

Show 474

THE
**SKEPTIC
ZONE**
PODCAST

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Photo : Adam Reakes



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Heidi Robertson Mandy-Lee Noble Richard Saunders

1
00:00:05,599 --> 00:00:03,590
this is the pre-show show this is an

2
00:00:10,520 --> 00:00:05,609
extra content for skipping zone

3
00:00:18,890 --> 00:00:10,530
listeners what's their are you coming

4
00:00:20,420 --> 00:00:18,900
through the speakers so as Stefan sorry

5
00:00:22,609 --> 00:00:20,430
Kira and I are doing sound checks before

6
00:00:24,320 --> 00:00:22,619
the show starts yes we are and we're off

7
00:00:26,330 --> 00:00:24,330
to sit on different tables this is some

8
00:00:44,450 --> 00:00:26,340
sort of City location I think so the one

9
00:00:47,090 --> 00:00:44,460
host looking forward to the show

10
00:00:48,680 --> 00:00:47,100
I certainly am I'm really excited to be

11
00:00:51,680 --> 00:00:48,690
here with all the other skeptics own

12
00:00:55,279 --> 00:00:51,690
reporters and been meeting a lot of new

13
00:00:57,439 --> 00:00:55,289

people at the skeptic column it's been a

14

00:01:00,319 --> 00:00:57,449

great time and they're actually people

15

00:01:04,399 --> 00:01:00,329

showing up that's a shock I know and and

16

00:01:05,810 --> 00:01:04,409

I say that mostly because of I know that

17

00:01:07,789 --> 00:01:05,820

we've got two rooms going at the moment

18

00:01:10,219 --> 00:01:07,799

and the other room is a really important

19

00:01:11,690 --> 00:01:10,229

preservation so it's you know really

20

00:01:17,740 --> 00:01:11,700

great to see people have come to see

21

00:01:27,120 --> 00:01:19,760

so what do we do for the next few

22

00:01:27,130 --> 00:01:30,559

[Music]

23

00:01:40,279 --> 00:01:36,230

we cut the background music everybody

24

00:01:42,469 --> 00:01:40,289

take a picture that's right I know what

25

00:01:44,510 --> 00:01:42,479

we can do may nod we can witness a great

26

00:01:46,309 --> 00:01:44,520

a thing you can ditch the tradition on

27

00:01:47,870 --> 00:01:46,319

podcasting panels it's called please

28

00:01:54,469 --> 00:01:47,880

pass me a pass of water and one for

29

00:01:58,399 --> 00:01:54,479

everybody I can't really know we've got

30

00:02:00,139 --> 00:01:58,409

a few seconds left we never there and

31

00:02:01,300 --> 00:02:00,149

with the background music fade it over

32

00:02:04,999 --> 00:02:01,310

there yes

33

00:02:07,459 --> 00:02:05,009

getting the big thumbs up and it's 2:15

34

00:02:09,800 --> 00:02:07,469

so ladies and gentlemen welcome to the

35

00:02:14,540 --> 00:02:09,810

show and to kick things off officially

36

00:02:36,260 --> 00:02:33,710

[Music]

37

00:02:39,390 --> 00:02:36,270

[Applause]

38

00:02:41,520 --> 00:02:39,400

it's the podcast from Australia makes

39

00:02:46,260 --> 00:02:41,530

the science and reason and here are your

40

00:02:50,450 --> 00:02:46,270

hosts Richard Saunders and Stefan cycle

41

00:02:50,460 --> 00:02:56,330

hey Richard are you in hello audience

42

00:03:00,490 --> 00:02:57,810

[Applause]

43

00:03:02,380 --> 00:03:00,500

it's wonderful to be here what a great

44

00:03:04,180 --> 00:03:02,390

convention this is it's turning out to

45

00:03:05,710 --> 00:03:04,190

be a fantastic invention it's nice to

46

00:03:07,750 --> 00:03:05,720

have another skeptic zone live we have

47

00:03:09,190 --> 00:03:07,760

an iron one formerly done about four and

48

00:03:09,610 --> 00:03:09,200

the whole 10-year run of the show I

49

00:03:11,170 --> 00:03:09,620

think

50

00:03:15,040 --> 00:03:11,180

yeah I'll because they usually turned

51
00:03:17,230 --> 00:03:15,050
out to be complete disaster at all costs

52
00:03:18,640 --> 00:03:17,240
all those years ago you and I got

53
00:03:20,470 --> 00:03:18,650
together at your place and we said I

54
00:03:22,390 --> 00:03:20,480
will try another podcast

55
00:03:25,360 --> 00:03:22,400
let's kick one off let's do what did it

56
00:03:27,190 --> 00:03:25,370
call it ah I was called I am the skin

57
00:03:28,479 --> 00:03:27,200
deep tank wasn't it yeah that was the

58
00:03:30,310 --> 00:03:28,489
original one we thought what do we call

59
00:03:32,170 --> 00:03:30,320
the new show and it was gonna be called

60
00:03:33,550 --> 00:03:32,180
skip think for a long time and then you

61
00:03:35,140 --> 00:03:33,560
wrote to me and said why don't we call

62
00:03:38,920 --> 00:03:35,150
it the skeptic zone it's like the penny

63
00:03:41,260 --> 00:03:38,930

drops you think you know how many 440

64

00:03:46,570 --> 00:03:41,270

thousand episodes later this is episode

65

00:03:50,890 --> 00:03:46,580

number forty thousand four hundred and

66

00:03:53,010 --> 00:03:50,900

seventy four for the 19th of November

67

00:03:56,050 --> 00:03:53,020

[Applause]

68

00:03:59,440 --> 00:03:56,060

that's it style is very tireless of you

69

00:04:01,420 --> 00:03:59,450

is very tired linnaeus live here in the

70

00:04:03,610 --> 00:04:01,430

little room here we have the other room

71

00:04:09,850 --> 00:04:03,620

at the convention we have our reporter

72

00:04:12,699 --> 00:04:09,860

Iran's singer of everybody also joining

73

00:04:20,199 --> 00:04:12,709

us here at the desk it's the raw skeptic

74

00:04:22,390 --> 00:04:20,209

Heidi Robertson we have all the way from

75

00:04:29,320 --> 00:04:22,400

sunny Queensland the diet sceptic

76

00:04:32,380 --> 00:04:29,330

mandelino ball and being his normal

77

00:04:34,300 --> 00:04:32,390

goosey self Maynard everybody

78

00:04:37,279 --> 00:04:34,310

[Applause]

