



Helene Grover

The Skeptic Zone
Show 142 - 9 July 2011

1
00:00:04,430 --> 00:00:01,960
so there I was the other day just

2
00:00:06,320 --> 00:00:04,440
sitting at home enjoying me afternoon

3
00:00:11,060 --> 00:00:06,330
watching a little bit of TV catching up

4
00:00:13,520 --> 00:00:11,070
on some work writing some notes and I

5
00:00:15,259 --> 00:00:13,530
thought to myself that's funny my right

6
00:00:18,410 --> 00:00:15,269
shoulder seems to be a little bit sore

7
00:00:21,710 --> 00:00:18,420
well nothing to worry about a couple of

8
00:00:24,470 --> 00:00:21,720
hours go by keep doing some work then oh

9
00:00:26,990 --> 00:00:24,480
it's like somebody broke into the house

10
00:00:30,650 --> 00:00:27,000
with a sledgehammer and whacked me in

11
00:00:37,100 --> 00:00:30,660
the arm for some reason my shoulder just

12
00:00:40,069 --> 00:00:37,110
went from calm to pain not good very not

13
00:00:45,200 --> 00:00:40,079

good my lost mobility couldn't raise my

14

00:00:50,240 --> 00:00:45,210

arm and that night was just sleepless

15

00:00:52,970 --> 00:00:50,250

with pain really not good so I go to the

16

00:00:54,200 --> 00:00:52,980

doctor as soon as I walk in and he asked

17

00:00:56,389 --> 00:00:54,210

me to raise my arm and I can't he said

18

00:01:00,250 --> 00:00:56,399

ah you've you've hurt your deltoid

19

00:01:05,539 --> 00:01:00,260

muscle okay great going home an x-ray so

20

00:01:08,120 --> 00:01:05,549

x-ray fine if a lady says now I want you

21

00:01:10,990 --> 00:01:08,130

to raise your arm right up here and ah I

22

00:01:16,399 --> 00:01:11,000

know it's okay we'll try another way

23

00:01:18,289 --> 00:01:16,409

there's a point to this story so next

24

00:01:19,880 --> 00:01:18,299

day the results came back I couldn't be

25

00:01:21,469 --> 00:01:19,890

there I couldn't go to the doctor to get

26

00:01:25,060 --> 00:01:21,479

the results because I was doing the TV

27

00:01:28,719 --> 00:01:25,070

studio there I was in the TV studio

28

00:01:31,399 --> 00:01:28,729

completely doped up with painkillers

29

00:01:35,810 --> 00:01:31,409

flying what a great day it was I don't

30

00:01:36,980 --> 00:01:35,820

know what was happening ah but to the

31

00:01:39,109 --> 00:01:36,990

audience when they see it at home

32

00:01:41,690 --> 00:01:39,119

they'll never know I'll never know that

33

00:01:44,810 --> 00:01:41,700

I was in pain and I couldn't really move

34

00:01:46,249 --> 00:01:44,820

my arm but that's TV for you there is a

35

00:01:49,310 --> 00:01:46,259

point of this story I we're getting

36

00:01:50,480 --> 00:01:49,320

there so a few days pass and I'm finally

37

00:01:53,240 --> 00:01:50,490

get back to the doctor to get the

38

00:01:55,639 --> 00:01:53,250

results back and he says well you know

39

00:01:57,109 --> 00:01:55,649

it's a tiny little bit of arthritis in

40

00:01:59,450 --> 00:01:57,119

your shoulder or it could be calcium

41

00:02:01,370 --> 00:01:59,460

buildup what couple years ago I had a

42

00:02:03,200 --> 00:02:01,380

calcium buildup which was fixed so it's

43

00:02:05,300 --> 00:02:03,210

probably a little reoccurrence of that

44

00:02:07,690 --> 00:02:05,310

but the main problem is soft tissue

45

00:02:10,999 --> 00:02:07,700

damage which is of course min time I've

46

00:02:11,800 --> 00:02:11,009

strained or pulled or the deltoid muscle

47

00:02:15,339 --> 00:02:11,810

up there

48

00:02:17,949 --> 00:02:15,349

ouch fine writes me out a prescription

49

00:02:19,600 --> 00:02:17,959

for some anti-inflammatory tablets great

50

00:02:21,610 --> 00:02:19,610

that'll help calm things down a little

51
00:02:23,770 --> 00:02:21,620
bit and even today I'm getting more

52
00:02:26,320 --> 00:02:23,780
mobility back so that's great go up to

53
00:02:28,540 --> 00:02:26,330
the pharmacy and the same shopping mall

54
00:02:29,979 --> 00:02:28,550
where the doctor is and while i'm

55
00:02:31,809 --> 00:02:29,989
waiting for the prescription to be

56
00:02:37,210 --> 00:02:31,819
filled out i'm just looking around the

57
00:02:39,070 --> 00:02:37,220
shelves and or ear candles so I mean

58
00:02:42,070 --> 00:02:39,080
there's a big box of them I pull out a

59
00:02:44,440 --> 00:02:42,080
packet and I'm looking at them I can't

60
00:02:46,620 --> 00:02:44,450
believe this can't believe it up comes

61
00:02:49,870 --> 00:02:46,630
the friendly pharmacist assistant

62
00:02:52,900 --> 00:02:49,880
nice-looking young bloke and says can I

63
00:02:55,780 --> 00:02:52,910

help you and I say what I can't believe

64

00:02:57,910 --> 00:02:55,790

you're selling these the next five

65

00:02:59,589 --> 00:02:57,920

minutes was a case of him trying to

66

00:03:01,089 --> 00:02:59,599

convince me but they good and they work

67

00:03:03,490 --> 00:03:01,099

and me trying to convince him that

68

00:03:04,990 --> 00:03:03,500

they're rubbish and they're dangerous in

69

00:03:09,520 --> 00:03:05,000

the end he said well you're entitled to

70

00:03:14,140 --> 00:03:09,530

your opinion fuming I left the pharmacy

71

00:03:16,780 --> 00:03:14,150

a-frame picked up my prescription so the

72

00:03:19,900 --> 00:03:16,790

point to this story the point to this

73

00:03:24,069 --> 00:03:19,910

story and as we've said on the skeptic

74

00:03:28,470 --> 00:03:24,079

zone before you cannot trust advice that

75

00:03:32,830 --> 00:03:28,480

you receive in an Australian pharmacy

76

00:03:34,599 --> 00:03:32,840

it's sad but true if you can walk into a

77

00:03:38,110 --> 00:03:34,609

pharmacy and get advice that's sticking

78

00:03:43,990 --> 00:03:38,120

a candle in your ear is a healthy thing

79

00:03:47,340 --> 00:03:44,000

to do then you simply cannot trust the

80

00:03:52,740 --> 00:03:47,350

advice you receive in an Australian

81

00:04:04,610 --> 00:03:52,750

pharmacy the skeptic Zone episode number

82

00:04:21,980 --> 00:04:07,770

welcome to the skeptic zone the podcast

83

00:04:27,870 --> 00:04:25,680

yes it's the skeptic zone and that

84

00:04:31,050 --> 00:04:27,880

introduction was a little tribute to

85

00:04:32,670 --> 00:04:31,060

George rub I like the way but George

86

00:04:35,790 --> 00:04:32,680

does these programs not that I'm going

87

00:04:39,690 --> 00:04:35,800

to copy him too much but you know coming

88

00:04:42,030 --> 00:04:39,700

up on this week's show Maynard with his

89

00:04:43,590 --> 00:04:42,040

spooky action now this is a very

90

00:04:47,660 --> 00:04:43,600

interesting interview he's got lined up

91

00:04:49,740 --> 00:04:47,670

for us he's going to talk to a laughter

92

00:04:50,910 --> 00:04:49,750

expert and you can probably hear me

93

00:04:59,160 --> 00:04:50,920

getting ready in the background to do

94

00:05:02,430 --> 00:04:59,170

this no this right my little after

95

00:05:05,630 --> 00:05:02,440

machine about the benefits of laughter

96

00:05:09,210 --> 00:05:05,640

now made me a bit of a skeptical guy

97

00:05:11,580 --> 00:05:09,220

I've always thought that people

98

00:05:13,230 --> 00:05:11,590

spruiking the health benefits of simply

99

00:05:15,990 --> 00:05:13,240

laughing we're not really on the right

100

00:05:18,210 --> 00:05:16,000

track but I think this lady is she's not

101

00:05:20,250 --> 00:05:18,220

claiming too much she's more or less

102

00:05:21,990 --> 00:05:20,260

saying a good laugh is just good for you

103

00:05:24,180 --> 00:05:22,000

makes you feel better and helps you get

104

00:05:27,060 --> 00:05:24,190

through life and sounds like good advice

105

00:05:30,990 --> 00:05:27,070

to me anyway make up your own mind when

106

00:05:34,500 --> 00:05:31,000

Maynard speaks to Helena Grover from the

107

00:05:37,230 --> 00:05:34,510

laughter strategies well might be good

108

00:05:39,750 --> 00:05:37,240

for a laugh anyway and following that

109

00:05:42,210 --> 00:05:39,760

dr. ray cheer apports now Richie was

110

00:05:45,360 --> 00:05:42,220

recently in Melbourne where she visited

111

00:05:48,270 --> 00:05:45,370

the Walter and Eliza Hall institute a

112

00:05:51,750 --> 00:05:48,280

very famous Institute and spoke to PhD

113

00:05:55,250 --> 00:05:51,760

student Linda hutto about cancer

114

00:05:57,690 --> 00:05:55,260

research and which is really right up

115

00:06:00,390 --> 00:05:57,700

rach's alley because she's into her cell

116

00:06:03,420 --> 00:06:00,400

biology and heart research so it's for

117

00:06:05,280 --> 00:06:03,430

her was a fascinating look into some

118

00:06:08,100 --> 00:06:05,290

other people doing similar sorts of

119

00:06:09,390 --> 00:06:08,110

research and for us well we reap the

120

00:06:11,820 --> 00:06:09,400

benefits with a very interesting

121

00:06:13,670 --> 00:06:11,830

interview and we also find out about

122

00:06:16,820 --> 00:06:13,680

fresh science

123

00:06:19,969 --> 00:06:16,830

and following on from that we have dr.

