

The Skeptic Zone
Show 337 - 5 April 2015



Dr Keren Landsman

1
00:00:13,070 --> 00:00:09,090
welcome to the skeptic zone the podcast

2
00:00:22,940 --> 00:00:13,080
from Australia for science and reason

3
00:00:28,140 --> 00:00:25,590
hello and welcome to the skeptic zone

4
00:00:31,140 --> 00:00:28,150
episode number 337 for the fifth of

5
00:00:33,660 --> 00:00:31,150
april 2015 richardsaunders here with you

6
00:00:35,820 --> 00:00:33,670
are enjoying Sydney skeptics in the pub

7
00:00:38,580 --> 00:00:35,830
with me are a couple of people I think

8
00:00:39,930 --> 00:00:38,590
you know it's joe alabaster and may not

9
00:00:42,150 --> 00:00:39,940
here holding the mic and waving it

10
00:00:44,490 --> 00:00:42,160
around alert at it well done may not yes

11
00:00:45,780 --> 00:00:44,500
we here having a great time at Sydney's

12
00:00:47,850 --> 00:00:45,790
skeptics in the pub had a really

13
00:00:49,680 --> 00:00:47,860

interesting talk tonight about fad diets

14

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

may not have you ever been on a fad diet

15

00:00:53,850 --> 00:00:51,700

well I have a bit of an Oprah thing

16

00:00:56,160 --> 00:00:53,860

going on in that I fat busted my house

17

00:00:58,259 --> 00:00:56,170

which or despite having the Oprah thing

18

00:01:00,149 --> 00:00:58,269

in there it isn't but our Gabrielle told

19

00:01:02,579 --> 00:01:00,159

me wasn't a bad idea just get all chips

20

00:01:04,290 --> 00:01:02,589

chocolate biscuits ice cream ah da house

21

00:01:05,970 --> 00:01:04,300

so if you do feel like having it it's

22

00:01:07,380 --> 00:01:05,980

not there and the service station shut

23

00:01:09,540 --> 00:01:07,390

by the time I feel like having it so I'm

24

00:01:11,910 --> 00:01:09,550

right it sounds like good advice to me

25

00:01:13,560 --> 00:01:11,920

me although the all musi bachelor diet

26
00:01:15,030 --> 00:01:13,570
she wasn't so keen on but you'll have to

27
00:01:16,680 --> 00:01:15,040
have a listen to that later I've had

28
00:01:18,390 --> 00:01:16,690
some pretty strange diets in my time I

29
00:01:19,830 --> 00:01:18,400
must admit but the best diet I've ever

30
00:01:23,010 --> 00:01:19,840
discovered is they eat less exercise

31
00:01:25,170 --> 00:01:23,020
more diet which is the basic one what

32
00:01:26,910 --> 00:01:25,180
about you Joe oh goodness i'm actually

33
00:01:28,980 --> 00:01:26,920
calorie counting at the moment and i'm

34
00:01:31,170 --> 00:01:28,990
wondering going on Gabriel's talk

35
00:01:33,569 --> 00:01:31,180
whether i'm going to send myself a bit

36
00:01:35,520 --> 00:01:33,579
crazy with it yeah okis god that can get

37
00:01:36,630 --> 00:01:35,530
a little obsessive too ok when you're

38
00:01:39,420 --> 00:01:36,640

dealing with straight numbers like that

39

00:01:41,010 --> 00:01:39,430

yes certainly yeah well you've been

40

00:01:42,569 --> 00:01:41,020

calorie counting for quite some time but

41

00:01:44,249 --> 00:01:42,579

every time I ringer you at the gym I

42

00:01:45,270 --> 00:01:44,259

don't think you're actually exercising I

43

00:01:46,440 --> 00:01:45,280

think you're having a beer there but

44

00:01:48,060 --> 00:01:46,450

it's very nice anyway that you'd go

45

00:01:50,730 --> 00:01:48,070

there Richard it's that sort of Jimmy

46

00:01:53,580 --> 00:01:50,740

that's not a gym coming up on this

47

00:01:56,639 --> 00:01:53,590

week's show I talk to dr. Karen Landsman

48

00:01:59,069 --> 00:01:56,649

from Israel about her efforts to help

49

00:02:02,429 --> 00:01:59,079

combat the anti-vaccination movement in

50

00:02:03,959 --> 00:02:02,439

that country is it quite strong sadly so

51
00:02:07,410 --> 00:02:03,969
yeah there's a there's a foothold there

52
00:02:08,910 --> 00:02:07,420
but dr. Karen lensman and her friends

53
00:02:11,940 --> 00:02:08,920
are doing something about it we'll find

54
00:02:16,010 --> 00:02:11,950
out more about that soon we have also a

55
00:02:17,940 --> 00:02:16,020
report from Joe alabaster Alvin Williams

56
00:02:19,830 --> 00:02:17,950
evidence please yeah what do you want

57
00:02:22,080 --> 00:02:19,840
about this week I'm on about world

58
00:02:24,090 --> 00:02:22,090
homeopathy Awareness Week and raising

59
00:02:25,650 --> 00:02:24,100
awareness about homeopathy

60
00:02:27,090 --> 00:02:25,660
hmm and what do you think's the

61
00:02:28,380 --> 00:02:27,100
strangest thing you've learned about

62
00:02:31,770 --> 00:02:28,390
hoping up I think as you've looked into

63
00:02:33,750 --> 00:02:31,780

it oh goodness me um the thing I

64

00:02:35,840 --> 00:02:33,760

actually find strangest is the number of

65

00:02:40,410 --> 00:02:35,850

homeopathy proponents who are willing to

66

00:02:42,060 --> 00:02:40,420

find me on social media and talk to me

67

00:02:44,610 --> 00:02:42,070

and kind of push a point that I think

68

00:02:46,830 --> 00:02:44,620

I've already addressed or they're not

69

00:02:48,480 --> 00:02:46,840

actually interested in discussing the

70

00:02:49,770 --> 00:02:48,490

argument they're trying to make per se

71

00:02:51,180 --> 00:02:49,780

so much is just making the argument

72

00:02:54,660 --> 00:02:51,190

again and again and again without

73

00:02:55,680 --> 00:02:54,670

actually getting into it oh ok that's

74

00:02:57,210 --> 00:02:55,690

yeah that sounds like a typical

75

00:02:58,800 --> 00:02:57,220

experience does it reduce you've had

76

00:03:00,450 --> 00:02:58,810

that happen on the internet if if you

77

00:03:01,950 --> 00:03:00,460

didn't go to bed until you had an

78

00:03:06,090 --> 00:03:01,960

argument on the internet you'd never get

79

00:03:08,490 --> 00:03:06,100

any sleep I don't get any sleep and also

80

00:03:10,170 --> 00:03:08,500

we have box pops with me night here at

81

00:03:11,940 --> 00:03:10,180

skeptics in the pub of course to not

82

00:03:14,430 --> 00:03:11,950

have been asking people the two main

83

00:03:15,840 --> 00:03:14,440

important questions that everyone is

84

00:03:17,640 --> 00:03:15,850

thinking this week and that is of course

85

00:03:20,730 --> 00:03:17,650

have you ever been on a fad diet if so

86

00:03:22,590 --> 00:03:20,740

what and the x-files is coming back for

87

00:03:24,390 --> 00:03:22,600

another season perhaps the skeptics

88

00:03:27,240 --> 00:03:24,400

could give them some advice on plot

89

00:03:29,310 --> 00:03:27,250

lines or plot devices or just a good

90

00:03:30,900 --> 00:03:29,320

story line for them I think that's a

91

00:03:32,760 --> 00:03:30,910

really good idea Maynard I'm sure that

92

00:03:35,130 --> 00:03:32,770

the producers of The X Files get

93

00:03:37,470 --> 00:03:35,140

inundated with letters from skeptics

94

00:03:38,850 --> 00:03:37,480

from time to time yeah I'm sure they

95

00:03:40,590 --> 00:03:38,860

don't even answer them anymore well

96

00:03:42,270 --> 00:03:40,600

though I do believe the show did it was

97

00:03:43,770 --> 00:03:42,280

originally going to be a series of

98

00:03:45,270 --> 00:03:43,780

documentaries a bit like in search of

99

00:03:46,620 --> 00:03:45,280

but they decided that it would probably

100

00:03:48,990 --> 00:03:46,630

float better if they did it as a

101
00:03:50,490 --> 00:03:49,000
fictionalized thing I enjoyed it you

102
00:03:52,230 --> 00:03:50,500
know I look forward if there's a new

103
00:03:54,000 --> 00:03:52,240
series I think it'll be something to sit

104
00:03:56,340 --> 00:03:54,010
back and binge-watch with popcorn why

105
00:03:58,350 --> 00:03:56,350
not hmm you look at a Gillian Anderson

106
00:03:59,790 --> 00:03:58,360
having a go at the medical terms during

107
00:04:02,250 --> 00:03:59,800
the first season there she was thrown

108
00:04:03,690 --> 00:04:02,260
into the deep end having to be a doctor

109
00:04:05,280 --> 00:04:03,700
and do those big medical terms and they

110
00:04:06,780 --> 00:04:05,290
had to do lots and lots of takes of her

111
00:04:08,700 --> 00:04:06,790
with those complicated medical

112
00:04:10,320 --> 00:04:08,710
explanations that she made with with no

113
00:04:11,940 --> 00:04:10,330

medical background I think she did very

114

00:04:13,380 --> 00:04:11,950

well there was touch and go for the

115

00:04:15,060 --> 00:04:13,390

wallet but she was actually going to

116

00:04:16,800 --> 00:04:15,070

stay on the series because because they

117

00:04:18,120 --> 00:04:16,810

had to do so many takes for certain

118

00:04:20,460 --> 00:04:18,130

things but I mean that would be really

119

00:04:21,900 --> 00:04:20,470

difficult task one day you're just doing

120

00:04:24,570 --> 00:04:21,910

acting and next day you've got to be a

121

00:04:26,970 --> 00:04:24,580

doctor and you have to repeat like words

122

00:04:28,379 --> 00:04:26,980

this touches phenylalanine and no

123

00:04:30,600 --> 00:04:28,389

cafeteria and

124

00:04:32,909 --> 00:04:30,610

yeah and and really appear like you know

125

00:04:34,409 --> 00:04:32,919

what you're talking about I try all

126

00:04:36,029 --> 00:04:34,419

right I think it's time for us to run

127

00:04:37,739 --> 00:04:36,039

back inside to the main room now

128

00:04:39,450 --> 00:04:37,749

everybody's having a good time crack

129

00:04:41,640 --> 00:04:39,460

open another bottle of champagne what do

130

00:04:44,879 --> 00:04:41,650

you say that's a good idea because it's

131

00:04:46,649 --> 00:04:44,889

it's gluten-free it is while we're

132

00:05:12,380 --> 00:04:46,659

enjoying that I hope you enjoy the

133

00:05:16,590 --> 00:05:15,030

well the anti-vaccination story of

134

00:05:19,080 --> 00:05:16,600

course is all around the world it's not

135

00:05:22,740 --> 00:05:19,090

only here in Australia and in the United

136

00:05:25,620 --> 00:05:22,750

States and Canada and oh man did great

137

00:05:28,560 --> 00:05:25,630

britain to and parts of europe where the

138

00:05:31,380 --> 00:05:28,570

anti-vaccination brigade are out in

139

00:05:35,070 --> 00:05:31,390

force there's also a problem with this

140

00:05:37,080 --> 00:05:35,080

in of all places Israel and joining me

141

00:05:42,260 --> 00:05:37,090

on the line now all the way from near

142

00:05:45,240 --> 00:05:42,270

Tel Aviv is dr. Karen Landsman hello hey

143

00:05:47,340 --> 00:05:45,250

good to be hey I'm very well this

144

00:05:50,010 --> 00:05:47,350

morning its a bright beautiful day here

145

00:05:52,410 --> 00:05:50,020

in Sydney Australia it's a has been

146

00:05:54,210 --> 00:05:52,420

recording this it's Saturday here but I

147

00:05:58,310 --> 00:05:54,220

think it's very late for you on Friday

148

00:06:03,690 --> 00:05:58,320

night yeah it's almost midnight here oh

149

00:06:05,340 --> 00:06:03,700

now you guys okay you very very grateful

150

00:06:07,260 --> 00:06:05,350

you've got out of bed for me you're

151
00:06:09,030 --> 00:06:07,270
there with your your blankets and your

152
00:06:14,820 --> 00:06:09,040
cup of tea to try and keep warm and

153
00:06:16,290 --> 00:06:14,830
you're chatting to me I said I think

154
00:06:19,530 --> 00:06:16,300
it's just the opposite it's just the

155
00:06:22,830 --> 00:06:19,540
opposite this limit yeah it's good it's

156
00:06:24,740 --> 00:06:22,840
way too hot in here and and we can

157
00:06:26,700 --> 00:06:24,750
barely breathe without air conditioning

158
00:06:29,820 --> 00:06:26,710
it's good thing we have air conditioning

159
00:06:31,500 --> 00:06:29,830
I think somebody should weren't a nobel

160
00:06:33,930 --> 00:06:31,510
prize for whoever invented air

161
00:06:36,420 --> 00:06:33,940
conditioning I'd have to agree i've been

162
00:06:39,150 --> 00:06:36,430
coming from Sydney Australia which gets

163
00:06:41,250 --> 00:06:39,160

pretty pretty hot in the summertime and

164

00:06:44,370 --> 00:06:41,260

to where you are which I imagine is more

165

00:06:47,480 --> 00:06:44,380

or less the same thing yeah we're right

166

00:06:50,130 --> 00:06:47,490

near this summer it feels like summer I

167

00:06:51,840 --> 00:06:50,140

can't wait I can't wait till July and

168

00:06:55,410 --> 00:06:51,850

August the height of the summer here

169

00:06:57,930 --> 00:06:55,420

it's gonna be horrible good luck with

170

00:06:59,640 --> 00:06:57,940

that good luck with that now can before

171

00:07:02,719 --> 00:06:59,650

we really get into this what's this

172

00:07:04,780 --> 00:07:02,729

what's this thing that I noticed online

173

00:07:10,150 --> 00:07:04,790

reality bugs

174

00:07:13,000 --> 00:07:10,160

oh that's my plug i have a blog it's a

175

00:07:15,130 --> 00:07:13,010

blog called in hebrew it's a Hebrew blog

176
00:07:18,040 --> 00:07:15,140
called the end of the world of view from

177
00:07:20,530 --> 00:07:18,050
the balcony it's about different public

178
00:07:24,340 --> 00:07:20,540
health hazards and things that will kill

179
00:07:27,130 --> 00:07:24,350
us eventually I also have a Facebook

180
00:07:31,390 --> 00:07:27,140
page linked to the site which has

181
00:07:33,130 --> 00:07:31,400
different updates I try to update it

182
