

Show 481

THE
**SKEPTIC
ZONE**
PODCAST

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7 Jan 2018



Maynard

Big Trees are..... BIG!
Join Dr Eugenie Scott and
Richard Saunders as they wander through
Big Trees State Park in California.

Maynard's Spooky Action!
During the recent Australian Skeptics convention,
Maynard interviewed Catherine Hughes
from the Light for Riley group.
Also Mandy-Lee Noble with more insights
into the pros and cons of weight loss.



Richard Saunders & Dr Eugenie Scott

1
00:00:09,080 --> 00:00:05,920

[Music]

2
00:00:11,830 --> 00:00:09,090

welcome to the skeptic zone the podcast

3
00:00:13,910 --> 00:00:11,840

from Australia for science and reason

4
00:00:23,590 --> 00:00:13,920

[Music]

5
00:00:30,070 --> 00:00:26,240

hello and welcome to the skeptic zone

6
00:00:33,530 --> 00:00:30,080

episode number 481 for the 7th of

7
00:00:35,330 --> 00:00:33,540

January 2018 Richardson is here with you

8
00:00:37,340 --> 00:00:35,340

from Sydney Australia and that noise you

9
00:00:38,840 --> 00:00:37,350

can hear in the background possibly is

10
00:00:40,190 --> 00:00:38,850

an air conditioner which I normally

11
00:00:42,889 --> 00:00:40,200

wouldn't run of course when I'm

12
00:00:45,049 --> 00:00:42,899

recording but today is just ridiculous

13
00:00:47,750 --> 00:00:45,059

now I flew back into Sydney only a

14

00:00:50,650 --> 00:00:47,760

matter of hours ago from lovely cool

15

00:00:53,650 --> 00:00:50,660

California to silly

16

00:00:56,840 --> 00:00:53,660

outrageous heat wave Sydney Australia

17

00:01:01,069 --> 00:00:56,850

some parts in Sydney are predicted to be

18

00:01:04,750 --> 00:01:01,079

45 degrees today or even warmer it's

19

00:01:08,359 --> 00:01:04,760

quite a shock that plus jet lag what fun

20

00:01:10,880 --> 00:01:08,369

so today another another of the shorter

21

00:01:13,480 --> 00:01:10,890

episodes of the skeptic zone due to lots

22

00:01:16,100 --> 00:01:13,490

of international travel and jet lag and

23

00:01:18,230 --> 00:01:16,110

travel and jet lag and all sorts of

24

00:01:21,890 --> 00:01:18,240

things going on but an interesting one a

25

00:01:23,210 --> 00:01:21,900

couple of days ago in California I had

26

00:01:25,820 --> 00:01:23,220

the pleasure of joining Eugenie Scott

27

00:01:30,499 --> 00:01:25,830

dr. eugenie Scott and we drove to the

28

00:01:32,810 --> 00:01:30,509

big trees the big trees links in the

29

00:01:36,499 --> 00:01:32,820

show notes and we wander around and we

30

00:01:41,090 --> 00:01:36,509

chat about the biology and mmm the big

31

00:01:43,730 --> 00:01:41,100

trees big trees it's it was a marvelous

32

00:01:45,289 --> 00:01:43,740

experience you may well be familiar with

33

00:01:48,889 --> 00:01:45,299

the famous photograph of people driving

34

00:01:50,749 --> 00:01:48,899

a car Model T Ford through a tree well

35

00:01:54,499 --> 00:01:50,759

this was in that area unfortunately that

36

00:01:58,490 --> 00:01:54,509

tree fell down last year so we didn't

37

00:02:02,709 --> 00:01:58,500

get to see that join us as we wander

38

00:02:07,280 --> 00:02:02,719

around the big trees in California and

39

00:02:08,930 --> 00:02:07,290

just admire their amazing beauty also

40

00:02:11,479 --> 00:02:08,940

coming up on today's show more from

41

00:02:13,460 --> 00:02:11,489

Maynard from a couple of months ago from

42

00:02:15,410 --> 00:02:13,470

the skeptics convention

43

00:02:17,780 --> 00:02:15,420

may nod catches up with Katherine Hughes

44

00:02:20,570 --> 00:02:17,790

who was one of the speakers at the at

45

00:02:23,030 --> 00:02:20,580

the convention who lost her son Riley to

46

00:02:24,950 --> 00:02:23,040

hooping coffin as since with her husband

47

00:02:27,530 --> 00:02:24,960

started the light for Riley Foundation

48

00:02:30,050 --> 00:02:27,540

and also more from the diet skeptic

49

00:02:33,050 --> 00:02:30,060

Mandy lee Noble and she discusses more

50

00:02:34,850 --> 00:02:33,060

with may not about weight loss and is it

51
00:02:40,210 --> 00:02:34,860
good or is it bad or is it mrs. theory

52
00:02:43,040 --> 00:02:40,220
or find out find out should you die it

53
00:02:46,130 --> 00:02:43,050
but for now it's time for me to run

54
00:02:48,320 --> 00:02:46,140
downstairs have an extra large cup of

55
00:02:50,030 --> 00:02:48,330
coffee didn't get too much sleep on the

56
00:02:52,670 --> 00:02:50,040
plane last night it's a long trip from

57
00:02:56,090 --> 00:02:52,680
where we flew from San Francisco changed

58
00:02:59,750 --> 00:02:56,100
at LA and then to Sydney and yeah that's

59
00:03:02,720 --> 00:02:59,760
quite a quite a hike so rundown says get

60
00:03:05,350 --> 00:03:02,730
a large cup of coffee well I do that by

61
00:03:36,990 --> 00:03:05,360
hope you enjoy the skeptic zone

62
00:03:41,980 --> 00:03:37,000
[Music]