124

00:06:23,950 --> 00:06:19,979

rachey on the radio and I think she has

125

00:06:27,680 --> 00:06:23,960

a bit of a rant really coming up soon

126

00:06:30,110 --> 00:06:27,690

well okay enough from me it's time to

127

00:06:31,790 --> 00:06:30,120

run downstairs it's cold today in Sydney

128

00:06:32,960 --> 00:06:31,800

it's still cold today in Sydney next

129

00:06:34,520 --> 00:06:32,970

week it's going to be boiling hot in Las

130

00:06:37,189 --> 00:06:34,530

Vegas but right now it's cold today in

131

00:06:39,830 --> 00:06:37,199

Sydney hot coffee that'll do me today

132

00:06:55,700 --> 00:06:39,840

hot coffee and I'll let you enjoy the

133

00:07:03,300 --> 00:07:00,420

here's Maynard spooky action at a

134

00:07:08,670 --> 00:07:05,730

I guess you've all heard by now that the

135

00:07:10,620 --> 00:07:08,680

world's first tickle spa allegedly is

136

00:07:12,420 --> 00:07:10,630

opening in Spain where people can get

137

00:07:14,250 --> 00:07:12,430

tickled and feel better about it so I

138

00:07:17,700 --> 00:07:14,260

thought let's talk to someone whose job

139

00:07:19,380 --> 00:07:17,710

is to be a laughter strategist it's a

140

00:07:22,610 --> 00:07:19,390

Helen Grover hi Helen Grover how are you

141

00:07:25,500 --> 00:07:22,620

good good man that its Helene cries okay

142

00:07:28,250 --> 00:07:25,510

Helene Grove opens got an e on the end

143

00:07:32,240 --> 00:07:28,260

of it there no no range it's of course

144

00:07:34,800 --> 00:07:32,250

now as a professional laughter ologist

145

00:07:38,010 --> 00:07:34,810

what is your professional title that's

146

00:07:40,320 --> 00:07:38,020

the therapist trainer named it I think I

147

00:07:42,960 --> 00:07:40,330

work in a broader spectrum now of humor

148

00:07:45,420 --> 00:07:42,970

and fun and play and so it's actually

149

00:07:46,980 --> 00:07:45,430

categorize me actually now one of the

150

00:07:49,050 --> 00:07:46,990

one of the specialty services you offer

151
00:07:51,450 --> 00:07:49,060
which I've got to ask you about up the

152
00:07:54,600 --> 00:07:51,460
front is do you do what they call ego

153
00:07:57,750 --> 00:07:54,610
management and what exactly is that ego

154
00:08:00,150 --> 00:07:57,760
management yes I've seen as we you can

155
00:08:03,810 --> 00:08:00,160
try me occur well I've seen that on

156
00:08:05,040 --> 00:08:03,820
very laughter laughter therapy I've seen

157
00:08:06,720 --> 00:08:05,050
that mention to something that can be

158
00:08:08,160 --> 00:08:06,730
done and I'm just wondering what what

159
00:08:09,360 --> 00:08:08,170
that is is that some sort of laughter

160
00:08:11,520 --> 00:08:09,370
counseling you give to people

161
00:08:15,900 --> 00:08:11,530
individually or what would not have

162
00:08:18,390 --> 00:08:15,910
found it in my work all of my websites

163
00:08:20,340 --> 00:08:18,400

and things because ego management is a

164

00:08:22,320 --> 00:08:20,350

oh gosh that's putting all sorts of

165

00:08:24,180 --> 00:08:22,330

connotations on it already right it

166

00:08:26,370 --> 00:08:24,190

makes it sound like you somebody's got

167

00:08:29,820 --> 00:08:26,380

an overinflated ego then we have to

168

00:08:32,100 --> 00:08:29,830

manage that and I very very much my

169

00:08:34,440 --> 00:08:32,110

belief is about validating people and

170

00:08:38,250 --> 00:08:34,450

not doing anything that will take away

171

00:08:40,830 --> 00:08:38,260

their sense of self-worth so how hard is

172

00:08:42,750 --> 00:08:40,840

it to earn a living seriously with

173

00:08:44,760 --> 00:08:42,760

something that is based on laughter

174

00:08:47,430 --> 00:08:44,770

because you know you've got to be

175

00:08:49,470 --> 00:08:47,440

serious about it but you got to be funny

176
00:08:51,810 --> 00:08:49,480
too and you've got to know when to swim

177
00:08:53,640 --> 00:08:51,820
swap between the two you said it you

178
00:08:55,380 --> 00:08:53,650
said it and that is such I did a

179
00:08:58,170 --> 00:08:55,390
workshop yesterday actually that was

180
00:09:00,150 --> 00:08:58,180
like that very challenging it is because

181
00:09:02,040 --> 00:09:00,160
the that's why I've broadened it and

182
00:09:04,050 --> 00:09:02,050
it's not just last because at the end of

183
00:09:06,390 --> 00:09:04,060
the day laughter only comes at the end

184
00:09:08,280 --> 00:09:06,400
of everything else when we've seen the

185
00:09:11,580 --> 00:09:08,290
humor we've had fun when we're feeling

186
00:09:14,450 --> 00:09:11,590
good so and laughter so is at the end so

187
00:09:16,770 --> 00:09:14,460
to try and blend creating a laughter

188
00:09:18,600 --> 00:09:16,780

environment it's about to me

189

00:09:20,040 --> 00:09:18,610

it's about changing people's attitudes

190

00:09:22,230 --> 00:09:20,050

about the way they feel the way they

191

00:09:26,040 --> 00:09:22,240

think how they can use humor on a

192

00:09:28,410 --> 00:09:26,050

day-to-day basis how to incorporate some

193

00:09:31,260 --> 00:09:28,420

fun into your life because fun is the

194

00:09:34,760 --> 00:09:31,270

key see laughter only happens you can

195

00:09:37,830 --> 00:09:34,770

fake it which is helps to you know like

196

00:09:39,330 --> 00:09:37,840

people didn't want it was wonder what

197

00:09:41,940 --> 00:09:39,340

I'm on about when I suddenly come out

198

00:09:43,710 --> 00:09:41,950

with a bunch of laughing so we can fake

199

00:09:45,870 --> 00:09:43,720

that because that helps too and it takes

200

00:09:48,930 --> 00:09:45,880

our mind off other things and it changes

201
00:09:52,230 --> 00:09:48,940
our perceptions but it's also we need to

202
00:09:54,810 --> 00:09:52,240
have fun we need to play and the minute

203
00:09:57,540 --> 00:09:54,820
we do that then the last is more

204
00:09:59,910 --> 00:09:57,550
spontaneous and Helene what do you think

205
00:10:01,980 --> 00:09:59,920
of the idea of a tickle spa because the

206
00:10:04,380 --> 00:10:01,990
laughter you get from being tickled is

207
00:10:06,840 --> 00:10:04,390
as a physical stimulation as opposed to

208
00:10:09,060 --> 00:10:06,850
just mental stimulation and what's the

209
00:10:10,650 --> 00:10:09,070
difference there Oh huge actually it's

210
00:10:12,990 --> 00:10:10,660
funny I'm glad you found about this

211
00:10:15,300 --> 00:10:13,000
because when i did my life to therapy

212
00:10:17,040 --> 00:10:15,310
training in the states my teacher who

213
00:10:18,720 --> 00:10:17,050

was this clinical psychologist who'd

214

00:10:21,390 --> 00:10:18,730

been working in the field of humor and

215

00:10:23,760 --> 00:10:21,400

laughter for years she taught us and i

216

00:10:26,610 --> 00:10:23,770

totally agree with her tickling is

217

00:10:28,440 --> 00:10:26,620

lovely if someone asks for it like i had

218

00:10:30,930 --> 00:10:28,450

a lady yesterday in that workshop you

219

00:10:33,570 --> 00:10:30,940

said oh i love being tickled I ask

220

00:10:36,510 --> 00:10:33,580

people to tickle me so in that in that

221

00:10:38,820 --> 00:10:36,520

way that's fine but if you suddenly

222

00:10:40,410 --> 00:10:38,830

somebody feeling sad or down or they're

223

00:10:42,360 --> 00:10:40,420

not you know they're not in a good space

224

00:10:43,620 --> 00:10:42,370

and suddenly someone should all right I

225

00:10:45,420 --> 00:10:43,630

know we're not going to make you laugh

226

00:10:47,370 --> 00:10:45,430

and you pounce on them and start

227

00:10:50,190 --> 00:10:47,380

tickling them that's very intrusive

228

00:10:52,620 --> 00:10:50,200

that's attacking on their body you know

229

00:10:55,410 --> 00:10:52,630

it's like babies you know people go oh

230

00:10:57,330 --> 00:10:55,420

which equals a baby goo goo goo and the

231

00:10:59,070 --> 00:10:57,340

baby you know when they start waving

232

00:11:02,070 --> 00:10:59,080

their arms about because they don't have

233

00:11:05,940 --> 00:11:02,080

language yet if they're saying look away

234

00:11:07,440 --> 00:11:05,950

leave me alone I don't like this and of

235

00:11:09,480 --> 00:11:07,450

course we laugh when we're tickled

236

00:11:11,610 --> 00:11:09,490

because it's a spontaneous reaction like

237

00:11:14,190 --> 00:11:11,620

you've just said you know we're tickled

238

00:11:15,690 --> 00:11:14,200

that the body responds immediately to

239

00:11:17,970 --> 00:11:15,700

laughter but it doesn't mean that we're

240

00:11:19,560 --> 00:11:17,980

always comfortable about it the Spanish

241

00:11:21,420 --> 00:11:19,570

get into all sorts of things do you

242

00:11:23,070 --> 00:11:21,430

think this this whole tickle spa thing

243

00:11:24,540 --> 00:11:23,080

could take off worldwide I mean would

244

00:11:27,660 --> 00:11:24,550

you like this I mean this could rob you

245

00:11:29,160 --> 00:11:27,670

of a bit of an income no no no

246

00:11:31,710 --> 00:11:29,170

and with that sort of thing because I do

247

00:11:33,750 --> 00:11:31,720

a lot more of one on one now because to

248

00:11:36,240 --> 00:11:33,760

me it's very much about people finding

249

00:11:38,430 --> 00:11:36,250

where their own personal humorous I

250

00:11:40,320 --> 00:11:38,440

think others I've been doing this sort

251
00:11:43,230 --> 00:11:40,330
of work now for 20 years and I've I've

252
00:11:46,830 --> 00:11:43,240
discovered that you can't just expect

253
00:11:49,020 --> 00:11:46,840
everyone to approach the idea of for

254
00:11:51,450 --> 00:11:49,030
them to laugh at any in the same way

255
00:11:53,640 --> 00:11:51,460
everyone's different so we have to look

256
00:11:55,830 --> 00:11:53,650
at that so for someone to go to a tickle

257
00:11:58,170 --> 00:11:55,840