00:07:36,930 --> 00:07:33,140
daily I usually only updated weekly

183
00:07:40,660 --> 00:07:36,940
because you know life but I do my best

184
00:07:42,970 --> 00:07:40,670
my husband and we also have a youtube

185
00:07:47,980 --> 00:07:42,980
channel called the spacecraft their

186
00:07:51,880 --> 00:07:47,990
spaceship sorry it's an online show we

187
00:07:53,650 --> 00:07:51,890
record once every two weeks and we've

188
00:07:55,960 --> 00:07:53,660

got this lovely panel of two

189

00:07:58,360 --> 00:07:55,970

astrophysicist once your physicist was

190

00:08:01,120 --> 00:07:58,370

my husband is also a space engineer he's

191

00:08:03,220 --> 00:08:01,130

gonna lend a ship on the moon a robotic

192

00:08:05,890 --> 00:08:03,230

she pulled the moon his in spacer he's

193

00:08:08,740 --> 00:08:05,900

in special elder wow that's a good girl

194

00:08:10,330 --> 00:08:08,750

expert yeah he's so awesome my husband

195

00:08:12,270 --> 00:08:10,340

was really awesome you want to interview

196

00:08:16,680 --> 00:08:12,280

he's underneath in the room make them

197

00:08:21,220 --> 00:08:16,690

but we might one day and we have a

198

00:08:23,470 --> 00:08:21,230

physicist it was a specialist in string

199

00:08:25,480 --> 00:08:23,480

theory I mean he explained it to me

200

00:08:29,740 --> 00:08:25,490

about three times and then I was too shy

201

00:08:31,630 --> 00:08:29,750

to ask for they're all really really

202

00:08:33,940 --> 00:08:31,640

smart people at the end we talk about

203

00:08:35,980 --> 00:08:33,950

things come going on in space and

204

00:08:38,740 --> 00:08:35,990

different space news and different

205

00:08:41,589 --> 00:08:38,750

topics and it's a lovely show and it's

206

00:08:43,600 --> 00:08:41,599

in Hebrew I'm afraid so if anybody

207

00:08:45,810 --> 00:08:43,610

speaks Hebrew or you can just listen you

208

00:08:48,640 --> 00:08:45,820

don't have to speak it you can listen

209

00:08:54,370 --> 00:08:48,650

you can see us but now I'm very glad

210

00:08:56,880 --> 00:08:54,380

that we've been put in touch because as

211

00:08:59,500 --> 00:08:56,890

I was saying before the anti-vaccination

212

00:09:02,200 --> 00:08:59,510

the forces of the anti-vaxxers are all

213

00:09:04,210 --> 00:09:02,210

around the world it is worrying and can

214

00:09:08,110 --> 00:09:04,220

you tell me what the situation is in

215

00:09:10,450 --> 00:09:08,120

Israel at the moment well we have a

216

00:09:13,270 --> 00:09:10,460

pretty strong anti-vaccination movement

217

00:09:15,460 --> 00:09:13,280

here it's been going on for a while

218

00:09:16,249 --> 00:09:15,470

actually we've got this whole lovely

219

00:09:18,530 --> 00:09:16,259

trend coming

220

00:09:20,689 --> 00:09:18,540

from the US we have really the

221

00:09:23,389 --> 00:09:20,699

anti-vaccination movement got its main

222

00:09:26,059 --> 00:09:23,399

publicity about two years ago when the

223

00:09:28,909 --> 00:09:26,069

national anti polio vaccination campaign

224

00:09:30,859 --> 00:09:28,919

started we had this silent outbreak

225

00:09:33,319 --> 00:09:30,869

which meant we had no cases we had

226

00:09:35,389 --> 00:09:33,329

nobody sick but we could find wild

227

00:09:37,340 --> 00:09:35,399

poliovirus in the sewers which meant

228

00:09:40,039 --> 00:09:37,350

somebody was treating Polio virus to the

229

00:09:43,189 --> 00:09:40,049

sewers it was later found that children

230

00:09:46,329 --> 00:09:43,199

who only had the inactivated poliovirus

231

00:09:49,489 --> 00:09:46,339

vaccine and not the oral polio vaccine

232

00:09:52,099 --> 00:09:49,499

we're secreting wild polio it was very

233

00:09:54,710 --> 00:09:52,109

complex situation both from the public

234

00:09:57,439 --> 00:09:54,720

health you both from the doctor's point

235

00:10:00,979 --> 00:09:57,449

of view it necessitated a national light

236

00:10:02,840 --> 00:10:00,989

campaign vaccination campaign and the

237

00:10:04,849 --> 00:10:02,850

minute this campaign was announced that

238

00:10:06,650 --> 00:10:04,859

was exactly the second the

239

00:10:08,869 --> 00:10:06,660

anti-vaccination movement just raised

240

00:10:11,389 --> 00:10:08,879

their hands and started saying that

241

00:10:13,400 --> 00:10:11,399

vaccines are necessary and they're only

242

00:10:16,969 --> 00:10:13,410

harmful well you know we know those

243

00:10:18,439 --> 00:10:16,979

arguments the thing is that nobody in

244

00:10:20,809 --> 00:10:18,449

the government was ready for that

245

00:10:24,019 --> 00:10:20,819

because the people who are running the

246

00:10:26,539 --> 00:10:24,029

country are one generation behind the

247

00:10:30,139 --> 00:10:26,549

people who are using the internet and

248

00:10:32,210 --> 00:10:30,149

it's what i like most of those people

249

00:10:33,949 --> 00:10:32,220

but they they're like Facebook what that

250

00:10:35,720 --> 00:10:33,959

but why why do we need to say anything

251
00:10:38,239 --> 00:10:35,730
about Facebook just people should do

252
00:10:40,249 --> 00:10:38,249
what we tell them that's when a lot of

253
00:10:41,809 --> 00:10:40,259
my friends and me just stood up and said

254
00:10:45,379 --> 00:10:41,819
well somebody has to fight this fight

255
00:10:50,109 --> 00:10:45,389
and it's going to be us we started

256
00:10:52,849 --> 00:10:50,119
working together then to answer any

257
00:10:55,549 --> 00:10:52,859
anti-vaccination claim that we could

258
00:10:57,799 --> 00:10:55,559
find there was a lot of heated argument

259
00:11:00,349 --> 00:10:57,809
and the Israeli web at the time it was

260
00:11:02,329 --> 00:11:00,359
very hard we lost a lot of hours of

261
00:11:05,840 --> 00:11:02,339
sleep over that we were very lucky

262
00:11:07,809 --> 00:11:05,850
nobody got fired because we used a lot

263
00:11:12,189 --> 00:11:07,819

of our time with work answering

264

00:11:16,309 --> 00:11:12,199

questions and when the campaign was over

265

00:11:19,869 --> 00:11:16,319

we realized that we can't just stop I

266

00:11:22,309 --> 00:11:19,879

mean you this isn't going to go away and

267

00:11:24,559 --> 00:11:22,319

we had to somebody has to do something

268

00:11:28,540 --> 00:11:24,569

and that somebody is going to have to be

269

00:11:30,940 --> 00:11:28,550

us that's when our lovely Association

270

00:11:34,690 --> 00:11:30,950

it's called me that it means

271

00:11:38,230 --> 00:11:34,700

knowledgeable or from knowledge and it's

272

00:11:40,300 --> 00:11:38,240

a volunteering Association if

273

00:11:44,019 --> 00:11:40,310

everybody's volunteer nobody's getting

274

00:11:48,160 --> 00:11:44,029

paid unfortunately we would love to get

275

00:11:51,160 --> 00:11:48,170

paid but you know and it is dedicated to

276

00:11:54,430 --> 00:11:51,170

spread the science-based medicine to the

277

00:11:56,079 --> 00:11:54,440

public that's fantastic and I noticed

278

00:11:57,880 --> 00:11:56,089

that your kind enough to send me a

279

00:11:59,560 --> 00:11:57,890

little bit of information just over the

280

00:12:01,720 --> 00:11:59,570

benefit of our listeners and especially

281

00:12:05,639 --> 00:12:01,730

especially if you're listening to us

282

00:12:14,590 --> 00:12:05,649

from Israel the website to go to is

283

00:12:17,970 --> 00:12:14,600

madad o que el which is mid-1800s IL and

284

00:12:20,650 --> 00:12:17,980

what can people discover at that website

285

00:12:22,990 --> 00:12:20,660

well they can learn about us they can

286

00:12:25,150 --> 00:12:23,000

see a lot of data about different

287

00:12:29,139 --> 00:12:25,160

childhood diseases different

288

00:12:31,630 --> 00:12:29,149

immunizations immunization immunizations

289

00:12:33,160 --> 00:12:31,640

during pregnancy immunizations in your

290

00:12:35,230 --> 00:12:33,170

adulthood obviously all childhood

291

00:12:38,110 --> 00:12:35,240

vaccinations everything in the in the

292

00:12:39,790 --> 00:12:38,120

plan that every child gets from the air

293

00:12:43,240 --> 00:12:39,800

from the minute he is born till they're

294

00:12:44,710 --> 00:12:43,250

two years old and sick see ya yeah so

295

00:12:46,660 --> 00:12:44,720

it's great to see that that you've got a

296

00:12:48,639 --> 00:12:46,670

strong online presence there and what

297

00:12:52,870 --> 00:12:48,649

does that mean really how can people

298

00:12:55,560 --> 00:12:52,880

benefit from well that the mid org dot i

299

00:12:59,050 --> 00:12:55,570

IL and anything else you're doing online

300

00:13:00,699 --> 00:12:59,060

well we've got very active Facebook

301

00:13:03,970 --> 00:13:00,709

groups different facebook groups

302

00:13:07,240 --> 00:13:03,980

dedicated two different questions mainly

303

00:13:10,389 --> 00:13:07,250

for parents mainly targeting parents and

304

00:13:13,449 --> 00:13:10,399

we've got lots of questions there do I

305

00:13:16,660 --> 00:13:13,459

sleep the vaccines can I postpone them

306

00:13:18,730 --> 00:13:16,670

what do I do what are the meanie my kid

307

00:13:20,800 --> 00:13:18,740

got vaccinated two days ago now he's got

308

00:13:22,870 --> 00:13:20,810

a fever and the rash what do I do and

309

00:13:25,060 --> 00:13:22,880

then you give different advices usually

310

00:13:27,069 --> 00:13:25,070

we start with go see your doctor we

311

00:13:30,280 --> 00:13:27,079

don't give medical I survive that's

312

00:13:32,199 --> 00:13:30,290

always good adviser thank you but then

313

00:13:36,009 --> 00:13:32,209

you start giving you know they're very

314

00:13:38,380 --> 00:13:36,019

easy questions do and measles mumps and

315

00:13:41,260 --> 00:13:38,390

rubella give autism no here are the

316

00:13:42,270 --> 00:13:41,270

arguments why do what do you do with all

317

00:13:46,210 --> 00:13:42,280

this

318

00:13:48,550 --> 00:13:46,220

one of the favorite arguments here is to

319

00:13:50,980 --> 00:13:48,560

many vaccinations it's a huge load on

320

00:13:52,780 --> 00:13:50,990

the immune system the my poor child

321

00:13:54,850 --> 00:13:52,790

can't handle that then you start

322

00:13:58,450 --> 00:13:54,860

explaining how the immune system works

323

00:14:00,610 --> 00:13:58,460

how vaccinations work everything and its

324

00:14:02,650 --> 00:14:00,620

really it's actually great because you

325

00:14:05,110 --> 00:14:02,660

get to talk to people you get to talk to

326

00:14:07,240 --> 00:14:05,120

a lot of people because it's not only

327

00:14:09,130 --> 00:14:07,250

the person you're talking with online

328

00:14:12,160 --> 00:14:09,140

it's all also the people who are reading

329

00:14:13,870 --> 00:14:12,170

the discussion later and are benefitting

330

00:14:15,610 --> 00:14:13,880

from it this is very interesting indeed

331

00:14:17,200 --> 00:14:15,620

because it sounds to me like the

332

00:14:19,750 --> 00:14:17,210

questions you're getting and the

333

00:14:24,250 --> 00:14:19,760

concerns you're getting are from people

334

00:14:25,930 --> 00:14:24,260

who have read all the nonsense on the

335

00:14:28,140 --> 00:14:25,940

internet from the anti-vaxxers because

336

00:14:31,270 --> 00:14:28,150

we hear the exactly the same sort of

337

00:14:33,970 --> 00:14:31,280

arguments it's you know what's really

338

00:14:37,480 --> 00:14:33,980

amazing I once looked at the arguments

339

00:14:40,390 --> 00:14:37,490

against smallpox vaccine in the 19th in

340

00:14:42,580 --> 00:14:40,400

the eighteen seventy something it was

341

00:14:45,970 --> 00:14:42,590

exactly the same arguments exactly the

342

00:14:49,390 --> 00:14:45,980

same amazing including the you'd better

343

00:14:51,190 --> 00:14:49,400

catch smallpox in real life then getting

344

00:14:53,290 --> 00:14:51,200

vaccinated because the vaccine is

345

00:14:56,110 --> 00:14:53,300

horrible and the disease is really minor

346

00:15:00,370 --> 00:14:56,120

and it's smallpox it's the thing that I

347

00:15:05,710 --> 00:15:00,380

should percent death rate on a good day

348

00:15:08,560 --> 00:15:05,720

well I you may have heard that but the

349

00:15:09,640 --> 00:15:08,570

people in Australia that and I'm sure in

350

00:15:12,490 --> 00:15:09,650

other parts of the world the

351

00:15:15,310 --> 00:15:12,500

anti-vaccination people many of them

352

00:15:18,790 --> 00:15:15,320

insists that their measles and mumps and

353

00:15:20,830 --> 00:15:18,800

these sort of diseases are natural

354

00:15:24,820 --> 00:15:20,840

wonderful things and children should get

355

00:15:26,830 --> 00:15:24,830

them and just be sick for a few days and

356

00:15:29,920 --> 00:15:26,840

they're all happy and lovely afterwards

357

00:15:31,990 --> 00:15:29,930

oh and it gives him a growth boost

358

00:15:34,120 --> 00:15:32,000

that's my favorite part you see them

359

00:15:36,700 --> 00:15:34,130

very sick and that they have a growth

360

00:15:38,350 --> 00:15:36,710

sprite and I right yeah he was sick for

361

00:15:41,650 --> 00:15:38,360

a week of course it's gonna be happy to

362