79

00:04:39,980 --> 00:04:37,289

now main ODS sitting down over there so

80

00:04:41,900 --> 00:04:39,990

he can leap leap forward to ask

81

00:04:44,060 --> 00:04:41,910

questions or get your questions or any

82

00:04:46,820 --> 00:04:44,070

responses and he's got prizes to give

83

00:04:48,620 --> 00:04:46,830

away to anybody he thinks is worthy of a

84

00:04:51,290 --> 00:04:48,630

prize well I think we're drooping

85

00:04:54,439 --> 00:04:51,300

afternoon what so what's actually

86

00:04:55,820 --> 00:04:54,449

install besides that's it thank you and

87

00:04:57,890 --> 00:04:55,830

good night

88

00:04:59,600 --> 00:04:57,900

all right we're going to have a series

89

00:05:01,189 --> 00:04:59,610

of reports from our reporters just like

90

00:05:02,900 --> 00:05:01,199

the skeptic zone you hear each week I

91

00:05:04,879 --> 00:05:02,910

assume you hear it each week I hear it

92

00:05:06,700 --> 00:05:04,889

each week and then we're going to have a

93

00:05:10,129 --> 00:05:06,710

bit of discussion around some of those

94

00:05:13,310 --> 00:05:10,139

reports and issues being raised by the

95

00:05:14,930 --> 00:05:13,320

panel up here at the panel hmm the panel

96

00:05:19,510 --> 00:05:14,940

at the panel level so we're going to

97

00:05:22,129 --> 00:05:19,520

kick off the the first segment with the

98

00:05:32,060 --> 00:05:22,139

yes it's going to be Iran so give a

99

00:05:40,470 --> 00:05:32,070

grain of salt so take this with a grain

100

00:05:49,510 --> 00:05:48,100

so so today's segment is going to be a

101
00:05:51,340 --> 00:05:49,520
little bit different because it's

102
00:05:54,659 --> 00:05:51,350
actually a little bit of a personal

103
00:05:56,469 --> 00:05:54,669
thing instead of being a skeptical thing

104
00:05:59,760 --> 00:05:56,479
I'm going to tell you something about

105
00:06:06,280 --> 00:05:59,770
myself that you might not have noticed

106
00:06:07,170 --> 00:06:06,290
I'm a middle-aged white man there I said

107
00:06:10,810 --> 00:06:07,180
it

108
00:06:12,580 --> 00:06:10,820
I know many of you will be surprised but

109
00:06:14,650 --> 00:06:12,590
you know sometimes people have you know

110
00:06:17,980 --> 00:06:14,660
it's important that you reveal your true

111
00:06:21,010 --> 00:06:17,990
self to the world so what does it mean

112
00:06:24,070 --> 00:06:21,020
well it means that I really have it the

113
00:06:26,650 --> 00:06:24,080

worst being a white man is really

114

00:06:32,620 --> 00:06:26,660

difficult nowadays we're really

115

00:06:37,260 --> 00:06:32,630

oppressed we have no rights left our

116

00:06:42,690 --> 00:06:40,659

if we do something like grabbing the

117

00:06:45,879 --> 00:06:42,700

butt of a pretty woman who let's face it

118

00:06:48,969 --> 00:06:45,889

clearly dress that way precisely for the

119

00:06:54,790 --> 00:06:48,979

purpose of attracting our attention we

120

00:06:56,850 --> 00:06:54,800

are demonized it's tough okay so that

121

00:07:00,730 --> 00:06:56,860

was of course satire but it's all funny

122

00:07:02,740 --> 00:07:00,740

the reason it's not funny the reason

123

00:07:05,219 --> 00:07:02,750

it's not funny is because there are a

124

00:07:08,770 --> 00:07:05,229

lot of people shockingly not just men

125

00:07:12,430 --> 00:07:08,780

for whom that's not satire at all that's

126

00:07:13,900 --> 00:07:12,440

what they think is happening so today

127

00:07:15,790 --> 00:07:13,910

I'd like to break this apart a little

128

00:07:19,300 --> 00:07:15,800

bit and talk about things I've learned

129

00:07:21,490 --> 00:07:19,310

over the past few years and I'd like to

130

00:07:26,409 --> 00:07:21,500

talk about it from the my perspective as

131

00:07:27,969 --> 00:07:26,419

somebody who's in it in some way I do

132

00:07:30,279 --> 00:07:27,979

think that the skeptical community has a

133

00:07:33,370 --> 00:07:30,289

role to play in this area which is why I

134

00:07:37,330 --> 00:07:33,380

chose to say to talk about this here

135

00:07:38,020 --> 00:07:37,340

today but it's also because Richard gave

136

00:07:43,690 --> 00:07:38,030

me permission

137

00:07:45,190 --> 00:07:43,700

so yeah just a quick note to the women

138

00:07:48,159 --> 00:07:45,200

in the audience and listening at home

139

00:07:49,140 --> 00:07:48,169

you can read the newspaper for the next

140

00:07:50,790 --> 00:07:49,150

few minutes because I'm not

141

00:07:55,860 --> 00:07:50,800

tell you anything that you don't already

142

00:07:58,800 --> 00:07:55,870

know so why do men complain so well I

143

00:08:00,840 --> 00:07:58,810

could send I consider myself to be an

144

00:08:04,050 --> 00:08:00,850

enlightened liberal dad or liberal in

145

00:08:05,880 --> 00:08:04,060

person of liberal inclinations and I've

146

00:08:09,290 --> 00:08:05,890

always considered equality very

147

00:08:12,060 --> 00:08:09,300

important had you asked me 20 years ago

148

00:08:13,890 --> 00:08:12,070

about say the pay gap between men and

149

00:08:16,220 --> 00:08:13,900

women you would probably heard me say

150

00:08:19,530 --> 00:08:16,230

the same things that I would do today

151

00:08:22,440 --> 00:08:19,540

but until the last few years I was not

152

00:08:24,960 --> 00:08:22,450

fully aware of how burdensome being a

153

00:08:27,750 --> 00:08:24,970

woman is and a significant proportion of

154

00:08:29,910 --> 00:08:27,760

male privilege is simply not having to

155

00:08:34,830 --> 00:08:29,920

worry about many things the women just

156

00:08:36,720 --> 00:08:34,840

take for granted for example men don't

157

00:08:41,100 --> 00:08:36,730

have to live with constant sexual

158

00:08:43,680 --> 00:08:41,110

attention women do a lot of men would

159

00:08:47,760 --> 00:08:43,690

and actually do say well what's wrong

160

00:08:49,590 --> 00:08:47,770

with that I know a couple of men who

161

00:08:52,380 --> 00:08:49,600

were put in that position for a short

162

00:08:55,800 --> 00:08:52,390

time in a couple of days and were tired

163

00:08:57,530 --> 00:08:55,810

of it within hours sexual attention from

164

00:09:01,230 --> 00:08:57,540

someone you're interested in is great

165

00:09:03,660 --> 00:09:01,240

but from just random strangers and all

166

00:09:06,540 --> 00:09:03,670

the time it very quickly becomes

167

00:09:07,920 --> 00:09:06,550

completely intolerable well it would be

168

00:09:11,310 --> 00:09:07,930

intolerable for anybody who's not used

169

00:09:13,890 --> 00:09:11,320

to it but clearly women become tolerant

170

00:09:17,190 --> 00:09:13,900

to it because they have to they have to

171

00:09:20,730 --> 00:09:17,200

live with it all the time you can call

172

00:09:22,050 --> 00:09:20,740

me stupid or blind or whatever but it's

173

00:09:25,170 --> 00:09:22,060

something that I haven't figured out

174

00:09:27,300 --> 00:09:25,180

until a few years ago and the women

175

00:09:30,210 --> 00:09:27,310

women in my life many women in my life

176

00:09:32,190 --> 00:09:30,220

never alerted me to it I have a theory

177

00:09:34,400 --> 00:09:32,200

about why that is but I'll get to that

178

00:09:36,930 --> 00:09:34,410

in a minute

179

00:09:39,870 --> 00:09:36,940

sexual attention is of course just part

180

00:09:44,450 --> 00:09:39,880

of it there's a wage gap an influence

181

00:09:46,500 --> 00:09:44,460

gap a representation gap a power gap I

182

00:09:48,330 --> 00:09:46,510

accept that there is a difference

183

00:09:50,310 --> 00:09:48,340

between attention and groping and

184

00:09:52,770 --> 00:09:50,320

between workplace flirting and

185

00:09:55,260 --> 00:09:52,780

discrimination but when you have to

186

00:09:58,470 --> 00:09:55,270

constantly deal with all of those where

187

00:10:02,590 --> 00:09:58,480

your very existence your sex is what

188

00:10:06,340 --> 00:10:02,600

brings it about it all becomes one thing

189

00:10:08,560 --> 00:10:06,350

sexism misogyny and when you finally

190

00:10:11,410 --> 00:10:08,570

can't take it anymore it is not

191

00:10:14,230 --> 00:10:11,420

realistic indeed indeed it is not fair

192

00:10:16,630 --> 00:10:14,240

to require that you only rebel against

193

00:10:18,460 --> 00:10:16,640

the most egregious behaviors and what is

194

00:10:20,500 --> 00:10:18,470

happening what has happened and is

195

00:10:23,710 --> 00:10:20,510

happening is that women started to say

196

00:10:27,160 --> 00:10:23,720

no more and I dare say most men are

197

00:10:30,010 --> 00:10:27,170

finding it difficult I'll speak for

198

00:10:32,800 --> 00:10:30,020

myself when I say that I sometimes feel

199

00:10:34,690 --> 00:10:32,810

I hear about some you know a new story

200

00:10:38,080 --> 00:10:34,700

coming up and but somebody who did

201
00:10:40,420 --> 00:10:38,090
something 20 years ago and I think to

202
00:10:44,380 --> 00:10:40,430
myself that that's not fair times were

203
00:10:46,170 --> 00:10:44,390
different they you know we're judging by

204
00:10:48,880 --> 00:10:46,180
the study say it's actually not that bad

205
00:10:50,950 --> 00:10:48,890
that's my initial immediate reaction

206
00:10:53,860 --> 00:10:50,960
that's my impulse to to think that way

207
00:10:55,540 --> 00:10:53,870
but then I think about somebody who has

208
00:10:59,050 --> 00:10:55,550
to contend with this kind of behavior

209
00:11:02,470 --> 00:10:59,060
all the time and I say you know what

210
00:11:04,750 --> 00:11:02,480
fair enough that is only the start of a

211
00:11:07,410 --> 00:11:04,760
correction well you're not even a tiny

212
00:11:11,380 --> 00:11:07,420
bit of the way to where we need to be

213
00:11:13,750 --> 00:11:11,390