star look I could imagine doing it

258
00:12:00,750 --> 00:11:58,180
myself you know but what does that spur

259
00:12:03,330 --> 00:12:00,760
include does it mean having Mossad does

260
00:12:04,740 --> 00:12:03,340
it mean Steve's does it mean you know

261
00:12:06,900 --> 00:12:04,750
while someone's giving you a massage

262
00:12:09,720 --> 00:12:06,910
they giving you a tickle I'm not sure

263
00:12:13,290 --> 00:12:09,730

what this is Spanish back tickles fast

264

00:12:14,910 --> 00:12:13,300

look I can tell you now Helene Helene

265

00:12:16,500 --> 00:12:14,920

and by the way and what is the

266

00:12:18,180 --> 00:12:16,510

physiological response that is the

267

00:12:20,580 --> 00:12:18,190

benefit from laughter either from

268

00:12:22,970 --> 00:12:20,590

tickling or other sorts of laughter well

269

00:12:26,490 --> 00:12:22,980

laughter of course produces the body is

270

00:12:28,560 --> 00:12:26,500

produces chemicals the first line of

271

00:12:31,290 --> 00:12:28,570

action is a whole bunch of chemicals

272

00:12:34,110 --> 00:12:31,300

that get produced in the body but you

273

00:12:36,660 --> 00:12:34,120

know I have to say something because to

274

00:12:38,370 --> 00:12:36,670

me the best way to walk my talk is to

275

00:12:41,340 --> 00:12:38,380

walk my talk and to prove what I'm

276

00:12:43,070 --> 00:12:41,350

saying now I know of I know that most

277

00:12:45,870 --> 00:12:43,080

research and studies have shown that

278

00:12:49,800 --> 00:12:45,880

laughter is beneficial it's meant to

279

00:12:52,020 --> 00:12:49,810

reduce pain well physically it may not

280

00:12:54,000 --> 00:12:52,030

because I some I have arthritis and

281

00:12:56,190 --> 00:12:54,010

sometimes I have terrible pain and I've

282

00:12:59,670 --> 00:12:56,200

sit there and do my last two things and

283

00:13:01,830 --> 00:12:59,680

it the only thing that it may do was

284

00:13:04,620 --> 00:13:01,840

laughter does is create a buffer in your

285

00:13:06,330 --> 00:13:04,630

brain so it blanks off the the

286

00:13:08,940 --> 00:13:06,340

negativity of things and you change

287

00:13:11,190 --> 00:13:08,950

you're not focusing on the plane laughs

288

00:13:12,840 --> 00:13:11,200

is also gives you cardiovascular system

289

00:13:14,940 --> 00:13:12,850

a good workout you need it's good for

290

00:13:17,370 --> 00:13:14,950

heart you know case your hard work out

291

00:13:19,650 --> 00:13:17,380

gets blood pumping in you in you know

292

00:13:22,980 --> 00:13:19,660

faster and you're breathing in a lot of

293

00:13:24,720 --> 00:13:22,990

air and so the physiological benefits I

294

00:13:28,290 --> 00:13:24,730

think a long being documented and

295

00:13:30,510 --> 00:13:28,300

researched maybe I'm finding that we're

296

00:13:33,240 --> 00:13:30,520

giving it a little bit too much as far

297

00:13:36,270 --> 00:13:33,250

as that's concerned but by the same

298

00:13:38,850 --> 00:13:36,280

token it's great for taking our minds of

299

00:13:41,100 --> 00:13:38,860

our problems and making us change our

300

00:13:43,829 --> 00:13:41,110

mind so and as I said we need

301
00:13:46,350 --> 00:13:43,839
to me it's about we need to develop the

302
00:13:49,920 --> 00:13:46,360
sense of humor because it's easy for me

303
00:13:51,630 --> 00:13:49,930
to say to you look may not have a life

304
00:13:53,460 --> 00:13:51,640
go on you know and you might be you

305
00:13:54,780 --> 00:13:53,470
might have lost the favorite person in

306
00:13:56,639 --> 00:13:54,790
your life and you might be feeling

307
00:13:59,160 --> 00:13:56,649
really down and you're not going to do

308
00:14:01,560 --> 00:13:59,170
it so I have to find the ways and means

309
00:14:03,630 --> 00:14:01,570
to make you feel better and it does not

310
00:14:06,480 --> 00:14:03,640
mean you know I might be well you know

311
00:14:09,480 --> 00:14:06,490
it can happen but so everyone responds

312
00:14:11,550 --> 00:14:09,490
differently and I've learned that we

313
00:14:13,650 --> 00:14:11,560

need to take people as individuals we

314

00:14:14,730 --> 00:14:13,660

really do look lame there's one thing

315

00:14:16,440 --> 00:14:14,740

you meant a couple of things you

316

00:14:18,210 --> 00:14:16,450

mentioned there now so it may be a

317

00:14:19,920 --> 00:14:18,220

distraction much the same is just

318

00:14:22,410 --> 00:14:19,930

acupuncture may be off in a distraction

319

00:14:24,000 --> 00:14:22,420

yes yes and you also said that laughter

320

00:14:26,579 --> 00:14:24,010

is extremely good at helping us change

321

00:14:29,550 --> 00:14:26,589

our minds what do what do you mean there

322

00:14:33,000 --> 00:14:29,560

oh that to make important well I've

323

00:14:35,280 --> 00:14:33,010

noticed that look even in the worst of

324

00:14:37,500 --> 00:14:35,290

dire conditions you know I went to a

325

00:14:41,190 --> 00:14:37,510

really bad time and I see my partner

326

00:14:43,819 --> 00:14:41,200

died suddenly and I you know it's a

327

00:14:46,800 --> 00:14:43,829

grief process for me still ongoing now

328

00:14:49,170 --> 00:14:46,810

one of the things during the worst of it

329

00:14:51,810 --> 00:14:49,180

is it was the russian orthodox cathedral

330

00:14:55,439 --> 00:14:51,820

funeral which is a foreign place for me

331

00:14:57,780 --> 00:14:55,449

and very very serious very sunburned and

332

00:14:59,759 --> 00:14:57,790

and the choirs are charging in the

333

00:15:02,009 --> 00:14:59,769

charging and all of that and i was

334

00:15:03,360 --> 00:15:02,019

sitting there holding my friends has 11

335

00:15:04,980 --> 00:15:03,370

friends holding my hand the other one

336

00:15:08,750 --> 00:15:04,990

sort of rubbing my tears and all that

337

00:15:11,310 --> 00:15:08,760

and i was feeling really bad now and

338

00:15:14,370 --> 00:15:11,320

then I thought to myself this is you

339

00:15:17,160 --> 00:15:14,380

know I need to something and then I had

340

00:15:19,380 --> 00:15:17,170

a thought I watched the priests wagon I

341

00:15:22,250 --> 00:15:19,390

was all dressed in a long black thing

342

00:15:25,050 --> 00:15:22,260

with a thing every shoulder like a

343

00:15:26,759 --> 00:15:25,060

mantle and he's waving this incense

344

00:15:30,240 --> 00:15:26,769

thing around and I just thought to

345

00:15:32,250 --> 00:15:30,250

myself oh my god a beaded pregnant woman

346

00:15:35,730 --> 00:15:32,260

weight winning it tablecloths and waving

347

00:15:38,160 --> 00:15:35,740

of burning handbag yeah now nobody knew

348

00:15:40,410 --> 00:15:38,170

that was running through my thoughts but

349

00:15:42,410 --> 00:15:40,420

that helped to lighten me up in that

350

00:15:45,240 --> 00:15:42,420

moment if it gave me an internal laugh

351

00:15:46,860 --> 00:15:45,250

now it was not being disrespectful it

352

00:15:49,079 --> 00:15:46,870

wasn't anything but it certainly helped

353

00:15:51,329 --> 00:15:49,089

me to code and I did the Simon you know

354

00:15:53,850 --> 00:15:51,339

my mother when I sounds bits of humor in

355

00:15:56,280 --> 00:15:53,860

that because to me they were

356

00:16:00,180 --> 00:15:56,290

little moments of coping mechanism and

357

00:16:02,280 --> 00:16:00,190

it wasn't Ben it wasn't in it wasn't

358

00:16:04,590 --> 00:16:02,290

inflicting it on anyone else it wasn't

359

00:16:07,199 --> 00:16:04,600

imposing anywhere wasn't but it was just

360

00:16:09,780 --> 00:16:07,209

my own in a world so sometimes you know

361

00:16:12,210 --> 00:16:09,790

a little bit of humor in a place where

362

00:16:14,100 --> 00:16:12,220

we I've had people tell me in workshops

363

00:16:16,139 --> 00:16:14,110

that you know they've had the most jolly

364

00:16:18,269 --> 00:16:16,149

funerals and what have you that helped

365

00:16:21,240 --> 00:16:18,279

the whole family lighten up and bear the

366

00:16:23,310 --> 00:16:21,250

pain of it more readily so that's it

367

00:16:25,620 --> 00:16:23,320

that's the deepest level of where we're

368

00:16:28,350 --> 00:16:25,630

hurting we're human that's why laughter

369

00:16:29,699 --> 00:16:28,360

is not always the thing to do I mean if

370

00:16:31,769 --> 00:16:29,709

I'd have said there and suddenly burst

371

00:16:34,019 --> 00:16:31,779

out laughing it was a been dreadful but

372

00:16:36,329 --> 00:16:34,029

my internal human mechanism worked for

373

00:16:38,819 --> 00:16:36,339

me and it's the same with other areas

374

00:16:42,290 --> 00:16:38,829

another area that I've put into the

375

00:16:45,240 --> 00:16:42,300

whole prospect of laughing is gratitude

376

00:16:47,460 --> 00:16:45,250

if we're grateful for what is happening

377

00:16:49,769 --> 00:16:47,470

in our lives we feel good if we feel

378

00:16:51,180 --> 00:16:49,779

good we can laugh more I mean some they

379

00:16:52,949 --> 00:16:51,190

are me totally grateful to live in

380

00:16:55,590 --> 00:16:52,959

Australia I mean to me it's like my

381

00:16:57,389 --> 00:16:55,600

daily doesn't feel good you know and I

382

00:17:00,329 --> 00:16:57,399

live near the ocean so as a double dose

383

00:17:03,090 --> 00:17:00,339

and so it's about how we view the world

384

00:17:05,010 --> 00:17:03,100

how we view things around us and then we

385

00:17:07,679 --> 00:17:05,020

can feel good it's about feeling good

386

00:17:10,710 --> 00:17:07,689

because laughter will is an expression

387

00:17:12,840 --> 00:17:10,720

of feeling good it's I think so there's

388

00:17:15,840 --> 00:17:12,850

a lot in it you know life is not just a

389

00:17:18,240 --> 00:17:15,850

haha there's a whole lot more to it and

390

00:17:20,819 --> 00:17:18,250