63
00:03:45,760 --> 00:03:41,990

we're in a part of California called big

64

00:03:46,600 --> 00:03:45,770

trees event with dr. eugenie scott hello

65

00:03:48,550 --> 00:03:46,610

Jeanie

66

00:03:50,710 --> 00:03:48,560

howdy there how are you I'm fine you're

67

00:03:52,450 --> 00:03:50,720

our guide for today we're in big and

68

00:03:54,580 --> 00:03:52,460

we're almost in a big tree now we're in

69

00:03:55,630 --> 00:03:54,590

the big tree Museum or visitor's center

70

00:03:58,330 --> 00:03:55,640

here

71

00:04:01,660 --> 00:03:58,340

when looking at photographs of very big

72

00:04:03,910 --> 00:04:01,670

trees and the promise is we're going to

73

00:04:05,710 --> 00:04:03,920

see some big trees is that right we are

74

00:04:11,140 --> 00:04:05,720

going to see big trees and we're going

75

00:04:16,780 --> 00:04:11,150

to see a nice slice of the Sierra Nevada

76

00:04:18,340 --> 00:04:16,790

that isn't isn't what people usually

77

00:04:22,060 --> 00:04:18,350

think of when they think of this year an

78

00:04:24,160 --> 00:04:22,070

event of it there's as you know I'm sure

79

00:04:25,690 --> 00:04:24,170

there's two kinds of redwoods there's

80

00:04:28,450 --> 00:04:25,700

the coast redwoods which are the really

81

00:04:30,010 --> 00:04:28,460

really tall ones which you see at Muir

82

00:04:32,140 --> 00:04:30,020

Woods State Park and some of the other

83

00:04:34,360 --> 00:04:32,150

places on the coast and then as you go

84

00:04:36,310 --> 00:04:34,370

further inland you get another it's

85

00:04:41,770 --> 00:04:36,320

actually another species of the same

86

00:04:43,420 --> 00:04:41,780

genus Sequoia and these are the you come

87

00:04:45,370 --> 00:04:43,430

the Giant Sequoias these are the ones

88

00:04:47,710 --> 00:04:45,380

that have the huge girth the huge

89

00:04:50,020 --> 00:04:47,720

diameters they're not as tall as the

90

00:04:52,870 --> 00:04:50,030

coast redwoods but they make up with it

91

00:04:55,390 --> 00:04:52,880

they make up for it in in circumference

92

00:04:59,800 --> 00:04:55,400

the the images here in the little Museum

93

00:05:01,930 --> 00:04:59,810

are quite astonishing we see pictures

94

00:05:08,020 --> 00:05:01,940

taken 100 years ago or so the 1850s in

95

00:05:09,760 --> 00:05:08,030

fact later with people holding hands to

96

00:05:11,170 --> 00:05:09,770

go right around a tree and there some

97

00:05:13,420 --> 00:05:11,180

kids over there and this is the famous

98

00:05:15,880 --> 00:05:13,430

photograph we see here the Model T for

99

00:05:18,610 --> 00:05:15,890

driving through a tree which isn't there

100

00:05:21,030 --> 00:05:18,620

apparently anymore yes we will be taking

101

00:05:24,100 --> 00:05:21,040

that hike a little bit later on that's a

102

00:05:26,830 --> 00:05:24,110

very famous photograph and a very famous

103

00:05:28,860 --> 00:05:26,840

tree which unfortunately a couple of

104

00:05:32,480 --> 00:05:28,870

years ago blew down in a big windstorm

105

00:05:38,360 --> 00:05:32,490

so that beautiful tree which

106

00:05:41,300 --> 00:05:38,370

is probably well the the hole that they

107

00:05:44,120 --> 00:05:41,310

that the early entrepreneurs who opened

108

00:05:45,830 --> 00:05:44,130

up this area to tourist trade the hole

109

00:05:48,740 --> 00:05:45,840

that they dug through the center of this

110

00:05:51,469 --> 00:05:48,750

tree is probably a good 9 or 10 feet

111

00:05:54,050 --> 00:05:51,479

tall and it's big enough to drive a

112

00:05:57,230 --> 00:05:54,060

Model T through as it shows in the

113

00:05:59,870 --> 00:05:57,240

photograph but as we will see that very

114

00:06:04,249 --> 00:05:59,880

beautiful old tree is now lying on its

115

00:06:06,649 --> 00:06:04,259

side it is a sad thing that said oh we

116

00:06:08,689 --> 00:06:06,659

can't wait will step out soon after

117

00:06:16,309 --> 00:06:08,699

we've taken in what the museum has to

118

00:06:18,379 --> 00:06:16,319

offer into the big woods so and now we

119

00:06:20,899 --> 00:06:18,389

walked outside and we're just about to

120

00:06:24,020 --> 00:06:20,909

step up onto this extraordinary site

121

00:06:25,939 --> 00:06:24,030

it's the biggest stump surely it's a

122

00:06:30,020 --> 00:06:25,949

recent walk up a flight of steps here to

123

00:06:35,659 --> 00:06:30,030

get onto the stump step step step step

124

00:06:37,480 --> 00:06:35,669

step and it's it's huge I'm walking

125

00:06:39,909 --> 00:06:37,490

around the circumference of a stump

126

00:06:43,279 --> 00:06:39,919

really about a quarter of the way now

127

00:06:47,300 --> 00:06:43,289

right round to the other side halfway

128

00:06:49,790 --> 00:06:47,310

gives you some idea of the scale this is

129

00:06:52,370 --> 00:06:49,800

the most extraordinary yeah this is a

130

00:06:56,270 --> 00:06:52,380

big tree I mean we keep saying big trees

131

00:06:58,850 --> 00:06:56,280

but it's actually gotten worn down in

132

00:07:00,649 --> 00:06:58,860

the decades since it was originally cut

133

00:07:02,779 --> 00:07:00,659

we'll go and take a look at the signage

134

00:07:04,730 --> 00:07:02,789

and remind ourselves exactly how big it

135

00:07:06,800 --> 00:07:04,740

was when it was cut down but this was

136

00:07:09,219 --> 00:07:06,810

part of the tourist attraction sitting

137

00:07:12,290 --> 00:07:09,229

opposite us is the rest of the trunk

138

00:07:17,480 --> 00:07:12,300

that you know keeled over hill though

139

00:07:19,129 --> 00:07:17,490

the you notice these horizontal what

140

00:07:20,779 --> 00:07:19,139

would you drillings almost a gift so

141

00:07:22,330 --> 00:07:20,789

that was how they've managed to fill the

142

00:07:25,670 --> 00:07:22,340

tree they would actually take these

143

00:07:27,379 --> 00:07:25,680

mining drills and they just drilled the

144

00:07:29,360 --> 00:07:27,389

circumference of the tree until it

145

00:07:31,219 --> 00:07:29,370

finally was a what they were finally

146

00:07:34,459 --> 00:07:31,229

able to do you could fit scores of

147

00:07:35,990 --> 00:07:34,469

people on this yeah this was as I say it

148

00:07:37,040 --> 00:07:36,000

was a tourist attraction and people

149

00:07:41,000 --> 00:07:37,050

would come out here and they would hold

150

00:07:44,149 --> 00:07:41,010

dances and the surface of this you could

151
00:07:45,250 --> 00:07:44,159
lovely zoo and there's some pictures of

152
00:07:58,860 --> 00:07:45,260
the

153
00:08:00,690 --> 00:07:58,870
it's inconceivable to us today with our

154
00:08:02,860 --> 00:08:00,700
sensibilities that we have about

155
00:08:05,530 --> 00:08:02,870
preservation of the end I guess so I

156
00:08:07,450 --> 00:08:05,540
guess so but this was filled well a very

157
00:08:11,110 --> 00:08:07,460
long time ago by the looks of it I guess

158
00:08:13,210 --> 00:08:11,120
but yeah again I'm just what I'm walking

159
00:08:17,920 --> 00:08:13,220
right over to the other side you're

160
00:08:22,900 --> 00:08:17,930
going into the distance now and I'm at

161
00:08:25,000 --> 00:08:22,910
one side you're at the other and this is

162
00:08:27,780 --> 00:08:25,010
a street stump this is this is quite

163
00:08:34,000 --> 00:08:30,520

this was the tree that was first sighted

164

00:08:36,370 --> 00:08:34,010

by the old hunter trapper who stumbled

165

00:08:39,250 --> 00:08:36,380

upon this Grove back in the early 1850s

166