00:15:43,660 --> 00:15:41,660

get out of bed and run why do you want

363

00:15:45,310 --> 00:15:43,670

your kids to be sick we have different

364

00:15:47,920 --> 00:15:45,320

by the way one of the interesting thing

365

00:15:50,350 --> 00:15:47,930

is what brought everybody to our group

366

00:15:51,820 --> 00:15:50,360

to me that we have I mean I'm obviously

367

00:15:54,040 --> 00:15:51,830

a doctor and I've got

368

00:15:56,980 --> 00:15:54,050

pediatricians and we've got GPS and got

369

00:16:00,010 --> 00:15:56,990

all different doctors and nurses or well

370

00:16:01,150 --> 00:16:00,020

we're there because it's what we do but

371

00:16:03,400 --> 00:16:01,160

then you look at the different

372

00:16:05,800 --> 00:16:03,410

volunteers and some of them are parents

373

00:16:10,240 --> 00:16:05,810

and some of them are people who were

374

00:16:14,380 --> 00:16:10,250

actually are well how shall I put it you

375

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

know they're sick term the vaccine it

376

00:16:18,940 --> 00:16:16,400

not like to see an injury then there's

377

00:16:22,170 --> 00:16:18,950

this medical term they use you know what

378

00:16:27,310 --> 00:16:22,180

I'm talking about the my child is

379

00:16:29,470 --> 00:16:27,320

damaged no damn it vaccine damage I know

380

00:16:32,800 --> 00:16:29,480

what it's like in Hebrews I'm just using

381

00:16:35,250 --> 00:16:32,810

the term English it's the Jenny McCarthy

382

00:16:37,480 --> 00:16:35,260

claim my child was hurt by vaccines

383

00:16:40,230 --> 00:16:37,490

man-eaters back they'll say they're

384

00:16:43,300 --> 00:16:40,240

either vaccine in judo vaccine damage

385

00:16:45,280 --> 00:16:43,310

vaccine injured mass itself we've got

386

00:16:47,770 --> 00:16:45,290

we've got [h__h] vaccine injured people

387

00:16:50,290 --> 00:16:47,780

in our group and by vaccine injured I

388

00:16:52,900 --> 00:16:50,300

mean we have one of our wonderful

389

00:16:56,410 --> 00:16:52,910

volunteers who whose immune system isn't

390

00:16:58,840 --> 00:16:56,420

working cuz she had the bone marrow

391

00:17:02,320 --> 00:16:58,850

transplant in her past and now if she

392

00:17:06,430 --> 00:17:02,330

will even see a child with measles she

393

00:17:11,040 --> 00:17:06,440

might die and we have another volunteer

394

00:17:13,570 --> 00:17:11,050

of very major leading character who got

395

00:17:16,270 --> 00:17:13,580

produces because nobody vaccinate

396

00:17:18,340 --> 00:17:16,280

against pertussis in her hometown so she

397

00:17:21,699 --> 00:17:18,350

got produces she was really really sick

398

00:17:23,680 --> 00:17:21,709

and she cracked a rib while coughing

399

00:17:26,170 --> 00:17:23,690

from purchases so we've got vaccine

400

00:17:29,230 --> 00:17:26,180

injured people lack of anti-vaxxers

401
00:17:33,820 --> 00:17:29,240
injured people oh that's that's terrible

402
00:17:35,980 --> 00:17:33,830
because in our past him we can read

403
00:17:38,050 --> 00:17:35,990
reports of children with pertussis or

404
00:17:40,300 --> 00:17:38,060
whooping cough breaking ribs and all

405
00:17:44,170 --> 00:17:40,310
sorts of things from violent coughing it

406
00:17:45,760 --> 00:17:44,180
must be just so bad and now of course

407
00:17:48,040 --> 00:17:45,770
Israel is a very different country to

408
00:17:51,070 --> 00:17:48,050
Australia what's the medical situation

409
00:17:54,430 --> 00:17:51,080
is is it difficult to get vaccinations

410
00:17:57,160 --> 00:17:54,440
out to the population in Israel well no

411
00:17:59,890 --> 00:17:57,170
that's the funny thing vaccines are are

412
00:18:03,070 --> 00:17:59,900
not obligatory by law but they're free

413
00:18:05,590 --> 00:18:03,080

they are giving for free but for every

414

00:18:07,840 --> 00:18:05,600

child everybody don't even have to be

415

00:18:11,529 --> 00:18:07,850

citizen in order to get them we have

416

00:18:13,750 --> 00:18:11,539

refugees who have no legal study and

417

00:18:17,409 --> 00:18:13,760

they still get vaccines when they get to

418

00:18:20,409 --> 00:18:17,419

Israel it's really released to get them

419

00:18:22,390 --> 00:18:20,419

there's world shortage of whooping cough

420

00:18:24,250 --> 00:18:22,400

vaccine right now but other than that I

421

00:18:26,230 --> 00:18:24,260

mean that affects the entire world no

422

00:18:29,380 --> 00:18:26,240

other than that it's really easy to get

423

00:18:32,200 --> 00:18:29,390

vaccines and and there's no reason not

424

00:18:35,230 --> 00:18:32,210

to get them unless you read all this

425

00:18:37,240 --> 00:18:35,240

well misconception and lies on the

426

00:18:40,120 --> 00:18:37,250

internet and you think that vaccine will

427

00:18:44,080 --> 00:18:40,130

give you a third eye or something it's

428

00:18:47,350 --> 00:18:44,090

yeah what it it's it's true because as

429

00:18:50,289 --> 00:18:47,360

we can now see it's a real problem

430

00:18:52,299 --> 00:18:50,299

worldwide of these well-meaning parents

431

00:18:54,880 --> 00:18:52,309

worried about their children going to

432

00:18:57,220 --> 00:18:54,890

the internet looking up vaccinations

433

00:18:59,200 --> 00:18:57,230

what should I do or something like that

434

00:19:00,580 --> 00:18:59,210

maybe they're even tried to look up the

435

00:19:02,680 --> 00:19:00,590

best way to get their children

436

00:19:05,350 --> 00:19:02,690

vaccinated and as soon as they put their

437

00:19:07,630 --> 00:19:05,360

search in up comes our conspiracy

438

00:19:10,180 --> 00:19:07,640

theories and nonsense and discredited

439

00:19:12,520 --> 00:19:10,190

arguments but they're they're put in

440

00:19:14,700 --> 00:19:12,530

such a way or leader that they seem real

441

00:19:17,470 --> 00:19:14,710

and I'm sure a lot of parents get scared

442

00:19:20,200 --> 00:19:17,480

yeah I mean if you look for vaccines in

443

00:19:24,909 --> 00:19:20,210

Hebrew you get the Ministry of Health

444

00:19:27,460 --> 00:19:24,919

site which is you know an official site

445

00:19:30,970 --> 00:19:27,470

and nobody can trust it because it's

446

00:19:33,460 --> 00:19:30,980

official and you get one site from a

447

00:19:36,070 --> 00:19:33,470

hospital called falsin hospital which is

448

00:19:40,990 --> 00:19:36,080

a great site but it's just one site and

449

00:19:44,799 --> 00:19:41,000

that's it the entire web in Hebrew up

450

00:19:48,340 --> 00:19:44,809

until a few months ago was entirely made

451
00:19:50,620 --> 00:19:48,350
out of conspiracy theorists and that's

452
00:19:54,240 --> 00:19:50,630
it that's this one of the reasons we've

453
00:19:57,700 --> 00:19:54,250
got me that is to have more data online

454
00:19:59,440 --> 00:19:57,710
to come up with search engines wow that

455
00:20:01,419 --> 00:19:59,450
that's that that's that's frightening

456
00:20:04,840 --> 00:20:01,429
that's frightening but I'm very glad

457
00:20:07,360 --> 00:20:04,850
that that people like you can see that

458
00:20:09,640 --> 00:20:07,370
there is a need for something like me

459
00:20:11,580 --> 00:20:09,650
data and get yourselves organized and

460
00:20:13,930 --> 00:20:11,590
get it together so I'm very pleased that

461
00:20:16,450 --> 00:20:13,940
you've had the opportunity to speak to

462
00:20:18,700 --> 00:20:16,460
the skeptic zone today about it

463
00:20:20,980 --> 00:20:18,710

we should have been done with Polly know

464

00:20:22,930 --> 00:20:20,990

what's so frustrating about this folio

465

00:20:25,240 --> 00:20:22,940

situation two years ago polio was

466

00:20:28,480 --> 00:20:25,250

supposed to have been eradicated ten

467

00:20:30,490 --> 00:20:28,490

years ago we shouldn't have had this

468

00:20:33,040 --> 00:20:30,500

problem to begin with it's only because

469

00:20:37,570 --> 00:20:33,050

anti-vaxxers that we have it it's

470

00:20:39,430 --> 00:20:37,580

driving me insane insane I tell you now

471

00:20:40,600 --> 00:20:39,440

for the benefit for the benefit of the

472

00:20:43,900 --> 00:20:40,610

listeners out there we're actually

473

00:20:45,850 --> 00:20:43,910

skyping so i can see Karen at the moment

474

00:20:48,790 --> 00:20:45,860

and she's going insane as I look at her

475

00:20:51,610 --> 00:20:48,800

she's very animated and i can tell you

476

00:20:54,910 --> 00:20:51,620

you're very very passionate about this

477

00:20:57,400 --> 00:20:54,920

topic it's horrible because you know i

478

00:20:59,890 --> 00:20:57,410

work we have so many problems so many

479

00:21:03,730 --> 00:20:59,900

health problems I can't single handedly

480

00:21:07,780 --> 00:21:03,740

eliminate diabetes and I can't prevent

481

00:21:10,060 --> 00:21:07,790

cancer and I can't prevent stroke and I

482

00:21:13,060 --> 00:21:10,070

can't prevent so many causes of deaths

483

00:21:15,490 --> 00:21:13,070

but we can prevent those things we can

484

00:21:17,350 --> 00:21:15,500

prevent polio we can prevent reasons we

485

00:21:19,240 --> 00:21:17,360

can prevent all of those diseases and

486

00:21:21,460 --> 00:21:19,250

people aren't getting vaccinated I mean

487

00:21:25,300 --> 00:21:21,470

the thing with whooping cough you start

488

00:21:27,190 --> 00:21:25,310

vaccinating pregnant women to to protect

489

00:21:30,490 --> 00:21:27,200

their babies in the first two months of

490

00:21:32,740 --> 00:21:30,500

lives and and the anti-vaxxers instead

491

00:21:34,660 --> 00:21:32,750

of looking it and says look how

492

00:21:36,850 --> 00:21:34,670

wonderful it is we can protect the child

493

00:21:40,450 --> 00:21:36,860

before we can actually vaccinate him

494

00:21:42,010 --> 00:21:40,460

they look at it and say oh no this six

495

00:21:43,600 --> 00:21:42,020

in safe because it wasn't tested

496

00:21:45,190 --> 00:21:43,610

properly and then when you tell them of

497

00:21:47,050 --> 00:21:45,200

course it was tested probably look at

498

00:21:50,050 --> 00:21:47,060

all the data and they say no no it was

499

00:21:52,680 --> 00:21:50,060

never designed to be tested like that we

500

00:21:56,830 --> 00:21:52,690

should have this at-bat land come on

501
00:22:01,960 --> 00:21:56,840
sorry yes I and I'm keeping up keeping

502
00:22:05,230 --> 00:22:01,970
my voice down you are you are you're

503
00:22:06,910 --> 00:22:05,240
very you're very young she is folks

504
00:22:09,790 --> 00:22:06,920
she's really restraining yourself I mean

505
00:22:12,130 --> 00:22:09,800
I Bagatelle but but but of course the

506
00:22:14,470 --> 00:22:12,140
arguments you're telling me and now I'll

507
00:22:16,450 --> 00:22:14,480
do it it's amazing it's just the same

508
00:22:17,890 --> 00:22:16,460
thing all around the world that's I

509
00:22:19,630 --> 00:22:17,900
guess that's the good thing and the bad

510
00:22:21,340 --> 00:22:19,640
thing about the Internet is that all the

511
00:22:24,040 --> 00:22:21,350
good arguments you can have access to

512
00:22:25,990 --> 00:22:24,050
and all the bad arguments as well so

513
00:22:29,500 --> 00:22:26,000

it's so important it's so important that

514

00:22:30,310 --> 00:22:29,510

people like you are online being active

515

00:22:32,100 --> 00:22:30,320

and putting this

516

00:22:35,980 --> 00:22:32,110

information together for the people

517

00:22:38,409 --> 00:22:35,990

where you live and even if I was

518

00:22:41,379 --> 00:22:38,419

speaking to you and you are from from

519

00:22:43,299 --> 00:22:41,389

Russia or Sweden or the UK or Canada or

520

00:22:46,210 --> 00:22:43,309

Mexico or China it doesn't matter you're

521

00:22:47,740 --> 00:22:46,220

someone local doing something for the

522

00:22:49,480 --> 00:22:47,750

people where you live to counter these

523

00:22:53,139 --> 00:22:49,490

worldwide arguments and I think that's a

524

00:22:55,480 --> 00:22:53,149

very good thing oh you actually asked

525

00:22:58,570 --> 00:22:55,490

what we what you can do for me that and

526

00:23:00,909 --> 00:22:58,580

if you speak Hebrew if any of your

527

00:23:03,190 --> 00:23:00,919

listeners speak Hebrew we do need help

528

00:23:05,860 --> 00:23:03,200

translating stuff and we do need help

529

00:23:08,350 --> 00:23:05,870

online presence so if you do speak

530

00:23:10,539 --> 00:23:08,360

Hebrew please contact us and we can use

531

00:23:14,460 --> 00:23:10,549

you and we will benefit you with hugs

532

00:23:17,019 --> 00:23:14,470

and cookies except the cookies perhaps

533

00:23:18,549 --> 00:23:17,029

they don't work it almost makes me want

534

00:23:21,490 --> 00:23:18,559

to run out and learn Hebrew right now

535

00:23:23,710 --> 00:23:21,500

but of course the skeptic zone has many

536

00:23:26,320 --> 00:23:23,720

many listeners around the world and I'm

537

00:23:28,509 --> 00:23:26,330

sure many hebrew-speaking listeners so

538

00:23:35,049 --> 00:23:28,519

there's that there's your cue my friends

539

00:23:38,769 --> 00:23:35,059

head to mid-80s IL and you can find out

540

00:23:41,019 --> 00:23:38,779

a lot more information but for now dr.