but again it's hard partly it's because

214

00:11:14,380 --> 00:11:13,760

it means I can't say or do whatever they

215

00:11:16,900 --> 00:11:14,390

want anymore

216

00:11:19,450 --> 00:11:16,910

and partly it's because I look into my

217

00:11:22,330 --> 00:11:19,460

past and while I can't recall anything

218

00:11:24,880 --> 00:11:22,340

very specific I'm pretty sure that there

219

00:11:27,010 --> 00:11:24,890

would be behaviors in there that would

220

00:11:28,990 --> 00:11:27,020

make me very unhappy if I'd heard that

221

00:11:31,510 --> 00:11:29,000

one of my sons engage in those behaviors

222

00:11:34,090 --> 00:11:31,520

I have three of them but of course

223

00:11:36,190 --> 00:11:34,100

they're less likely to because times

224

00:11:38,800 --> 00:11:36,200

have changed and they continue to change

225

00:11:40,750 --> 00:11:38,810

and some people don't like it when

226

00:11:42,490 --> 00:11:40,760

things change and some people don't like

227

00:11:44,440 --> 00:11:42,500

change when it means it takes away their

228

00:11:46,630 --> 00:11:44,450

ability to do whatever they want and

229

00:11:48,160 --> 00:11:46,640

part of the battle is that women are so

230

00:11:50,080 --> 00:11:48,170

used to being on the wrong side of so

231

00:11:52,990 --> 00:11:50,090

many interactions that many of them

232

00:11:56,830 --> 00:11:53,000

don't even notice it some are waking to

233

00:11:58,690 --> 00:11:56,840

it now like men and some are not even

234

00:12:00,070 --> 00:11:58,700

doing that I believe the women in my

235

00:12:01,420 --> 00:12:00,080

life haven't told me anything because

236

00:12:03,340 --> 00:12:01,430

they haven't really noticed that there

237

00:12:04,990 --> 00:12:03,350

was anything wrong it was not out of the

238

00:12:07,980 --> 00:12:05,000

ordinary he was just the way things were

239

00:12:11,950 --> 00:12:07,990

and mostly still are so listen up men I

240

00:12:14,990 --> 00:12:11,960

know it's hard but frankly you still

241

00:12:16,820 --> 00:12:15,000

have it really good so

242

00:12:18,740 --> 00:12:16,830

you should stop complaining and start

243

00:12:20,510 --> 00:12:18,750

thinking a little bit about what the

244

00:12:22,370 --> 00:12:20,520

other what what other people around you

245

00:12:24,320 --> 00:12:22,380

are thinking and going through things

246

00:12:28,910 --> 00:12:24,330

that used to be acceptable and no longer

247

00:12:30,380 --> 00:12:28,920

acceptable that's a good thing your

248

00:12:32,300 --> 00:12:30,390

rights are not infringed upon

249

00:12:37,160 --> 00:12:32,310

but you having to treat fellow human

250

00:12:39,860 --> 00:12:37,170

beings as well human beings so why am i

251
00:12:42,440 --> 00:12:39,870
speaking up because men still have a

252
00:12:45,050 --> 00:12:42,450
louder voice and it is incumbent upon us

253
00:12:47,390 --> 00:12:45,060
from our position of privilege to be

254
00:12:49,190 --> 00:12:47,400
allies to women to support them to

255
00:12:51,950 --> 00:12:49,200
intervene when other men use their

256
00:12:54,800 --> 00:12:51,960
weight literally and figuratively to

257
00:13:01,230 --> 00:12:54,810
oppress them and to help lead lead to a

258
00:13:04,570 --> 00:13:02,000
[Applause]

259
00:13:11,440 --> 00:13:04,580
[Music]

260
00:13:13,630 --> 00:13:11,450
I apologize but I will have to step out

261
00:13:15,220 --> 00:13:13,640
in a few minutes I won't be able to stay

262
00:13:18,610 --> 00:13:15,230
for the rest of the show well thank you

263
00:13:20,290 --> 00:13:18,620

for that bombshell is that way you have

264

00:13:22,690 --> 00:13:20,300

to step out think again sir

265

00:13:25,870 --> 00:13:22,700

thank you around important issues and

266

00:13:27,550 --> 00:13:25,880

and one that I think is dawning is that

267

00:13:29,620 --> 00:13:27,560

the right word I could say the

268

00:13:30,610 --> 00:13:29,630

realization of dawning an awakening and

269

00:13:32,380 --> 00:13:30,620

oh yeah

270

00:13:34,630 --> 00:13:32,390

roaming around the world at the moment I

271

00:13:35,980 --> 00:13:34,640

think Stefan yeah and it's funny that

272

00:13:37,920 --> 00:13:35,990

we're actually talking about it in real

273

00:13:40,389 --> 00:13:37,930

life and not on Facebook

274

00:13:42,550 --> 00:13:40,399

yeah because everyone's having a big

275

00:13:44,920 --> 00:13:42,560

chat about on the net and we're actually

276

00:13:46,690 --> 00:13:44,930

a bunch of humans sitting right here we

277

00:13:50,670 --> 00:13:46,700

could talk about it and maybe we can

278

00:13:52,840 --> 00:13:50,680

discuss some of the factors you know or

279

00:13:54,880 --> 00:13:52,850

solutions or whatever if anyone's got

280

00:14:02,110 --> 00:13:54,890

any thoughts on that yeah question over

281

00:14:07,300 --> 00:14:02,120

there may not hi panel oh goodness me I

282

00:14:10,060 --> 00:14:07,310

have six nieces and as I approach 50 I I

283

00:14:11,680 --> 00:14:10,070

see in them a distinct change in the way

284

00:14:13,900 --> 00:14:11,690

they are reacting with their environment

285

00:14:17,019 --> 00:14:13,910

so I rejoiced that my nieces who are all

286

00:14:20,260 --> 00:14:17,029

sort of so from 14 to 22 years of age

287

00:14:23,800 --> 00:14:20,270

have quite a different relationship with

288

00:14:25,420 --> 00:14:23,810

the world however that said it actually

289

00:14:28,230 --> 00:14:25,430

highlights the times when that is not

290

00:14:32,050 --> 00:14:28,240

the case when older generations are

291

00:14:34,120 --> 00:14:32,060

embarrassing them with a you know to be

292

00:14:36,870 --> 00:14:34,130

early young lady kind of sentiment and

293

00:14:40,150 --> 00:14:36,880

it's it actually highlights when those

294

00:14:45,460 --> 00:14:40,160

behaviors are being from a senior

295

00:14:47,380 --> 00:14:45,470

position put on to those young ladies I

296

00:14:49,329 --> 00:14:47,390

have to leave and I just want to say

297

00:14:52,569 --> 00:14:49,339

something but this just an observation a

298

00:14:54,610 --> 00:14:52,579

historical observation the last country

299

00:15:01,120 --> 00:14:54,620

on earth to give women the right to vote

300

00:15:05,199 --> 00:15:01,130

was Switzerland in 1972 the first one

301
00:15:08,170 --> 00:15:05,209
was New Zealand in 1897 I believe so

302
00:15:10,120 --> 00:15:08,180
within less than a hundred years from no

303
00:15:13,569 --> 00:15:10,130
country in the world giving women the

304
00:15:17,019 --> 00:15:13,579
vote every country on earth gave women

305
00:15:17,740 --> 00:15:17,029
to have the right to vote the and that's

306
00:15:22,330 --> 00:15:17,750
a technical

307
00:15:24,610 --> 00:15:22,340
change so it was obviously the result of

308
00:15:26,050 --> 00:15:24,620
a cultural shift but it was a technical

309
00:15:27,880 --> 00:15:26,060
change which was easy to affect you

310
00:15:29,640 --> 00:15:27,890
didn't have to influence everybody you

311
00:15:32,310 --> 00:15:29,650
just have to get governments to do it

312
00:15:34,650 --> 00:15:32,320
cultural changes take a lot longer

313
00:15:37,870 --> 00:15:34,660

things are moving in the right direction

314

00:15:39,400 --> 00:15:37,880

there is a positive change I think

315

00:15:43,030 --> 00:15:39,410

social media which has a lot to answer

316

00:15:46,540 --> 00:15:43,040

for is helping in ensuring that people

317

00:15:48,370 --> 00:15:46,550

are more aware and that the the things

318

00:15:50,200 --> 00:15:48,380

are going in the right direction but I

319

00:15:52,240 --> 00:15:50,210

think we have to not be naive as to

320

00:15:54,820 --> 00:15:52,250

assume that all change will be in that

321

00:15:56,380 --> 00:15:54,830

right direction and what we should do is

322

00:15:57,970 --> 00:15:56,390

we should be really mindful of the fact

323

00:16:00,070 --> 00:15:57,980

that change can go in all kinds of

324

00:16:02,620 --> 00:16:00,080

different ways and there's all kinds of

325

00:16:04,780 --> 00:16:02,630

different effects and there's backlashes

326

00:16:06,250 --> 00:16:04,790

that happen with social change as well

327

00:16:09,460 --> 00:16:06,260

which is very important we have to be

328

00:16:13,480 --> 00:16:09,470

careful not to fall back to too old old

329

00:16:16,540 --> 00:16:13,490

habits but overall I think the the

330

00:16:20,400 --> 00:16:16,550

direction is clear of more equality and

331

00:16:22,540 --> 00:16:20,410

and more opportunities I just hope that

332

00:16:24,520 --> 00:16:22,550

that it happens sooner rather than later

333

00:16:25,570 --> 00:16:24,530

but I do think that we have to be

334

00:16:28,060 --> 00:16:25,580

mindful of the things that you've

335

00:16:30,760 --> 00:16:28,070

mentioned and other negatives that that

336

00:16:33,010 --> 00:16:30,770

are part of this big change but also be

337

00:16:34,420 --> 00:16:33,020

optimistic in that we are seeing that

338

00:16:43,930 --> 00:16:34,430

things are moving in the right direction

339

00:16:45,540 --> 00:16:43,940

I will join for the end of it you try to

340

00:16:47,910 --> 00:16:45,550

join us through the end of the show

341

00:16:51,160 --> 00:16:47,920

coffee runs

342

00:16:52,990 --> 00:16:51,170

thank you very much okay that was a

343

00:16:54,400 --> 00:16:53,000

grain of salt with Iran Circuit of

344

00:16:55,720 --> 00:16:54,410

course raising some very important

345

00:16:58,120 --> 00:16:55,730

issues now we'll move along to our next

346

00:16:59,370 --> 00:16:58,130

segment which is if I press the right

347

00:17:06,890 --> 00:16:59,380

button here

348

00:17:32,790 --> 00:17:06,900

[Music]