00:08:43,240 --> 00:08:39,260

and so it's called the discovery tree

167

00:08:45,730 --> 00:08:43,250

and he went back to tell the people back

168

00:08:52,020 --> 00:08:45,740

home as it were that there was this tree

169

00:08:56,310 --> 00:08:54,970

size and never but yeah sure you know

170

00:08:58,960 --> 00:08:56,320

you've been drinking too much

171

00:09:00,280 --> 00:08:58,970

they just pooh-poohed it but he managed

172

00:09:01,750 --> 00:09:00,290

to persuade a couple of other people

173

00:09:03,910 --> 00:09:01,760

that come back and take a look at it and

174

00:09:06,580 --> 00:09:03,920

yeah wow this is really great so the

175

00:09:09,240 --> 00:09:06,590

very next year after this tree was first

176

00:09:11,440 --> 00:09:09,250

discovered by white people anyway

177

00:09:18,700 --> 00:09:11,450

speculators came back and stripped the

178

00:09:22,450 --> 00:09:18,710

bark off and cut it in it and the is you

179

00:09:24,160 --> 00:09:22,460

look across at the the portion of the

180

00:09:25,450 --> 00:09:24,170

tree that used to be on top of the stump

181

00:09:29,350 --> 00:09:25,460

yeah the huge stump that we're looking

182

00:09:31,150 --> 00:09:29,360

at you can see these horizontal lines

183

00:09:34,030 --> 00:09:31,160

running through it well that was

184

00:09:36,520 --> 00:09:34,040

produced by the mining augers that were

185

00:09:39,580 --> 00:09:36,530

used to fill the tree and according to

186

00:09:43,090 --> 00:09:39,590

the good information provided by big

187

00:09:45,310 --> 00:09:43,100

trees Calaveras State Park it took five

188

00:09:49,240 --> 00:09:45,320

men twenty-two days to drill all these

189

00:09:53,800 --> 00:09:49,250

holes but the tree did not fall for

190

00:09:55,990 --> 00:09:53,810

several days so then the stump was

191

00:09:58,420 --> 00:09:56,000

planed smooth to serve as a dance floor

192

00:09:59,079 --> 00:09:58,430

in a two-lane bowling alley and bar were

193

00:10:04,480 --> 00:09:59,089

built on the

194

00:10:07,090 --> 00:10:04,490

and drunk and indeed of course you know

195

00:10:09,489 --> 00:10:07,100

it became a tourist attraction well it's

196

00:10:13,299 --> 00:10:09,499

it's it's it's quite impressive but as I

197

00:10:15,699 --> 00:10:13,309

look around there are many many big

198

00:10:16,869 --> 00:10:15,709

trees but there are some huge trees I

199

00:10:20,199 --> 00:10:16,879

mean the one over there in the distance

200

00:10:20,590 --> 00:10:20,209

that's a oh mighty tree we'll check them

201
00:10:28,059 --> 00:10:20,600
all out

202
00:10:29,319 --> 00:10:28,069
we just I just pointed out to you in the

203
00:10:31,749 --> 00:10:29,329
distance tent that's called the--

204
00:10:34,780 --> 00:10:31,759
that's one of two trees called the

205
00:10:36,610 --> 00:10:34,790
sentinals which were the original road

206
00:10:39,030 --> 00:10:36,620
that was the tourist route that was

207
00:10:42,340 --> 00:10:39,040
built in here to open up this country a

208
00:10:44,290 --> 00:10:42,350
territory in the late 1800s used to have

209
00:10:45,670 --> 00:10:44,300
212 trees like that

210
00:10:50,110 --> 00:10:45,680
they were called the sentinels they were

211
00:10:53,319 --> 00:10:50,120
sort of the mark of this trail but we

212
00:10:55,720 --> 00:10:53,329
are we are continuing we are walking

213
00:10:58,360 --> 00:10:55,730

along this trail now fragilaria it says

214

00:11:03,400 --> 00:10:58,370

stay on trail and we're right in front

215

00:11:05,110 --> 00:11:03,410

of a it's hard to it's hard to really

216

00:11:06,549 --> 00:11:05,120

relay I mean we're looking at the base

217

00:11:08,379 --> 00:11:06,559

of the tree now and you think oh that's

218

00:11:10,480 --> 00:11:08,389

impressive look at that the and then you

219

00:11:13,030 --> 00:11:10,490

tilt your head up and you tilt your head

220

00:11:18,400 --> 00:11:13,040

up and you tilt your head up and way up

221

00:11:21,460 --> 00:11:18,410

into the sky I walk around here looking

222

00:11:26,590 --> 00:11:21,470

straight up through the the branches and

223

00:11:28,419 --> 00:11:26,600

it's just it's just gulp smacking the

224

00:11:30,040 --> 00:11:28,429

scale of it the way you have to tilt

225

00:11:32,889 --> 00:11:30,050

your head up to see right to the top of

226

00:11:35,829 --> 00:11:32,899

these trees and it's almost like you get

227

00:11:38,259 --> 00:11:35,839

a bit of vertical Genie looking up for

228

00:11:42,150 --> 00:11:38,269

this tree work look at that no we're

229

00:11:47,410 --> 00:11:42,160

both craning your head it's easy too

230

00:11:50,019 --> 00:11:47,420

it's easy to kind of feel your jaw drop

231

00:11:52,299 --> 00:11:50,029

I don't know and I sort of lose a sense

232

00:11:54,699 --> 00:11:52,309

of the height of it rusev so tall yeah

233

00:11:57,579 --> 00:11:54,709

fascinating of course of course the

234

00:11:59,739 --> 00:11:57,589

coast sequoias are taller but you know

235

00:12:01,869 --> 00:11:59,749

there's some there's a massive ities of

236

00:12:05,799 --> 00:12:01,879

these trees that give them no pun

237

00:12:07,809 --> 00:12:05,809

intended and add a little extra heft but

238

00:12:09,759 --> 00:12:07,819

it's it's such a pleasant day here it's

239

00:12:11,090 --> 00:12:09,769

January it's not too cold though there's

240

00:12:15,260 --> 00:12:11,100

no snow

241

00:12:17,230 --> 00:12:15,270

the woods are just still and quiet apart

242

00:12:21,830 --> 00:12:17,240

from the odd tourists running around

243

00:12:24,320 --> 00:12:21,840

yeah you can if you sit down on a bench

244

00:12:26,420 --> 00:12:24,330

or a stump or someplace and just listen

245

00:12:29,630 --> 00:12:26,430

you can hear lots of birds you can hear

246

00:12:32,360 --> 00:12:29,640

animals wrestling in the in the ground

247

00:12:34,550 --> 00:12:32,370

it's it's it's a very definitely natural

248

00:12:36,650 --> 00:12:34,560

area you know I mean you know there's no

249

00:12:38,420 --> 00:12:36,660

car zones or anything like that so we've

250

00:12:41,240 --> 00:12:38,430

come to a decision

251
00:12:46,040 --> 00:12:41,250
grove overlook or North Grove trail come

252
00:12:47,990 --> 00:12:46,050
to a fork in the road take it diameter

253
00:12:49,550 --> 00:12:48,000
that's a big branch this branch we're

254
00:12:57,560 --> 00:12:49,560
looking at now that's about what four

255
00:13:04,400 --> 00:12:57,570
feet because just near it it's really

256
00:13:06,590 --> 00:13:04,410
big Trudy this is a well named place and

257
00:13:11,210 --> 00:13:06,600
okay let's let's walk around a little

258
00:13:14,050 --> 00:13:11,220
bit on this wooden boardwalk and oh my

259
00:13:16,520 --> 00:13:14,060
goodness I thought that last tree was

260
00:13:19,790 --> 00:13:16,530
was something miss crane our heads up

261
00:13:21,860 --> 00:13:19,800
this one oh it's so thick all the way up

262
00:13:24,830 --> 00:13:21,870
yeah this one's much much bigger in

263
00:13:26,570 --> 00:13:24,840

diameter but you can't really see the

264

00:13:28,010 --> 00:13:26,580

top very well noise we're sitting too

265

00:13:30,770 --> 00:13:28,020

close to it we have to get far away to

266

00:13:32,240 --> 00:13:30,780

see the tops now there's you know if you

267

00:13:33,980 --> 00:13:32,250

look off in the distance a little bit

268

00:13:35,510 --> 00:13:33,990

you can see another pretty good-sized

269