541

00:23:43,269 --> 00:23:41,029

Karen landsman's thank you so much I'm

542

00:23:46,210 --> 00:23:43,279

glad we managed to hook up we had a

543

00:23:48,249 --> 00:23:46,220

slight confusion about the weird time

544

00:23:50,409 --> 00:23:48,259

zones between Sydney and Tel Aviv this

545

00:23:52,779 --> 00:23:50,419

morning which meant that we we had out

546

00:23:54,879 --> 00:23:52,789

lots of wires crossed but we finally we

547

00:23:57,909 --> 00:23:54,889

finally made contact and I'm very

548

00:23:59,769 --> 00:23:57,919

pleased we did I'm really glad to have

549

00:24:01,450 --> 00:23:59,779

met you you're really nice person I'm

550

00:24:04,419 --> 00:24:01,460

really glad to be on skeptic zone as

551

00:24:07,389 --> 00:24:04,429

well oh thank you very much dr. Karen

552

00:24:11,259 --> 00:24:07,399

lads but I hope you have a good rest of

553

00:24:31,220 --> 00:24:11,269

your evening thank you I hope you have a

554

00:24:36,480 --> 00:24:34,470

hey svenska skeptical the vet valid

555

00:24:38,430 --> 00:24:36,490

veteran scope for billing in the boy to

556

00:24:41,070 --> 00:24:38,440

none hanger of the skeptic zone the

557

00:24:43,040 --> 00:24:41,080

Tanakh so are fearful dog poop science

558

00:24:46,590 --> 00:24:43,050

quiz of skeptical cafe on thomasville

559

00:24:49,230 --> 00:24:46,600

queen pave very pumped for Punta safe at

560

00:24:51,540 --> 00:24:49,240

spawn I involve a luger luke alphania

561

00:24:53,670 --> 00:24:51,550

hun tamilanda Top Gun warmly boo

562

00:24:56,790 --> 00:24:53,680

installed identity is non-local training

563

00:25:01,920 --> 00:24:56,800

boffin to start I'm 12 your bottom add a

564

00:25:03,750 --> 00:25:01,930

new hello all skeptics in Sweden I'm

565

00:25:06,240 --> 00:25:03,760

sure you already know that the Swedish

566

00:25:08,250 --> 00:25:06,250

skeptics Association not only is a big

567

00:25:10,920 --> 00:25:08,260

fan of the skeptic zone but that we also

568

00:25:13,260 --> 00:25:10,930

organize lectures pop science quiz and

569

00:25:19,650 --> 00:25:13,270

skeptics in the pub all over the country

570

00:25:22,320 --> 00:25:19,660

go to ww vof se to see what are seven

571

00:25:23,700 --> 00:25:22,330

local chapters are up to and if you live

572

00:25:26,850 --> 00:25:23,710

in a place where there is no local

573

00:25:35,580 --> 00:25:26,860

chapter why not start on yourself I'm

574

00:25:40,300 --> 00:25:38,290

welcome to a week in science from our oz

575

00:25:43,480 --> 00:25:40,310

bringing you the science you need

576
00:25:45,670 --> 00:25:43,490
tonight mmm chocolate one of the world's

577
00:25:50,810 --> 00:25:45,680
favorite sweet foods words cannot

578
00:25:55,680 --> 00:25:53,520
the cacao bean the key ingredients of

579
00:25:57,420 --> 00:25:55,690
chocolate originates from South America

580
00:25:59,610 --> 00:25:57,430
and was brought to Europe by the Spanish

581
00:26:01,050 --> 00:25:59,620
in the 16th century since then there

582
00:26:03,420 --> 00:26:01,060
have been a number of benefits being

583
00:26:04,860 --> 00:26:03,430
promoted however research has started to

584
00:26:06,570 --> 00:26:04,870
show you that chocolate may indeed have

585
00:26:09,180 --> 00:26:06,580
a number of good effects on our health

586
00:26:10,920 --> 00:26:09,190
in particular Coco's and rich source of

587
00:26:13,500 --> 00:26:10,930
flavonols chemicals which have an

588
00:26:15,180 --> 00:26:13,510

anti-inflammatory effect they accumulate

589

00:26:16,800 --> 00:26:15,190

in the brain regions involved in

590

00:26:19,050 --> 00:26:16,810

learning and memory especially the

591

00:26:20,640 --> 00:26:19,060

hippocampus flavonols have also been

592

00:26:22,290 --> 00:26:20,650

shown to increase blood flow to the

593

00:26:23,760 --> 00:26:22,300

brain while this doesn't necessarily

594

00:26:28,590 --> 00:26:23,770

mean that chocolate will make you

595

00:26:30,420 --> 00:26:28,600

smarter well it can't hurt there is also

596

00:26:32,700 --> 00:26:30,430

evidence try and Coco's benefits for the

597

00:26:34,680 --> 00:26:32,710

heart and circulation including reducing

598

00:26:37,080 --> 00:26:34,690

blood pressure by relaxing vessel

599

00:26:38,820 --> 00:26:37,090

muscles dark chocolate reduces platelet

600

00:26:40,530 --> 00:26:38,830

aggregation and blood vessels which

601
00:26:42,330 --> 00:26:40,540
might help prevent blockages which can

602
00:26:43,620 --> 00:26:42,340
result in heart attacks we've only

603
00:26:45,510 --> 00:26:43,630
touched on the health benefits of

604
00:26:47,400 --> 00:26:45,520
chocolate there is also evidence that

605
00:26:49,470 --> 00:26:47,410
has positive effects on cholesterol

606
00:26:51,570 --> 00:26:49,480
insulin resistance and blood vessel

607
00:26:53,550 --> 00:26:51,580
function and improves mood and

608
00:26:55,800 --> 00:26:53,560
well-being it should be noted though

609
00:26:58,260 --> 00:26:55,810
that the processing of coco de chocolate

610
00:27:00,480 --> 00:26:58,270
reduces the flavonoid content so studies

611
00:27:02,490 --> 00:27:00,490
which show an effect using cocoa may not

612
00:27:05,040 --> 00:27:02,500
necessarily have the same effect using

613
00:27:06,540 --> 00:27:05,050

processed chocolate as always talk to

614

00:27:09,480 --> 00:27:06,550

your doctor about the best health plan

615

00:27:14,010 --> 00:27:09,490

for you and now for fast facts about our

616

00:27:15,960 --> 00:27:14,020

favorite sweet food cacao beans the base

617

00:27:18,900 --> 00:27:15,970

ingredients of chocolate were used by

618

00:27:21,210 --> 00:27:18,910

the Aztecs as a form of currency cacao

619

00:27:24,270 --> 00:27:21,220

beans grow inside pods with each pod

620

00:27:26,010 --> 00:27:24,280

containing around 40 beans forty-three

621

00:27:27,680 --> 00:27:26,020

percent of Nobel Prize winners eat

622

00:27:30,210 --> 00:27:27,690

chocolate more than twice per week

623

00:27:31,950 --> 00:27:30,220

compared to just twenty-five percent of

624

00:27:34,080 --> 00:27:31,960

the general public and while we're

625

00:27:35,610 --> 00:27:34,090

talking about Nobel prizes countries

626
00:27:38,160 --> 00:27:35,620
with the highest chocolate consumption

627
00:27:41,130 --> 00:27:38,170
also have the most Nobel Prize winners

628
00:27:42,720 --> 00:27:41,140
that's it for this week in science wants

629
00:27:46,310 --> 00:27:42,730
to find out more about chocolate who

630
00:27:50,220 --> 00:27:46,320
wouldn't go to the Arias website are I a

631
00:27:52,860 --> 00:27:50,230
USDA you follow us on twitter at ra oz

632
00:28:03,230 --> 00:27:52,870
and like us on facebook i'm ben lewis

633
00:28:17,880 --> 00:28:15,090
on Maynard calm da are you Morrissey is

634
00:28:20,040 --> 00:28:17,890
some singer from some band called the

635
00:28:22,740 --> 00:28:20,050
Johnsons they were sort of big in the

636
00:28:25,980 --> 00:28:22,750
80s whatever that might mean he's now

637
00:28:28,230 --> 00:28:25,990
touring or is he round the world or is

638
00:28:31,470 --> 00:28:28,240

it explaining to people occasionally

639

00:28:32,820 --> 00:28:31,480

through song how they should behave how

640

00:28:34,620 --> 00:28:32,830

they should dance and never through

641

00:28:36,270 --> 00:28:34,630

dance you never explained through Dan he

642

00:28:38,850 --> 00:28:36,280

never explains through downtown Jones

643

00:28:41,250 --> 00:28:38,860

job that's how a Jones's job is playing

644

00:28:44,520 --> 00:28:41,260

at the Opera House or is he he has a

645

00:28:47,910 --> 00:28:44,530

couple of orders that he's given his

646

00:28:50,000 --> 00:28:47,920

clicked his heel and he has demanded

647

00:28:52,860 --> 00:28:50,010

that the Opera House not serve any food

648

00:28:55,740 --> 00:28:52,870

containing meet anytime he's in the

649

00:28:57,660 --> 00:28:55,750

building anywhere in the building he

650

00:29:00,120 --> 00:28:57,670

just wants people to either been

651
00:29:02,910 --> 00:29:00,130
drinking water or eating vegetables just

652
00:29:06,060 --> 00:29:02,920
vegetables by themselves you can imagine

653
00:29:09,270 --> 00:29:06,070
the horror I'm not going to be told by

654
00:29:18,460 --> 00:29:09,280
some English dweeb who sings only one

655
00:29:24,470 --> 00:29:21,980
dododo like a car alarm how I'm supposed

656
00:29:27,290 --> 00:29:24,480
to behave what I'm supposed to eat and

657
00:29:29,870 --> 00:29:27,300
what I'm supposed to wear Morrissey step

658
00:29:34,930 --> 00:29:29,880
off that has been Tim Ferguson's right

659
00:29:49,130 --> 00:29:45,140
on Maynard calm day you what we want is

660
00:29:53,269 --> 00:29:49,140
some more evidence please is Joe

661
00:29:53,279 --> 00:29:58,790
hello this is Joe alabaster

662
00:30:03,870 --> 00:30:01,590
world homeopathy Awareness Week is

663
00:30:08,180 --> 00:30:03,880

approaching once again to take place

664

00:30:10,770 --> 00:30:08,190

from the 10th to the 16th of April 2015

665

00:30:13,320 --> 00:30:10,780

last year's World homeopathy Awareness

666

00:30:15,780 --> 00:30:13,330

Week took place just as the NHMRC s

667

00:30:17,280 --> 00:30:15,790

draft information paper examining

668

00:30:19,110 --> 00:30:17,290

evidence on the effectiveness of

669

00:30:21,570 --> 00:30:19,120

homeopathy entreating health conditions

670

00:30:23,280 --> 00:30:21,580

had been made public which led to a

671

00:30:26,010 --> 00:30:23,290

substantial amount of awareness raising

672

00:30:29,250 --> 00:30:26,020

via the media that homeopathy is not an

673

00:30:31,080 --> 00:30:29,260

effective modality similarly this year

674

00:30:32,850 --> 00:30:31,090

world homeopathy Awareness Week is

675

00:30:35,580 --> 00:30:32,860

taking place the month following the

676

00:30:38,640 --> 00:30:35,590

release of the NHMRC s completed review

677

00:30:40,620 --> 00:30:38,650

on homeopathy this review has led to

678

00:30:42,630 --> 00:30:40,630

headlines stating the findings that

679

00:30:45,270 --> 00:30:42,640

homeopathy is no more effective than a

680

00:30:46,830 --> 00:30:45,280

placebo which makes this and find public

681

00:30:49,950 --> 00:30:46,840

awareness of homeopathy from an

682

00:30:52,410 --> 00:30:49,960

evidence-based perspective world

683

00:30:57,350 --> 00:30:52,420