it's about our attitude towards how we

391

00:17:22,169 --> 00:17:20,829

view the world and ourselves Helen

392

00:17:24,059 --> 00:17:22,179

Grover I'll just run you through what

393

00:17:26,429 --> 00:17:24,069

they do at the tickle spur okay so yeah

394

00:17:28,650 --> 00:17:26,439

it would like it accurate ok right yeah

395

00:17:30,330 --> 00:17:28,660

now this from the time magazine report

396

00:17:32,130 --> 00:17:30,340

now much like any other day spa the

397

00:17:34,860 --> 00:17:32,140

treatment takes place in a darkened room

398

00:17:37,500 --> 00:17:34,870

with soothing music playing and a hint

399

00:17:39,840 --> 00:17:37,510

of incense now the client disrobes put

400

00:17:41,580 --> 00:17:39,850

on a pair of crinkly undies and lies

401
00:17:43,680 --> 00:17:41,590
face down on the table and then the

402
00:17:46,320 --> 00:17:43,690
tickling first would fingertips drawn

403
00:17:48,510 --> 00:17:46,330
along the body then a feather and a 30

404
00:17:51,000 --> 00:17:48,520
minute session costs 25 euros and a

405
00:17:55,830 --> 00:17:51,010
whole hour 45 euros now does that sound

406
00:17:59,390 --> 00:17:55,840
like a great tickling experience you

407
00:18:01,049 --> 00:17:59,400
know what that evoked is a grave sexual

408
00:18:03,539 --> 00:18:01,059
experience well

409
00:18:06,690 --> 00:18:03,549
yes I'm looking you wearing funny paper

410
00:18:09,659 --> 00:18:06,700
crinkling undies essential idea I could

411
00:18:12,090 --> 00:18:09,669
think of I meant just think about it to

412
00:18:14,549 --> 00:18:12,100
be lying in a darkened room with incense

413
00:18:16,680 --> 00:18:14,559

and your neurology is and music going

414

00:18:18,930 --> 00:18:16,690

and then slowly finger tickling I mean

415

00:18:20,489 --> 00:18:18,940

that in itself is very not even tickling

416

00:18:22,619 --> 00:18:20,499

it's just finger on it and then a

417

00:18:24,570 --> 00:18:22,629

feather and that's incredibly sensual

418

00:18:26,129 --> 00:18:24,580

the dude is like a cover for something

419

00:18:29,519 --> 00:18:26,139

else that might be going on inspiring is

420

00:18:31,259 --> 00:18:29,529

it I want to go that's good well yeah I

421

00:18:32,580 --> 00:18:31,269

mean it's because I look I you used to

422

00:18:34,350 --> 00:18:32,590

used to live live with my girlfriend

423

00:18:36,060 --> 00:18:34,360

she's to love getting a ticket used to

424

00:18:37,619 --> 00:18:36,070

help help relax her at not to go to

425

00:18:39,149 --> 00:18:37,629

sleep and that that was that was one of

426

00:18:40,499 --> 00:18:39,159

her things and i guess some people are

427

00:18:42,989 --> 00:18:40,509

more ticklish than others aren't think

428

00:18:45,480 --> 00:18:42,999

it's not just that you see now that you

429

00:18:47,789 --> 00:18:45,490

mentioned something very valuable if she

430

00:18:49,440 --> 00:18:47,799

loved it you're in a relationship you

431

00:18:51,570 --> 00:18:49,450

engaged in that that would have been

432

00:18:53,519 --> 00:18:51,580

magical you know that would have been a

433

00:18:55,590 --> 00:18:53,529

wonderful thing to happen but can you

434

00:18:57,749 --> 00:18:55,600

imagine if she hated being tickled and

435

00:18:59,279 --> 00:18:57,759

you came along and said i look i think

436

00:19:01,769 --> 00:18:59,289

i'll give you a good tickle to loosen up

437

00:19:03,720 --> 00:19:01,779

your day and she would have been would

438

00:19:06,450 --> 00:19:03,730

have hates sometimes because tickling

439

00:19:09,029 --> 00:19:06,460

can be painful that's the thing that's

440

00:19:10,859 --> 00:19:09,039

true you can reach that point yes and

441

00:19:12,450 --> 00:19:10,869

also it you know someone tickles you

442

00:19:14,519 --> 00:19:12,460

against your will and you're forced to

443

00:19:17,460 --> 00:19:14,529

do it they're making you do something

444

00:19:19,919 --> 00:19:17,470

you don't really want to do that's where

445

00:19:22,350 --> 00:19:19,929

i'm very concerned about that's what I'm

446

00:19:24,200 --> 00:19:22,360

saying I very much believe in validating

447

00:19:26,489 --> 00:19:24,210

and honoring another human being and

448

00:19:29,310 --> 00:19:26,499

therefore we have to be very careful

449

00:19:31,080 --> 00:19:29,320

what we do to their bodies but I mean if

450

00:19:33,840 --> 00:19:31,090

you're going to pay good money to go to

451

00:19:35,639 --> 00:19:33,850

a spanish tickling spa and get all these

452

00:19:38,549 --> 00:19:35,649

things sounds quite cheap how much is a

453

00:19:40,049 --> 00:19:38,559

euro in australian dollars so i don't

454

00:19:41,430 --> 00:19:40,059

know but you know be it's probably you

455

00:19:44,310 --> 00:19:41,440

could probably haggle a bit too I reckon

456

00:19:46,109 --> 00:19:44,320

oh I see I'd say it's another way for

457

00:19:48,119 --> 00:19:46,119

this part to make a bit of money I they

458

00:19:50,399 --> 00:19:48,129

found out that anyway well actually that

459

00:19:51,600 --> 00:19:50,409

they are two trained massage therapists

460

00:19:53,310 --> 00:19:51,610

that have come up with that they said

461

00:19:59,009 --> 00:19:53,320

there's no school for tickling in Spain

462

00:20:02,369 --> 00:19:59,019

but maybe they haven't looked enough is

463

00:20:04,680 --> 00:20:02,379

the funny concept I me know as i said if

464

00:20:06,659 --> 00:20:04,690

someone goes to that place plays mommy

465

00:20:08,700 --> 00:20:06,669

knows that this is what they're going to

466

00:20:11,340 --> 00:20:08,710

get and that's what they're doing well

467

00:20:13,470 --> 00:20:11,350

that's okay that's quite as long as

468

00:20:15,090 --> 00:20:13,480

nobody else gets the ideal you know

469

00:20:16,769 --> 00:20:15,100

somebody's pay money to go to a trickle

470

00:20:19,289 --> 00:20:16,779

spare I'm going to do it to you and the

471

00:20:22,019 --> 00:20:19,299

person doesn't want to I mean this is

472

00:20:25,619 --> 00:20:22,029

this is the thing but it doesn't the

473

00:20:28,230 --> 00:20:25,629

tickling is only a momentary fix like

474

00:20:29,519 --> 00:20:28,240

everything else and particularly must be

475

00:20:32,340 --> 00:20:29,529

consensual that's what you're saying

476
00:20:35,310 --> 00:20:32,350
absolutely that's the word consensual

477
00:20:39,629 --> 00:20:35,320
absolutely if it's not then it's it's

478
00:20:41,549 --> 00:20:39,639
it's definitely a no-no well but Helene

479
00:20:43,049 --> 00:20:41,559
Grover can we see a big future for

480
00:20:49,680 --> 00:20:43,059
tickle sparse throughout the world you

481
00:20:52,019 --> 00:20:49,690
reckon well i think it's it's it's no i

482
00:20:55,560 --> 00:20:52,029
think this is a place for it like

483
00:20:57,659 --> 00:20:55,570
everything else but i think to me it's

484
00:21:00,990 --> 00:20:57,669
more a bigger thing in the world where

485
00:21:04,919 --> 00:21:01,000
we need to be a bit more playful and

486
00:21:07,619 --> 00:21:04,929
enter into playful humorous outlooks and

487
00:21:10,740 --> 00:21:07,629
and having a laugh with people around us

488
00:21:12,990 --> 00:21:10,750

and finding the humor and engaging into

489

00:21:15,480 --> 00:21:13,000

them the motion main part if we can if

490

00:21:17,820 --> 00:21:15,490

we can tap into our humanities I think

491

00:21:19,950 --> 00:21:17,830

it will be much more productive towards

492

00:21:22,409 --> 00:21:19,960

laughing and feeling good this is a

493

00:21:24,960 --> 00:21:22,419

lovely idea for a business that I must

494

00:21:26,970 --> 00:21:24,970

admit but I don't know she's got love to

495

00:21:30,349 --> 00:21:26,980

I mean how long can someone get tickled

496

00:21:33,629 --> 00:21:30,359

for wait look its 45-year Oh for an hour

497

00:21:35,609 --> 00:21:33,639

that's longer than i can go okay she

498

00:21:39,419 --> 00:21:35,619

said go to the loo before they go in the

499

00:21:41,549 --> 00:21:39,429

head right no I'll just ask you one very

500

00:21:42,930 --> 00:21:41,559

loaded question to finish as as someone

501
00:21:44,639 --> 00:21:42,940
in charge of laughter strategies

502
00:21:48,060 --> 00:21:44,649
Australia what would you recommend as

503
00:21:49,680 --> 00:21:48,070
the funny movie to look at to laugh at

504
00:21:51,359 --> 00:21:49,690
if someone says I've got to see a funny

505
00:21:52,710 --> 00:21:51,369
movie what one would you recommend we

506
00:21:54,749 --> 00:21:52,720
were talking about that the other day

507
00:21:56,220 --> 00:21:54,759
about you laughs yourself in your you

508
00:21:58,590 --> 00:21:56,230
know you you wet your pants and you're

509
00:22:01,320 --> 00:21:58,600
sitting there completely rolling over my

510
00:22:03,330 --> 00:22:01,330
crudeness I'm trunk oh I know I know I

511
00:22:05,999 --> 00:22:03,340
know there's been a few i love british

512
00:22:10,259 --> 00:22:06,009
humor to neither the ultimate one of the

513
00:22:12,749 --> 00:22:10,269

funniest was death at a funeral have you

514

00:22:14,039 --> 00:22:12,759

seen that I I think I thought I thought

515

00:22:15,749 --> 00:22:14,049

you about to mention the early work of

516

00:22:18,080 --> 00:22:15,759

benny hill there for a moment but no no

517

00:22:20,430 --> 00:22:18,090

I don't like Benny Hill whatsoever and

518

00:22:22,859 --> 00:22:20,440

for weddings in a funeral I could watch

519

00:22:24,509 --> 00:22:22,869

that forever you know but death at a

520

00:22:26,710 --> 00:22:24,519

funeral there were scenes in there where

521

00:22:29,230 --> 00:22:26,720

I absolutely did with myself

522

00:22:32,860 --> 00:22:29,240

must admit but you know asking off the

523

00:22:34,899 --> 00:22:32,870