00:13:37,070 --> 00:13:35,520

River it's not as big as the one we're

270

00:13:40,130 --> 00:13:37,080

standing next to but at least you can

271

00:13:42,610 --> 00:13:40,140

see at the top of the tree and that's

272

00:13:49,480 --> 00:13:42,620

probably about a six story building

273

00:13:52,640 --> 00:13:49,490

easily no more I think Oh more yeah Wow

274

00:13:58,660 --> 00:13:52,650

I told you I was lousy at spatial yeah

275

00:14:06,770 --> 00:14:03,530

it's just dramatic so as we walk along

276

00:14:10,490 --> 00:14:06,780

and we considering the age of these

277

00:14:13,070 --> 00:14:10,500

trees now your background of course is

278

00:14:15,520 --> 00:14:13,080

they're older than I am are they are

279

00:14:20,030 --> 00:14:15,530

they that's good to know

280

00:14:23,410 --> 00:14:20,040

of course with the evolutionary it's

281

00:14:25,240 --> 00:14:23,420

it's more with the the fauna I suppose

282

00:14:27,880 --> 00:14:25,250

but certainly the

283

00:14:33,220 --> 00:14:27,890

the evolution of the trees tells the

284

00:14:37,870 --> 00:14:33,230

story I would think yeah but I'm crappy

285

00:14:39,390 --> 00:14:37,880

as a biologist I really am not the best

286

00:14:41,620 --> 00:14:39,400

person to ask I mean the thing

287

00:14:43,870 --> 00:14:41,630

evolutionarily the reason why we pay

288

00:14:45,220 --> 00:14:43,880

attention to trees oh this is the

289

00:14:50,310 --> 00:14:45,230

botanists are gonna kill me on this and

290

00:14:53,970 --> 00:14:50,320

earth is because of the coevolution of

291

00:14:57,970 --> 00:14:53,980

the angiosperms the trees like these

292

00:15:00,370 --> 00:14:57,980

that produce seeds because they also

293

00:15:03,940 --> 00:15:00,380

produce pollen some of the angiosperms

294

00:15:06,850 --> 00:15:03,950

produce nectar and that was very

295

00:15:10,360 --> 00:15:06,860

critical in the evolution of insects and

296

00:15:14,350 --> 00:15:10,370

other kinds of arthropods that act as

297

00:15:18,310 --> 00:15:14,360

pollinators and spreaders of seeds in

298

00:15:19,900 --> 00:15:18,320

various ways so but yeah what I find

299

00:15:21,850 --> 00:15:19,910

interesting is we're just looking at

300

00:15:23,800 --> 00:15:21,860

this before and this tree in front of us

301
00:15:27,220 --> 00:15:23,810
now which is again another giant tree

302
00:15:30,370 --> 00:15:27,230
you're mentioning the way the the buck

303
00:15:35,410 --> 00:15:30,380
it's not actually the bark it's the tree

304
00:15:38,020 --> 00:15:35,420
itself it's it's yes there there's a

305
00:15:41,080 --> 00:15:38,030
twist to the growth of the tree itself

306
00:15:43,480 --> 00:15:41,090
which acts as to increase the stability

307
00:15:45,490 --> 00:15:43,490
of the tree against wind and you know

308
00:15:47,710 --> 00:15:45,500
other erosional factors and stuff which

309
00:15:49,570 --> 00:15:47,720
is another product which is doesn't

310
00:15:51,940 --> 00:15:49,580
always show up in the bark actually but

311
00:15:53,530 --> 00:15:51,950
this one not so much you can tell if you

312
00:15:58,230 --> 00:15:53,540
look down the house tree now you can

313
00:16:01,000 --> 00:15:58,240

tell how it's twisting slightly and then

314

00:16:03,010 --> 00:16:01,010

anti-clockwise direction I suppose it

315

00:16:04,680 --> 00:16:03,020

depends you're looking from the top or

316

00:16:07,120 --> 00:16:04,690

the bottom to the right to the right

317

00:16:08,380 --> 00:16:07,130

also notice why you were looking at that

318

00:16:12,510 --> 00:16:08,390

tree that there's a look there's a whole

319

00:16:16,630 --> 00:16:12,520

series of holes if those are drilled by

320

00:16:18,550 --> 00:16:16,640

woodpeckers and other birds that you

321

00:16:22,270 --> 00:16:18,560

know flickers and creatures there that

322

00:16:25,300 --> 00:16:22,280

that drill holes and trees the larger

323

00:16:29,980 --> 00:16:25,310

ones are very likely used for nesting

324

00:16:31,930 --> 00:16:29,990

okay but yeah there there's a it's it's

325

00:16:33,610 --> 00:16:31,940

interesting really we're back of it

326

00:16:35,650 --> 00:16:33,620

we're looking at this particularly big

327

00:16:38,050 --> 00:16:35,660

tree how much of the tree is just

328

00:16:38,980 --> 00:16:38,060

nothing just just a big trunk and then

329

00:16:41,130 --> 00:16:38,990

suddenly neat

330

00:16:43,480 --> 00:16:41,140

towards the top the last third the last

331

00:16:45,790 --> 00:16:43,490

something like that you get these weird

332

00:16:48,040 --> 00:16:45,800

huge branches coming out mm-hmm

333

00:16:49,960 --> 00:16:48,050

that's quite interesting you're gonna

334

00:16:54,010 --> 00:16:49,970

come here for yeah you got to come here

335

00:16:56,670 --> 00:16:54,020

part of that is is the you know the the

336

00:17:00,490 --> 00:16:56,680

natural selection for countries to

337

00:17:02,019 --> 00:17:00,500

maximize photosynthesis right they're

338

00:17:03,940 --> 00:17:02,029

competing with other transformation with

339

00:17:06,309 --> 00:17:03,950

other trees and the lower branches

340

00:17:08,530 --> 00:17:06,319

eventually you can see in younger trees

341

00:17:10,929 --> 00:17:08,540

the lower branches eventually just kind

342

00:17:14,439 --> 00:17:10,939

of you know so the tree concentrates all

343

00:17:16,000 --> 00:17:14,449

its its photosynthesis gathering on the

344

00:17:21,730 --> 00:17:16,010

top where the sun's going to be yeah

345

00:17:23,740 --> 00:17:21,740

yeah it's fascinating it's not really a

346

00:17:25,449 --> 00:17:23,750

joke but it's sort of it hits humans the

347

00:17:29,380 --> 00:17:25,459

way we turn a corner we say oh look

348

00:17:32,560 --> 00:17:29,390

another big tree number living in your

349

00:17:36,100 --> 00:17:32,570

gut wow there's a big tree these two

350

00:17:37,540 --> 00:17:36,110

trees were named the mother and son but

351

00:17:38,830 --> 00:17:37,550

they probably began life at about the

352

00:17:44,290 --> 00:17:38,840

same side the mother's been more

353

00:17:46,720 --> 00:17:44,300

successful there you go where's the Sun

354

00:17:49,270 --> 00:17:46,730

do you see the Sun no might be around

355

00:17:52,780 --> 00:17:49,280

the other side oh there it is if we walk

356

00:17:54,310 --> 00:17:52,790

around yes because it's this tree so big

357

00:17:57,160 --> 00:17:54,320

it's hiding another big tree around the

358

00:17:59,980 --> 00:17:57,170

other side oh wait a minute no it's it's

359

00:18:02,650 --> 00:17:59,990

directly behind it directly

360

00:18:05,890 --> 00:18:02,660

I'm getting my big trees confused here

361

00:18:08,860 --> 00:18:05,900

folks in fact oh yeah there's two right

362

00:18:10,919 --> 00:18:08,870

now and there's a special bench here you

363

00:18:12,640 --> 00:18:10,929

just sit down the special bench because

364

00:18:15,310 --> 00:18:12,650

the backrest

365

00:18:17,980 --> 00:18:15,320

is at about a 45 degree angle so I can

366

00:18:20,700 --> 00:18:17,990

rest my head back and look directly up

367

00:18:28,680 --> 00:18:20,710

into the sky at these two incredible

368

00:18:33,430 --> 00:18:28,690

trees I'm now standing in a little area

369

00:18:36,820 --> 00:18:33,440

between two trees it's like a cave it's

370

00:18:41,750 --> 00:18:36,830

quite extraordinary there's a walkway in

371

00:18:51,780 --> 00:18:48,810

I'm standing in a tree it is amazing now