homeopathy awareness week's theme 4 2015

684

00:31:00,090 --> 00:30:57,360

is homeopathy for infectious diseases

685

00:31:02,370 --> 00:31:00,100

now there is no evidence for nor

686

00:31:05,070 --> 00:31:02,380

plausible mechanism by which homeopathy

687

00:31:07,350 --> 00:31:05,080

can be of any use in treating infectious

688

00:31:09,480 --> 00:31:07,360

disease and I feel that it's highly

689

00:31:12,000 --> 00:31:09,490

unethical and very dangerous to mislead

690

00:31:13,890 --> 00:31:12,010

people by claiming such particularly in

691

00:31:15,870 --> 00:31:13,900

the midst of the u.s. is current measles

692

00:31:19,920 --> 00:31:15,880

outbreak and the ongoing Ebola epidemic

693

00:31:22,080 --> 00:31:19,930

in West Africa the belief that homeo

694

00:31:25,080 --> 00:31:22,090

prophylaxis also referred to as

695

00:31:27,000 --> 00:31:25,090

homeopathic vaccination provides any

696

00:31:29,700 --> 00:31:27,010

protection from diseases which ought to

697

00:31:31,350 --> 00:31:29,710

be prevented with immunization leads to

698

00:31:33,300 --> 00:31:31,360

parents falsely assuming that they've

699

00:31:36,630 --> 00:31:33,310

adequately addressed preventative health

700

00:31:39,630 --> 00:31:36,640

care this false sense of safety is both

701
00:31:42,030 --> 00:31:39,640
incredibly dangerous and cruel homeo

702
00:31:44,670 --> 00:31:42,040
prophylaxis and homeopathy in general

703
00:31:46,170 --> 00:31:44,680
cheats consumers into believing that

704
00:31:50,730 --> 00:31:46,180
they're looking after their own and

705
00:31:52,560 --> 00:31:50,740
their children's health speaking of

706
00:31:54,750 --> 00:31:52,570
unreliable and non-credible health

707
00:31:56,910 --> 00:31:54,760
advice the organizers of world

708
00:31:59,040 --> 00:31:56,920
homeopathy Awareness Week have uploaded

709
00:32:00,630 --> 00:31:59,050
an image as their cover photo on the

710
00:32:03,690 --> 00:32:00,640
facebook page for world homeopathy

711
00:32:06,330 --> 00:32:03,700
Awareness Week 2015 featuring a pro

712
00:32:11,400 --> 00:32:06,340
homeopathy quote attributed to mahatma

713
00:32:12,330 --> 00:32:11,410

gandhi quote homeopathy cures a larger

714

00:32:14,760 --> 00:32:12,340

percentage of cake

715

00:32:17,519 --> 00:32:14,770

than any other method of treatment and

716

00:32:20,070 --> 00:32:17,529

is beyond doubt a safe economical and

717

00:32:25,110 --> 00:32:20,080

the most complete medical science end

718

00:32:27,570 --> 00:32:25,120

quote Mahatma Gandhi is a widely

719

00:32:30,480 --> 00:32:27,580

influential and highly esteemed man a

720

00:32:32,070 --> 00:32:30,490

peace activist civil rights pioneer and

721

00:32:33,990 --> 00:32:32,080

the preeminent leader of the

722

00:32:37,380 --> 00:32:34,000

independence movement in British ruled

723

00:32:38,970 --> 00:32:37,390

India his philosophies regarding human

724

00:32:42,000 --> 00:32:38,980

rights and nonviolent civil disobedience

725

00:32:45,810 --> 00:32:42,010

and the nature of humanity are valued by

726

00:32:47,909 --> 00:32:45,820

many people worldwide did to disqualify

727

00:32:51,180 --> 00:32:47,919

him to speak on matters of medicine

728

00:32:53,549 --> 00:32:51,190

health with any authority though he had

729

00:32:56,250 --> 00:32:53,559

no medical training or expertise he was

730

00:32:58,380 --> 00:32:56,260

educated in law but nonetheless pender

731

00:33:01,350 --> 00:32:58,390

treat eyes on health matters in which he

732

00:33:02,700 --> 00:33:01,360

noted quote I have arrived at certain

733

00:33:05,190 --> 00:33:02,710

definite conclusions from that

734

00:33:09,080 --> 00:33:05,200

experience and are now set them down for

735

00:33:11,940 --> 00:33:09,090

the benefit of my readers and quote a

736

00:33:14,430 --> 00:33:11,950

guide to health by Mahatma Gandhi is

737

00:33:17,430 --> 00:33:14,440

available as a free ebook courtesy of

738

00:33:19,200 --> 00:33:17,440

Project Gutenberg it contains some quite

739

00:33:21,269 --> 00:33:19,210

fantastic claims and philosophies about

740

00:33:23,730 --> 00:33:21,279

the human body and the nature of disease

741

00:33:29,730 --> 00:33:23,740

which are generally described as ill

742

00:33:31,560 --> 00:33:29,740

informed for example quote the world is

743

00:33:35,909 --> 00:33:31,570

compounded of the five elements earth

744

00:33:38,549 --> 00:33:35,919

water air fire and ether so too is our

745

00:33:41,490 --> 00:33:38,559

body it is a sort of miniature world

746

00:33:44,100 --> 00:33:41,500

hence the body stands in need of all the

747

00:33:47,700 --> 00:33:44,110

elements in due proportion pure earth

748

00:33:50,789 --> 00:33:47,710

pure water purifier or sunlight pure air

749

00:33:53,070 --> 00:33:50,799

and open space when any one of these

750

00:33:57,720 --> 00:33:53,080

fall short of its due proportion illness

751

00:34:02,820 --> 00:33:57,730

is caused in the body end quote on the

752

00:34:05,940 --> 00:34:02,830

course of fever quote as most fevers are

753

00:34:08,190 --> 00:34:05,950

caused by disorders of the bowels the

754

00:34:11,220 --> 00:34:08,200

very first thing to do is to starve the

755

00:34:13,460 --> 00:34:11,230

patient it is a mere superstition that a

756

00:34:16,079 --> 00:34:13,470

weak man will get weaker by starving as

757

00:34:18,180 --> 00:34:16,089

we have already seen only that portion

758

00:34:20,430 --> 00:34:18,190

of our food is really useful which is

759

00:34:24,119 --> 00:34:20,440

assimilated into the blood and the

760

00:34:26,190 --> 00:34:24,129

remainder only clogs the bowels in fever

761

00:34:27,930 --> 00:34:26,200

the digestive organs are very weak

762

00:34:30,629 --> 00:34:27,940

the tongue gets coated and the lips are

763

00:34:32,399 --> 00:34:30,639

hard and dry if any food is given to the

764

00:34:36,089 --> 00:34:32,409

patient in this condition it will remain

765

00:34:37,889 --> 00:34:36,099

undigested and aid to the fever starving

766

00:34:40,710 --> 00:34:37,899

the patient gives his digestive organs

767

00:34:42,540 --> 00:34:40,720

time to perform their work hence the

768

00:34:47,389 --> 00:34:42,550

need to stop him for a day or two and

769

00:34:51,780 --> 00:34:47,399

quote now here's Gandhi on smallpox

770

00:34:53,669 --> 00:34:51,790

quote in fact it is caused just like

771

00:34:56,310 --> 00:34:53,679

other diseases by the blood getting

772

00:34:58,740 --> 00:34:56,320

impure owing to some disorder of the

773

00:35:00,750 --> 00:34:58,750

bowels and the poison that accumulates

774

00:35:03,859 --> 00:35:00,760

in the system is expelled in the form of

775

00:35:08,339 --> 00:35:03,869

smallpox if this view is correct and

776

00:35:10,079 --> 00:35:08,349

quote it isn't quote then there is

777

00:35:13,859 --> 00:35:10,089

absolutely no need to be afraid of

778

00:35:15,900 --> 00:35:13,869

smallpox if it were really a contagious

779

00:35:18,060 --> 00:35:15,910

disease everyone should catch it by

780

00:35:21,859 --> 00:35:18,070

merely touching the patient but this is

781

00:35:24,450 --> 00:35:21,869

not always the case and quote

782

00:35:28,940 --> 00:35:24,460

incidentally Gandhi is highly quotable

783

00:35:31,710 --> 00:35:28,950

by anti-vaccination campaigners quote

784

00:35:33,809 --> 00:35:31,720

vaccination is a barbarous practice and

785

00:35:36,780 --> 00:35:33,819

it is one of the most fatal of all

786

00:35:38,790 --> 00:35:36,790

delusions current in our time not to be

787

00:35:44,069 --> 00:35:38,800

found even among the so-called savage

788

00:35:47,370 --> 00:35:44,079

aces of the world end quote on first

789

00:35:49,290 --> 00:35:47,380

aid for burns quote if the skin has

790

00:35:50,730 --> 00:35:49,300

simply got red by the burn there is no

791

00:35:53,520 --> 00:35:50,740

more effective remedy than the

792

00:35:54,990 --> 00:35:53,530

application of a mud poultice if the

793

00:35:57,300 --> 00:35:55,000

fingers have been burt care should be

794

00:35:58,880 --> 00:35:57,310

taken when the poultice is applied that

795

00:36:01,349 --> 00:35:58,890

they do not touch against one another

796

00:36:04,079 --> 00:36:01,359

this same treatment may be applied in

797

00:36:09,329 --> 00:36:04,089

cases of acid burns and scalds of every

798

00:36:11,370 --> 00:36:09,339

description end quote Gandhi himself

799

00:36:13,559 --> 00:36:11,380

ruminated on whether indeed he was

800

00:36:18,240 --> 00:36:13,569

qualified or correct in writing on

801
00:36:20,460 --> 00:36:18,250
health matters quote one question which

802
00:36:22,980 --> 00:36:20,470
I've asked myself again and again in the

803
00:36:25,950 --> 00:36:22,990
course of writing this book is why I of

804
00:36:28,380 --> 00:36:25,960
all persons should write it is there any

805
00:36:30,510 --> 00:36:28,390
justification at all for one like me who

806
00:36:32,130 --> 00:36:30,520
am no doctor and whose knowledge of the

807
00:36:34,770 --> 00:36:32,140
matters dealt with in these pages must

808
00:36:37,829 --> 00:36:34,780
be necessarily imperfect attempting to

809
00:36:38,760 --> 00:36:37,839
write a book of this kind my defense is

810
00:36:41,220 --> 00:36:38,770
this

811
00:36:43,860 --> 00:36:41,230
the science of medicine is itself based

812
00:36:46,890 --> 00:36:43,870
on imperfect knowledge most of it being

813
00:36:48,930 --> 00:36:46,900

mere quackery but this book at any rate

814

00:36:51,990 --> 00:36:48,940

has been prompted by the purest of

815

00:36:54,150 --> 00:36:52,000

motives the attempt is here made not so

816

00:36:55,800 --> 00:36:54,160

much to show how to cure diseases as to

817

00:36:58,050 --> 00:36:55,810

point out the means of preventing them

818

00:36:59,400 --> 00:36:58,060

and a little reflection will show that

819

00:37:01,680 --> 00:36:59,410

the prevention of disease is

820

00:37:03,200 --> 00:37:01,690

comparatively simple matter not

821

00:37:05,880 --> 00:37:03,210

requiring much specialist knowledge

822

00:37:07,880 --> 00:37:05,890

although it is by no means an easy thing

823

00:37:10,950 --> 00:37:07,890

to put these principles into practice

824

00:37:13,740 --> 00:37:10,960

our object has been to show the unity of

825

00:37:15,420 --> 00:37:13,750

origin and treatment of all diseases so