cup that there's a lot but some of this

524

00:22:37,270 --> 00:22:34,909

just crashed but this one was very funny

525

00:22:39,399 --> 00:22:37,280

and very clever and very situations then

526
00:22:41,919 --> 00:22:39,409
you know and there are moments though

527
00:22:44,980 --> 00:22:41,929
inside sometimes a really bad movie will

528
00:22:48,010 --> 00:22:44,990
fit me off too if it's really really bad

529
00:22:50,320 --> 00:22:48,020
and the acting is absolutely abysmal and

530
00:22:53,529 --> 00:22:50,330
then I'll just sit there and laugh what

531
00:22:57,549 --> 00:22:53,539
may I recommend a the 1980 disco classic

532
00:22:58,840 --> 00:22:57,559
the Apple oh it's so little known it's

533
00:23:02,580 --> 00:22:58,850
even less known in the Village People

534
00:23:08,470 --> 00:23:02,590
film can't stop the music I'm absolutely

535
00:23:11,710 --> 00:23:08,480
no-one 1986a on 1980 the Apple it was an

536
00:23:14,770 --> 00:23:11,720
a British Israeli co-production right

537
00:23:17,529 --> 00:23:14,780
the Apple it's a musical and every song

538
00:23:19,750 --> 00:23:17,539

sounds like another musical you've ever

539

00:23:21,700 --> 00:23:19,760

heard like it's an end and it just keeps

540

00:23:24,669 --> 00:23:21,710

em 1 bits even like a wham film clip

541

00:23:26,890 --> 00:23:24,679

it's it's very funny it's not ah I get

542

00:23:28,720 --> 00:23:26,900

that I'd love to get that the Apple and

543

00:23:31,810 --> 00:23:28,730

so it was all about the Faustian tile

544

00:23:33,789 --> 00:23:31,820

and all that kind oh yeah the Apple it's

545

00:23:36,250 --> 00:23:33,799

worth a look no one has seen it it's

546

00:23:49,590 --> 00:23:36,260

very funny very high production values

547

00:23:58,090 --> 00:23:54,250

this is an EVP I recorded last night how

548

00:24:00,490 --> 00:23:58,100

you doing I'm a ghost what's up you guys

549

00:24:04,270 --> 00:24:00,500

can't possibly ignore the type of it who

550

00:24:05,740 --> 00:24:04,280

are you we're doing my EVPs of the

551
00:24:07,750 --> 00:24:05,750
result of pareidolia I'm cross

552
00:24:09,940 --> 00:24:07,760
modulation combined with the listeners

553
00:24:13,990 --> 00:24:09,950
hopes and expectations why does this

554
00:24:22,780 --> 00:24:14,000
have to do with science think you just

555
00:24:31,630 --> 00:24:22,790
got skipped agree phone well skeptically

556
00:24:34,419 --> 00:24:31,640
palm com wear sunscreen in the next now

557
00:24:39,850 --> 00:24:34,429
it's time for dr. Rachel reports with

558
00:24:42,700 --> 00:24:39,860
dr. Rachel Dunlop hello listeners and

559
00:24:44,830 --> 00:24:42,710
welcome to dr. Reggie reports well this

560
00:24:46,900 --> 00:24:44,840
week I'm in Melbourne and I took the

561
00:24:50,020 --> 00:24:46,910
time to pop into the walter analyzer

562
00:24:53,080 --> 00:24:50,030
Hall Institute to talk to PhD student

563
00:24:55,870 --> 00:24:53,090

Lena hop Oh Lena has recently been named

564

00:24:58,330 --> 00:24:55,880

one of 16 Australian fresh scientists

565

00:25:00,490 --> 00:24:58,340

for her research identifying the genes

566

00:25:03,310 --> 00:25:00,500

that control the killing of tumor cells

567

00:25:05,590 --> 00:25:03,320

after chemotherapy treatment fresh

568

00:25:08,140 --> 00:25:05,600

science is an annual competition for

569

00:25:10,060 --> 00:25:08,150

early career researchers that raises

570

00:25:12,760 --> 00:25:10,070

their public profile and provide science

571

00:25:14,410 --> 00:25:12,770

communication and media training and you

572

00:25:17,620 --> 00:25:14,420

can find more information at fresh

573

00:25:22,060 --> 00:25:17,630

science org dot a you so here's Lena

574

00:25:24,040 --> 00:25:22,070

talking to us at the wii hi i'm here

575

00:25:26,110 --> 00:25:24,050

with lena ha phone i'm at the walter and

576

00:25:28,660 --> 00:25:26,120

eliza hall Institute in Melbourne hi

577

00:25:30,790 --> 00:25:28,670

Lena hi thanks for joining us say on the

578

00:25:32,980 --> 00:25:30,800

skeptic zone so you've just done some

579

00:25:34,870 --> 00:25:32,990

really fascinating research which was

580

00:25:37,120 --> 00:25:34,880

recently published in the journal blood

581

00:25:39,160 --> 00:25:37,130

and looking at cancers and specifically

582

00:25:41,350 --> 00:25:39,170

further genetics of cancers to

583

00:25:43,510 --> 00:25:41,360

understand why some types of cancers are

584

00:25:45,850 --> 00:25:43,520

resistant to chemotherapy or don't

585

00:25:47,740 --> 00:25:45,860

respond very well to chemotherapy can I

586

00:25:49,480 --> 00:25:47,750

just start off by asking you a little

587

00:25:50,560 --> 00:25:49,490

bit about the types of cancers that you

588

00:25:53,169 --> 00:25:50,570

look at because there's not just one

589

00:25:54,700 --> 00:25:53,179

type of cancer is there no there isn't

590

00:25:58,060 --> 00:25:54,710

there's many different types of cancers

591

00:25:59,330 --> 00:25:58,070

there are hematological malignancies is

592

00:26:02,090 --> 00:25:59,340

what we call them and then

593

00:26:05,300 --> 00:26:02,100

blood cancers there are also solid

594

00:26:08,900 --> 00:26:05,310

tumors such as you get things like

595

00:26:11,150 --> 00:26:08,910

breast cancer and ovarian cancer and I

596

00:26:13,280 --> 00:26:11,160

specifically focus on blood cancers and

597

00:26:16,430 --> 00:26:13,290

more specifically a type of blood cancer

598

00:26:18,830 --> 00:26:16,440

called lymphoma even within the lymphoma

599

00:26:21,680 --> 00:26:18,840

category we have various different types

600

00:26:24,080 --> 00:26:21,690

of lymphoma and I work on a type called

601
00:26:26,330 --> 00:26:24,090
burkitt's lymphoma so what is it about

602
00:26:28,160 --> 00:26:26,340
cancer I mean how would you describe it

603
00:26:30,560 --> 00:26:28,170
to a layperson it's kind of the cells

604
00:26:32,240 --> 00:26:30,570
that won't dial is how would you explain

605
00:26:35,270 --> 00:26:32,250
it so I think there are various

606
00:26:37,460 --> 00:26:35,280
different types of cancers and one type

607
00:26:39,680 --> 00:26:37,470
of cancer is cancer where we get

608
00:26:42,740 --> 00:26:39,690
uncontrolled proliferation or

609
00:26:44,420 --> 00:26:42,750
uncontrolled growth of cells there's

610
00:26:46,750 --> 00:26:44,430
another type in it it's quite similar

611
00:26:49,040 --> 00:26:46,760
time we get uncontrolled growth of cells

612
00:26:51,590 --> 00:26:49,050
causing cancer because they're not able

613
00:26:54,410 --> 00:26:51,600

to die so then we get accumulation of

614

00:26:57,140 --> 00:26:54,420

these these cells and that's what causes

615

00:26:59,210 --> 00:26:57,150

cancer so when it comes to cells dying

616

00:27:01,880 --> 00:26:59,220

there's kind of two types of ways that

617

00:27:03,500 --> 00:27:01,890

cells can die broadly speaking what it

618

00:27:05,270 --> 00:27:03,510

is called necrosis where cell sort of

619

00:27:07,010 --> 00:27:05,280

spontaneously die but what you're

620

00:27:08,540 --> 00:27:07,020

talking about is the programmed cell

621

00:27:12,740 --> 00:27:08,550

death which is also called apoptosis

622

00:27:14,900 --> 00:27:12,750

right yes sorry apoptosis is is very

623

00:27:17,930 --> 00:27:14,910

controlled as you say this there's no

624

00:27:20,030 --> 00:27:17,940

inflammation involved and it's something

625

00:27:22,310 --> 00:27:20,040

that's being programmed into each one of

626

00:27:24,560 --> 00:27:22,320

our cells and that's why we call it

627

00:27:26,150 --> 00:27:24,570

programmed cell death its intrinsic

628

00:27:28,160 --> 00:27:26,160

within each of our cells it's very

629

00:27:30,740 --> 00:27:28,170

important for elimination of damaged

630

00:27:34,120 --> 00:27:30,750

cells in your body and it's also very

631

00:27:38,180 --> 00:27:34,130

important for development so I'm

632

00:27:40,070 --> 00:27:38,190

focusing on a type of apoptosis which we

633

00:27:42,740 --> 00:27:40,080

call the bcl-2 regulated or

634

00:27:46,160 --> 00:27:42,750

mitochondrial apoptosis pathway so

635

00:27:49,370 --> 00:27:46,170

that's regulated very tightly by the

636

00:27:52,490 --> 00:27:49,380

interaction between some proteins and

637

00:27:55,160 --> 00:27:52,500

these proteins belong to a family of

638

00:27:57,680 --> 00:27:55,170

proteins called the bcl-2 protein family

639

00:27:59,930 --> 00:27:57,690

and basically within the bcl-2 protein

640

00:28:02,600 --> 00:27:59,940

family we have the pro survival so those

641

00:28:06,590 --> 00:28:02,610

proteins that promote cell survival and

642

00:28:09,560 --> 00:28:06,600

those that promotes cell death so the

643

00:28:11,990 --> 00:28:09,570

different the balance between these two

644

00:28:13,130 --> 00:28:12,000

different types of groups of proteins is

645

00:28:16,850 --> 00:28:13,140

important for

646

00:28:20,030 --> 00:28:16,860

termini cell death or cell survival many

647

00:28:21,620 --> 00:28:20,040

cancers many human cancers have been

648

00:28:25,220 --> 00:28:21,630

reported to have some sort of

649

00:28:27,710 --> 00:28:25,230

deregulation so so these proapoptotic or

650

00:28:30,860 --> 00:28:27,720

pro-survival proteins are functioning in

651
00:28:33,650 --> 00:28:30,870
a way that is not normal again we go

652
00:28:37,120 --> 00:28:33,660
accumulation or overgrowth of these

653
00:28:40,040 --> 00:28:37,130
cells which causes cancer so the way

654
00:28:42,320 --> 00:28:40,050
chemotherapy works is it that it damages

655
00:28:44,510 --> 00:28:42,330
the DNA of the cell and then that causes

656
00:28:45,980 --> 00:28:44,520
the cell to recognize that it's ill and

657
00:28:48,740 --> 00:28:45,990