349

00:17:34,890 --> 00:17:32,800

it's the skeptic report with this this

350

00:17:39,750 --> 00:17:34,900

is a bit of a change of pace from what

351

00:17:42,330 --> 00:17:39,760

Iran was talking about slides absolutely

352

00:17:45,060 --> 00:17:42,340

fly yeah today I'm going to talk about a

353

00:17:49,320 --> 00:17:45,070

product that's distributed in Australia

354

00:17:51,419 --> 00:17:49,330

called the mighty shield the mighty

355

00:17:54,720 --> 00:17:51,429

shield is a device that can be used for

356

00:17:57,930 --> 00:17:54,730

cats dogs and humans the manufacturers

357

00:18:01,440 --> 00:17:57,940

claim that it emits ultrasonic waves at

358

00:18:04,169 --> 00:18:01,450

a frequency of 40,000 Hertz which they

359

00:18:07,620 --> 00:18:04,179

say will repel grass and paralysis ticks

360

00:18:09,180 --> 00:18:07,630

and other quote nasty creatures although

361

00:18:12,720 --> 00:18:09,190

they don't specify what those other

362

00:18:16,370 --> 00:18:12,730

nasty creatures are if I could get it in

363

00:18:19,320 --> 00:18:16,380

a second next one picture there they are

364

00:18:21,600 --> 00:18:19,330

so they sell three devices the sciutto

365

00:18:23,760 --> 00:18:21,610

for small dogs and cats the mighty tick

366

00:18:25,890 --> 00:18:23,770

off for pets for large dogs and cats and

367

00:18:30,320 --> 00:18:25,900

one for humans called the mighty tick

368

00:18:33,690 --> 00:18:30,330

off for you they all retail for \$79 and

369

00:18:36,270 --> 00:18:33,700

they say one of these lasts for six

370

00:18:39,270 --> 00:18:36,280

months plus at which point your advise

371

00:18:41,040 --> 00:18:39,280

to purchase a new one shut up and take

372

00:18:43,440 --> 00:18:41,050

my money I'd be ticked off too they

373

00:18:45,510 --> 00:18:43,450

basically state you should not try and

374

00:18:47,520 --> 00:18:45,520

open the device yourself to change the

375

00:18:51,390 --> 00:18:47,530

batteries which makes me really want to

376

00:18:53,970 --> 00:18:51,400

open one see what's inside they claim it

377

00:18:57,330 --> 00:18:53,980

works for a diameter of 1.5 meters

378

00:19:00,570 --> 00:18:57,340

around your pet and 3 meters around you

379

00:19:02,190 --> 00:19:00,580

yourself if you're wearing one oh I did

380

00:19:05,250 --> 00:19:02,200

a bit of digging around on these devices

381

00:19:06,660 --> 00:19:05,260

a couple of years ago but then it was

382

00:19:09,419 --> 00:19:06,670

put on the back burner for various

383

00:19:11,299 --> 00:19:09,429

reasons I got interested again recently

384

00:19:14,060 --> 00:19:11,309

for several reasons

385

00:19:15,769 --> 00:19:14,070

firstly a family member of mine who

386

00:19:19,039 --> 00:19:15,779

lives on the northern beaches of Sydney

387

00:19:21,649 --> 00:19:19,049

which is a particularly notorious area

388

00:19:24,739 --> 00:19:21,659

of fatigues had bought one of these

389

00:19:26,360 --> 00:19:24,749

after recently suffering quite badly

390

00:19:30,879 --> 00:19:26,370

from a tick-borne illness called

391

00:19:36,019 --> 00:19:30,889

tick typhus not not lyme disease

392

00:19:37,430 --> 00:19:36,029

typhus is a real thing and and he was

393

00:19:39,549 --> 00:19:37,440

now going to rely on the mighty shield

394

00:19:43,399 --> 00:19:39,559

for future protection against ticks

395

00:19:45,859 --> 00:19:43,409

secondly I have lost a much-loved dog to

396

00:19:48,019 --> 00:19:45,869

a paralysis tick so if an ultrasonic

397

00:19:50,950 --> 00:19:48,029

tick repeller was proven to be effective

398

00:19:53,629 --> 00:19:50,960

I'd be the first one in line by one

399

00:19:56,149 --> 00:19:53,639

thirdly I have a friend who was given a

400

00:19:58,159 --> 00:19:56,159

homeopathic preparation by a store in my

401
00:19:59,869 --> 00:19:58,169
region of northern New South Wales for

402
00:20:03,619 --> 00:19:59,879
his life-threatening severe allergy to

403
00:20:06,919 --> 00:20:03,629
ticks which they said may negate the

404
00:20:08,450 --> 00:20:06,929
need for his EpiPen and EpiPen as you

405
00:20:10,700 --> 00:20:08,460
might know contains a dose of adrenaline

406
00:20:13,450 --> 00:20:10,710
which is currently the only proven and

407
00:20:15,889 --> 00:20:13,460
effective treatment for anaphylaxis

408
00:20:18,440 --> 00:20:15,899
considering anaphylaxis can cause airway

409
00:20:21,529 --> 00:20:18,450
closure within seconds of exposure to

410
00:20:24,619 --> 00:20:21,539
the allergen in his case ticks this

411
00:20:26,570 --> 00:20:24,629
advice is extremely dangerous so that

412
00:20:29,090 --> 00:20:26,580
story involving my friend reminded me of

413
00:20:30,560 --> 00:20:29,100

the mighty shield and how unproven

414

00:20:33,710 --> 00:20:30,570

remedies and devices can have

415

00:20:35,119 --> 00:20:33,720

potentially fatal consequences one of

416

00:20:38,060 --> 00:20:35,129

the testimonials on the mighty shield

417

00:20:41,090 --> 00:20:38,070

website illustrates my concern quote

418

00:20:44,690 --> 00:20:41,100

after experiencing a tick bite I had an

419

00:20:46,850 --> 00:20:44,700

allergic reaction and passed out before

420

00:20:49,460 --> 00:20:46,860

this experience I had numerous tick

421

00:20:52,310 --> 00:20:49,470

bites over 16 years living in Newport

422

00:20:54,350 --> 00:20:52,320

and Avalon since wearing this device I

423

00:20:59,299 --> 00:20:54,360

now have the confidence to go back into

424

00:21:01,340 --> 00:20:59,309

my yard again now I've worked myself as

425

00:21:03,470 --> 00:21:01,350

an intensive care ambulance paramedic

426
00:21:05,480 --> 00:21:03,480
and actually treated people having

427
00:21:07,100 --> 00:21:05,490
anaphylactic reactions so I'm

428
00:21:09,169 --> 00:21:07,110
particularly concerned that someone with

429
00:21:11,659 --> 00:21:09,179
a diagnosed severe allergy to ticks may

430
00:21:13,460 --> 00:21:11,669
become complacent believing that they

431
00:21:17,930 --> 00:21:13,470
are wearing a device that will protect

432
00:21:20,509 --> 00:21:17,940
them if I could go to the next one the

433
00:21:22,700 --> 00:21:20,519
about Us page of the mighty shield

434
00:21:24,930 --> 00:21:22,710
website talks about the evolution of the

435
00:21:27,090 --> 00:21:24,940
device when a bloke named

436
00:21:30,480 --> 00:21:27,100
that's Carlo and his little dog from

437
00:21:33,450 --> 00:21:30,490
Germany decided to try for a chemical

438
00:21:36,899 --> 00:21:33,460

free alternative to tick control for

439

00:21:39,509 --> 00:21:36,909

dogs he contacted the University of

440

00:21:41,489 --> 00:21:39,519

Milan and as his story goes they quickly

441

00:21:43,799 --> 00:21:41,499

developed a working prototype of a

442

00:21:46,430 --> 00:21:43,809

battery-powered ultrasound generator

443

00:21:49,529 --> 00:21:46,440

about the size of a packet of cigarettes

444

00:21:51,710 --> 00:21:49,539

Carlo says he then created a smaller

445

00:21:57,289 --> 00:21:51,720

device that could be attached to a dog

446

00:22:00,269 --> 00:21:57,299

dog cat or collar dog dog or cat collar

447

00:22:03,419 --> 00:22:00,279

the product this product he called the

448

00:22:05,789 --> 00:22:03,429

sciutto and sciutto is now a separate

449

00:22:08,129 --> 00:22:05,799

company and has its own website and the

450

00:22:10,109 --> 00:22:08,139

mighty shield he says has continued his

451
00:22:14,310 --> 00:22:10,119
amazing journey by providing a device

452
00:22:15,840 --> 00:22:14,320
for humans to wear so when I rang the

453
00:22:18,480 --> 00:22:15,850
Australian distributors a couple of

454
00:22:20,940 --> 00:22:18,490
years ago I identified myself as a

455
00:22:22,529 --> 00:22:20,950
reporter for a podcast saying I was

456
00:22:25,350 --> 00:22:22,539
interested in doing a story on their

457
00:22:27,810 --> 00:22:25,360
product I voiced my concerns to them

458
00:22:29,430 --> 00:22:27,820
about the product and asked them if they

459
00:22:31,619 --> 00:22:29,440
could point me to the independent trials

460
00:22:33,389 --> 00:22:31,629
that were mentioned on the website that

461
00:22:36,149 --> 00:22:33,399
showed the mighty shield was effective

462
00:22:37,919 --> 00:22:36,159
against ticks the owners told me that

463
00:22:41,060 --> 00:22:37,929

the independent trials were simply the

464

00:22:44,129 --> 00:22:41,070

testimonials our satisfied customers I

465

00:22:52,799 --> 00:22:44,139

could go to the next site now the

466

00:22:57,950 --> 00:22:52,809

website claims that the product hang on

467

00:23:00,570 --> 00:22:57,960

yeah the website claims that the product

468

00:23:02,999 --> 00:23:00,580

quote was thoroughly tested on dogs

469

00:23:05,639 --> 00:23:03,009

using appropriate controls and protocol

470

00:23:07,230 --> 00:23:05,649

at their conclusion the tests verified

471

00:23:09,480 --> 00:23:07,240

the effectiveness of the ultrasound

472

00:23:12,029 --> 00:23:09,490

device as a deterrent to ticks and fleas

473

00:23:13,320 --> 00:23:12,039

end quote it turns out that the testing

474

00:23:14,940 --> 00:23:13,330

they're referring to here is what was

475

00:23:17,269 --> 00:23:14,950

done at the University of Milan where

476

00:23:22,859 --> 00:23:17,279

old mate Carlo had turned to for help

477

00:23:25,289 --> 00:23:22,869

I've got number 6 so I went to look at

478

00:23:27,950 --> 00:23:25,299

that paper that looks like oh yes sorry

479

00:23:31,139 --> 00:23:27,960

that sceeto this is the pseudo web site

480

00:23:33,359 --> 00:23:31,149

I went to have a look at the paper that

481

00:23:35,659 --> 00:23:33,369

the mighty shield website had quoted and

482

00:23:38,200 --> 00:23:35,669

got to this website the SCOOTER website

483

00:23:40,450 --> 00:23:38,210

you can see a Porsche this is actually

484

00:23:42,820 --> 00:23:40,460

portion of the paper down here they've

485

00:23:47,650 --> 00:23:42,830

got this on the clinical studies page of

486

00:23:49,390 --> 00:23:47,660

the sciutto website we have a picture of

487

00:23:53,260 --> 00:23:49,400

a professor Claudio

488

00:23:55,510 --> 00:23:53,270

again she again she I think who was the

489

00:23:58,330 --> 00:23:55,520

sole author of the study in a nutshell

490

00:24:01,030 --> 00:23:58,340

back in 1993 professor Ghent she

491

00:24:04,600 --> 00:24:01,040

performed a study on a grand total of 25

492

00:24:06,520 --> 00:24:04,610

dogs due to time constraints here I'll

493

00:24:08,200 --> 00:24:06,530

skip to the conclusion of the paper

494

00:24:11,170 --> 00:24:08,210

which states that the data are not

495

00:24:12,940 --> 00:24:11,180

statistically significant and the

496

00:24:17,170 --> 00:24:12,950

findings were neither peer-reviewed nor

497

00:24:19,210 --> 00:24:17,180

replicated so anyway I took a chance and

498

00:24:21,760 --> 00:24:19,220

I wrote to an email to professor get she

499

00:24:24,520 --> 00:24:21,770

in Italy he still works at the

500

00:24:26,440 --> 00:24:24,530

University of Milan and I asked if he

501
00:24:27,910 --> 00:24:26,450
was aware that his paper and his

502
00:24:30,160 --> 00:24:27,920
photograph were being used on the

503
00:24:31,630 --> 00:24:30,170
sciutto page as proof that ultrasonic

504
00:24:34,210 --> 00:24:31,640
devices were effective at repelling

505
00:24:35,860 --> 00:24:34,220
ticks I didn't really expect him to

506
00:24:38,470 --> 00:24:35,870
reply but he did a couple of days later

507
00:24:41,680 --> 00:24:38,480
dear Heidi actually this is a very bad

508
00:24:44,440 --> 00:24:41,690
story many years ago I did a preliminary

509
00:24:46,360 --> 00:24:44,450
test with an ultrasound device produced

510
00:24:48,550 --> 00:24:46,370
by a company different from sciutto

511
00:24:51,160 --> 00:24:48,560
animal health it was an internal report

512
00:24:53,830 --> 00:24:51,170
not authorized by both myself or by the

513
00:24:56,800 --> 00:24:53,840

University of Milan to support the

514

00:24:58,960 --> 00:24:56,810

product marketing I have never written a

515

00:25:01,480 --> 00:24:58,970

paper about these results first because

516

00:25:04,210 --> 00:25:01,490

the trial was not well designed secondly

517

00:25:05,980 --> 00:25:04,220

because the data was preliminary and it

518

00:25:08,770 --> 00:25:05,990

needed a repetition in a well-designed

519

00:25:12,130 --> 00:25:08,780

and controlled to study so the use that

520

00:25:14,650 --> 00:25:12,140

sciutto does and is very good at English

521

00:25:16,810 --> 00:25:14,660

but I'm speaking word-for-word what he

522

00:25:19,090 --> 00:25:16,820

wrote so the use that sciutto does with

523

00:25:21,430 --> 00:25:19,100

such a kind of advertisement is illegal

524

00:25:23,460 --> 00:25:21,440

and I will notice the situation to the

525

00:25:26,380 --> 00:25:23,470

legal office of my university

526
00:25:28,300 --> 00:25:26,390
furthermore I have never authorized the

527
00:25:30,790 --> 00:25:28,310
publication of my picture to support any

528
00:25:32,950 --> 00:25:30,800
kind of product I never repeated such a

529
00:25:34,990 --> 00:25:32,960
kind of experiments and currently I do

530
00:25:37,300 --> 00:25:35,000
not know if the scooters device has the

531
00:25:40,240 --> 00:25:37,310
same characteristics of the original one

532
00:25:42,790 --> 00:25:40,250
if you ask me if such a kind of devices

533
00:25:46,240 --> 00:25:42,800
effectively works against ticks my reply

534
00:25:46,890 --> 00:25:46,250
is I have not enough evidences for such

535
00:25:49,150 --> 00:25:46,900
an action

536
00:25:50,140 --> 00:25:49,160
finally I didn't know that the device

537
00:25:52,060 --> 00:25:50,150
was advertised in

538
00:25:55,390 --> 00:25:52,070

Australia I hope such a clarification

539

00:25:58,620 --> 00:25:55,400

will be useful for year but to this day

540

00:26:00,820 --> 00:25:58,630

the sciutto website remains unchanged I

541

00:26:02,620 --> 00:26:00,830

got in touch with mighty shield again a

542

00:26:04,420 --> 00:26:02,630

few weeks ago this time through their

543

00:26:07,480 --> 00:26:04,430

website the company has since changed

544

00:26:10,000 --> 00:26:07,490

hands I explained once more who I was

545

00:26:12,070 --> 00:26:10,010

and asked in the preceding two years had

546

00:26:14,920 --> 00:26:12,080

any further studies on the mighty shield

547

00:26:17,680 --> 00:26:14,930

been done they replied asking

548

00:26:20,020 --> 00:26:17,690

specifically what what I wanted what I

549

00:26:21,670 --> 00:26:20,030

was asking for I reiterated how

550

00:26:23,620 --> 00:26:21,680

concerned I was that someone could have

551

00:26:25,570 --> 00:26:23,630

a fatal anaphylactic reaction if they

552

00:26:27,490 --> 00:26:25,580

were to rely solely on the device and

553

00:26:30,190 --> 00:26:27,500

that I appreciate them directing me to

554