826

00:37:17,280 --> 00:37:15,430

that all people may learn to treat their

827

00:37:20,250 --> 00:37:17,290

diseases themselves when they do arise

828

00:37:22,290 --> 00:37:20,260

as they often do in spite of great care

829

00:37:27,540 --> 00:37:22,300

in the observance of the laws of health

830

00:37:29,610 --> 00:37:27,550

and quote unfortunately pure motives are

831

00:37:31,830 --> 00:37:29,620

not enough when it comes to dispensing

832

00:37:33,900 --> 00:37:31,840

health advice and nor was Gandhi

833

00:37:36,270 --> 00:37:33,910

necessarily qualified to pass judgement

834

00:37:39,450 --> 00:37:36,280

that most science-based medicine is mere

835

00:37:41,910 --> 00:37:39,460

quackery it's also pertinent to remember

836

00:37:44,310 --> 00:37:41,920

that Gandhi wrote this tree ties in 1921

837

00:37:46,020 --> 00:37:44,320

our body of knowledge in the field of

838

00:37:49,230 --> 00:37:46,030

medicine has grown immensely over the

839

00:37:51,330 --> 00:37:49,240

past century I invite you to have a

840

00:37:53,400 --> 00:37:51,340

fossick around a guide to health his

841

00:37:55,230 --> 00:37:53,410

thoughts on chastity and childbirth are

842

00:37:57,150 --> 00:37:55,240

quite amazing and come to your own

843

00:37:59,190 --> 00:37:57,160

conclusions as to whether you think he's

844

00:38:01,860 --> 00:37:59,200

a reputable source of health advice I

845

00:38:04,080 --> 00:38:01,870

ask you then to consider whether the

846

00:38:06,570 --> 00:38:04,090

endorsement of homeopathy is cited by

847

00:38:08,190 --> 00:38:06,580

world homeopathy Awareness Week holds

848

00:38:10,740 --> 00:38:08,200

much gravitas when you are aware of

849

00:38:15,090 --> 00:38:10,750

Gandhi's ideas on health and medicine in

850

00:38:17,010 --> 00:38:15,100

general finally please take into account

851
00:38:19,500 --> 00:38:17,020
what's possibly the icing on the cake

852
00:38:21,750 --> 00:38:19,510
here I've not been able to find any

853
00:38:23,850 --> 00:38:21,760
evidence that the quote used by world

854
00:38:27,060 --> 00:38:23,860
homeopathy Awareness Week can be

855
00:38:28,890 --> 00:38:27,070
reasonably attributed to Gandhi neither

856
00:38:31,560 --> 00:38:28,900
of skeptics on Stack Exchange or

857
00:38:33,870 --> 00:38:31,570
commenters on a poster or acts like

858
00:38:35,610 --> 00:38:33,880
wires Twitter users zeno double O one

859
00:38:38,070 --> 00:38:35,620
has been searching for an original

860
00:38:39,660 --> 00:38:38,080
source for the quote to no avail but he

861
00:38:42,450 --> 00:38:39,670
has found some examples of Gandhi

862
00:38:45,570 --> 00:38:42,460
mentioning homeopathy seemingly not in a

863
00:38:47,910 --> 00:38:45,580

favorable light the only place i found

864

00:38:49,920 --> 00:38:47,920

the gandhi quote homeopathy cures a

865

00:38:51,780 --> 00:38:49,930

larger percentage of cases than any

866

00:38:52,529 --> 00:38:51,790

other method of treatment and is beyond

867

00:38:54,359 --> 00:38:52,539

doubt a safe

868

00:38:58,019 --> 00:38:54,369

economical and most complete medical

869

00:39:01,469 --> 00:38:58,029

science or any variations thereof have

870

00:39:03,749 --> 00:39:01,479

been on pro homeopathy sites not in any

871

00:39:07,409 --> 00:39:03,759

independent archives of gandhi's ratings

872

00:39:11,819 --> 00:39:07,419

or speeches as such I think it's a fair

873

00:39:13,890 --> 00:39:11,829

call to label the quote as unverified so

874

00:39:16,049 --> 00:39:13,900

to summarize the world homeopathy

875

00:39:18,329 --> 00:39:16,059

Awareness Week organizers have used an

876

00:39:20,729 --> 00:39:18,339

unverified quote from a source whose

877

00:39:22,739 --> 00:39:20,739

health advice is highly questionable to

878

00:39:24,689 --> 00:39:22,749

promote awareness of a modality for

879

00:39:27,390 --> 00:39:24,699

which there is no evidence of efficacy

880

00:39:31,049 --> 00:39:27,400

in treating disease greater than that of

881

00:39:34,499 --> 00:39:31,059

a placebo world homie of the Awareness

882

00:39:36,659 --> 00:39:34,509

Week 2015 once again helping to arrays

883

00:39:41,789 --> 00:39:36,669

public awareness that homeopathy is

884

00:39:44,599 --> 00:39:41,799

bulldust for more evidence please you

885

00:39:47,909 --> 00:39:44,609

can find my blog at evidence please net

886

00:39:50,009 --> 00:39:47,919

evidence places also on Facebook and you

887

00:40:03,810 --> 00:39:50,019

can contact me on twitter at joe

888

00:40:08,470 --> 00:40:06,190

be reasonable it's a podcast in the

889

00:40:10,630 --> 00:40:08,480

merseyside skeptics society hosted by

890

00:40:12,370 --> 00:40:10,640

Michael Marshall in each monthly

891

00:40:14,530 --> 00:40:12,380

interview will examine belief from

892

00:40:16,120 --> 00:40:14,540

outside of the mainstream exploring how

893

00:40:17,920 --> 00:40:16,130

those views are constructed and what

894

00:40:20,530 --> 00:40:17,930

evidence people feel supports their case

895

00:40:22,960 --> 00:40:20,540

on the latest episode i'm joined by alan

896

00:40:25,060 --> 00:40:22,970

butler an offer in historian who

897

00:40:26,860 --> 00:40:25,070

believes the moon and Sarah's have a far

898

00:40:29,770 --> 00:40:26,870

different origin than most astronomers

899

00:40:31,270 --> 00:40:29,780

realize the ultimate conclusion that we

900

00:40:33,780 --> 00:40:31,280

came to and anybody can see this

901
00:40:36,730 --> 00:40:33,790
information either online or in the book

902
00:40:40,090 --> 00:40:36,740
was that the moon must therefore have

903
00:40:42,640 --> 00:40:40,100
been not a naturally occurring but an

904
00:40:46,860 --> 00:40:42,650
engineered object and that it was put

905
00:40:49,900 --> 00:40:46,870
where it was specifically to nurse

906
00:40:52,720 --> 00:40:49,910
infant life on the earth and to the

907
00:40:54,640 --> 00:40:52,730
stage that it's at now hey what Alan had

908
00:40:57,280 --> 00:40:54,650
to say as well as finding back issues of

909
00:41:01,810 --> 00:40:57,290
the show by visiting merseyside skeptics

910
00:41:12,010 --> 00:41:01,820
org UK fold / podcasts are searching be

911
00:41:20,980 --> 00:41:16,480
years may not spooky action at a

912
00:41:25,460 --> 00:41:23,510
well I'm just here skeptics in the pub

913
00:41:27,049 --> 00:41:25,470

in Sydney everyone's rushing around

914

00:41:28,160 --> 00:41:27,059

people are going to the bar people

915

00:41:29,420 --> 00:41:28,170

eating chicken and people are eating

916

00:41:31,849 --> 00:41:29,430

very carefully because we have a

917

00:41:33,799 --> 00:41:31,859

dietician coming on to talk to us later

918

00:41:35,480 --> 00:41:33,809

about healthy eating sevens trying to

919

00:41:37,309 --> 00:41:35,490

eat as healthily as possible or be seen

920

00:41:39,470 --> 00:41:37,319

do eat as healthy as possible we have

921

00:41:41,750 --> 00:41:39,480

someone who comes here every once in a

922

00:41:43,279 --> 00:41:41,760

while who we got in that puzzle and how

923

00:41:45,650 --> 00:41:43,289

often do come along those skeptics in

924

00:41:47,180 --> 00:41:45,660

the pub and twice do you call yourself a

925

00:41:48,680 --> 00:41:47,190

bit of a card-carrying skeptics or

926
00:41:50,809 --> 00:41:48,690
you're a fellow traveler or a camp

927
00:41:53,720 --> 00:41:50,819
follower I literally have a pack of

928
00:41:56,599 --> 00:41:53,730
cards in my bag cool now tell us have

929
00:41:58,069 --> 00:41:56,609
you ever followed a fad diet I'm asking

930
00:41:59,420 --> 00:41:58,079
people about fad diets since we've got a

931
00:42:02,690 --> 00:41:59,430
dietician here tonight have you ever

932
00:42:05,089 --> 00:42:02,700
been on a fad diet yeah I did the Atkins

933
00:42:07,640 --> 00:42:05,099
diet for a little while okay right yeah

934
00:42:09,620 --> 00:42:07,650
okay and how did you go on that did it

935
00:42:11,180 --> 00:42:09,630
actually work it was it was it the fact

936
00:42:14,450 --> 00:42:11,190
you of following something that it work

937
00:42:16,400 --> 00:42:14,460
or had it go um it's just cuz I wasn't

938
00:42:18,799 --> 00:42:16,410

eating or like ninety percent of what it

939

00:42:20,569 --> 00:42:18,809

normally it's oh yeah calories in

940

00:42:21,950 --> 00:42:20,579

calories out yeah a lot of diets are

941

00:42:23,359 --> 00:42:21,960

like that you actually knock out a

942

00:42:24,349 --> 00:42:23,369

couple of the group's you'd normally eat

943

00:42:26,089 --> 00:42:24,359

and if you just did that without

944

00:42:27,650 --> 00:42:26,099

following a diet that would happen I

945

00:42:30,049 --> 00:42:27,660

mean I'm almost a bit of weight simply

946

00:42:32,720 --> 00:42:30,059

by not having any chocolate chips or

947

00:42:34,849 --> 00:42:32,730

biscuits in the house or ice cream just

948

00:42:37,130 --> 00:42:34,859

not in the house so I don't have the

949

00:42:38,930 --> 00:42:37,140

opportunity to lapse and eat it and

950

00:42:41,819 --> 00:42:38,940

that's not really a diet that's just

951
00:42:44,670 --> 00:42:41,829
removing those things from your diet

952
00:42:46,349 --> 00:42:44,680
yeah because there's times young man I'd

953
00:42:48,959 --> 00:42:46,359
like some solid fingertips and they're

954
00:42:51,299 --> 00:42:48,969
not there and the server station shut ya

955
00:42:53,309 --> 00:42:51,309
do it and the other question we're

956
00:42:55,650 --> 00:42:53,319
asking people tonight mr. mr. mr. Atkins

957
00:42:57,239 --> 00:42:55,660
diet is that the x-files are coming back

958
00:42:59,549 --> 00:42:57,249
for sixth season that's right the

959
00:43:00,930 --> 00:42:59,559
x-files are back and we're thinking whoa

960
00:43:03,809 --> 00:43:00,940
in a bunch of skeptics here we can offer

961
00:43:05,699 --> 00:43:03,819
them some fantastic plots for their

962
00:43:07,499 --> 00:43:05,709
episode you've got the idea what might

963
00:43:10,499 --> 00:43:07,509

make a good father an idea they could

964

00:43:13,529 --> 00:43:10,509

work with um I reckon an episode where

965

00:43:15,569 --> 00:43:13,539

they are in a NASA facility and that the

966

00:43:19,589 --> 00:43:15,579

episode doesn't have to be about it but

967

00:43:21,209 --> 00:43:19,599

if they just walked past a moon set just

968

00:43:24,209 --> 00:43:21,219