372

00:18:52,320 --> 00:18:51,790

just come across a tree here it fell

373

00:18:56,010 --> 00:18:52,330

over

374

00:18:59,010 --> 00:18:56,020

who knows how long ago it's me 10 20 30

375

00:19:02,130 --> 00:18:59,020

meters long here it's so big that you

376

00:19:05,070 --> 00:19:02,140

can walk down some steps and go right in

377

00:19:08,850 --> 00:19:05,080

and under the tree itself and I'm

378

00:19:11,810 --> 00:19:08,860

walking along in a natural tunnel up the

379

00:19:17,250 --> 00:19:11,820

middle of a tree which is fallen over I

380

00:19:20,700 --> 00:19:17,260

keep going it's dark it's like a cave

381

00:19:22,230 --> 00:19:20,710

and I'm only gonna walk about 1/3 of the

382

00:19:26,280 --> 00:19:22,240

length of this tree before the steps

383

00:19:30,240 --> 00:19:26,290

come around again here we go our masses

384

00:19:32,430 --> 00:19:30,250

of carvings here over the who knows how

385

00:19:35,370 --> 00:19:32,440

long people carving their initials and

386

00:19:36,900 --> 00:19:35,380

their names into this tree and they pop

387

00:19:41,280 --> 00:19:36,910

out the other side well I've never done

388

00:19:46,860 --> 00:19:41,290

that before the middle of a tree it

389

00:19:50,220 --> 00:19:46,870

wasn't so yeah well we're nearly at the

390

00:19:51,990 --> 00:19:50,230

end of the walk now Jeanne and we can be

391

00:19:54,030 --> 00:19:52,000

up close and personal to this amazing

392

00:19:56,520 --> 00:19:54,040

little group of trees here to sort of

393

00:19:58,650 --> 00:19:56,530

grown together than separated and it

394

00:20:02,880 --> 00:19:58,660

even says in the book we can we can

395

00:20:15,510 --> 00:20:02,890

touch the bark now walk over here this

396

00:20:18,240 --> 00:20:15,520

giant tree touch the box shaggy it's not

397

00:20:20,940 --> 00:20:18,250

bristly here but it's very fibrous you

398

00:20:25,680 --> 00:20:20,950

can really see yeah you can really see

399

00:20:30,930 --> 00:20:25,690

where it's has all these little looks

400

00:20:34,200 --> 00:20:30,940

like asbestos we did actually see some

401
00:20:36,090 --> 00:20:34,210
signage informing us that in the bad old

402
00:20:38,010 --> 00:20:36,100
days they would strip the bark off of

403
00:20:40,680 --> 00:20:38,020
these trees and use it for house

404
00:20:43,860 --> 00:20:40,690
insulation you know and you can start to

405
00:20:46,800 --> 00:20:43,870
see why kind of a bad idea this is a

406
00:20:49,140 --> 00:20:46,810
pretty rare species but there's only

407
00:20:50,970 --> 00:20:49,150
what seventy-five groves in all of

408
00:20:53,160 --> 00:20:50,980
California that have this particular

409
00:20:55,200 --> 00:20:53,170
species of trees and of course a grove

410
00:20:57,480 --> 00:20:55,210
can be very small this is

411
00:20:59,490 --> 00:20:57,490
fairly good-sized growth but you know

412
00:21:01,710 --> 00:20:59,500
like we learned with so many plants and

413
00:21:05,899 --> 00:21:01,720

animals that you need enough territory

414

00:21:09,060 --> 00:21:05,909

to maintain a population of an organism

415

00:21:11,130 --> 00:21:09,070

and you can't just plop down a giant

416

00:21:13,919 --> 00:21:11,140

sequoia anyplace it has certain

417

00:21:15,060 --> 00:21:13,929

environmental requirements certainly not

418

00:21:17,039 --> 00:21:15,070

in Australia hmm

419

00:21:19,230 --> 00:21:17,049

well gee thanks very much what a

420

00:21:21,000 --> 00:21:19,240

wonderful outing this has been to see

421

00:21:22,860 --> 00:21:21,010

these wonderful trees and folks it's

422

00:21:26,070 --> 00:21:22,870

called big trees for a good reason

423

00:21:27,389 --> 00:21:26,080

yes calaveras big trees State Park told

424

00:21:30,050 --> 00:21:27,399

you you should come here someday and

425

00:21:52,029 --> 00:21:30,060

look now we've done it

426

00:21:57,490 --> 00:21:55,580

hi this is Heidi Robertson from the

427

00:22:00,399 --> 00:21:57,500

Northern Rivers vaccination supporters

428

00:22:02,930 --> 00:22:00,409

we are a group of concerned citizens

429

00:22:05,570 --> 00:22:02,940

dedicated to promoting good science and

430

00:22:08,690 --> 00:22:05,580

common sense in our region the far north

431

00:22:10,249 --> 00:22:08,700

coast of New South Wales this area are

432

00:22:13,580 --> 00:22:10,259

famous for its natural beauty and

433

00:22:16,940 --> 00:22:13,590

relaxed lifestyle also has the lowest

434

00:22:19,220 --> 00:22:16,950

rates of vaccination in Australia we are

435

00:22:21,560 --> 00:22:19,230

out to change that by challenging the

436

00:22:23,240 --> 00:22:21,570

myths and misinformation and by

437

00:22:26,570 --> 00:22:23,250

providing good evidence-based

438

00:22:28,399 --> 00:22:26,580

information to the community we'd love

439

00:22:32,029 --> 00:22:28,409

for you no matter where you are in the

440

00:22:39,619 --> 00:22:32,039

world to join our fight please visit our

441

00:22:42,619 --> 00:22:39,629

webpage at WWF in folk we also have a

442

00:22:46,759 --> 00:22:42,629

link there to our Facebook page tweet us

443

00:22:49,549 --> 00:22:46,769

at in our FAQs supporters that's VIX and

444

00:22:52,009 --> 00:22:49,559

check us out on Wikipedia by searching

445

00:22:55,310 --> 00:22:52,019

for Northern Rivers vaccination

446

00:23:01,159 --> 00:22:55,320

supporters thank you

447

00:23:09,499 --> 00:23:06,120

here's Maynard spooky action at a

448

00:23:14,070 --> 00:23:11,970

well it's a bit relaxed here on the

449

00:23:16,499 --> 00:23:14,080

Sunday it was a huge Saturday night a

450

00:23:17,820 --> 00:23:16,509

lot of people going wrong I've had one

451

00:23:19,470 --> 00:23:17,830

glass of one is enough I have to have

452

00:23:20,009 --> 00:23:19,480

more before I can get home but who we

453

00:23:22,710 --> 00:23:20,019

got here

454

00:23:25,649 --> 00:23:22,720

Catherine is and Catherine what have you

455

00:23:27,739 --> 00:23:25,659

made of The Skeptical weekend it's my

456

00:23:30,269 --> 00:23:27,749

first time coming to anything skeptical

457

00:23:32,999 --> 00:23:30,279

into the talk yesterday and the crowd

458

00:23:36,180 --> 00:23:33,009

was amazing and yes such a fantastic

459

00:23:38,720 --> 00:23:36,190

fire P with people who you all think

460

00:23:41,940 --> 00:23:38,730

similarly I hope it how I think so

461

00:23:42,989 --> 00:23:41,950

really really interesting to hear people

462

00:23:45,389 --> 00:23:42,999

we have from all different perspectives

463

00:23:47,850 --> 00:23:45,399

but um everyone seems to have the same

464

00:23:51,029 --> 00:23:47,860

sort of critical thinking and rational

465

00:23:53,940 --> 00:23:51,039

skills well I was invited to speak here

466

00:23:55,529 --> 00:23:53,950

so that was really the main reason for

467

00:23:57,480 --> 00:23:55,539

coming so yeah yesterday I spoke about

468

00:24:00,600 --> 00:23:57,490

like for I Lee and our experience with

469

00:24:02,190 --> 00:24:00,610

the antibiotics movement but you know I

470

00:24:03,989 --> 00:24:02,200

had been aware of the sceptics for a

471

00:24:07,230 --> 00:24:03,999

couple of years pretty much since we we

472

00:24:08,639 --> 00:24:07,240

lost us onto whooping cough and you know

473

00:24:10,649 --> 00:24:08,649

identified pretty quickly that these

474

00:24:13,919 --> 00:24:10,659

people were like-minded and similar to

475

00:24:17,519 --> 00:24:13,929

