:41:45,140
in this alternative capital of Australia

902
00:41:50,500 --> 00:41:47,750
I was teaching a course one night to a

903
00:41:52,570 --> 00:41:50,510
group of preschool educators the course

904
00:41:55,060 --> 00:41:52,580
was the nationally recognized and

905
00:41:58,630 --> 00:41:55,070
accredited emergency management of

906
00:42:00,370 --> 00:41:58,640
asthma in the workplace as I rounded up

907
00:42:03,130 --> 00:42:00,380
my talk about how potentially dangerous

908
00:42:05,470 --> 00:42:03,140
asthma can be and how children in

909
00:42:08,460 --> 00:42:05,480
particular can deteriorate quite quickly

910
00:42:11,020 --> 00:42:08,470
I was asked if there were any natural

911
00:42:13,510 --> 00:42:11,030
alternatives for treating an acute

912
00:42:18,100 --> 00:42:13,520
asthma attack apart from the prescribed

913
00:42:21,760 --> 00:42:18,110

relievers my answer the natural

914

00:42:23,860 --> 00:42:21,770

alternative can be death do not stuff

915

00:42:26,320 --> 00:42:23,870

around with asthma attacks in children

916

00:42:28,960 --> 00:42:26,330

please give them the prescribed

917

00:42:33,130 --> 00:42:28,970

medication and call an ambulance if the

918

00:42:37,650 --> 00:42:33,140

symptoms do not subside stunned silence

919

00:42:40,450 --> 00:42:37,660

but they did seem to accept that answer

920

00:42:43,210 --> 00:42:40,460

that's all from me for now the take-home

921

00:42:45,730 --> 00:42:43,220

message is that asthma has the potential

922

00:42:48,400 --> 00:42:45,740

to be life-threatening if in doubt or

923

00:42:50,790 --> 00:42:48,410

the person's medication does not appear

924

00:42:53,380 --> 00:42:50,800

to be helping call for an ambulance and

925

00:42:55,450 --> 00:42:53,390

continue to follow the person's asthma

926

00:42:58,300 --> 00:42:55,460

action plan whilst waiting for medical

927

00:43:00,880 --> 00:42:58,310

help to arrive if you'd like to learn

928

00:43:03,700 --> 00:43:00,890

more about the courses I run head over

929

00:43:08,170 --> 00:43:03,710

to my website at accredited first-aid

930

00:43:10,780 --> 00:43:08,180

dot com au I have also started a blog

931

00:43:13,240 --> 00:43:10,790

over there on various first aid and

932

00:43:15,910 --> 00:43:13,250

health-related issues and we'll be

933

00:43:18,330 --> 00:43:15,920

putting a blog friendly version of my

934

00:43:33,930 --> 00:43:18,340

first-aid skeptical reports there

935

00:43:36,300 --> 00:43:33,940

thank you bye for now this is yawn and

936

00:43:38,730 --> 00:43:36,310

laura from sapphic severe The Skeptical

937

00:43:40,740 --> 00:43:38,740

podcast for hebrew speakers come listen

938

00:43:47,040 --> 00:43:40,750

to all things and holy in the holy

939

00:43:57,490 --> 00:43:47,050

language at WWF a gol is muhammad asif

940

00:44:01,240 --> 00:43:59,380

well thank you for listening to the

941

00:44:03,280 --> 00:44:01,250

skeptic zone and thank you may nod and

942

00:44:05,650 --> 00:44:03,290

thank you joe alabaster for being here

943

00:44:07,870 --> 00:44:05,660

tonight for the skeptics dinner meeting

944

00:44:09,520 --> 00:44:07,880

what a great talk it was dr. Brad what a

945

00:44:10,960 --> 00:44:09,530

guy look this was the embarrassing

946

00:44:12,810 --> 00:44:10,970

bodies talk he did at skeptics at the

947

00:44:15,520 --> 00:44:12,820

pub a few months ago but this was the

948

00:44:17,140 --> 00:44:15,530

unexpurgated special adult version and

949

00:44:19,060 --> 00:44:17,150

let me tell you some of those cupping

950

00:44:21,520 --> 00:44:19,070

photos are pretty raunchy aren't they

951