in the background that'd be awesome a

969

00:43:26,099 --> 00:43:24,219

bit like in the James Bond movie well

970

00:43:27,420 --> 00:43:26,109

the one diamonds are forever I think

971

00:43:29,069 --> 00:43:27,430

there's a scene where they're filming at

972

00:43:31,319 --> 00:43:29,079

the moon mission being faked in that

973

00:43:33,719 --> 00:43:31,329

yeah or Capricorn One which is another

974

00:43:35,819 --> 00:43:33,729

great conspiracy one yeah just a little

975

00:43:37,559 --> 00:43:35,829

a little moon landing easter egg better

976
00:43:38,910 --> 00:43:37,569
be awesome and an moulder could just

977
00:43:41,099 --> 00:43:38,920
quickly do a double-take ball keeping

978
00:43:42,599 --> 00:43:41,109
walking yeah that's good hey what is

979
00:43:43,890 --> 00:43:42,609
your favorite conspiracy theory by the

980
00:43:44,969 --> 00:43:43,900
way I like to ask people that while

981
00:43:46,920 --> 00:43:44,979
we're here is there one that you go

982
00:43:48,239 --> 00:43:46,930
that's an interesting one or man that I

983
00:43:50,910 --> 00:43:48,249
just can't get enough of that one makes

984
00:43:53,359 --> 00:43:50,920
me laugh the Illuminati is pretty

985
00:43:55,890 --> 00:43:53,369
interesting i reckons because it's so

986
00:43:57,959 --> 00:43:55,900
attractive to think that there's a big

987
00:44:01,140 --> 00:43:57,969
cabal behind the scenes it's so nebulous

988
00:44:02,729 --> 00:44:01,150

too because depending on who you talk to

989

00:44:04,650 --> 00:44:02,739

that there they can be different sort of

990

00:44:07,199 --> 00:44:04,660

people all together yeah yeah so I mean

991

00:44:08,930 --> 00:44:07,209

I think everyone thinks it at some point

992

00:44:11,489 --> 00:44:08,940

because I always think the government is

993

00:44:13,430 --> 00:44:11,499

like working nefariously in some way or

994

00:44:16,140 --> 00:44:13,440

another so yeah it's very easy

995

00:44:17,819 --> 00:44:16,150

conspiracy theory to think okay look

996

00:44:19,259 --> 00:44:17,829

just this week I've heard some great

997

00:44:21,089 --> 00:44:19,269

stuff on a few of the shows I listened

998

00:44:23,279 --> 00:44:21,099

to I've heard some great flat earth

999

00:44:24,839 --> 00:44:23,289

stuff which you think Mike everyone's

1000

00:44:29,219 --> 00:44:24,849

given up on that but it's making a

1001
00:44:30,749 --> 00:44:29,229
comeback yeah it's so yeah there's not

1002
00:44:32,249 --> 00:44:30,759
much to say about that one and of course

1003
00:44:33,599 --> 00:44:32,259
I do a skipper on this and I don't

1004
00:44:35,039 --> 00:44:33,609
believe we've spoken before and that is

1005
00:44:37,049 --> 00:44:35,049
if there was one sort of what's the

1006
00:44:39,509 --> 00:44:37,059
favorite whew that gets your goat the

1007
00:44:40,720 --> 00:44:39,519
whew that annoys you the most it's got

1008
00:44:43,180 --> 00:44:40,730
to be honey update

1009
00:44:47,950 --> 00:44:43,190
okay gotta be home real face because I

1010
00:44:50,740 --> 00:44:47,960
it's just this so little evidence and

1011
00:44:53,800 --> 00:44:50,750
it's so implausible and yet it's still

1012
00:44:56,050 --> 00:44:53,810
around Oh Eva Joe alabaster you probably

1013
00:44:57,220 --> 00:44:56,060

hear all over this episode doing various

1014

00:44:59,530 --> 00:44:57,230

things what have been up to with your

1015

00:45:01,360 --> 00:44:59,540

bat cave up there in the mountains I've

1016

00:45:02,170 --> 00:45:01,370

been batting my nerd yeah well I tell

1017

00:45:04,180 --> 00:45:02,180

you what and I think you're in the

1018

00:45:07,450 --> 00:45:04,190

skeptical magazine this month are you i

1019

00:45:09,310 --> 00:45:07,460

am i'm in there twice actually um my

1020

00:45:11,350 --> 00:45:09,320

report on what happened at the

1021

00:45:13,330 --> 00:45:11,360

convention this year and also a report

1022

00:45:16,660 --> 00:45:13,340

on chem trails which is an adapted

1023

00:45:19,150 --> 00:45:16,670

podcast that's that's pretty cool now

1024

00:45:20,830 --> 00:45:19,160

we've been talking about The X Files

1025

00:45:22,240 --> 00:45:20,840

have been talking about fad diets we've

1026

00:45:25,390 --> 00:45:22,250

got a dietitian here tonight have you

1027

00:45:27,610 --> 00:45:25,400

ever tried a bit of a fad diet no I

1028

00:45:29,830 --> 00:45:27,620

haven't actually I do recall my mother

1029

00:45:32,890 --> 00:45:29,840

tried one a while ago well when I was a

1030

00:45:35,010 --> 00:45:32,900

child that I actually took part in which

1031

00:45:37,300 --> 00:45:35,020

involved having a lot of omelets and

1032

00:45:40,300 --> 00:45:37,310

something called beef tea which was

1033

00:45:42,670 --> 00:45:40,310

basically a stock you beef to beef tea

1034

00:45:44,740 --> 00:45:42,680

it's a stock cube in hot water and

1035

00:45:46,870 --> 00:45:44,750

somebody's giving me the thumbs up here

1036

00:45:49,870 --> 00:45:46,880

so I so anybody had this diet was

1037

00:45:52,030 --> 00:45:49,880

supposed to work I'm guessing that it

1038

00:45:54,910 --> 00:45:52,040

was sort of a reasonably high protein

1039

00:45:58,029 --> 00:45:54,920

very low carb kind of issues so maybe a

1040

00:46:03,499 --> 00:46:00,499

and we're asking what about the x-files

1041

00:46:05,900 --> 00:46:03,509

cuz you know mold up a sexy guy Gillian

1042

00:46:08,479 --> 00:46:05,910

Anderson a sexy woman and they're both

1043

00:46:11,359 --> 00:46:08,489

scientists kind of except he's not but

1044

00:46:14,029 --> 00:46:11,369

thinks he is come on David Duchovny with

1045

00:46:15,859 --> 00:46:14,039

his pants off for goodness sake he's no

1046

00:46:19,009 --> 00:46:15,869

David Bowie but it's coming pretty close

1047

00:46:20,569 --> 00:46:19,019

i suppose yeah probably 2nd Duke are

1048

00:46:24,170 --> 00:46:20,579

McLaughlin I reckon in the pants off

1049

00:46:27,680 --> 00:46:24,180

Department David Bowie still going with

1050

00:46:30,529 --> 00:46:27,690

Bowie I'll Emily and work if you could

1051

00:46:31,910 --> 00:46:30,539

do it all be involved in an x-files plot

1052

00:46:34,279 --> 00:46:31,920

for an episode what would it be Joe

1053

00:46:35,660 --> 00:46:34,289

alabaster Oh see I've got two favorite

1054

00:46:37,579 --> 00:46:35,670

episodes but I'm going to go with the

1055

00:46:39,739 --> 00:46:37,589

one that was the most fun the one that

1056

00:46:41,870 --> 00:46:39,749

actually had Jim rose and the ending

1057

00:46:43,880 --> 00:46:41,880

marina there was one based on freak

1058

00:46:45,049 --> 00:46:43,890

shows I'd like to see more of that

1059

00:46:47,930 --> 00:46:45,059

actually cuz i find that sort of thing

1060

00:46:49,609 --> 00:46:47,940

quite fascinating yeah just just for the

1061

00:46:51,890 --> 00:46:49,619

record my favorite one is the episode

1062

00:46:54,049 --> 00:46:51,900

that has the alien abduction at the

1063

00:46:56,809 --> 00:46:54,059

beginning and the alien abduction to get

1064

00:46:58,670 --> 00:46:56,819

alien abducted it's fantastic it's got

1065

00:47:00,859 --> 00:46:58,680

Charles Nelson Reilly in and what more

1066

00:47:04,700 --> 00:47:00,869

could you want the toughest man ever to

1067

00:47:06,739 --> 00:47:04,710

be on television David Bowie look David

1068

00:47:10,969 --> 00:47:06,749

Bowie's no Charles Nelson Reilly I'll

1069

00:47:12,499 --> 00:47:10,979

have you know that William Shatner

1070

00:47:15,170 --> 00:47:12,509

William Shatner should be on an episode

1071

00:47:17,450 --> 00:47:15,180

of wax files what was I thinking James

1072

00:47:20,660 --> 00:47:17,460

Spader actually I'm gonna go James lame

1073

00:47:22,640 --> 00:47:20,670

spider Bruce Willis karma blokland and

1074

00:47:24,920 --> 00:47:22,650

William Shatner on the same episode of

1075

00:47:27,890 --> 00:47:24,930

the x-files why not go boston legal

1076

00:47:31,729 --> 00:47:27,900

crossover oh I'm hyperventilating I'm

1077

00:47:33,620 --> 00:47:31,739

gonna have to sit down well he would

1078

00:47:35,509 --> 00:47:33,630

Jessica singer now or have you ever been

1079

00:47:36,469 --> 00:47:35,519

on a fad diet you strike me someone who

1080

00:47:38,959 --> 00:47:36,479

probably would never have done that

1081

00:47:41,569 --> 00:47:38,969

you're absolutely right i have never

1082

00:47:43,020 --> 00:47:41,579

been on a fad diet firstly i love food

1083

00:47:45,600 --> 00:47:43,030

too much

1084

00:47:48,000 --> 00:47:45,610

I love all types of food and and that's

1085

00:47:50,700 --> 00:47:48,010

from being quite a fussy as a child so

1086

00:47:52,920 --> 00:47:50,710

I'm quite proud that now I eat things

1087

00:47:54,810 --> 00:47:52,930

from all food groups so what about any

1088

00:47:57,480 --> 00:47:54,820

peer group pressure to go on a fad diet

1089

00:47:59,160 --> 00:47:57,490

at any stage has no effect on me

1090

00:48:01,530 --> 00:47:59,170

whatsoever like I said I love food too

1091

00:48:04,530 --> 00:48:01,540

much also my mother-in-law is a

1092

00:48:06,450 --> 00:48:04,540

dietician so I hey I have access to a

1093

00:48:09,510 --> 00:48:06,460

lot of very sound common sense

1094

00:48:13,170 --> 00:48:09,520

scientifically based information on good

1095

00:48:20,100 --> 00:48:13,180

diet good nutrition and all of that your

1096

00:48:23,040 --> 00:48:20,110

complete aberration I don't think I'm an

1097

00:48:26,370 --> 00:48:23,050

aberration because my my weaknesses are

1098

00:48:30,060 --> 00:48:26,380

the four C's chocolate champagne cheese

1099

00:48:31,500 --> 00:48:30,070

oh and ice cream I don't so okay I'm so

1100

00:48:33,090 --> 00:48:31,510

gonna say cocaine I thought which

1101
00:48:35,700 --> 00:48:33,100
explains why you don't gain weight but

1102
00:48:39,120 --> 00:48:35,710
no champagne of course here no no I look

1103
00:48:41,520 --> 00:48:39,130
I'm i actually do gain weight I'm I am

1104
00:48:44,310 --> 00:48:41,530
very careful about what I eat but I make

1105
00:48:48,030 --> 00:48:44,320
sure I have a balanced diet and I make

1106
00:48:49,560 --> 00:48:48,040
sure that I have a nutritious diet as

1107
00:48:51,990 --> 00:48:49,570
well with you have all the all the

1108
00:48:53,820 --> 00:48:52,000
vitamins and minerals and I need for