us and rationality tends to be a little

476

00:24:18,600 --> 00:24:17,529

bit not have a lot of emotion with it so

477

00:24:20,639 --> 00:24:18,610

when you've had like an emotional

478

00:24:27,149 --> 00:24:20,649

experience like you had is react

479

00:24:29,580 --> 00:24:27,159

rationality much comfort to you I think

480

00:24:31,739 --> 00:24:29,590

you know sometimes when you are so

481

00:24:33,779 --> 00:24:31,749

emotional you turn to rationality

482

00:24:35,190 --> 00:24:33,789

because it's the only way that you can

483

00:24:37,440 --> 00:24:35,200

really process how you're feeling and

484

00:24:39,810 --> 00:24:37,450

process what happened in in a traumatic

485

00:24:41,820 --> 00:24:39,820

situation and I think for me you know I

486

00:24:44,820 --> 00:24:41,830

was raised in a family that was rational

487

00:24:46,889 --> 00:24:44,830

my dad's a scientist and you know just

488

00:24:48,180 --> 00:24:46,899

came what I turned to rather than you

489

00:24:49,830 --> 00:24:48,190

know turn to a god or something like

490

00:24:51,629 --> 00:24:49,840

that instead I was like well what are

491

00:24:53,039 --> 00:24:51,639

the facts what happened what can we do

492

00:24:54,720 --> 00:24:53,049

better let's look at the evidence and

493

00:24:56,310 --> 00:24:54,730

yeah sort of really turned to my

494

00:24:57,480 --> 00:24:56,320

rational side you know I'm quite

495

00:24:58,440 --> 00:24:57,490

surprised this is your first time

496

00:24:59,580 --> 00:24:58,450

because I thought with what you've been

497

00:25:00,090 --> 00:24:59,590

doing your my tackle it up and you've

498

00:25:02,789 --> 00:25:00,100

been busy

499

00:25:04,649 --> 00:25:02,799

yes yeah lots of travel going to baby

500

00:25:06,600 --> 00:25:04,659

Expos and all sorts of things so yeah

501
00:25:08,190 --> 00:25:06,610
really happy to come to my first skeptic

502
00:25:09,539 --> 00:25:08,200
let's go to Connor and you look great

503
00:25:11,730 --> 00:25:09,549
last night to you all dressed up for the

504
00:25:12,960 --> 00:25:11,740
dinner it was fantastic thank you hey

505
00:25:14,730 --> 00:25:12,970
mind you you weren't as good to me

506
00:25:16,140 --> 00:25:14,740
because I had the gold Sudan no one can

507
00:25:18,840 --> 00:25:16,150
compare to the God say I'm afraid

508
00:25:19,380 --> 00:25:18,850
I tried on some weird level and who we

509
00:25:23,100 --> 00:25:19,390
got here

510
00:25:26,310 --> 00:25:23,110
Oh Mandy Noble dietitian yes yes a big

511
00:25:28,260 --> 00:25:26,320
controversial dietitian oh I don't see a

512
00:25:31,140 --> 00:25:28,270
sec controversial but I have had a few

513
00:25:33,570 --> 00:25:31,150

comments about people who saw the

514

00:25:35,550 --> 00:25:33,580

episode that was recorded of the sceptic

515

00:25:37,590 --> 00:25:35,560

zone and I'm just gonna get my what I'm

516

00:25:39,690 --> 00:25:37,600

just gonna get my graph of weight loss

517

00:25:42,720 --> 00:25:39,700

to show you because I think you'll find

518

00:25:43,770 --> 00:25:42,730

it's very interesting where are we yes

519

00:25:46,290 --> 00:25:43,780

steak off it

520

00:25:48,000 --> 00:25:46,300

yes um yeah actually what is healthy

521

00:25:49,740 --> 00:25:48,010

weight loss actually if you want trying

522

00:25:52,020 --> 00:25:49,750

to lose weight what is the most you

523

00:25:56,700 --> 00:25:52,030

should lose and I love the term white

524

00:25:58,950 --> 00:25:56,710

knuckle that's great well I don't think

525

00:26:02,520 --> 00:25:58,960

there is really any sort of healthy

526

00:26:05,700 --> 00:26:02,530

weight loss because all weight loss

527

00:26:07,920 --> 00:26:05,710

comes with risks and I think we're not

528

00:26:09,330 --> 00:26:07,930

really thinking too much about the risks

529

00:26:14,040 --> 00:26:09,340

of it all those weight that weight loss

530

00:26:16,680 --> 00:26:14,050

so you know I think we should instead be

531

00:26:19,080 --> 00:26:16,690

focusing I mean for some people you know

532

00:26:21,450 --> 00:26:19,090

and some people will lose weight if they

533

00:26:24,150 --> 00:26:21,460

get a doctor healthier habits and that's

534

00:26:27,660 --> 00:26:24,160

fine and and so I suppose rather than

535

00:26:29,820 --> 00:26:27,670

looking at as an healthy weight rate of

536

00:26:31,110 --> 00:26:29,830

weight loss we should think be focusing

537

00:26:33,320 --> 00:26:31,120

on nutrition which is something

538

00:26:37,140 --> 00:26:33,330

dietitians do really well check that out

539

00:26:38,520 --> 00:26:37,150

look at nutrition and healthy habits and

540

00:26:41,460 --> 00:26:38,530

let their weight settle where it will

541

00:26:43,500 --> 00:26:41,470

naturally when there is adopting the

542

00:26:45,630 --> 00:26:43,510

health behaviors that they can adopt in

543

00:26:49,740 --> 00:26:45,640

their circumstances the whole thing

544

00:26:51,690 --> 00:26:49,750

about being healthy when you're obese

545

00:26:52,980 --> 00:26:51,700

that was very interesting too because I

546

00:26:55,830 --> 00:26:52,990

would have thought people with big

547

00:26:58,620 --> 00:26:55,840

weight it's difficult to be fit but you

548

00:27:01,860 --> 00:26:58,630

you said you schooled me well I think

549

00:27:04,080 --> 00:27:01,870

what we need to understand so healthy is

550

00:27:05,700 --> 00:27:04,090

something that's a bit of a slippery

551
00:27:07,620 --> 00:27:05,710
slope it depends on how you define it so

552
00:27:09,450 --> 00:27:07,630
there's you know physical health and

553
00:27:12,720 --> 00:27:09,460
mental health and social health are all

554
00:27:15,810 --> 00:27:12,730
part of it so rather than looking at as

555
00:27:18,390 --> 00:27:15,820
you know healthy what I'm looking at is

556
00:27:19,800 --> 00:27:18,400
that the pursuit of health I being the

557
00:27:23,070 --> 00:27:19,810
health that you want to gain at every

558
00:27:25,230 --> 00:27:23,080
size so someone might be considered

559
00:27:27,720 --> 00:27:25,240
unhealthy and be a normal weight some

560
00:27:29,210 --> 00:27:27,730
pet one might be quite considered quite

561
00:27:31,250 --> 00:27:29,220
healthy because they're metabolically

562
00:27:33,140 --> 00:27:31,260
healthy at a higher weight but I think

563
00:27:34,909 --> 00:27:33,150

you know whatever body we have that's

564

00:27:37,399 --> 00:27:34,919

the only body we get that's our one

565

00:27:39,110 --> 00:27:37,409

vessel for life so it's not really much

566

00:27:41,360 --> 00:27:39,120

good wishing it was a different body we

567

00:27:43,970 --> 00:27:41,370

got to love the one we've got and do

568

00:27:46,220 --> 00:27:43,980

what we can with it so dietitian heal

569

00:27:47,930 --> 00:27:46,230

thyself once the thing that you get a

570

00:27:49,430 --> 00:27:47,940

bit annoyed with about yourself with the

571

00:27:51,049 --> 00:27:49,440

idea eating habits or the way you look

572

00:27:54,020 --> 00:27:51,059

or that kind of thing do you have

573

00:27:55,909 --> 00:27:54,030

anything I do I I'm one health habit

574

00:28:01,430 --> 00:27:55,919

that I would really love to change my

575

00:28:04,669 --> 00:28:01,440

dad and I said I don't sleep near enough

576

00:28:07,490 --> 00:28:04,679

and yeah I am terrible at getting myself

577

00:28:10,070 --> 00:28:07,500

on to bed and I could answer your brain

578

00:28:12,289 --> 00:28:10,080

