

00:00:00	Music	Music	" <i>Oh No, Ross and Carrie!</i> Theme Song" by Brian Keith Dalton. A jaunty, upbeat instrumental.
00:00:09	Carrie Poppy	Host	Hello, welcome to <i>Oh No, Ross and Carrie!</i> , the show where don't just report on fringe science, spirituality, and claims of the paranormal, nuh, bupbupbup, we take part ourselves.
00:00:17	Ross Blocher	Host	Yup, when they make the claims we show up so you don't have to. I'm Ross Blocher.
00:00:22	Carrie	Host	I'm Carrie Poppy, and in my lap is Ella Poppy.
00:00:24	Ross	Host	Hey, Ella.
00:00:25	Carrie	Host	She's licking my hand.
00:00:27	Ross	Host	How y'all doing?
00:00:28	Carrie	Host	Me and Ella?
00:00:29	Ross	Host	Yeah.
00:00:30	Carrie	Host	Pretty good, how are you doing?
00:00:31	Ross	Host	I'm doing alright.
00:00:32	Carrie	Host	Yeah?
00:00:33	Ross	Host	Yeah. Nice to be here, recording a podcast.
00:00:35	Carrie	Host	Yeah. Same, same. Ella is feisty tonight, so if you hear the ol' pitter-patters, it's her.
00:00:43	Ross	Host	It's the sound of feistiness.
00:00:45	Carrie	Host	It's her <u>feet</u> . Segway! Today we're talking Segways.
00:00:51	Ross	Host	About— <i>[Laughs]</i> Do they work?
00:00:54	Carrie	Host	Do they? Why is everyone dying on them?
00:00:57	Ross	Host	Are they the future of transportation?
00:00:58	Carrie	Host	Is that how Ross and I will die? Distinct possibility. No.
00:01:02	Ross	Host	Nope.
00:01:04	Carrie	Host	We're talking about detox foot baths.
00:01:07	Ross	Host	Yeah, ionic foot baths. So, we tried one. You found it as a Groupon.
00:01:13	Carrie	Host	I did. Guys, we love Groupon.
00:01:16	Ross	Host	Can we put the word Groupon into the title of our show, is it too late?
00:01:20	Carrie	Host	Oh, yeah. Just permanently, you mean?
00:01:22	Ross	Host	Oh, Groupon, No, Ross and Carrie.

00:01:25	Carrie	Host	Just rolls right off the tongue.
00:01:26	Ross	Host	That's the best place for it right there. So you found this. We've been talking about doing this for a while, taking care of our feet. Our feet need some attention.
00:01:35	Carrie	Host	You know, you've been saying you wanted advice about how to handle your eczema.
00:01:40	Ross	Host	Don't.
00:01:41	Carrie	Host	You wish people would write in and—
00:01:43	Ross	Host	Don't encourage them.
00:01:45	Carrie	Host	Oh boy.
00:01:46	Ross	Host	Yeah, so with one of these detox foot baths you can, as you might guess from the title, remove toxins from your feet. Maybe that's what I'm missing. Maybe my eczema-ridden foot can be ridded of the eczema if I can remove the toxins. So, let's do it.
00:02:03	Carrie	Host	Get ironic, ionic, iconic foot baths.
00:02:08	Ross	Host	So you'd actually found a Groupon for us to buy our own personal ionic detox foot bath basin. It was going to be like 89 bucks, a real steal off of the normal \$200. I said, "Well, then we'll have this big tub sitting around. I don't want it, do you want it?"
00:02:26	Carrie	Host	But counterpoint, we'll have this big tub sitting around! I mean, we'd probably give it away.
00:02:34	Ross	Host	From the image, it looks like it's actually the same exact brand as the one that we ended up getting treated with.
00:02:40	Carrie	Host	We should have got it.
00:02:42	Ross	Host	Should we have?
00:02:43	Carrie	Host	Probably.
00:02:44	Ross	Host	We could have done a live show and had everybody just come up and take turns sticking their feet in the water.
00:02:48	Carrie	Host	There we go. Detoxify the whole audience.
00:02:50	Ross	Host	That would be a real service.
00:02:52	Carrie	Host	Mhmm. But as we'll learn, I may have detoxified our whole audience based on how magical my personal foot bath was, but I'll tell you when we get there. So, we went to—
00:03:05	Ross	Host	Garden Massage Spa, in Glendale. Not far away.
00:03:10	Carrie	Host	No, not far away at all.
00:03:12	Ross	Host	And you had gotten an ionic foot detox for two. It said normally that would be \$64.
00:03:20	Carrie	Host	But it's a steal at \$29.