1109
00:48:54,930 --> 00:48:53,830
good health let's move from one end of

1110
00:48:56,160 --> 00:48:54,940
the alphabet to the other you've talked

1111
00:48:58,170 --> 00:48:56,170
about the Seas let's talk about the

1112
00:48:58,980 --> 00:48:58,180
x-files if they're coming back and

1113
00:49:01,470 --> 00:48:58,990

because everyone thinks David

1114

00:49:05,610 --> 00:49:01,480

accompanies sexy he's almost up there

1115

00:49:07,320 --> 00:49:05,620

with William Shatner I think he's over

1116

00:49:08,910 --> 00:49:07,330

and above William Shatner okay well

1117

00:49:09,960 --> 00:49:08,920

we'll agree to differ on that one there

1118

00:49:12,450 --> 00:49:09,970

what what do you think could be a

1119

00:49:14,070 --> 00:49:12,460

possible plot for their season oh well

1120

00:49:18,450 --> 00:49:14,080

well yeah if we're talking about diet

1121

00:49:19,650 --> 00:49:18,460

nutrition why not poisoning and yes so

1122

00:49:21,180 --> 00:49:19,660

there's something everyone's eating and

1123

00:49:23,610 --> 00:49:21,190

it turns out that it's some sort of plot

1124

00:49:28,110 --> 00:49:23,620

to poisonous yeah dastardly deed a

1125

00:49:30,750 --> 00:49:28,120

conspiracy yeah psychopathic poisoner

1126

00:49:34,080 --> 00:49:30,760

whoo-hoo spikes something with no spikes

1127

00:49:35,340 --> 00:49:34,090

some some okay basically ya like like

1128

00:49:39,510 --> 00:49:35,350

something there's something that's even

1129

00:49:40,680 --> 00:49:39,520

more insidious and fluoride yes look at

1130

00:49:41,670 --> 00:49:40,690

thank you for your input on that one

1131

00:49:43,770 --> 00:49:41,680

I'll send that straight off of the

1132

00:49:46,410 --> 00:49:43,780

producers thank you very much i wanna i

1133

00:49:47,970 --> 00:49:46,420

want a royalty please well I got a

1134

00:49:50,940 --> 00:49:47,980

reasonably healthy looking man here who

1135

00:49:54,990 --> 00:49:50,950

have we sir richard richard ever gone on

1136

00:49:58,200 --> 00:49:55,000

a fad diet not so much fad diets i've

1137

00:50:01,280 --> 00:49:58,210

tried various products including a

1138

00:50:03,720 --> 00:50:01,290

substance that's supposed to UM

1139

00:50:05,730 --> 00:50:03,730

expanding your stomach that one right

1140

00:50:07,140 --> 00:50:05,740

and how did you go on now did you have a

1141

00:50:09,480 --> 00:50:07,150

rebound effect with it or do you just

1142

00:50:12,990 --> 00:50:09,490

give it away I go but a white didn't

1143

00:50:14,700 --> 00:50:13,000

work ok fair enough and what about an

1144

00:50:16,530 --> 00:50:14,710

episode of The X Files have been asking

1145

00:50:19,500 --> 00:50:16,540

people The X Files are coming back well

1146

00:50:20,880 --> 00:50:19,510

any plot device or I do you think they

1147

00:50:23,880 --> 00:50:20,890

could use in their episode that you've

1148

00:50:27,510 --> 00:50:23,890

been thinking oh look the I a gel

1149

00:50:30,510 --> 00:50:27,520

formula rum beautiful women sex and

1150

00:50:32,340 --> 00:50:30,520

monsters never fails get that tube yeah

1151
00:50:36,330 --> 00:50:32,350
well I'm yeah you should be a Hollywood

1152
00:50:38,520 --> 00:50:36,340
producer man yeah just put foot words in

1153
00:50:40,650 --> 00:50:38,530
a hat so and David accompanied with no

1154
00:50:42,330 --> 00:50:40,660
pants well following his career what

1155
00:50:45,420 --> 00:50:42,340
he's done he's done he's done something

1156
00:50:47,370 --> 00:50:45,430
for the red shoe diaries oh yeah oh yeah

1157
00:50:50,850 --> 00:50:47,380
he's done the x-files and Eddie's did

1158
00:50:52,750 --> 00:50:50,860
did California fornication yeah seems to

1159
00:50:55,660 --> 00:50:52,760
be a theme going here

1160
00:50:59,650 --> 00:50:55,670
it is yeah thanks a hell yeah we'll get

1161
00:51:01,210 --> 00:50:59,660
straight on to them about their yeah I'm

1162
00:51:04,090 --> 00:51:01,220
just watching at a discreet distance

1163
00:51:07,240 --> 00:51:04,100

which is Saunders allowing a table of

1164

00:51:08,860 --> 00:51:07,250

people with these spoon bending whole

1165

00:51:10,090 --> 00:51:08,870

bunch of people haven't seen it and of

1166

00:51:14,560 --> 00:51:10,100

course they're wondering how he bends it

1167

00:51:16,510 --> 00:51:14,570

I wonder that myself sometimes let's

1168

00:51:18,880 --> 00:51:16,520

listen in as rich in Wales the table

1169

00:51:25,120 --> 00:51:18,890

with his spoon bending apparently

1170

00:51:26,740 --> 00:51:25,130

paranormal ability if you petite them

1171

00:51:28,780 --> 00:51:26,750

another time then you'll get metal

1172

00:51:30,610 --> 00:51:28,790

fatigue you more break right that's not

1173

00:51:33,940 --> 00:51:30,620

what it's presumably that's what you're

1174

00:51:54,130 --> 00:51:33,950

making happen all I can say is I don't

1175

00:52:00,289 --> 00:51:57,469

ein grosses hello an ally Dawson to her

1176

00:52:01,880 --> 00:52:00,299

that the skeptics on podcasts boosted

1177

00:52:03,950 --> 00:52:01,890

year does aashayein Deutschland and in

1178

00:52:06,380 --> 00:52:03,960

skeptic a fab and kept her vital

1179

00:52:11,329 --> 00:52:06,390

information Oberon's on the skeptic

1180

00:52:15,709 --> 00:52:11,339

magazine reserved vvv point gavey OOP a

1181

00:52:18,859 --> 00:52:15,719

punk talk hv dejala vvv font give a

1182

00:52:36,800 --> 00:52:18,869

rupee potok hold on to the officer and

1183

00:52:41,760 --> 00:52:39,510

blow me down with a piece of toast what

1184

00:52:44,580 --> 00:52:41,770

an episode action-packed put gluten-free

1185

00:52:47,250 --> 00:52:44,590

gluten-free I do enjoy a gluten-free

1186

00:52:49,830 --> 00:52:47,260

skeptic zone I i have my gluten with

1187

00:52:51,270 --> 00:52:49,840

other podcast you know yeah I feel like

1188

00:52:53,520 --> 00:52:51,280

I've gained no weight whatsoever during

1189

00:52:57,839 --> 00:52:53,530

the show how about you Joe i have sat on

1190

00:52:59,640 --> 00:52:57,849

my glutes come on Richard pick it up get

1191

00:53:01,530 --> 00:52:59,650

it together man you're a professional I

1192

00:53:03,000 --> 00:53:01,540

am I'm corpsing on my own show this is

1193

00:53:04,200 --> 00:53:03,010

terrible thank you know but thank you

1194

00:53:06,120 --> 00:53:04,210

everybody for listening the skipper's

1195

00:53:08,130 --> 00:53:06,130

own this week coming up on the skeptics

1196

00:53:09,570 --> 00:53:08,140

own more reports from Joe Heidi and you

1197

00:53:12,420 --> 00:53:09,580

may not and I don't know what else

1198

00:53:13,470 --> 00:53:12,430

actually I'm I'd actually like to thank

1199

00:53:15,690 --> 00:53:13,480

the people that put a little bit of

1200

00:53:17,520 --> 00:53:15,700

money into the skeptic zone each week I

1201
00:53:18,480 --> 00:53:17,530
know Richard thanks you all but I'd like

1202
00:53:19,770 --> 00:53:18,490
to thank you on behalf of all the

1203
00:53:21,480 --> 00:53:19,780
skeptics here because a lot of people

1204
00:53:23,220 --> 00:53:21,490
really listen to the show and we didn't

1205
00:53:25,170 --> 00:53:23,230
always get feedback from people but we

1206
00:53:26,520 --> 00:53:25,180
really appreciate even the small amount

1207
00:53:28,200 --> 00:53:26,530
you give each month that really keeps

1208
00:53:30,450 --> 00:53:28,210
the show together because I see Richard

1209
00:53:32,910 --> 00:53:30,460
getting very tense when it comes towards

1210
00:53:34,770 --> 00:53:32,920
a Sunday he [h__h] this tide he doesn't

1211
00:53:36,330 --> 00:53:34,780
wear the right combination of socks it's

1212
00:53:39,030 --> 00:53:36,340
just not a good look and he goes for

1213
00:53:41,700 --> 00:53:39,040

that on a weekly basis I do i do

1214

00:53:43,589 --> 00:53:41,710

listeners it's just it's a pitiful sight

1215

00:53:46,380 --> 00:53:43,599

but your donations actually do really

1216

00:53:49,349 --> 00:53:46,390

help the skeptic zone very much all

1217

00:53:51,570 --> 00:53:49,359

coming up next week I think next week we

1218

00:53:55,050 --> 00:53:51,580

have an interview with the Hungarian

1219

00:53:56,880 --> 00:53:55,060

skeptics yeah they contacted me in the

1220

00:53:58,770 --> 00:53:56,890

end I said great let's have an interview

1221

00:53:59,940 --> 00:53:58,780

so that should be coming up to do they

1222

00:54:04,829 --> 00:53:59,950

know the woman that was on Green Acres

1223

00:54:07,109 --> 00:54:04,839

oh that was a vagabond yeah yeah I don't

1224

00:54:09,930 --> 00:54:07,119

draw shoes Hungarian I think she was in

1225

00:54:11,040 --> 00:54:09,940

a snow well okay and Joe you wanna say I

1226

00:54:12,990 --> 00:54:11,050

think before we go here it's been a

1227

00:54:15,780 --> 00:54:13,000

great action-packed calorie free gluten

1228

00:54:17,130 --> 00:54:15,790

free show I'm just curious as to whether

1229

00:54:19,050 --> 00:54:17,140

the piece of toast that was blowing you

1230

00:54:21,810 --> 00:54:19,060

down contained any gluten this will make

1231

00:54:23,490 --> 00:54:21,820

your yeast rise I couldn't have said it

1232

00:54:25,410 --> 00:54:23,500

better myself may not I couldn't have

1233

00:54:27,420 --> 00:54:25,420

said it better myself but for this week

1234

00:54:29,880 --> 00:54:27,430

this is Richard Saunders may night and

1235

00:54:32,430 --> 00:54:29,890

Joe alabaster signing off from Sydney

1236

00:54:34,200 --> 00:54:32,440

Australia and it's pronounced fennel and

1237

00:54:38,130 --> 00:54:34,210

allene I'm going to go get someone right

1238

00:54:44,319 --> 00:54:40,569

you've been listening to the skeptics

1239

00:54:47,230 --> 00:54:44,329

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1240

00:54:50,680 --> 00:54:47,240

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1241

00:54:53,380 --> 00:54:50,690

of all episodes since 2008 and our

1242

00:54:55,289 --> 00:54:53,390

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00:55:04,269 --> 00:55:02,089

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1248

00:55:11,829 --> 00:55:10,220

the skeptic zone is an independent

1249

00:55:14,289 --> 00:55:11,839

production the views and opinions

1250

00:55:15,910 --> 00:55:14,299

expressed on the skeptic zone and not

1251

00:55:18,759 --> 00:55:15,920

necessarily those of australian