00:44:24,100 --> 00:44:21,530
they're very adult yes they're very

952
00:44:26,260 --> 00:44:24,110
scary very embarrassing i might say but

953
00:44:27,760 --> 00:44:26,270
yes coming up next week on the show as

954
00:44:29,380 --> 00:44:27,770
we mentioned at the top of the show Joe

955
00:44:30,670 --> 00:44:29,390
alabaster special report on world

956
00:44:32,860 --> 00:44:30,680
homeopathy week and Joe congratulations

957
00:44:34,870 --> 00:44:32,870
for being with the skeptic zone for a

958
00:44:36,550 --> 00:44:34,880
year that's fantastic think it's been an

959
00:44:38,110 --> 00:44:36,560
absolute pleasure and I'd like to say a

960
00:44:40,090 --> 00:44:38,120
quick thank you to everybody who's

961
00:44:41,650 --> 00:44:40,100
actually been me feedback on my reports

962
00:44:43,720 --> 00:44:41,660
but really appreciated it and I'm very

963
00:44:45,850 --> 00:44:43,730

glad that you find them entertaining and

964

00:44:47,110 --> 00:44:45,860

or informative look and don't be scared

965

00:44:48,940 --> 00:44:47,120

to give us feedback because one other

966

00:44:50,800 --> 00:44:48,950

thing about podcast is that people tend

967

00:44:52,660 --> 00:44:50,810

to enjoy them silently and sometimes not

968

00:44:54,340 --> 00:44:52,670

give feedback so you know please let us

969

00:44:57,070 --> 00:44:54,350

know all about it if you like it and if

970

00:44:59,560 --> 00:44:57,080

you don't just shut up we're good advice

971

00:45:02,890 --> 00:44:59,570

main yes please leave your feedback I've

972

00:45:05,110 --> 00:45:02,900

come to skeptics on TV you can see our

973

00:45:07,540 --> 00:45:05,120

contact details there's a shop there all

974

00:45:09,910 --> 00:45:07,550

sorts of things and yeah get in touch a

975

00:45:12,730 --> 00:45:09,920

book page facebook page and twitter of

976
00:45:14,950 --> 00:45:12,740
course young all right well for this

977
00:45:17,650 --> 00:45:14,960
week anyway this is a jl abasa thank you

978
00:45:19,120 --> 00:45:17,660
Joe thank you Richard may not thank you

979
00:45:21,460 --> 00:45:19,130
may not want to go back in there and see

980
00:45:23,170 --> 00:45:21,470
if I can get to the Third's had Richard

981
00:45:29,850 --> 00:45:23,180
Saunders signing off from Sydney

982
00:45:36,040 --> 00:45:32,290
you've been listening to the skeptics

983
00:45:38,980 --> 00:45:36,050
own podcast visit our website at wwc a

984
00:45:42,400 --> 00:45:38,990
petting zoo TV for contacts and archive

985
00:45:45,100 --> 00:45:42,410
of all episodes since 2008 and our

986
00:45:47,010 --> 00:45:45,110
online store please support the skeptic

987
00:45:50,200 --> 00:45:47,020
zone by following us on twitter at

988
00:45:53,830 --> 00:45:50,210

skeptic zone liking us on facebook and

989

00:45:55,990 --> 00:45:53,840

leaving a review on iTunes you can also

990

00:45:59,160 --> 00:45:56,000

show your support by subscribing via

991

00:46:01,960 --> 00:45:59,170

paypal for as little as 99 cents a week

992

00:46:03,580 --> 00:46:01,970

the skeptic zone is an independent

993

00:46:06,010 --> 00:46:03,590

production the views and opinions

994

00:46:07,630 --> 00:46:06,020

expressed on the skeptic zone and not

995

00:46:10,510 --> 00:46:07,640

necessarily those of Australian

996

00:46:19,730 --> 00:46:10,520

skeptically or any other skeptical

997

00:46:24,420 --> 00:46:22,109

results vary depending on the type of

998

00:46:29,190 --> 00:46:24,430

breathing exercises used and the

999

00:46:31,230 --> 00:46:29,200

severity of the person's asthma results

1000

00:46:36,690 --> 00:46:31,240

vary depending on the type of breathing