doesn't switch off I do have that

579

00:28:13,880 --> 00:28:12,299

sometimes I put my head down and you

580

00:28:15,590 --> 00:28:13,890

think I'm gonna sleep I hang and I'm

581

00:28:18,200 --> 00:28:15,600

thinking about stuff that happened two

582

00:28:20,060 --> 00:28:18,210

or three years ago or 10 years ago and

583

00:28:22,190 --> 00:28:20,070

you're going how do we turn this off

584

00:28:24,320 --> 00:28:22,200

yeah and you have some chem multi you

585

00:28:26,330 --> 00:28:24,330

might have some milk yeah yeah I have

586

00:28:28,970 --> 00:28:26,340

some pretty terrible sleep hygiene which

587

00:28:31,039 --> 00:28:28,980

is what people call it so I do you take

588

00:28:33,260 --> 00:28:31,049

sometimes the electronic devices to bed

589

00:28:35,720 --> 00:28:33,270

and flick through those and all those

590

00:28:37,549 --> 00:28:35,730

nasty so I shouldn't be often got stuff

591

00:28:40,100 --> 00:28:37,559

in my ears often real voice and that

592

00:28:42,230 --> 00:28:40,110

sort of thing and and that that's okay

593

00:28:44,210 --> 00:28:42,240

as long as it stops at a certain time

594

00:28:47,899 --> 00:28:44,220

you put the sleep control on yeah so

595

00:28:50,000 --> 00:28:47,909

actually yeah I've noticed I do have

596

00:28:53,299 --> 00:28:50,010

children oh well you're never gonna

597

00:28:54,590 --> 00:28:53,309

sleep in ten years or so I mean really

598

00:28:56,149 --> 00:28:54,600

you thought you could actually sleep and

599

00:28:58,220 --> 00:28:56,159

have children what's wrong with you yeah

600

00:29:01,310 --> 00:28:58,230

I actually have four children so I'm

601
00:29:03,620 --> 00:29:01,320
pretty busy but um yeah and that's part

602
00:29:06,620 --> 00:29:03,630
of it because you know you I want to

603
00:29:08,450 --> 00:29:06,630
write and to record podcasts and things

604
00:29:10,610 --> 00:29:08,460
like that about what is evidence-based

605
00:29:11,930 --> 00:29:10,620
health and often the only time I get to

606
00:29:13,820 --> 00:29:11,940
do that is once everyone's gone to bed

607
00:29:15,409 --> 00:29:13,830
and I find myself being up an extra few

608
00:29:19,490 --> 00:29:15,419
hours and not getting up can't be too

609
00:29:21,770 --> 00:29:19,500
loud no they're fairly good sleepers but

610
00:29:24,190 --> 00:29:21,780
yeah you've got to be a bit quiet around

611
00:29:27,980 --> 00:29:24,200
the house and stuff like that so yeah

612
00:29:29,659 --> 00:29:27,990
look I don't recommend anyone sort of

613
00:29:31,180 --> 00:29:29,669

deprive themselves of things because

614

00:29:35,690 --> 00:29:31,190

what usually happens is they end up

615

00:29:36,620 --> 00:29:35,700

through restraint then just overloading

616

00:29:38,419 --> 00:29:36,630

on it when they give themselves

617

00:29:40,610 --> 00:29:38,429

permission that means I go nuts at a

618

00:29:42,830 --> 00:29:40,620

party but then when the party's over

619

00:29:46,340 --> 00:29:42,840

that's it yeah if that's kind of it

620

00:29:48,920 --> 00:29:46,350

I think if you're I would be advocate in

621

00:29:51,590 --> 00:29:48,930

intuitive eating which is listening to

622

00:29:54,110 --> 00:29:51,600

hunger and fullness keys and incepting

623

00:29:57,020 --> 00:29:54,120

serve all foods but definitely mindful

624

00:29:59,810 --> 00:29:57,030

eating so if you do all of those things

625

00:30:02,360 --> 00:29:59,820

you find it often a bit that you don't

626

00:30:04,220 --> 00:30:02,370

tend to pick out on those sort of foods

627

00:30:06,020 --> 00:30:04,230

because when we think about overeating

628

00:30:07,640 --> 00:30:06,030

of those foods quite often we're doing

629

00:30:09,380 --> 00:30:07,650

in a bit mindlessly like we're doing up

630

00:30:10,700 --> 00:30:09,390

pretty quickly when I was enjoying it

631

00:30:13,490 --> 00:30:10,710

and so if it's not in the house you

632

00:30:16,760 --> 00:30:13,500

don't go to that yeah yeah yeah yeah if

633

00:30:19,310 --> 00:30:16,770

well if that's kind of a bit of a stain

634

00:30:22,340 --> 00:30:19,320

still what I what I like to do is well

635

00:30:23,990 --> 00:30:22,350

get people to just eat intuitively so

636

00:30:25,490 --> 00:30:24,000

know their hunger and their fullness in

637

00:30:27,590 --> 00:30:25,500

their appetite and be able to have

638

00:30:30,160 --> 00:30:27,600

whatever they like in the house and eat

639

00:30:33,740 --> 00:30:30,170

according to what their body tells them

640

00:30:36,440 --> 00:30:33,750

so when you sort of I work with a you

641

00:30:37,730 --> 00:30:36,450

know permission to eat all foods so

642

00:30:39,920 --> 00:30:37,740

giving yourself permission to eat all

643

00:30:43,850 --> 00:30:39,930

foods and and and those sort of things

644

00:30:48,410 --> 00:30:43,860

so let me see at the moment I am seventy

645

00:30:54,500 --> 00:30:48,420

six kilograms and I'm six foot so I

646

00:30:56,630 --> 00:30:54,510

don't know but but whether whether that

647

00:30:58,310 --> 00:30:56,640

makes you healthy or not it depends

648

00:31:00,230 --> 00:30:58,320

whether you're healthy or not depends on

649

00:31:01,970 --> 00:31:00,240

a whole heap of things so it depends on

650

00:31:04,610 --> 00:31:01,980

those three things your physical health

651
00:31:08,240 --> 00:31:04,620
which your metabolic health so weight

652
00:31:10,010 --> 00:31:08,250
and and height I'm not really good at

653
00:31:11,270 --> 00:31:10,020
indicators of metabolic health so you

654
00:31:13,790 --> 00:31:11,280
know it depends on whether your Bloods

655
00:31:16,370 --> 00:31:13,800
are good and those sort of things and

656
00:31:20,030 --> 00:31:16,380
then it also depends on your social

657
00:31:22,220 --> 00:31:20,040
well-being and your mental health that's

658
00:31:24,200 --> 00:31:22,230
gone to hell on a minute you see me all

659
00:31:26,060 --> 00:31:24,210
weekend I've been running around I am

660
00:31:27,920 --> 00:31:26,070
that I'm you know I've managed to talk

661
00:31:29,810 --> 00:31:27,930
to a few important people once or twice

662
00:31:32,840 --> 00:31:29,820
and that's about it and it is it great

663
00:31:34,970 --> 00:31:32,850

mixing with Kathy she great yeah yeah

664

00:31:36,890 --> 00:31:34,980

there's lots of really great people here

665

00:31:38,450 --> 00:31:36,900

I've been getting to introduce yourself

666

00:31:39,920 --> 00:31:38,460

every time because I'm meeting so many

667

00:31:42,050 --> 00:31:39,930

people you have to like say their name

668

00:31:45,020 --> 00:31:42,060

again all the time and yeah and

669

00:31:47,420 --> 00:31:45,030

surprises of a sceptical thing yes I am

670

00:31:50,060 --> 00:31:47,430

and she's a really great speaker and I

671

00:31:52,250 --> 00:31:50,070

think she's done just amazing work with

672

00:31:54,290 --> 00:31:52,260

it's what she's done I'm not sure what

673

00:31:55,700 --> 00:31:54,300

she's being through I just I

674

00:31:57,530 --> 00:31:55,710

can't imagine that I mean you're a

675

00:32:00,680 --> 00:31:57,540

mother of course so you can have

676
00:32:02,810 --> 00:32:00,690
lingering but as a guy with no kids and

677
00:32:04,130 --> 00:32:02,820
never gonna have them I'm going I it's

678
00:32:05,420 --> 00:32:04,140
almost like I'm embarrassed talking to

679
00:32:07,640 --> 00:32:05,430
it because I can't reference what's

680
00:32:10,970 --> 00:32:07,650
happened to it yeah it is really hard