00:26:33,160 --> 00:26:30,200

the evidence that supported its use I've

555

00:26:34,990 --> 00:26:33,170

had no reply hmm so there's another

556

00:26:37,660 --> 00:26:35,000

study that both the mighty shield and

557

00:26:40,840 --> 00:26:37,670

sciutto websites briefly mentioned it's

558

00:26:43,210 --> 00:26:40,850

a 2002 study out of Brazil again one

559

00:26:45,970 --> 00:26:43,220

study author who looked at the efficacy

560

00:26:49,780 --> 00:26:45,980

of sciutto in preventing re-infestation

561

00:26:51,520 --> 00:26:49,790

caused by ectoparasites in Docs after

562

00:26:54,280 --> 00:26:51,530

the application of an anti-parasitic

563

00:26:56,230 --> 00:26:54,290

shampoo and to see if the ultrasonic

564

00:26:58,990 --> 00:26:56,240

waves emitted from the sciutto may cause

565

00:27:02,290 --> 00:26:59,000

a stress response from the animal the

566

00:27:05,110 --> 00:27:02,300

study involved 20 dogs who were infested

567

00:27:06,940 --> 00:27:05,120

with both fleas and ticks it was found

568

00:27:09,370 --> 00:27:06,950

that the device was well tolerated by

569

00:27:10,920 --> 00:27:09,380

the dogs but the results for tick

570

00:27:14,890 --> 00:27:10,930

infestation were again statistically

571

00:27:16,780 --> 00:27:14,900

insignificant the sciutto website goes

572

00:27:19,450 --> 00:27:16,790

to great lengths to show that ticks are

573

00:27:22,510 --> 00:27:19,460

reactive to ultrasound it refers to a

574

00:27:24,910 --> 00:27:22,520

paper from 1976 on the interaction of

575

00:27:27,460 --> 00:27:24,920

ticks with cliff swallows and bats in

576
00:27:29,670 --> 00:27:27,470
Texas there's no mention of ticks being

577
00:27:32,260 --> 00:27:29,680
repelled by certain frequencies at all

578
00:27:34,900 --> 00:27:32,270
certainly no testing of frequencies of

579
00:27:37,500 --> 00:27:34,910
40,000 Hertz and no testing involving

580
00:27:39,910 --> 00:27:37,510
dogs cats or humans in that study

581
00:27:42,820 --> 00:27:39,920
so what literature is there that

582
00:27:44,140 --> 00:27:42,830
supports the use of ultrasonic devices

583
00:27:47,590 --> 00:27:44,150
to repel ticks

584
00:27:50,260 --> 00:27:47,600
there's none none that I could find what

585
00:27:52,150 --> 00:27:50,270
I did find the American Academy of

586
00:27:53,890 --> 00:27:52,160
Pediatrics have stated that ultrasonic

587
00:27:57,340 --> 00:27:53,900
devices are not effective repellents

588
00:27:59,800 --> 00:27:57,350

there is a 1991 study examining the

589

00:28:02,290 --> 00:27:59,810

efficacy of ultrasonic pest controllers

590

00:28:02,860 --> 00:28:02,300

for fleas and ticks left that found that

591

00:28:04,600 --> 00:28:02,870

activity of

592

00:28:07,690 --> 00:28:04,610

fleas ticks and cockroaches was

593

00:28:09,640 --> 00:28:07,700

unimpaired there was a blinded control

594

00:28:11,710 --> 00:28:09,650

trial of an ultrasound device as a

595

00:28:15,030 --> 00:28:11,720

mosquito repellent that found there was

596

00:28:18,340 --> 00:28:15,040

the same thing I found an article from

597

00:28:20,530 --> 00:28:18,350

1981 from a PhD in entomology at Oregon

598

00:28:22,840 --> 00:28:20,540

State University who had scathing

599

00:28:25,810 --> 00:28:22,850

remarks about ultrasonic pest devices

600

00:28:28,260 --> 00:28:25,820

including quote testimonials are the

601
00:28:31,240 --> 00:28:28,270
only evidence of efficacy they offer

602
00:28:33,730 --> 00:28:31,250
testimonial data such as I tried it and

603
00:28:35,620 --> 00:28:33,740
it worked great is not reliable because

604
00:28:38,560 --> 00:28:35,630
it is highly subject to the placebo

605
00:28:40,810 --> 00:28:38,570
effect end quote and another quote I

606
00:28:42,700 --> 00:28:40,820
have not been able to find even one

607
00:28:44,760 --> 00:28:42,710
positive test result that has been

608
00:28:46,900 --> 00:28:44,770
published in a scientific journal I

609
00:28:49,450 --> 00:28:46,910
believe it is the responsibility of

610
00:28:52,240 --> 00:28:49,460
manufacturers to provide credible data

611
00:28:54,640 --> 00:28:52,250
that the devices they sell actually work

612
00:28:56,650 --> 00:28:54,650
otherwise they're unsupported claims are

613
00:28:58,150 --> 00:28:56,660

no better than snake oil in my opinion

614

00:29:00,130 --> 00:28:58,160

I'll make an offer

615

00:29:02,380 --> 00:29:00,140

if published studies do exist and these

616

00:29:04,870 --> 00:29:02,390

studies confirm a claimed effect on pest

617

00:29:07,630 --> 00:29:04,880

behavior I'll gladly amend this page and

618

00:29:10,330 --> 00:29:07,640

include the results and there's been no

619

00:29:12,940 --> 00:29:10,340

response to his offer for over ten years

620

00:29:15,610 --> 00:29:12,950

I wrote an email to that doctor from

621

00:29:17,650 --> 00:29:15,620

entomology and to another entomologist

622

00:29:20,500 --> 00:29:17,660

from a Queensland University when I

623

00:29:22,810 --> 00:29:20,510

cover my bases both of whom were unaware

624

00:29:25,030 --> 00:29:22,820

of any recent studies supporting the use

625

00:29:26,650 --> 00:29:25,040

of the devices and no reason to think

626

00:29:28,240 --> 00:29:26,660

that ticks or mites would be sensitive

627

00:29:31,030 --> 00:29:28,250

or to be repelled by such high

628

00:29:33,970 --> 00:29:31,040

frequencies the Federal Trade Commission

629

00:29:37,299 --> 00:29:33,980

the FTC in America put out a statement

630

00:29:40,000 --> 00:29:37,309

in 2001 stating that efficacy efficacy

631

00:29:42,610 --> 00:29:40,010

claims about these products must be

632

00:29:44,710 --> 00:29:42,620

supported by scientific evidence and if

633

00:29:46,540 --> 00:29:44,720

manufactures have manufacturers have

634

00:29:48,460 --> 00:29:46,550

misrepresented the benefits of their

635

00:29:50,950 --> 00:29:48,470

products or if their claims are not

636

00:29:54,580 --> 00:29:50,960

properly substantiated they may be

637

00:29:55,780 --> 00:29:54,590

subject to legal action thus far no such

638

00:30:00,130 --> 00:29:55,790

warning has been put out in Australia

639

00:30:02,020 --> 00:30:00,140

but I think it can and should be I've

640

00:30:04,180 --> 00:30:02,030

submitted a complaint to the a Triple C

641

00:30:07,000 --> 00:30:04,190

the Australian Competition and Consumer

642

00:30:08,680 --> 00:30:07,010

Commission since they deal with false

643

00:30:12,730 --> 00:30:08,690

and misleading claims from businesses

644

00:30:14,800 --> 00:30:12,740

and I'm currently waiting on a reply the

645

00:30:16,220 --> 00:30:14,810

mighty shield is a relatively small

646

00:30:19,039 --> 00:30:16,230

issue in

647

00:30:21,769 --> 00:30:19,049

the vast array of issues that skeptics

648

00:30:23,779 --> 00:30:21,779

address and there's no doubt that there

649

00:30:25,729 --> 00:30:23,789

are other devices modalities and

650

00:30:28,279 --> 00:30:25,739

therapeutic claims that have more chance

651
00:30:31,789 --> 00:30:28,289
of resulting in real-world harm to a

652
00:30:33,710 --> 00:30:31,799
significant number of people however one

653
00:30:35,960 --> 00:30:33,720
skeptic can make a difference on one

654
00:30:38,269 --> 00:30:35,970
issue and one skeptic can simultaneously

655
00:30:40,759 --> 00:30:38,279
be working on a variety of different

656
00:30:45,349 --> 00:30:40,769
issues helping to tackle the big ones

657
00:30:47,090 --> 00:30:45,359
like homeopathy chiropractic as well as

658
00:30:50,509 --> 00:30:47,100
these little ones that sometimes fall

659
00:30:51,979 --> 00:30:50,519
beneath the radar if there's anyone in

660
00:30:54,769 --> 00:30:51,989
the audience that has never looked into

661
00:30:57,019 --> 00:30:54,779
a dodgy device or claim and never

662
00:31:00,229 --> 00:30:57,029
contacted a relevant acronym to complain

663
00:31:02,299 --> 00:31:00,239

about it please consider doing it if I

664

00:31:18,649 --> 00:31:02,309

can do it anyone can do it

665

00:31:20,810 --> 00:31:18,659

last slide listening audience Heidi can

666

00:31:24,320 --> 00:31:20,820

you explain why we're all laughing I

667

00:31:26,869 --> 00:31:24,330

thought I was being funny last slide is

668

00:31:29,479 --> 00:31:26,879

that as I had he know your parasites

669

00:31:37,070 --> 00:31:29,489

it's got a tick a flea a leech a

670

00:31:39,649 --> 00:31:37,080

mosquito pat robertson and joel osteen I

671

00:31:40,879 --> 00:31:39,659

was just gonna say Heidi Shirley always

672

00:31:42,349 --> 00:31:40,889

claims not being substantiated

673

00:31:43,820 --> 00:31:42,359

everything but surely a common sense

674

00:31:45,979 --> 00:31:43,830

would tell you that our forty thousand

675

00:31:50,539 --> 00:31:45,989

Hertz constant frequency would at least

676
00:31:53,299 --> 00:31:50,549
be mildly annoying to a tick mildly

677
00:31:56,210 --> 00:31:53,309
annoying mildly annoying well the way

678
00:31:58,249 --> 00:31:56,220
the way the website in the frequently

679
00:32:00,109 --> 00:31:58,259
asked questions it says how does it

680
00:32:05,269 --> 00:32:00,119
affect ticks and it basically says well

681
00:32:08,029 --> 00:32:05,279
it's like you're in a loud room can't

682
00:32:10,749 --> 00:32:08,039
stand all the loud music so they walk

683
00:32:14,479 --> 00:32:10,759
around drunk but they fall off you

684
00:32:17,060 --> 00:32:14,489
actually what they believe it's actually

685
00:32:18,649 --> 00:32:17,070
saying if these devices are actually

686
00:32:21,710 --> 00:32:18,659
admitting out to sound to start with I

687
00:32:23,239 --> 00:32:21,720
think that would be a good but so if

688
00:32:26,210 --> 00:32:23,249

anyone's got any ideas of that I'm

689

00:32:29,620 --> 00:32:26,220

getting a hold of a product in the trial

690

00:32:31,960 --> 00:32:29,630

isn't testing a very small dog would be

691

00:32:33,400 --> 00:32:31,970

no it's a great topic bring up Heidi

692

00:32:35,770 --> 00:32:33,410

because there are a lot of products out

693

00:32:38,650 --> 00:32:35,780

there marketed vulnerable people and

694

00:32:40,270 --> 00:32:38,660

people love their pets absolutely I mean

695

00:32:42,730 --> 00:32:40,280

and you do anything

696

00:32:45,610 --> 00:32:42,740

I live in a tick infestation area as

697

00:32:48,430 --> 00:32:45,620

well and I've you know I have lost a dog

698

00:32:55,090 --> 00:32:48,440

to a tick and you do I mean even the

699

00:32:58,299 --> 00:32:55,100

tried and tested and proven methods of

700

00:32:59,950 --> 00:32:58,309

tick control can only go so far they say

701

00:33:02,080 --> 00:32:59,960

the best way it's actually physically

702

00:33:04,360 --> 00:33:02,090

check your pets every every day as well

703

00:33:05,620 --> 00:33:04,370

as using these months but if someone's

704

00:33:07,810 --> 00:33:05,630

going to just go oh well this is

705

00:33:18,280 --> 00:33:07,820

chemical free and in my area people love

706

00:33:20,980 --> 00:33:18,290

chemical free everything yeah yeah one

707

00:33:23,710 --> 00:33:20,990

particular chemical and they're putting

708

00:33:33,430 --> 00:33:23,720

it on their their kids as well what can

709

00:33:36,789 --> 00:33:33,440

we go free marijuana things like you're

710

00:33:44,080 --> 00:33:36,799

in a room with loud noise and that's

711

00:33:45,880 --> 00:33:44,090

what if it's a teenage star rapping over

712

00:33:59,500 --> 00:33:45,890

it that would be fine because you would

713

00:34:01,450 --> 00:33:59,510

sleep till noon well thank you next

714

00:34:03,460 --> 00:34:01,460

segment hasn't got a theme music but I'm

715

00:34:04,900 --> 00:34:03,470

sure you'll understand but before we get

716

00:34:07,090 --> 00:34:04,910

to the next segment I was gonna bring

717

00:34:09,609 --> 00:34:07,100

this up a little bit later but it runs a

718

00:34:11,950 --> 00:34:09,619

grain of salt has prompted me to mention

719

00:34:13,990 --> 00:34:11,960

this now when I was preparing for the

720

00:34:17,139 --> 00:34:14,000

live show today because the show is now

721

00:34:18,970 --> 00:34:17,149

in its tenth year we've gone through I

722

00:34:20,109 --> 00:34:18,980

don't think that's the right word or the

723

00:34:22,090 --> 00:34:20,119

right phrase but we've had a lot of

724

00:34:24,540 --> 00:34:22,100

reporters come and go on the sceptic

725

00:34:27,070 --> 00:34:24,550

zone over the years and I did a quick

726

00:34:32,099 --> 00:34:27,080

turning up a quick calculation and over

727

00:34:34,090 --> 00:34:32,109

the length of the show twelve of the

728

00:34:36,760 --> 00:34:34,100

reporters which is the best term I

729

00:34:39,669 --> 00:34:36,770

suppose for everybody have been females

730

00:34:41,430 --> 00:34:39,679

and seven males so the females far

731

00:34:43,020 --> 00:34:41,440

outweighed the males on the

732

00:34:44,159 --> 00:34:43,030

get big zone that's that's pretty good

733

00:34:47,809 --> 00:34:44,169

I'm pretty proud of that that's really

734

00:34:54,540 --> 00:34:51,480

and also I want to acknowledge in the

735

00:34:56,609 --> 00:34:54,550

room is Kevin here Kevin down the back

736

00:34:58,050 --> 00:34:56,619

he's uh our guest reporter from time to

737

00:35:03,180 --> 00:34:58,060

time camera at the back hello Kevin

738

00:35:04,530 --> 00:35:03,190

thank you very much he sends us he sent

739

00:35:06,059 --> 00:35:04,540

us some interviews from Canberra of

740

00:35:07,740 --> 00:35:06,069

academics and all sorts of people and

741

00:35:09,900 --> 00:35:07,750

his Paulie in the room Paulie

742

00:35:17,370 --> 00:35:09,910

yeah stand up this is going to be our

743

00:35:20,490 --> 00:35:17,380

new reporter next year folks and as you

744

00:35:23,910 --> 00:35:20,500

know if you listen to the show I like to

745

00:35:26,030 --> 00:35:23,920

give all my reporters their own thing I

746

00:35:28,800 --> 00:35:26,040

think that's a lot of fun and I think

747

00:35:32,160 --> 00:35:28,810

and if I haven't got this this way in

748

00:35:34,620 --> 00:35:32,170

the Edit of the show I think I've

749

00:35:36,839 --> 00:35:34,630

written a new theme for dr. Paul II and

750

00:35:40,290 --> 00:35:36,849

I wonder if I've actually got it because

751

00:35:47,780 --> 00:35:40,300

she liked heavy metal banging stuff

752

00:35:47,790 --> 00:35:54,850

yeah let's have a random rent

753

00:36:14,180 --> 00:35:56,260

with dr. Paulie

754

00:36:16,670 --> 00:36:14,190

[Music]

755

00:36:17,809 --> 00:36:16,680

further ado we're gonna move on did I

756

00:36:19,640 --> 00:36:17,819

blow up the system there

757

00:36:23,180 --> 00:36:19,650

ah we're back we're back we're back

758

00:36:26,150 --> 00:36:23,190

maybe that should be the theme we have

759

00:36:33,799 --> 00:36:26,160

our next segment which is dr. Stefan so

760

00:36:37,010 --> 00:36:33,809

I could dr. Stefan so I go hi hi I'm dr.