00:03:23	Ross	Host	So only \$14.50 per person, so we thought, “Boy, can’t pass that up.”
00:03:28	Carrie	Host	54% off? Come on.
00:03:30	Ross	Host	Highlights: relaxing ionic foot baths can help detoxify the body—there’s a claim—and leave patrons feeling refreshed.
00:03:39	Carrie	Host	There’s another claim.
00:03:40	Ross	Host	So yeah, we showed up on a Sunday morning.
00:03:43	Carrie	Host	And I should mention, I’d had one of these before.
00:03:46	Ross	Host	Oh, really?
00:03:47	Carrie	Host	Yes, in college.
00:03:49	Ross	Host	Oh yes, and you told me that your feet had been exceptionally itchy.
00:03:53	Carrie	Host	Oh my god, yeah. Probably was like, 20, maybe 21. I was in college, and there was a practitioner of what they called traditional Chinese medicine, which is its own branch of naturopathy. There was a practitioner of that in the town where I went to school. Stockton, what up. I went to see her partly out of curiosity, and one of the things she recommended for me was an ionic foot bath. And I said, “Well, I can do that right now. That’s cheap and quick.”
			Put my feet in this tub of water, and she put a weird device in it and plugged it in, and lo and behold it filled up with a bunch of disgusting, grimy water, and my feet itched so, so, so bad. I remember pulling them out and scratching them and then putting them back in for as long as I could take it and taking them out and scratching—
00:04:45	Ross	Host	Wow.
00:04:46	Carrie	Host	Yeah, so that’s my association with it going into this.
00:04:49	Ross	Host	Is that it does have a real noticeable effect. And Carrie of the time, what did she think in terms of its utility?
00:04:56	Carrie	Host	I remember telling someone about it and saying something like, “Yeah, fills up with these colors,” and so on. Looking back at that moment, I feel like it may have been more me trying to convince myself than totally buying in, but I wouldn’t have told you that it was fake or anything at the time.
00:05:18	Ross	Host	And I think people most commonly would get this treatment at the sort of spa that we went to, where they offer a bunch of other things, massage, etcetera, but you can also stick your feet in this bath and have it done. I would imagine that’s more common than people buying their own equipment and doing this on the regular at home, as we almost did.
			So we walked into Garden massage. It was in one of those—
00:05:45	Carrie	Host	Strip mall kind of things.
00:05:47	Ross	Host	Yeah, like there’s one big store and there’s a bunch of tiny stores all

over the place. So this is one of the tiny stores with its own little tiny parking lot.