681
00:32:13,850 --> 00:32:10,980
and she's so beautifully generous with

682
00:32:16,820 --> 00:32:13,860
sharing her story I see lots of people

683
00:32:19,400 --> 00:32:16,830
come for NASA and she has this doesn't

684
00:32:21,290 --> 00:32:19,410
even blink she's she's really generous

685
00:32:23,180 --> 00:32:21,300
with their experience and she's really

686
00:32:25,130 --> 00:32:23,190
passionate about ensuring that other

687
00:32:27,080 --> 00:32:25,140
parents don't have to experience what

688
00:32:30,140 --> 00:32:27,090

she did which is just you know a really

689

00:32:32,660 --> 00:32:30,150

loving thing to do so just amazing good

690

00:32:34,490 --> 00:32:32,670

luck we're getting some sleep um is the

691

00:32:36,380 --> 00:32:34,500

problem with the lack of sleep you don't

692

00:32:39,800 --> 00:32:36,390

like the bags under the eyes or you wake

693

00:32:40,970 --> 00:32:39,810

up going I'm grouchy sleep definitely

694

00:32:43,340 --> 00:32:40,980

affects your health like all other

695

00:32:46,970 --> 00:32:43,350

things so yeah so not getting enough

696

00:32:49,400 --> 00:32:46,980

sleep can definitely affect your your

697

00:32:51,770 --> 00:32:49,410

body can't biochemistry and can affect

698

00:32:54,110 --> 00:32:51,780

your risk of chronic disease and all of

699

00:32:55,850 --> 00:32:54,120

those things so yeah it's it's wanting

700

00:32:57,680 --> 00:32:55,860

for health but also wanting to enjoy

701

00:32:59,720 --> 00:32:57,690

myself a bit better in life I'm bit

702

00:33:01,580 --> 00:32:59,730

tired sometimes well look you've had a

703

00:33:03,190 --> 00:33:01,590

great weekend it's been fantastic what's

704

00:33:08,330 --> 00:33:03,200

been your favorite moment of the weekend

705

00:33:10,640 --> 00:33:08,340

I think you know certainly dr. Cal stalk

706

00:33:12,830 --> 00:33:10,650

was pretty fun and I really enjoyed that

707

00:33:14,300 --> 00:33:12,840

I'm definitely meeting everyone so a lot

708

00:33:15,890 --> 00:33:14,310

of these people have seen online but I

709

00:33:17,330 --> 00:33:15,900

haven't met come back and visitors yeah

710

00:33:31,010 --> 00:33:17,340

absolutely so I'll definitely be back

711

00:33:36,700 --> 00:33:34,629

[Music]

712

00:33:42,860 --> 00:33:36,710

you

713

00:33:44,990 --> 00:33:42,870

just had the most amazing experience

714

00:33:46,400 --> 00:33:45,000

what experience undress under Chevy been

715

00:33:48,560 --> 00:33:46,410

to the pub I told you not to hang out

716

00:33:50,990 --> 00:33:48,570

with mash you know she was blessed by

717

00:33:53,840 --> 00:33:51,000

peter Popoff no Jelena I'm not talking

718

00:33:55,820 --> 00:33:53,850

about psychics it was a really SP

719

00:33:57,350 --> 00:33:55,830

experience now you have been to the pub

720

00:33:58,070 --> 00:33:57,360

either that or you've been smoking

721

00:34:00,560 --> 00:33:58,080

something

722

00:34:02,810 --> 00:34:00,570

no pontus the ESB is the european

723

00:34:04,940 --> 00:34:02,820

sceptics podcast it's the most amazing

724

00:34:06,710 --> 00:34:04,950

thing you get to know so much about

725

00:34:09,680 --> 00:34:06,720

sceptics and their activities across

726

00:34:11,300 --> 00:34:09,690

europe you know events hot topics and

727

00:34:13,970 --> 00:34:11,310

interviews with lots of interesting

728

00:34:14,990 --> 00:34:13,980

people oh wow cool by the way pontus you

729

00:34:17,840 --> 00:34:15,000

just come into the false dichotomy

730

00:34:20,690 --> 00:34:17,850

fallacy I guess that means I'm really

731

00:34:22,700 --> 00:34:20,700

wrong yep and you can even learn about

732

00:34:25,190 --> 00:34:22,710

those fallacies in the show and hear

733

00:34:27,470 --> 00:34:25,200

about people spreading silly ideas you

734

00:34:30,440 --> 00:34:27,480

should really check it out it's the ESP

735

00:34:33,139 --> 00:34:30,450

the European sceptics podcast it's on

736

00:34:35,450 --> 00:34:33,149

never week all right so where can I get

737

00:34:38,149 --> 00:34:35,460

this is the experience it sounds good

738

00:34:41,210 --> 00:34:38,159

you can go online at the ESP do - you

739

00:34:44,240 --> 00:34:41,220

follow it on twitter at es podcast

740

00:34:46,369 --> 00:34:44,250

underscore EU or like the podcast on

741

00:34:49,430 --> 00:34:46,379

Facebook oh and you can also contact the

742

00:34:53,270 --> 00:34:49,440

show by sending them an email to info at

743

00:34:55,310 --> 00:34:53,280

the ESPE you and if you want to

744

00:34:58,040 --> 00:34:55,320

subscribe do a quick search for the

745

00:35:04,340 --> 00:34:58,050

European skeptic podcast on soundcloud

746

00:35:08,790 --> 00:35:04,350

iTunes or stitcher I don't know how you

747

00:35:08,800 --> 00:35:20,560

[Music]

748

00:35:25,910 --> 00:35:23,060

thank you for listening to the skeptics

749

00:35:27,950 --> 00:35:25,920

only abbreviated version for this time

750

00:35:31,280 --> 00:35:27,960

of year I hope you understand with lots

751

00:35:33,530 --> 00:35:31,290

of travel and other things going on but

752

00:35:36,560 --> 00:35:33,540

never fear we have a interesting year of

753

00:35:37,880 --> 00:35:36,570

the sceptic zone 2018 the lying ahead of

754

00:35:39,560 --> 00:35:37,890

us thank you to those people those

755

00:35:42,500 --> 00:35:39,570

lovely people who subscribe to the

756

00:35:44,120 --> 00:35:42,510

skeptic zone by paypal patreon your

757

00:35:46,910 --> 00:35:44,130

contributions really help Thank You

758

00:35:49,609 --> 00:35:46,920

Stuart Stuart Ferguson who recently sent

759

00:35:52,330 --> 00:35:49,619

in a very welcome donation it all helps

760

00:35:55,040 --> 00:35:52,340

and it all keeps the show ticking over

761

00:35:59,870 --> 00:35:55,050

but now it's time for me to run to bed I

762

00:36:00,590 --> 00:35:59,880

think a coffee only works so much with

763

00:36:04,690 --> 00:36:00,600

jet lag

764

00:36:07,580 --> 00:36:04,700

hey if anybody has a cure let me know

765

00:36:09,590 --> 00:36:07,590

until next week this is Richard Saunders

766

00:36:15,770 --> 00:36:09,600

signing off from heatwave Sydney

767

00:36:18,470 --> 00:36:15,780

Australia you've been listening to the

768

00:36:24,050 --> 00:36:18,480

skeptic zone podcast please visit our

769

00:36:26,510 --> 00:36:24,060

website at WWE TV for shownotes contacts

770

00:36:30,560 --> 00:36:26,520

and to access the bat catalog of

771

00:36:32,270 --> 00:36:30,570

episodes going back to 2008 you can

772

00:36:35,330 --> 00:36:32,280

follow the skeptic zone podcast on

773

00:36:37,609 --> 00:36:35,340

twitter at skeptic zone visit our

774

00:36:38,500 --> 00:36:37,619

facebook page or leave a review on

775

00:36:41,180 --> 00:36:38,510

itunes

776

00:36:45,080 --> 00:36:41,190

you can also support the skeptic zone

777

00:36:47,660 --> 00:36:45,090

via patreon or paypal you can be part of

778

00:36:52,070 --> 00:36:47,670

the show by downloading the voice bite

779

00:36:55,430 --> 00:36:52,080

app at Voice bite comm and using the

780

00:36:58,150 --> 00:36:55,440

hashtag skeptic zone the skeptic zone

781

00:37:00,530 --> 00:36:58,160

podcast is an independent production

782

00:37:02,660 --> 00:37:00,540

reviews and opinions expressed on the

783

00:37:05,000 --> 00:37:02,670

skeptic zone and not necessarily those

784

00:37:06,810 --> 00:37:05,010

of Australian skeptics or any other