761

00:36:39,140 --> 00:36:37,020

Stefan psycho and I do apologize but I

762

00:36:41,510 --> 00:36:39,150

am here today to expose you to the

763

00:36:44,890 --> 00:36:41,520

greatest conspiracy ever perpetrated

764

00:36:48,319 --> 00:36:44,900

upon humankind since the moon landing

765

00:36:51,380 --> 00:36:48,329

scientists vested interests Big Pharma

766

00:36:53,299 --> 00:36:51,390

corporate media greenies the Illuminati

767

00:36:55,339 --> 00:36:53,309

and the social justice warriors of the

768

00:36:58,099 --> 00:36:55,349

far left have been hiding a shocking

769

00:37:00,470 --> 00:36:58,109

truth from you we are living in a

770

00:37:04,190 --> 00:37:00,480

parallel universe to the one we thought

771

00:37:06,069 --> 00:37:04,200

we were living in did you know that we

772

00:37:10,069 --> 00:37:06,079

are we are

773

00:37:11,960 --> 00:37:10,079

yes dear sheeple according to a highly

774

00:37:15,319 --> 00:37:11,970

reputable Russian online news source

775

00:37:17,839 --> 00:37:15,329

that I liked on Facebook on May the 23rd

776

00:37:20,660 --> 00:37:17,849

this year the night before the Large

777

00:37:23,029 --> 00:37:20,670

Hadron Collider supposedly officially

778

00:37:25,609 --> 00:37:23,039

commenced experimenting with proton

779

00:37:27,650 --> 00:37:25,619

proton collisions and perhaps not so

780

00:37:31,160 --> 00:37:27,660

coincidentally the same day Roger Moore

781

00:37:32,720 --> 00:37:31,170

died a drunk CERN scientists in the

782

00:37:35,299 --> 00:37:32,730

middle of the night cranked up the

783

00:37:38,319 --> 00:37:35,309

collider set it to insane mode and

784

00:37:41,150 --> 00:37:38,329

ripped a subatomic hole in the universe

785

00:37:44,059 --> 00:37:41,160

causing in less than a nanosecond our

786

00:37:46,789 --> 00:37:44,069

entire reality to flip into another

787

00:37:48,529 --> 00:37:46,799

complete set of new dimensions and all

788

00:37:54,260 --> 00:37:48,539

known scientific laws to switch poles

789

00:37:55,849 --> 00:37:54,270

across the ying-yang event horizon now

790

00:37:58,160 --> 00:37:55,859

we're not sure that we're not exactly

791

00:38:01,220 --> 00:37:58,170

sure how the old universe is even going

792

00:38:04,599 --> 00:38:01,230

anymore but the LHC instruments detected

793

00:38:07,609 --> 00:38:04,609

I'm on a minut Reiki energy burst on

794

00:38:09,680 --> 00:38:07,619

either side of the photon collision and

795

00:38:12,140 --> 00:38:09,690

it is believed that the drunk scientist

796

00:38:15,410 --> 00:38:12,150

responsible broke out in a nasty rash

797

00:38:19,220 --> 00:38:15,420

along his acupuncture meridians the

798

00:38:21,349 --> 00:38:19,230

bottom line is we are here now trapped

799

00:38:25,089 --> 00:38:21,359

in a parallel universe and no one wants

800

00:38:27,920 --> 00:38:25,099

you to know why because in this universe

801

00:38:30,539 --> 00:38:27,930

homeopathy works

802

00:38:33,779 --> 00:38:30,549

the Salafi works - what's that thing

803

00:38:36,839 --> 00:38:33,789

called that that that tick off thing

804

00:38:39,329 --> 00:38:36,849

that works as well yes and you can talk

805

00:38:41,039 --> 00:38:39,339

to the dead and there is nothing better

806

00:38:43,980 --> 00:38:41,049

to treat an incurable disease than a

807

00:38:46,440 --> 00:38:43,990

good ear candling and of course at a

808

00:38:49,829 --> 00:38:46,450

course of dr. stefan soidiers miracle

809

00:38:51,539 --> 00:38:49,839

one two three cut flush so of course the

810

00:38:54,180 --> 00:38:51,549

Illuminati want to keep this all

811

00:38:55,980 --> 00:38:54,190

hush-hush they'd rather you're convinced

812

00:38:59,069 --> 00:38:55,990

that you are still in the old universe

813

00:39:01,109 --> 00:38:59,079

where Big Pharma is in control and the

814

00:39:03,900 --> 00:39:01,119

reality worked the way they want you to

815

00:39:07,499 --> 00:39:03,910

think it works but it doesn't anymore

816

00:39:10,109 --> 00:39:07,509

no every rule in this entire universe is

817

00:39:12,239 --> 00:39:10,119

reversed and as sure as my head chakra

818

00:39:15,509 --> 00:39:12,249

is now a fully functioning base chakra

819

00:39:17,309 --> 00:39:15,519

time itself is in Reverse though you

820

00:39:18,569 --> 00:39:17,319

can't really feel that because you're

821

00:39:20,249 --> 00:39:18,579

not fully awake yet are you

822

00:39:22,950 --> 00:39:20,259

you don't you haven't woken up to this

823

00:39:26,940 --> 00:39:22,960

yet have you no no you're cheap all

824

00:39:28,559 --> 00:39:26,950

you're still asleep this we are born out

825

00:39:30,569 --> 00:39:28,569

of what we believe to be the

826

00:39:32,759 --> 00:39:30,579

circumstances of our death and we die

827

00:39:37,920 --> 00:39:32,769

the moment our parents egg and sperm

828

00:39:40,620 --> 00:39:37,930

separate see it's hard to wrap your head

829

00:39:42,809 --> 00:39:40,630

around but it's happening people it's

830

00:39:46,370 --> 00:39:42,819

happening the in visible light spectrum

831

00:39:50,370 --> 00:39:46,380

goes from infra violet to ultra red e

832

00:39:52,589 --> 00:39:50,380

equals the square root of MCS the

833

00:39:54,960 --> 00:39:52,599

largest known object in the universe is

834

00:39:57,269 --> 00:39:54,970

the singularity inside a black hole and

835

00:40:01,259 --> 00:39:57,279

the smallest is the Hercules Corona

836

00:40:03,749 --> 00:40:01,269

borealis Great Wall silence is deafening

837

00:40:05,670 --> 00:40:03,759

and the microphone in this very recorder

838

00:40:08,549 --> 00:40:05,680

I'm using is picking up about three

839

00:40:11,160 --> 00:40:08,559

trillion decibels within this room can

840

00:40:12,299 --> 00:40:11,170

you get can you hear it I think we need

841

00:40:14,190 --> 00:40:12,309

to be a little bit louder see if we can

842

00:40:21,210 --> 00:40:14,200

pick up three billion decibel how do you

843

00:40:23,579 --> 00:40:21,220

hear it so quiet so soothing alright

844

00:40:27,239 --> 00:40:23,589

it's actually quite comfortable now ice

845

00:40:29,789 --> 00:40:27,249

is hot fire is called in is out down is

846

00:40:32,249 --> 00:40:29,799

up your education began when you

847

00:40:34,229 --> 00:40:32,259

graduated with your PhD and culminated

848

00:40:36,779 --> 00:40:34,239

in you gurgling dribbling and soiling

849

00:40:37,529 --> 00:40:36,789

your nappy are you finally stepping out

850

00:40:39,690 --> 00:40:37,539

of a cheapo

851
00:40:41,270 --> 00:40:39,700
are you can you feel the shocking

852
00:40:47,140 --> 00:40:41,280
alternative reality creeping in

853
00:40:51,290 --> 00:40:47,150
is your mind blown no no no don't worry

854
00:40:57,050 --> 00:40:51,300
there is a solution dr. Stefan seekers

855
00:41:00,020 --> 00:40:57,060
woke face cream with my D registered

856
00:41:01,670 --> 00:41:00,030
trademark anti youthing formula which

857
00:41:04,190 --> 00:41:01,680
will keep you free from tyranny of

858
00:41:05,780 --> 00:41:04,200
oppression and the lizard people and

859
00:41:09,800 --> 00:41:05,790
keep you looking older and older every

860
00:41:11,900 --> 00:41:09,810
day all with one easy daily application

861
00:41:15,710 --> 00:41:11,910
after a simple - our bark flower face

862
00:41:18,260 --> 00:41:15,720
filthy routine within 10 to 15 years of

863
00:41:20,270 --> 00:41:18,270

using this product the veil will finally

864

00:41:22,910 --> 00:41:20,280

be lifted and you will see the world the

865

00:41:24,920 --> 00:41:22,920

same way I do and what a disgusting

866

00:41:27,320 --> 00:41:24,930

horrifying and ridiculous perspective I

867

00:41:29,840 --> 00:41:27,330

have and I mean that in the parallel

868

00:41:32,510 --> 00:41:29,850

universe good way of course for the

869

00:41:34,070 --> 00:41:32,520

absolutely miniscule price of three

870

00:41:37,220 --> 00:41:34,080

hundred and forty thousand dollars per

871

00:41:39,530 --> 00:41:37,230

tube woke face cream with anti youthing

872

00:41:40,970 --> 00:41:39,540

formula is the perfect remedy to this

873

00:41:44,080 --> 00:41:40,980

topsy-turvy world we live in

874

00:41:47,060 --> 00:41:44,090

call me before this announcement began

875

00:41:49,400 --> 00:41:47,070

to make sure you completely miss out on

876

00:41:52,100 --> 00:41:49,410

this amazing lack of opportunity

877

00:41:53,330 --> 00:41:52,110

this is dr. Stephan Soyka bidding you

878

00:42:00,400 --> 00:41:53,340

hello

879

00:42:03,110 --> 00:42:00,410

[Applause]

880

00:42:05,120 --> 00:42:03,120

some of the best advice i I got was from

881

00:42:06,770 --> 00:42:05,130

dr. Stephan silica what was it to lose

882

00:42:10,490 --> 00:42:06,780

weight you needed the eat less exercise

883

00:42:13,910 --> 00:42:10,500

more diet oh then a cigarette I'm gonna

884

00:42:15,230 --> 00:42:13,920

pay money for that kind of advice dr.