it goes into this programmed cell death

658
00:28:50,120 --> 00:28:48,750
or apoptosis yes but there's a problem

659
00:28:53,210 --> 00:28:50,130
with that isn't it because it's not

660
00:28:56,090 --> 00:28:53,220
selective just for the cancer cells yes

661
00:28:59,480 --> 00:28:56,100
it's not um so when we hits too much

662
00:29:03,110 --> 00:28:59,490
tumor cells with chemotherapy it

663
00:29:05,870 --> 00:29:03,120

basically kills worth your normal cells

664

00:29:09,410 --> 00:29:05,880

and your cancerous cells so they they're

665

00:29:12,290 --> 00:29:09,420

actually designed to kill fast so

666

00:29:14,270 --> 00:29:12,300

rapidly replicating cells and not just

667

00:29:16,970 --> 00:29:14,280

your cancer cells so that includes

668

00:29:19,040 --> 00:29:16,980

things like hair cells the lining of

669

00:29:20,750 --> 00:29:19,050

your stomach and does that explain why

670

00:29:23,720 --> 00:29:20,760

you get horrible side effects in chemo

671

00:29:25,880 --> 00:29:23,730

such as hair loss and also nausea yeah

672

00:29:27,680 --> 00:29:25,890

okay so now that you've actually

673

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

discovered that there are these

674

00:29:32,110 --> 00:29:29,700

particular proteins that might be the

675

00:29:34,310 --> 00:29:32,120

ones that are resisting the chemotherapy

676

00:29:36,980 --> 00:29:34,320

do you think that that might in the

677

00:29:39,770 --> 00:29:36,990

future mean you can selectively target

678

00:29:42,230 --> 00:29:39,780

these and therefore somehow not select

679

00:29:43,730 --> 00:29:42,240

those healthy cells so I guess what's

680

00:29:45,440 --> 00:29:43,740

really important about this work and

681

00:29:48,500 --> 00:29:45,450

what's what's quite exciting is um

682

00:29:51,200 --> 00:29:48,510

although doctors don't yet do it because

683

00:29:52,700 --> 00:29:51,210

it's it's a little bit pricey a little

684

00:29:54,770 --> 00:29:52,710

way down the track it might be possible

685

00:29:57,170 --> 00:29:54,780

when someone comes into the clinic and

686

00:29:59,360 --> 00:29:57,180

says and they're diagnosed with lymphoma

687

00:30:01,790 --> 00:29:59,370

then the doctors might be able to look

688

00:30:03,860 --> 00:30:01,800

at the specific genetic makeup within

689

00:30:05,870 --> 00:30:03,870

that individuals tumor which which which

690

00:30:08,240 --> 00:30:05,880

varies from individual to individual

691

00:30:11,630 --> 00:30:08,250

even though they're diagnosed with the

692

00:30:13,010 --> 00:30:11,640

same lymphoma and basically when they

693

00:30:15,380 --> 00:30:13,020

look at the genetic makeup and they

694

00:30:17,120 --> 00:30:15,390

realize one of these genes are missing

695

00:30:19,160 --> 00:30:17,130

one of these proteins are missing then

696

00:30:21,170 --> 00:30:19,170

they'll be a one or specific

697

00:30:23,540 --> 00:30:21,180

combinations of course of these genes

698

00:30:26,240 --> 00:30:23,550

then they'll be able to tell before they

699

00:30:26,580 --> 00:30:26,250

prescribe the chemotherapy whether these

700

00:30:29,340 --> 00:30:26,590

pay

701
00:30:32,539 --> 00:30:29,350
are going to react favorably to

702
00:30:35,430 --> 00:30:32,549
treatment or not and that means that

703
00:30:37,289 --> 00:30:35,440
basically if the doctor finds that this

704
00:30:39,180 --> 00:30:37,299
patient is likely not to respond

705
00:30:42,419 --> 00:30:39,190
favorably to treatment then he can

706
00:30:44,960 --> 00:30:42,429
perhaps suggest alternative therapies or

707
00:30:47,580 --> 00:30:44,970
not have to waste the patrons time in

708
00:30:49,919 --> 00:30:47,590
undergoing this this chemotherapy which

709
00:30:53,640 --> 00:30:49,929
causes hair loss and nausea and other

710
00:30:56,279 --> 00:30:53,650
side effects and yeah ultimately improve

711
00:30:58,830 --> 00:30:56,289
the quality of life of patients so you

712
00:31:01,080 --> 00:30:58,840
might actually be able to tell we you

713
00:31:02,580 --> 00:31:01,090

can probably tell now whether that Jim

714

00:31:04,200 --> 00:31:02,590

is going to respond to that therapy or

715

00:31:06,450 --> 00:31:04,210

not and therefore the benefits to the

716

00:31:08,850 --> 00:31:06,460

patients are potentially huge yes yes a

717

00:31:10,919 --> 00:31:08,860

clear right and and as you said before I

718

00:31:12,720 --> 00:31:10,929

mean understanding the differences

719

00:31:15,200 --> 00:31:12,730

between what's going on in cancer cells

720

00:31:17,789 --> 00:31:15,210

and what's going on in normal cells

721

00:31:19,950 --> 00:31:17,799

means that we'll be able to develop more

722

00:31:23,460 --> 00:31:19,960

targeted therapies which are specific

723

00:31:25,620 --> 00:31:23,470

for cancer cells without the collateral

724

00:31:27,570 --> 00:31:25,630

damage that we see to to normal cells

725

00:31:28,950 --> 00:31:27,580

selena not only have you published this

726

00:31:30,149 --> 00:31:28,960

work in the highly prestigious journal

727

00:31:33,149 --> 00:31:30,159

blood but i believe you actually

728

00:31:35,940 --> 00:31:33,159

presented these results in a minute in a

729

00:31:39,269 --> 00:31:35,950

pub recently for fresh science how'd

730

00:31:42,389 --> 00:31:39,279

that go that was very stressful we had

731

00:31:45,810 --> 00:31:42,399

intensive media training beforehand to

732

00:31:50,220 --> 00:31:45,820

to know how to get your message across

733

00:31:52,529 --> 00:31:50,230

in the easiest possible terms in the

734

00:31:55,590 --> 00:31:52,539

shortest amount of time I think I've

735

00:31:56,850 --> 00:31:55,600

learned a lot okay so later thanks so

736

00:31:59,220 --> 00:31:56,860

much for taking some time out from

737

00:32:02,639 --> 00:31:59,230

furiously writing up your PhD today nice

738

00:32:06,930 --> 00:32:02,649

to have it to us and until next time

739

00:32:12,520 --> 00:32:09,760

dr. Rachel Dunlop is one of Australia's

740

00:32:13,950 --> 00:32:12,530

foremost media commentators in matters

741

00:32:16,480 --> 00:32:13,960

concerning so-called alternative

742

00:32:20,290 --> 00:32:16,490

medicine she has appeared on national

743

00:32:22,570 --> 00:32:20,300

radio and national television dr. H E is

744

00:32:26,530 --> 00:32:22,580

available for interviews and you can

745

00:32:35,889 --> 00:32:26,540

contact her at Rachel at skeptic zone

746

00:32:41,269 --> 00:32:39,019

hello on our needle on solo scoffs of

747

00:32:43,399 --> 00:32:41,279

deployment been to an at low slung out a

748

00:32:47,930 --> 00:32:43,409

skeptic zone for weeds and stop and

749

00:32:50,930 --> 00:32:47,940

Katie Schneider a meeting for Marcy

750

00:33:04,220 --> 00:32:50,940

karna we may be from skeptic song burn

751

00:33:06,169 --> 00:33:04,230

Stevie a lake people I know Rachel

752

00:33:08,090 --> 00:33:06,179

Dunlop is on the line who's a cell

753

00:33:09,590 --> 00:33:08,100

biologist communications officer at the

754

00:33:12,590 --> 00:33:09,600

heart Research Institute in Sydney

755

00:33:14,599 --> 00:33:12,600

rachel has written a toggle in cosmos

756

00:33:16,430 --> 00:33:14,609

magazines on the line hi Rachel good

757

00:33:18,739 --> 00:33:16,440

afternoon Lori how are you I'm well this

758

00:33:22,279 --> 00:33:18,749

doesn't start well if you're a fan of

759

00:33:25,129 --> 00:33:22,289

homeopathy pseudoscience makes me mad so

760

00:33:27,560 --> 00:33:25,139

it's not a good is not a good start well

761

00:33:29,680 --> 00:33:27,570

it makes me mad because homeopathy as

762

00:33:31,909 --> 00:33:29,690

you mentioned you talked about low

763

00:33:33,680 --> 00:33:31,919

quantities of a substance well in fact

764

00:33:36,560 --> 00:33:33,690

in most cases there's nothing in

765

00:33:38,330 --> 00:33:36,570

homeopathy it's diluted so much that

766

00:33:40,489 --> 00:33:38,340

it's kind of the equivalent of maybe

767

00:33:42,229 --> 00:33:40,499

putting a drop of vodka in a pool the

768

00:33:44,779 --> 00:33:42,239

size of the solar system maybe and then

769

00:33:46,849 --> 00:33:44,789

expecting to still get drunk okay pretty

770

00:33:48,859 --> 00:33:46,859

crazy but but homeopaths actually

771

00:33:50,690 --> 00:33:48,869

believe that the more dilute you make a

772

00:33:52,519 --> 00:33:50,700

substance they're more powerful and the

773

00:33:55,519 --> 00:33:52,529

stronger it becomes which defies logic

774

00:33:59,029 --> 00:33:55,529

it defies science it defies logic it

775

00:34:02,570 --> 00:33:59,039

defies common sense right how prevalent

776

00:34:04,220 --> 00:34:02,580

are homeopathy in Australian oh well

777

00:34:05,960 --> 00:34:04,230

there's quite a few professional

778

00:34:08,510 --> 00:34:05,970

associations in Australia such as the

779

00:34:11,089 --> 00:34:08,520

Australian homeopathic Association but

780

00:34:13,399 --> 00:34:11,099

homeopathy itself is everywhere and in

781

00:34:15,889 --> 00:34:13,409

fact one of the things that I've been

782

00:34:17,599 --> 00:34:15,899

sort of trying to campaign against for

783

00:34:19,879 --> 00:34:17,609

some time is that it's actually sold in

784

00:34:22,099 --> 00:34:19,889

pharmacies so you can walk into your

785

00:34:24,889 --> 00:34:22,109

local chemist shop and it's sitting on a

786

00:34:28,309 --> 00:34:24,899

shelf alongside science based medicines

787

00:34:30,649 --> 00:34:28,319

like aspirin or cough cough medicines

788

00:34:32,829 --> 00:34:30,659

stuff that have been through scientific

789

00:34:35,240 --> 00:34:32,839

testing and you know in the case of like

790

00:34:37,730 --> 00:34:35,250

aspirin and we know that it works and

791

00:34:39,500 --> 00:34:37,740

we've tested it clinically and it's been

792

00:34:42,440 --> 00:34:39,510

stringently tested repeatedly and it

793

00:34:43,460 --> 00:34:42,450

works now for a consumer if they see

794

00:34:45,980 --> 00:34:43,470

homie up

795

00:34:47,869 --> 00:34:45,990

sitting alongside perhaps some aspirin

796

00:34:49,310 --> 00:34:47,879

how are they to know that it doesn't

797

00:34:50,950 --> 00:34:49,320

actually work and that it doesn't do

798

00:34:53,180 --> 00:34:50,960

anything now there's a lot of good

799

00:34:56,200 --> 00:34:53,190

chemists out there but occasionally I

800

00:34:59,720 --> 00:34:56,210

strike a chemist who has dr. delusions

801
00:35:01,849 --> 00:34:59,730
okay you know I don't know if I've come

802
00:35:03,920 --> 00:35:01,859
across one of those well you know they

803
00:35:06,920 --> 00:35:03,930
they ask you about your symptoms and

804
00:35:09,349 --> 00:35:06,930
they ask you anything I might just give

805
00:35:13,000 --> 00:35:09,359
me the stuff that I've asked for we uh

806
00:35:17,270 --> 00:35:13,010
do do chemists recommend homie up

807
00:35:18,980 --> 00:35:17,280
homeopathic remedies well i mean i would

808
00:35:20,420 --> 00:35:18,990
have to also say Lori I mean they are

809
00:35:22,070 --> 00:35:20,430
supposed to ask you about your symptoms

810
00:35:24,770 --> 00:35:22,080
by the way because pharmacists are

811
00:35:26,420 --> 00:35:24,780
trained to understand how drugs work so

812
00:35:28,089 --> 00:35:26,430
actually if you've got a pharmacist

813
00:35:31,490 --> 00:35:28,099

asking you that they're doing their jobs

814

00:35:33,050 --> 00:35:31,500

but there are some that's annoying you

815

00:35:36,080 --> 00:35:33,060

know well it's it's for your own good

816

00:35:38,060 --> 00:35:36,090

Lori because you might be taking a

817

00:35:39,710 --> 00:35:38,070

different sort of several kinds of drugs

818

00:35:41,510 --> 00:35:39,720

and so the pharmacist is just trying to

819

00:35:43,010 --> 00:35:41,520

establish that you're not going to have

820

00:35:44,420 --> 00:35:43,020

a reaction if you take the one that

821

00:35:46,550 --> 00:35:44,430

they're giving you so there does my job

822

00:35:48,950 --> 00:35:46,560

now that's a good thing but know some of

823

00:35:51,290 --> 00:35:48,960

them I've never had one recommended to

824

00:35:53,839 --> 00:35:51,300

me but you will find in some pharmacies

825

00:35:56,810 --> 00:35:53,849

these days when you walk in they'll be

826

00:35:58,640 --> 00:35:56,820

and naturopaths on site in many

827

00:36:01,550 --> 00:35:58,650

pharmacies and they will recommend it to

828

00:36:03,050 --> 00:36:01,560

you and they don't tell you that there's

829

00:36:04,550 --> 00:36:03,060

nothing in it and they don't tell you

830

00:36:06,829 --> 00:36:04,560

that it shouldn't be used in place of

831

00:36:09,560 --> 00:36:06,839

conventional medicine I mean in fact I'm

832

00:36:11,390 --> 00:36:09,570

homeopathy itself is not harmful that's

833

00:36:13,190 --> 00:36:11,400

because as I said there's nothing in it

834

00:36:16,220 --> 00:36:13,200

so there's nothing in it it can't do you

835

00:36:17,870 --> 00:36:16,230

any harm but if you use it instead of

836

00:36:20,599 --> 00:36:17,880

getting proper conventional

837

00:36:22,609 --> 00:36:20,609

science-based medicine you can actually

838

00:36:25,370 --> 00:36:22,619

cause yourself harm and this has

839

00:36:27,050 --> 00:36:25,380

happened in Australia recently people

840

00:36:28,790 --> 00:36:27,060

may remember the story of glorious a

841

00:36:31,490 --> 00:36:28,800

more Gloria Thomas the nine month old

842

00:36:34,070 --> 00:36:31,500

toddler who tragically died from step to

843

00:36:37,010 --> 00:36:34,080

see Mia from untreated eczema now her

844

00:36:38,990 --> 00:36:37,020

parents are now in jail her dad for six

845

00:36:40,930 --> 00:36:39,000

years in her mum for four years because

846

00:36:43,130 --> 00:36:40,940

instead of treating her eczema with

847

00:36:45,859 --> 00:36:43,140

medicine that we know works they used

848

00:36:47,540 --> 00:36:45,869

homeopathy and she tragically died and

849

00:36:49,670 --> 00:36:47,550

also Penelope Dingle who was from

850

00:36:52,849 --> 00:36:49,680

Western Australia she dies at the age of

851
00:36:54,890 --> 00:36:52,859
45 from untreated bowel cancer because

852
00:36:57,280 --> 00:36:54,900
she had a homeopath um by the name of

853
00:36:59,230 --> 00:36:57,290
Francine's gray in telling her she could

854
00:37:01,360 --> 00:36:59,240
cure cancer with homeopathy and it's

855
00:37:03,340 --> 00:37:01,370
just consumers need to know that

856
00:37:06,690 --> 00:37:03,350
homeopathy does not work you call a

857
00:37:09,900 --> 00:37:06,700
gibberish I do call it gibberish it's

858
00:37:14,110 --> 00:37:09,910
you say because the homeopaths claim

859
00:37:17,740 --> 00:37:14,120
that if you dilute a substance in water

860
00:37:22,360 --> 00:37:17,750
it retains a memory of the original

861
00:37:24,250 --> 00:37:22,370
substance uh yeah this is something the

862
00:37:26,950 --> 00:37:24,260
homeopath have only recently invented by

863
00:37:28,390 --> 00:37:26,960

the way because 200 years ago science

864

00:37:30,040 --> 00:37:28,400

wasn't very advanced we didn't know a

865

00:37:31,750 --> 00:37:30,050

lot of the stuff we know these oh we

866

00:37:33,940 --> 00:37:31,760

thought the world was flat Rachel well

867

00:37:35,410 --> 00:37:33,950

we did and you know what we found out

868

00:37:37,720 --> 00:37:35,420

that it wasn't and then we changed our

869

00:37:39,940 --> 00:37:37,730

minds because we found evidence to the

870

00:37:41,680 --> 00:37:39,950

contrary and that's the same as when

871

00:37:44,380 --> 00:37:41,690

homeopathy was invented well we didn't

872

00:37:47,080 --> 00:37:44,390

know a lot about the chemistry of

873

00:37:48,460 --> 00:37:47,090

dilutions we now know that once you

874

00:37:51,220 --> 00:37:48,470

dilute something beyond a certain point

875

00:37:53,890 --> 00:37:51,230

there's no possibility that there's any

876

00:37:55,450 --> 00:37:53,900

molecules left so we know that it's

877

00:37:56,530 --> 00:37:55,460

actually for the mathematicians amongst

878

00:38:00,430 --> 00:37:56,540

your listeners it's called Avogadro's

879

00:38:02,650 --> 00:38:00,440

constant look it up on Wikipedia so when

880

00:38:04,000 --> 00:38:02,660

we figured that out the homeopath then

881

00:38:05,560 --> 00:38:04,010

went oh well what are we going to do now

882

00:38:07,150 --> 00:38:05,570

because science is telling us that

883

00:38:09,550 --> 00:38:07,160

there's no way that there can be any

884

00:38:11,620 --> 00:38:09,560

substance left and so they came up with

885

00:38:14,890 --> 00:38:11,630

the idea that the water would remember

886

00:38:16,510 --> 00:38:14,900

the substance it was originally in now I

887

00:38:19,480 --> 00:38:16,520

reckon this is a bit dodgy because

888

00:38:21,340 --> 00:38:19,490

doesn't that mean that all the water in

889

00:38:23,650 --> 00:38:21,350

the world would remember all the sewage

890

00:38:26,260 --> 00:38:23,660

it's been through all the dioxins and

891

00:38:27,880 --> 00:38:26,270

toxins and you know heavy metals and

892

00:38:29,950 --> 00:38:27,890

poisons and then we'd all be getting

893

00:38:31,870 --> 00:38:29,960

sick if we were drinking it I don't know

894

00:38:34,870 --> 00:38:31,880

it's essentially there's no fight to

895

00:38:36,430 --> 00:38:34,880

explain it Rachel I need to stop you

896

00:38:38,110 --> 00:38:36,440

there you're a plight you're applying

897

00:38:40,060 --> 00:38:38,120

logic where there isn't any at the

898

00:38:43,300 --> 00:38:40,070

moment I'm sorry about that and you've

899

00:38:45,550 --> 00:38:43,310

got to stop apply what I do it's like

900

00:38:46,990 --> 00:38:45,560

when you deal with governments dolly and

901
00:38:48,970 --> 00:38:47,000
their decisions you've you've got to

902
00:38:54,130 --> 00:38:48,980
understand you can't apply logic and

903
00:38:55,980 --> 00:38:54,140
common sense right but why what is in

904
00:38:58,750 --> 00:38:55,990
our psyche I look I'm assuming

905
00:39:00,760 --> 00:38:58,760
homeopathic medicine is a case of mind

906
00:39:04,300 --> 00:39:00,770
over matter and they say that the mind

907
00:39:07,500 --> 00:39:04,310
can cure anything even cancer if it if

908
00:39:09,630 --> 00:39:07,510
it believes it enough

909
00:39:12,270 --> 00:39:09,640
is that what this is about and do you as

910
00:39:13,440 --> 00:39:12,280
a scientist absolutely dispute well

911
00:39:15,090 --> 00:39:13,450
first of all I have to dispute

912
00:39:17,460 --> 00:39:15,100
homeopathic medicine that's an oxymoron

913
00:39:19,680 --> 00:39:17,470

it's not a medicine don't say that again

914

00:39:23,220 --> 00:39:19,690

Laurie right homeopathy it's not

915

00:39:25,020 --> 00:39:23,230

medicine well that there is a concept

916

00:39:26,520 --> 00:39:25,030

called the placebo effect which people

917

00:39:28,650 --> 00:39:26,530

may be familiar with and that's where

918

00:39:30,630 --> 00:39:28,660

even just the process of going to a

919

00:39:35,520 --> 00:39:30,640

doctor for example and seeing somebody

920

00:39:38,760 --> 00:39:35,530

in a doctor's dumb you know rooms can

921

00:39:40,620 --> 00:39:38,770

make people feel better so there's a lot

922

00:39:41,850 --> 00:39:40,630

of studies been done looking at tablets

923

00:39:43,470 --> 00:39:41,860

and it whether they have a placebo

924

00:39:46,140 --> 00:39:43,480

effect and we know a lot about it now we

925

00:39:49,410 --> 00:39:46,150