885

00:42:18,350 --> 00:42:15,240

Stephan so good thank you very much

886

00:42:22,520 --> 00:42:18,360

different than I started doing podcasts

887

00:42:26,390 --> 00:42:22,530

and videocast way back in 2002 even

888

00:42:29,690 --> 00:42:26,400

earlier 2001 one possibly so what were

889

00:42:31,040 --> 00:42:29,700

you doing near FM 2000 2001 really

890

00:42:34,130 --> 00:42:31,050

that's when we started doing a regular

891

00:42:39,800 --> 00:42:37,510

I had 20/20 vision I'm brown here then I

892

00:42:43,640 --> 00:42:39,810

won't even talk about my hair it's

893

00:42:45,350 --> 00:42:43,650

alright did you alright that's great

894

00:42:48,920 --> 00:42:45,360

thank you and before we get on to our

895

00:42:51,350 --> 00:42:48,930

last report from Andy Lee Noble dr. Paul

896

00:42:53,660 --> 00:42:51,360

ll stand up stand up

897

00:42:54,099 --> 00:42:53,670

run over there to the end microphone and

898

00:42:56,049 --> 00:42:54,109

you have

899

00:43:02,019 --> 00:42:56,059

announcement about an upcoming event up

900

00:43:08,390 --> 00:43:05,390

my name is dr. Molly I'm the president

901
00:43:10,549 --> 00:43:08,400
of the cocoa skeptics I just wanted to

902
00:43:13,759 --> 00:43:10,559
have a bit of an announcement we we meet

903
00:43:17,959 --> 00:43:13,769
once a month at anglers Arms Hotel in

904
00:43:21,199 --> 00:43:17,969
Southport our next meetup is on the 27th

905
00:43:23,269 --> 00:43:21,209
of November at 6 p.m. at anglers arms

906
00:43:25,999 --> 00:43:23,279
and we do a bit of a dinner and then at

907
00:43:29,329 --> 00:43:26,009
7:30 p.m. we do a talk this month we

908
00:43:31,819 --> 00:43:29,339
have Justin Coleman our from JP skeptics

909
00:43:34,309 --> 00:43:31,829
or general practitioner skeptics coming

910
00:43:36,799 --> 00:43:34,319
to talk about overmedication

911
00:43:38,839 --> 00:43:36,809
and why most pills aren't as useful as

912
00:43:41,839 --> 00:43:38,849
they seem for more information you can

913
00:43:43,179 --> 00:43:41,849

go to GC skeptics calm or you can follow

914

00:43:52,239 --> 00:43:43,189

us on Facebook

915

00:43:56,539 --> 00:43:54,920

and of course for those listening you

916

00:43:59,029 --> 00:43:56,549

can follow those links or find those

917

00:44:01,579 --> 00:43:59,039

links on this week's show note something

918

00:44:04,479 --> 00:44:01,589

yes okay Pauli is the new president of

919

00:44:07,279 --> 00:44:04,489

Gulf Coast skeptic sandy she represents

920

00:44:08,989 --> 00:44:07,289

the future of skepticism and I would

921

00:44:10,880 --> 00:44:08,999

like to encourage more young people

922

00:44:12,019 --> 00:44:10,890

especially women but just generally

923

00:44:13,609 --> 00:44:12,029

younger people to get involved with

924

00:44:15,410 --> 00:44:13,619

skepticism because there's so much you

925

00:44:18,259 --> 00:44:15,420

can do and the fact that there's so many

926
00:44:20,660 --> 00:44:18,269
skeptical groups that are older people

927
00:44:23,120 --> 00:44:20,670
and that are less active and definitely

928
00:44:25,370 --> 00:44:23,130
less appealing from the perspective of

929
00:44:26,150 --> 00:44:25,380
the kind of things they promote to a

930
00:44:27,410 --> 00:44:26,160
younger audience

931
00:44:29,179 --> 00:44:27,420
that is something that needs to change

932
00:44:31,910 --> 00:44:29,189
obviously there needs to be a change of

933
00:44:33,799 --> 00:44:31,920
the god and well done to poly for

934
00:44:35,209 --> 00:44:33,809
picking up the mantle at gulf coast

935
00:44:37,459 --> 00:44:35,219
Catholics but I hope more people

936
00:44:39,289 --> 00:44:37,469
listening to this will will do the same

937
00:44:41,989 --> 00:44:39,299
and start being active in their local

938
00:44:44,269 --> 00:44:41,999

groups absolutely alright so we'll move

939

00:44:46,459 --> 00:44:44,279

on to our last report for this afternoon

940

00:44:53,510 --> 00:44:46,469

and if this is back together working

941

00:45:02,150 --> 00:44:55,620

that looks good enough to eat

942

00:45:23,400 --> 00:45:02,160

or does it here's the diet skeptic

943

00:45:27,240 --> 00:45:23,410

mandelino ball my name is Mandi Noble on

944

00:45:28,650 --> 00:45:27,250

the diet skeptic and I came here to talk

945

00:45:30,060 --> 00:45:28,660

to you about something I thought would

946

00:45:31,680 --> 00:45:30,070

be a bit interesting today especially

947

00:45:35,640 --> 00:45:31,690

since we've got the opportunity for

948

00:45:37,410 --> 00:45:35,650

people to some questions so so far for

949

00:45:39,620 --> 00:45:37,420

those who've been listening this year on

950

00:45:44,160 --> 00:45:39,630

the diet sceptic I've talked about

951
00:45:47,460 --> 00:45:44,170
coconut oil and MTHFR gene testing a -

952
00:45:48,810 --> 00:45:47,470
milk and water fluoridation but

953
00:45:50,580 --> 00:45:48,820
something that I haven't really touched

954
00:45:53,900 --> 00:45:50,590
on that you might find a bit odd is I

955
00:45:56,880 --> 00:45:53,910
haven't talked about any fad diets and

956
00:46:00,630 --> 00:45:56,890
that is not due to lack of material I

957
00:46:02,970 --> 00:46:00,640
can assure you in fact or interest in

958
00:46:07,920 --> 00:46:02,980
Australia where estimated it's estimated

959
00:46:10,410 --> 00:46:07,930
that will spend 641 million dollars this

960
00:46:13,200 --> 00:46:10,420
financial year on weight loss products

961
00:46:16,710 --> 00:46:13,210
and weight-loss counseling it's just an

962
00:46:19,710 --> 00:46:16,720
amazing amount but the reason I have not

963
00:46:21,780 --> 00:46:19,720

spoken about any particular fad diet is

964

00:46:25,680 --> 00:46:21,790

because I first wanted to share my

965

00:46:30,450 --> 00:46:25,690

belief that all intentional weight loss

966

00:46:33,180 --> 00:46:30,460

for health is pseudoscience now that

967

00:46:35,790 --> 00:46:33,190

includes whether it's from Peter Evans

968

00:46:37,920 --> 00:46:35,800

or from a health professional and I know

969

00:46:40,470 --> 00:46:37,930

that you're all probably thinking now oh

970

00:46:43,490 --> 00:46:40,480

my goodness this dietitian has had one

971

00:46:47,280 --> 00:46:43,500

too many salads because she's not there

972

00:46:48,870 --> 00:46:47,290

undermining her profession but I want to

973

00:46:50,880 --> 00:46:48,880

assure you that it's completely the

974

00:46:54,600 --> 00:46:50,890

opposite I'd like to see health

975

00:46:57,630 --> 00:46:54,610

professionals leave weight loss to the

976
00:46:58,650 --> 00:46:57,640
Wellness gurus such as Pete Evans and

977
00:47:01,550 --> 00:46:58,660
Sarah

978
00:47:07,200 --> 00:47:01,560
I quit biochemistry Wilson

979
00:47:09,300 --> 00:47:07,210
and and and Peter Fitzsimmons I think is

980
00:47:11,850 --> 00:47:09,310
another one now who's he's become a

981
00:47:15,120 --> 00:47:11,860
wellness guru and for health

982
00:47:17,130 --> 00:47:15,130
professionals to instead start providing

983
00:47:20,010 --> 00:47:17,140
their clients with some evidence-based

984
00:47:23,190 --> 00:47:20,020
health care and advocating for the

985
00:47:25,500 --> 00:47:23,200
health of their clients so where this

986
00:47:27,900 --> 00:47:25,510
all started was about halfway through my

987
00:47:33,000 --> 00:47:27,910
degree and I think you've got one quick

988
00:47:36,780 --> 00:47:33,010

slide when I actually went to how NHMRC

989

00:47:40,250 --> 00:47:36,790

and looked at the obesity and weight

990

00:47:44,940 --> 00:47:40,260

overweight guidelines well published in

991

00:47:48,210 --> 00:47:44,950

2013 and buried in them on page about

992

00:47:50,670 --> 00:47:48,220

60-something is this statement weight

993

00:47:53,250 --> 00:47:50,680

regain is common after weight loss that

994

00:47:55,680 --> 00:47:53,260

is achieved with lifestyle interventions

995

00:47:56,130 --> 00:47:55,690

weight loss is maximal at six to twelve

996

00:47:58,320 --> 00:47:56,140

months

997

00:48:01,620 --> 00:47:58,330

and regardless of the degree of weight

998

00:48:04,050 --> 00:48:01,630

loss most weight is regained within a

999

00:48:06,300 --> 00:48:04,060

two year period and by five years the

1000

00:48:09,750 --> 00:48:06,310

majority of people are at their pre

1001
00:48:12,900 --> 00:48:09,760
intervention body weight and that is

1002
00:48:13,290 --> 00:48:12,910
grade-a evidence now I have to tell you

1003
00:48:15,780 --> 00:48:13,300
that

1004
00:48:17,580 --> 00:48:15,790
grade-a evidence is really hard to come

1005
00:48:21,450 --> 00:48:17,590
by and nutrition and dietetics

1006
00:48:23,460 --> 00:48:21,460
because our governments and our people

1007
00:48:25,170 --> 00:48:23,470
who care about ethics they won't let us

1008
00:48:28,050 --> 00:48:25,180
feed a group of people in a way that

1009
00:48:31,440 --> 00:48:28,060
will we think will give them cancer so

1010
00:48:35,250 --> 00:48:31,450
most of our evidence in initiation and

1011
00:48:37,560 --> 00:48:35,260
Dietetics is from observational studies

1012
00:48:38,970 --> 00:48:37,570
and those sort of things but this one is

1013
00:48:40,980 --> 00:48:38,980

and you can see it comes from the

1014

00:48:43,040 --> 00:48:40,990

clinical practice guidelines for the

1015

00:48:46,470 --> 00:48:43,050

management of overweight and obesity

1016

00:48:50,370 --> 00:48:46,480

well that left me with quite a conflict

1017

00:48:52,110 --> 00:48:50,380

as I've been taught to do weight loss

1018

00:48:54,210 --> 00:48:52,120

with people and certainly those those

1019

00:48:56,430 --> 00:48:54,220

guidelines recommend that if you are

1020

00:48:58,470 --> 00:48:56,440

overweight or obese that you should be

1021

00:49:01,650 --> 00:48:58,480

looking at doing some some form of

1022

00:49:03,840 --> 00:49:01,660

weight loss however we can clearly see

1023

00:49:06,120 --> 00:49:03,850

that that is a bit of magical thinking

1024

00:49:08,070 --> 00:49:06,130

for most people that it's not going to

1025

00:49:12,510 --> 00:49:08,080

be successful and that's why I think

1026
00:49:14,790 --> 00:49:12,520
that weight loss is a pseudoscience now

1027
00:49:19,140 --> 00:49:14,800
this is true for about ninety

1028
00:49:21,390 --> 00:49:19,150
five to 90% 90% of people I know what

1029
00:49:23,730 --> 00:49:21,400
you're saying out there that you do know

1030
00:49:25,890 --> 00:49:23,740
someone who successfully lost weight and

1031
00:49:28,230 --> 00:49:25,900
there certainly are some statistical

1032
00:49:30,380 --> 00:49:28,240
unicorns out there they're actually so

1033
00:49:34,110 --> 00:49:30,390
rare that they're often given book deals

1034
00:49:37,590 --> 00:49:34,120
appear on our televisions as example

1035
00:49:40,280 --> 00:49:37,600
secondly doctors definitely absolutely

1036
00:49:43,140 --> 00:49:40,290
and in America they actually have

1037
00:49:45,360 --> 00:49:43,150
National Weight Control Registry for

1038
00:49:48,260 --> 00:49:45,370

people to join who have successfully

1039

00:49:51,540 --> 00:49:48,270

lost 14 kilos and kept it off for a year

1040

00:49:54,000 --> 00:49:51,550

however when the researchers looked at

1041

00:49:56,910 --> 00:49:54,010

that registry what they found was that

1042

00:49:59,570 --> 00:49:56,920

most of the people on there are doing

1043

00:50:02,220 --> 00:49:59,580

what I call a bit of white knuckling

1044

00:50:06,360 --> 00:50:02,230

that is that most of the people are on

1045

00:50:09,210 --> 00:50:06,370

that registry are eating between 1300

1046

00:50:10,590 --> 00:50:09,220

and 1600 calories a day and if that

1047

00:50:13,320 --> 00:50:10,600

sounds to you like a weight loss diet

1048

00:50:15,420 --> 00:50:13,330

that's because it is they're continuing

1049

00:50:18,690 --> 00:50:15,430

on their diet to maintain the weight

1050

00:50:21,330 --> 00:50:18,700

loss and they're doing between 60 and 90

1051
00:50:26,340 --> 00:50:21,340
minutes of intense physical activity a

1052
00:50:28,620 --> 00:50:26,350
day also their regimes and their self

1053
00:50:30,090 --> 00:50:28,630
monitoring is really inflexible so

1054
00:50:31,700 --> 00:50:30,100
that's the three things that those

1055
00:50:34,680 --> 00:50:31,710
people have in common

1056
00:50:37,440 --> 00:50:34,690
so everyone might be feeling a bit down

1057
00:50:40,080 --> 00:50:37,450
and thinking oh so what does this mean

1058
00:50:42,870 --> 00:50:40,090
for people who are in larger bodies are

1059
00:50:44,850 --> 00:50:42,880
they just going to be have to accept the

1060
00:50:48,120 --> 00:50:44,860
fact that they may be less healthy

1061
00:50:50,580 --> 00:50:48,130
however what I'd like to show you now is

1062
00:50:52,800 --> 00:50:50,590
a little bit of evidence about people in

1063
00:50:56,490 --> 00:50:52,810

larger bodies that you may not have come

1064

00:51:01,410 --> 00:50:56,500

across so if you could just show that so

1065

00:51:04,700 --> 00:51:01,420

this study came from 25,000 men in the

1066

00:51:07,020 --> 00:51:04,710

aerobics centre the robic centre

1067

00:51:08,940 --> 00:51:07,030

longitudinal study it's quite a good

1068

00:51:11,610 --> 00:51:08,950

study and it's a relationship between

1069

00:51:13,980 --> 00:51:11,620

low cardiovascular respiratory fitness

1070

00:51:17,790 --> 00:51:13,990

and mortality in normal weight

1071

00:51:21,450 --> 00:51:17,800

overweight and obese men and as we can

1072

00:51:24,690 --> 00:51:21,460

see there the bars the shaded in bar is

1073

00:51:27,540 --> 00:51:24,700

for those people who are fit and the

1074

00:51:28,380 --> 00:51:27,550

unshaded bar is for those people who are

1075

00:51:30,390 --> 00:51:28,390

unfit

1076
00:51:34,979 --> 00:51:30,400
and we can see hazard ratio which is

1077
00:51:37,549 --> 00:51:34,989
your risk of mortality is set at one for

1078
00:51:40,019 --> 00:51:37,559
people who are normal weight and fit and

1079
00:51:42,599 --> 00:51:40,029
we can see that for people who are

1080
00:51:44,789 --> 00:51:42,609
normal weight and unfit their hazard

1081
00:51:48,390 --> 00:51:44,799
ratio is much higher it's in fact it's

1082
00:51:52,529 --> 00:51:48,400