know that if we give people a small

926
00:39:50,910 --> 00:39:49,420
tablet that is a blue instead of red and

927
00:39:52,770 --> 00:39:50,920
if it's given to you by someone in a

928
00:39:55,080 --> 00:39:52,780
white coat rather than someone who's not

929
00:39:57,090 --> 00:39:55,090
in a white coat the placebo effect is

930
00:40:00,450 --> 00:39:57,100
more powerful so the human mind is

931
00:40:02,190 --> 00:40:00,460
incredibly powerful in that sense so yes

932
00:40:05,850 --> 00:40:02,200
there is some placebo effect with

933
00:40:08,250 --> 00:40:05,860
homeopathy but yes as I mentioned that

934
00:40:10,080 --> 00:40:08,260
will not cure you perceive effect can't

935
00:40:12,570 --> 00:40:10,090
kill you and also you mentioned that you

936
00:40:15,110 --> 00:40:12,580
can think your way out of cancer well

937
00:40:18,510 --> 00:40:15,120
there's no evidence to show that either

938
00:40:21,270 --> 00:40:18,520

unfortunately diseases like that you

939

00:40:23,360 --> 00:40:21,280

need to get conventional therapies but

940

00:40:26,310 --> 00:40:23,370

but also there's this concept known as

941

00:40:28,230 --> 00:40:26,320

where if you say you have a cold now

942

00:40:30,330 --> 00:40:28,240

most cold last between five to seven

943

00:40:32,040 --> 00:40:30,340

days and if in that period you might

944

00:40:33,720 --> 00:40:32,050

take some homeopathy or some sort of

945

00:40:36,090 --> 00:40:33,730

other placebo and then your cold gets

946

00:40:37,740 --> 00:40:36,100

better it's natural for your brain to

947

00:40:39,000 --> 00:40:37,750

say well it must have been the pill that

948

00:40:41,970 --> 00:40:39,010

I took it must have been the homeopathy

949

00:40:45,180 --> 00:40:41,980

but in fact your your cold was going to

950

00:40:46,710 --> 00:40:45,190

get better anyway so it's not it doesn't

951
00:40:48,960 --> 00:40:46,720
make people it doesn't mean you're a

952
00:40:50,460 --> 00:40:48,970
fool to believe that it doesn't anyone

953
00:40:52,650 --> 00:40:50,470
can be fooled into thinking that and

954
00:40:53,730 --> 00:40:52,660
it's a very powerful effect so there is

955
00:40:55,650 --> 00:40:53,740
some of that involved with homeopathy

956
00:40:57,090 --> 00:40:55,660
governments fund a little bit of

957
00:40:59,430 --> 00:40:57,100
homeopathy don't they to the tune of

958
00:41:02,340 --> 00:40:59,440
about three billion dollars yes well

959
00:41:04,320 --> 00:41:02,350
they don't directly fund it but they

960
00:41:06,600 --> 00:41:04,330
they put back about three billion

961
00:41:09,240 --> 00:41:06,610
dollars into private health fund rebates

962
00:41:12,420 --> 00:41:09,250
every year but if your health fund for

963
00:41:14,940 --> 00:41:12,430

example or your doctor prescribes you

964

00:41:16,680 --> 00:41:14,950

homeopathy and then you go and claim

965

00:41:19,410 --> 00:41:16,690

from the government for your health fund

966

00:41:20,940 --> 00:41:19,420

rebate then indirectly the taxpayers are

967

00:41:22,530 --> 00:41:20,950

funding it

968

00:41:24,390 --> 00:41:22,540

so that means we are paying for it as

969

00:41:27,089 --> 00:41:24,400

taxpayers when using this needs to stop

970

00:41:29,069 --> 00:41:27,099

I absolutely think it needs to stop and

971

00:41:30,480 --> 00:41:29,079

I'm not the only one and in fact the

972

00:41:32,400 --> 00:41:30,490

National Health and Medical Research

973

00:41:34,109 --> 00:41:32,410

Council which is kind of the the

974

00:41:36,510 --> 00:41:34,119

government body in Australia that

975

00:41:39,569 --> 00:41:36,520

advises us on drugs and what sort of

976
00:41:41,250 --> 00:41:39,579
drugs we should be taking they have just

977
00:41:43,710 --> 00:41:41,260
published a draft statement on

978
00:41:46,829 --> 00:41:43,720
homeopathy where they call it unethical

979
00:41:49,349 --> 00:41:46,839
and an efficacious and uneducated simply

980
00:41:52,109 --> 00:41:49,359
means it doesn't work so they based

981
00:41:55,560 --> 00:41:52,119
their statement on an extensive study

982
00:41:57,930 --> 00:41:55,570
that was done in the UK in 2010 now that

983
00:41:59,579 --> 00:41:57,940
was conducted by a government body and

984
00:42:01,829 --> 00:41:59,589
what they do in the UK is when their

985
00:42:04,349 --> 00:42:01,839
public health fund when their public

986
00:42:07,109 --> 00:42:04,359
money is funding some sort of Health you

987
00:42:09,150 --> 00:42:07,119
know whether it be funding hospital

988
00:42:11,760 --> 00:42:09,160

visits or something they do it what they

989

00:42:13,470 --> 00:42:11,770

call an evidence check and they go and

990

00:42:14,819 --> 00:42:13,480

they look at all the evidence for the

991

00:42:16,980 --> 00:42:14,829

thing that they're funding to see if

992

00:42:19,500 --> 00:42:16,990

there's still good reason for them to be

993

00:42:21,180 --> 00:42:19,510

funding it and now they did this in 2010

994

00:42:23,220 --> 00:42:21,190

and they looked at homeopathy and they

995

00:42:25,920 --> 00:42:23,230

took submissions from homeopaths from

996

00:42:29,609 --> 00:42:25,930

doctors from scientists and after they

997

00:42:31,109 --> 00:42:29,619

produced a 273 page report with all the

998

00:42:32,609 --> 00:42:31,119

evidence that they show that they looked

999

00:42:35,160 --> 00:42:32,619

at they could find no evidence that

1000

00:42:37,800 --> 00:42:35,170

homeopathy worked and so in fact they

1001
00:42:39,510 --> 00:42:37,810
were funding homeopathy to the tune of

1002
00:42:41,099 --> 00:42:39,520
four million pounds and so they

1003
00:42:42,630 --> 00:42:41,109
recommended that the government no

1004
00:42:44,309 --> 00:42:42,640
longer fund it and so that's why the

1005
00:42:49,200 --> 00:42:44,319
australian government is now considering

1006
00:42:52,410 --> 00:42:49,210
doing the same thing and i should the

1007
00:42:54,660 --> 00:42:52,420
chi the compromise here would be if you

1008
00:42:56,430 --> 00:42:54,670
want to try homeopathy all right but

1009
00:42:58,740 --> 00:42:56,440
don't try it at the expense of

1010
00:43:00,569 --> 00:42:58,750
conventional medicine that's the message

1011
00:43:03,420 --> 00:43:00,579
it's very important well know that

1012
00:43:06,059 --> 00:43:03,430
homeopathy is not medicine it doesn't

1013
00:43:08,520 --> 00:43:06,069

work in most cases there's nothing in it

1014

00:43:10,710 --> 00:43:08,530

and so if people want to use it that's

1015

00:43:12,480 --> 00:43:10,720

no problem it's fine each still you know

1016

00:43:14,130 --> 00:43:12,490

even if the government in Australia does

1017

00:43:16,109 --> 00:43:14,140

bring through this official statement

1018

00:43:17,940 --> 00:43:16,119

saying that it's unethical and shouldn't

1019

00:43:19,200 --> 00:43:17,950

be used people will still be able to buy

1020

00:43:20,819 --> 00:43:19,210

it it won't be banned in australia

1021

00:43:23,730 --> 00:43:20,829

you'll probably still be able to get it

1022

00:43:25,440 --> 00:43:23,740

at your chemist but just make sure that

1023

00:43:27,990 --> 00:43:25,450

you continue to take your other

1024

00:43:33,569 --> 00:43:28,000

medicines that work rachel Dunlop is

1025

00:43:34,560 --> 00:43:33,579

crazy-mad homeopathy and I like I want

1026

00:43:36,900 --> 00:43:34,570

you to know that

1027

00:43:38,610 --> 00:43:36,910

rachel is also as well as a cell

1028

00:43:40,230 --> 00:43:38,620

biologist communications officer the

1029

00:43:42,180 --> 00:43:40,240

heart research institute vice president

1030

00:43:44,070 --> 00:43:42,190

the Australian skeptics Association who

1031

00:43:45,930 --> 00:43:44,080

I love their truck loads of fun but

1032

00:43:48,420 --> 00:43:45,940

great to talk to you Rachel and some

1033

00:43:50,250 --> 00:43:48,430

sober warnings about how you deal with

1034

00:43:53,280 --> 00:43:50,260

your health good to talk to you thanks

1035

00:43:55,800 --> 00:43:53,290

very much Larry Rachel Dunlop homie off

1036

00:44:19,600 --> 00:43:55,810

of him how do they is there any way be

1037

00:44:24,350 --> 00:44:22,100

thank you for listening to the skeptic

1038

00:44:26,330 --> 00:44:24,360

zone I even enjoyed that episode today

1039

00:44:28,400 --> 00:44:26,340

myself what a laugh wait a minute wait a

1040

00:44:32,020 --> 00:44:28,410

minute where is it where's the laughter

1041

00:44:35,420 --> 00:44:32,030

come back come back press thank you I

1042

00:44:39,020 --> 00:44:35,430

thank you may not beg you doctor AG for

1043

00:44:40,370 --> 00:44:39,030

today's episode not sure what's coming

1044

00:44:42,500 --> 00:44:40,380

up next week it's going to be a bit of a

1045

00:44:44,330 --> 00:44:42,510

mixed bag because I have to put together

1046

00:44:47,540 --> 00:44:44,340

some interesting items and bits and

1047

00:44:50,840 --> 00:44:47,550

pieces to play to put out there just

1048

00:44:53,180 --> 00:44:50,850

before i jet out to Las Vegas to spend a

1049

00:44:55,820 --> 00:44:53,190

couple of days at tam nine if you're

1050

00:44:58,130 --> 00:44:55,830

going to tam nine can't wait to see you

1051

00:45:00,680 --> 00:44:58,140

there but you'll have to be quick to see

1052

00:45:06,220 --> 00:45:00,690

me because i'll be there and gone in two

1053

00:45:10,390 --> 00:45:06,230

days oh well oh well sleeping pills and

1054

00:45:13,520 --> 00:45:10,400

comfortable airline seats are my friends

1055

00:45:15,920 --> 00:45:13,530

anyway until then this is Richard

1056

00:45:22,130 --> 00:45:15,930

Saunders signing off from Sydney

1057

00:45:26,810 --> 00:45:22,140

Australia you've been listening to the

1058

00:45:30,650 --> 00:45:26,820

skeptic zone visit our website at www