about two point four six however if we

1083
00:51:54,150 --> 00:51:52,539
go along and we find the overweight and

1084
00:51:58,259 --> 00:51:54,160
we go we go to from normal weight to

1085
00:52:01,200 --> 00:51:58,269
overweight we see that the hazard ratio

1086
00:52:05,519 --> 00:52:01,210
for people who are overweight if they're

1087
00:52:08,430 --> 00:52:05,529
fit is only about 1.1 it's fairly

1088
00:52:11,880 --> 00:52:08,440

significant and then you'll has a ratio

1089

00:52:15,029 --> 00:52:11,890

for if you're obese is only about one

1090

00:52:18,150 --> 00:52:15,039

point three so far lower than someone

1091

00:52:22,799 --> 00:52:18,160

who is normal weight but unfit and we've

1092

00:52:25,620 --> 00:52:22,809

got one more graph now this one is comes

1093

00:52:27,450 --> 00:52:25,630

from the in-home study which is a really

1094

00:52:31,829 --> 00:52:27,460

famous study in the US and it's produced

1095

00:52:35,220 --> 00:52:31,839

a lot of research papers and it shows

1096

00:52:36,989 --> 00:52:35,230

eleven thousand people on the study for

1097

00:52:39,989 --> 00:52:36,999

an average follow-up of a hundred and

1098

00:52:43,049 --> 00:52:39,999

seventy months so quite some time and

1099

00:52:45,210 --> 00:52:43,059

you can see along the bottom numbers

1100

00:52:47,549 --> 00:52:45,220

zero to four and they represent four

1101
00:52:50,299 --> 00:52:47,559
health habits the health habits are not

1102
00:52:52,829 --> 00:52:50,309
smoking moderately drinking and

1103
00:52:54,539 --> 00:52:52,839
moderately for Australians means one

1104
00:52:57,239 --> 00:52:54,549
drink if you're a woman and two drinks

1105
00:53:02,519 --> 00:52:57,249
if you're a men man per day just to

1106
00:53:05,130 --> 00:53:02,529
clarify that it also includes exercising

1107
00:53:07,620 --> 00:53:05,140
twelve times a month just moderately not

1108
00:53:09,809 --> 00:53:07,630
hugely and eating five fruit or veg a

1109
00:53:12,900 --> 00:53:09,819
day and as we can see there are three

1110
00:53:14,640 --> 00:53:12,910
bars the first bar is if you are a

1111
00:53:17,849 --> 00:53:14,650
normal weight the second bar is if

1112
00:53:19,289 --> 00:53:17,859
you're so that's up to BMI 25 so

1113
00:53:22,019 --> 00:53:19,299

eighteen point five to twenty five

1114

00:53:24,599 --> 00:53:22,029

second bar is for overweight BMI twenty

1115

00:53:27,960 --> 00:53:24,609

five to thirty and the third bar is for

1116

00:53:30,089 --> 00:53:27,970

people who are obese BMI thirty plus and

1117

00:53:32,190 --> 00:53:30,099

as we go along we see that there's quite

1118

00:53:34,319 --> 00:53:32,200

a big difference in the risk for people

1119

00:53:37,470 --> 00:53:34,329

who have no health habits there quite a

1120

00:53:41,730 --> 00:53:37,480

lot higher for people who are in larger

1121

00:53:45,180 --> 00:53:41,740

bodies but when we as we go along those

1122

00:53:47,970 --> 00:53:45,190

risk dropped dramatically and also level

1123

00:53:51,980 --> 00:53:47,980

out to the point where we if you have

1124

00:53:54,300 --> 00:53:51,990

those four health habits your risk of

1125

00:53:57,089 --> 00:53:54,310

your hazard risk your risk of mortality

1126

00:53:59,970 --> 00:53:57,099

is the same whether you are BMI eighteen

1127

00:54:02,609 --> 00:53:59,980

point five to twenty five BMI twenty

1128

00:54:08,280 --> 00:54:02,619

five to twenty nine point nine or B my

1129

00:54:13,109 --> 00:54:08,290

30-plus so most people will be thinking

1130

00:54:15,359 --> 00:54:13,119

well what does this say to us I think it

1131

00:54:17,130 --> 00:54:15,369

says that I'd like to see people not

1132

00:54:19,650 --> 00:54:17,140

getting so much weight centric health

1133

00:54:22,770 --> 00:54:19,660

care and not so much weight bias in

1134

00:54:24,720 --> 00:54:22,780

their health care a lot of people might

1135

00:54:26,880 --> 00:54:24,730

think that there's no harm in dieting

1136

00:54:28,470 --> 00:54:26,890

but it's quite an oculist sort of thing

1137

00:54:30,420 --> 00:54:28,480

to do but that's not the case

1138

00:54:32,609 --> 00:54:30,430

two-thirds of those people who try to

1139

00:54:34,430 --> 00:54:32,619

lose weight will end up at a BMI higher

1140

00:54:37,050 --> 00:54:34,440

than when they started

1141

00:54:39,300 --> 00:54:37,060

a lot of those people have increased

1142

00:54:43,609 --> 00:54:39,310

body dissatisfaction which doesn't

1143

00:54:46,500 --> 00:54:43,619

really do great things for our health

1144

00:54:50,220 --> 00:54:46,510

also it's really important to know that

1145

00:54:51,870 --> 00:54:50,230

weight loss is a really big flag for

1146

00:54:53,730 --> 00:54:51,880

something seriously going on with your

1147

00:54:55,980 --> 00:54:53,740

body the reason why our bodies regain

1148

00:55:00,630 --> 00:54:55,990

weight is because it's what healthy

1149

00:55:03,420 --> 00:55:00,640

bodies do our scent ancestors their

1150

00:55:05,339 --> 00:55:03,430

bodies regained weight the bodies that

1151

00:55:11,880 --> 00:55:05,349

didn't regain weight after effect after

1152

00:55:14,520 --> 00:55:11,890

a femine are not our ancestors and they

1153

00:55:16,410 --> 00:55:14,530

really can break so also I'd like to say

1154

00:55:19,579 --> 00:55:16,420

that there's a lot of a lot of weight

1155

00:55:22,500 --> 00:55:19,589

stigma so it's really important and

1156

00:55:24,930 --> 00:55:22,510

people who do lose weight who may be

1157

00:55:26,760 --> 00:55:24,940

dieting may not pick up that first flag

1158

00:55:29,670 --> 00:55:26,770

that something's really seriously going

1159

00:55:31,620 --> 00:55:29,680

on with their health so I would like to

1160

00:55:33,750 --> 00:55:31,630

thank everyone for all their attention

1161

00:55:36,300 --> 00:55:33,760

today and I'd really like to invite

1162

00:55:38,820 --> 00:55:36,310

people to ask me questions and I'd like

1163

00:55:41,010 --> 00:55:38,830

to think oh one more I'll say one more

1164

00:55:43,740 --> 00:55:41,020

slide so I grabbed this off the quack

1165

00:55:46,530 --> 00:55:43,750

watch page and it talks about whether

1166

00:55:48,810 --> 00:55:46,540

pseudoscience where what how we can pick

1167

00:55:50,280 --> 00:55:48,820

out a pseudoscience and it says the

1168

00:55:53,060 --> 00:55:50,290

literature is aimed at the general

1169

00:55:55,400 --> 00:55:53,070

public and there is no review no

1170

00:55:58,480 --> 00:55:55,410

standards no pre-published verification

1171

00:56:01,370 --> 00:55:58,490

no demand or for accuracy or position

1172

00:56:03,590 --> 00:56:01,380

now I think the literature is a lot

1173

00:56:05,090 --> 00:56:03,600

aimed at aimed at the general public

1174

00:56:07,520 --> 00:56:05,100

when we see how many weight loss books

1175

00:56:09,380 --> 00:56:07,530

and that's a theory now looks there's no

1176

00:56:11,600 --> 00:56:09,390

real evidence to show that if you take

1177

00:56:13,160 --> 00:56:11,610

someone in a larger body and put make

1178

00:56:16,010 --> 00:56:13,170

them into someone in a smaller body that

1179

00:56:17,510 --> 00:56:16,020

they would have improved health but that

1180

00:56:18,590 --> 00:56:17,520

would change their risk and the reason

1181

00:56:20,600 --> 00:56:18,600

for that is they can't really get a

1182

00:56:23,810 --> 00:56:20,610

cohort large enough for people who can

1183

00:56:26,470 --> 00:56:23,820

do that for a long enough time it's one

1184

00:56:29,770 --> 00:56:26,480

of the reasons so results cannot be

1185

00:56:32,360 --> 00:56:29,780

reproduced or verified which we've seen

1186

00:56:34,220 --> 00:56:32,370

failures are ignored and I think in this

1187

00:56:35,840 --> 00:56:34,230

we are really ignoring the failure of

1188

00:56:40,370 --> 00:56:35,850

people to be able to successfully lose

1189

00:56:43,720 --> 00:56:40,380

weight there's no physical phenomena or

1190

00:56:46,460 --> 00:56:43,730

processes ever found or studied

1191

00:56:48,710 --> 00:56:46,470

convinces by appeal to faith and belief

1192

00:56:50,690 --> 00:56:48,720

and I think that's a really strong one

1193

00:56:52,370 --> 00:56:50,700

with weight loss we are really when we

1194

00:56:53,960 --> 00:56:52,380

look at the advertising around it we're

1195

00:56:58,430 --> 00:56:53,970

really trying to appeal to people's

1196

00:57:00,470 --> 00:56:58,440

emotions about weight loss and the last

1197

00:57:02,810 --> 00:57:00,480

one is generally earned some or all of

1198

00:57:05,630 --> 00:57:02,820

its living by selling questionable

1199

00:57:09,140 --> 00:57:05,640

products well I hope that now that I've

1200

00:57:12,080 --> 00:57:09,150

been able to explain how I feel about

1201
00:57:14,630 --> 00:57:12,090
weight loss I can now go forward on the

1202
00:57:16,820 --> 00:57:14,640
diet on the skeptic and the diet skeptic

1203
00:57:19,790 --> 00:57:16,830
reports and start unpacking some of

1204
00:57:22,040 --> 00:57:19,800
these fad diets and looking at how

1205
00:57:23,610 --> 00:57:22,050
questionable they are so thanks a lot

1206
00:57:27,620 --> 00:57:23,620
everyone

1207
00:57:30,440 --> 00:57:27,630
[Applause]

1208
00:57:32,180 --> 00:57:30,450
I had a bit of a question that another

1209
00:57:34,490 --> 00:57:32,190
little podcast three minutes oh yeah I

1210
00:57:35,810 --> 00:57:34,500
can easily obtain second one another

1211
00:57:37,280 --> 00:57:35,820
podcast I had a little bit to do with

1212
00:57:39,110 --> 00:57:37,290
the medical podcast there was this sort

1213
00:57:41,780 --> 00:57:39,120

of obesity expert on there and it was it

1214

00:57:43,910 --> 00:57:41,790

was aimed at doctors and they said that

1215

00:57:46,040 --> 00:57:43,920

a lot of this the actual regulation of

1216

00:57:48,740 --> 00:57:46,050

the way it's wherever you that point

1217

00:57:50,480 --> 00:57:48,750

that you get stuck at is this complex

1218

00:57:52,790 --> 00:57:50,490

interaction of all these different

1219

00:57:56,150 --> 00:57:52,800

chemical signals and nerves and it's

1220

00:57:58,970 --> 00:57:56,160

very complex system and that even that

1221

00:58:01,220 --> 00:57:58,980

you can still disrupt that slightly with

1222

00:58:03,200 --> 00:58:01,230

perhaps a drug that you go well look I'm

1223

00:58:05,690 --> 00:58:03,210

always going to be a hundred K but if I

1224

00:58:08,240 --> 00:58:05,700

tweak the complete the complex system

1225

00:58:10,880 --> 00:58:08,250

with a drug by baby reducing that urge

1226
00:58:14,180 --> 00:58:10,890
to gobble down the cake or whatever I

1227
00:58:16,130 --> 00:58:14,190
can actually set my my sort of weight

1228
00:58:18,920 --> 00:58:16,140
that doesn't change a little bit lower

1229
00:58:21,050 --> 00:58:18,930
well the NHMRC also includes

1230
00:58:23,390 --> 00:58:21,060
interventions such as pharmaceutical

1231
00:58:25,790 --> 00:58:23,400
ones and bariatric surgery and the

1232
00:58:28,640 --> 00:58:25,800
pharmaceutical one does take longer to

1233
00:58:30,710 --> 00:58:28,650
get back to pre rate but the evidence it

1234
00:58:33,740 --> 00:58:30,720
does have the same weight regain or a

1235
00:58:35,510 --> 00:58:33,750
similar weight regain mean and I think

1236
00:58:37,250 --> 00:58:35,520
that there's a common misconception that

1237
00:58:39,200 --> 00:58:37,260
people regain the weight because they go

1238
00:58:41,300 --> 00:58:39,210

back to their prior health habits but

1239

00:58:43,250 --> 00:58:41,310

that's not true actually our metabolism

1240

00:58:45,440 --> 00:58:43,260

drops deliberately and we've reduced

1241

00:58:47,870 --> 00:58:45,450

hormones and makes hungrier and if we

1242

00:58:50,720 --> 00:58:47,880

were to put us our brains in an MRI we'd

1243

00:58:52,730 --> 00:58:50,730

see that if we lost weight we find high

1244

00:58:54,470 --> 00:58:52,740

energy foods more attractive so yeah

1245

00:58:56,090 --> 00:58:54,480

that's right that's all that evolution

1246

00:58:58,070 --> 00:58:56,100

keeping us healthy body so healthy

1247

00:59:01,190 --> 00:58:58,080

bodies after weight loss regain weight

1248

00:59:03,080 --> 00:59:01,200

that's what helps me body's new well

1249

00:59:10,550 --> 00:59:03,090

thank you very much Randy Lee Noble

1250

00:59:13,130 --> 00:59:10,560

everybody well it's about time to wrap

1251

00:59:14,870 --> 00:59:13,140

up but before I do so I big thank you as

1252

00:59:16,760 --> 00:59:14,880

I often do on the sceptic zone at the

1253

00:59:19,210 --> 00:59:16,770

end of the show oh I didn't run down the

1254

00:59:21,740 --> 00:59:19,220

stairs to get anything to eat this time

1255

00:59:23,930 --> 00:59:21,750

that's okay good try fasting and

1256

00:59:26,539 --> 00:59:23,940

amphetamines that's how I do

1257

00:59:28,160 --> 00:59:26,549

looks right I'll have to save that up

1258

00:59:30,440 --> 00:59:28,170

for next week a big thank you to all the

1259

00:59:32,539 --> 00:59:30,450

people out there in podcast land in here

1260

00:59:34,760 --> 00:59:32,549

who support the the show through paypal

1261

00:59:35,900 --> 00:59:34,770

patreon it's due to your efforts that

1262

00:59:39,319 --> 00:59:35,910

I'm able to do things like buy

1263

00:59:40,819 --> 00:59:39,329

microphones for my reporters I think

1264

00:59:43,370 --> 00:59:40,829

y'all y'all should have a microphone

1265

00:59:45,890 --> 00:59:43,380

just to me yeah that new Tesla is quite

1266

00:59:53,630 --> 00:59:45,900

nice as well as easy for you to listen

1267

00:59:54,799 --> 00:59:53,640

thanks patreon but I want you all ladies

1268

00:59:56,569 --> 00:59:54,809

and gentlemen please join me in thanking

1269

01:00:06,770 --> 00:59:56,579

all our reporters who are here today for

1270

01:00:08,390 --> 01:00:06,780

wonderful show a big thank you to the

1271

01:00:10,400 --> 01:00:08,400

goose at the end Maynard who's Oh

1272

01:00:13,430 --> 01:00:10,410

Maynard you can give out some do origami

1273

01:00:18,559 --> 01:00:13,440

DVDs that you like just feel free go for

1274

01:00:20,539 --> 01:00:18,569

it all the hands go up that's great but