00:05:56	Carrie	Host	You've got your Walgreens or whatever and then a bunch of—
00:05:59	Ross	Host	A dental... shop.
00:06:00	Carrie	Host	Yeah. Exactly.
00:06:03	Ross	Host	Out in front there's a bunch of signs telling you about the various services, including foot detoxification for—
00:06:09	Carrie	Host	How much is that?
00:06:10	Ross	Host	\$20.
00:06:11	Carrie	Host	Oh, wait a minute. I was told that I was getting a steal with \$29 for two, because it would be \$32 each normally.
00:06:22	Ross	Host	Nope. It's \$12 cheaper, even if you go there.
00:06:24	Carrie	Host	<i>[Makes an annoyed/suspicious "hnn" sound twice.]</i>
00:06:25	Ross	Host	Don't know where they got that information. But yeah, right there on the poster, they're telling you about all these benefits. It says, "The ion detox foot cleanse is a professional detoxification treatment—"
00:06:38	Carrie	Host	Oh. Okay.
00:06:39	Ross	Host	<u>Professional</u> . "—which helps with total body purification—" Oh, <u>total</u> .
00:06:44	Carrie	Host	Okay.
00:06:45	Ross	Host	"—and enables the body to heal itself."
00:06:48	Carrie	Host	Perfect.
00:06:49	Ross	Host	"During the detox, it will begin to rebalance the positive and negative ions in your body." Oh, we've got ions. "The color of the water will change throughout the treatment. This is perfectly normal, as the body releases toxins into the water."
00:07:05	Carrie	Host	Oh, perfect.
00:07:06	Ross	Host	Then there's a little diagram, and it shows how the water looks at the beginning, looks all nice and clear, and then after five minutes, it starts to get a little yellow-y, after ten minutes, more yellow-y, fifteen minutes just looks gross, twenty minutes it gets darker, it's like a dark orange, and after twenty-five minutes, I don't know, that one even looks red, like kool-aid?
00:07:26	Carrie	Host	Yeah, or like period blood in the toilet.
00:07:28	Ross	Host	<i>[Laughs.]</i> And then there's this chart that we're going to see in just a little bit that shows you these various colors and what they mean, like what has been extracted from your body. And yeah, they're also advertising outside, they have the sea salt packet and hot stone, that's \$15 per session, and Chinese meridian detoxification.
00:07:50	Carrie	Host	Oh, that's important.

00:07:51	Ross	Host	Oh, we've really got to come back to this place.
00:07:53	Carrie	Host	Maybe.
00:07:54	Ross	Host	You know, we've lucked out. We've figured out a way to make a podcast where we get to go to the spa.
00:07:59	Carrie	Host	That's true, though, do you like saunas and stuff?
00:08:02	Ross	Host	No.
00:08:03	Carrie	Host	Yeah, me neither. I hate a sauna.
00:08:05	Ross	Host	Really?
00:08:06	Carrie	Host	Yeah.
00:08:07	Ross	Host	It's not something I would ever seek out on my own or even think to do. It's only been through this podcast that I've found myself at many a sauna and spa.
00:08:14	Carrie	Host	Ugh. Well, I hate extreme temperatures.
00:08:17	Ross	Host	Oh, right. Yeah. I've only done it for the podcast, like Rhythmia, and would have at Scientology if I'd gotten to the purification rundown.
00:08:29	Carrie	Host	You got kicked out.
00:08:30	Ross	Host	So yeah, we go inside and there's a little entrance area, and it's all bedecked with various kind of southeast Asian decorations. There's various menus of the different face masks you can get; a skin whitening facial, an anti-aging facial, a gold mask, acne facial, chemical peel treatment, microdermabrasion, oxygen spray, hydrowater.
00:08:58	Carrie	Host	Oxygen spray?
00:08:59	Ross	Host	Yeah, oxygen spray treatment.
00:09:01	Carrie	Host	That's—what is that, water? <i>[Both laugh.]</i>
00:09:04	Ross	Host	Yeah, where they blow air at you? I don't know. There's only one way to find out.
00:09:08	Carrie	Host	Someone just spits on you.
00:09:09	Ross	Host	I hope not. So, there's all kinds of things that they offer here. This is a full service.
00:09:17	Carrie	Host	Alright.
00:09:18	Ross	Host	Wait, but—
00:09:19	Carrie	Host	Oh? But there's more.
00:09:20	Ross	Host	It's not full service, though.
00:09:22	Carrie	Host	Oh, right. There is a sign up on the wall that lets you know that if you try anything funny they're going to kick you out. Sexual stimulation is not part of the Garden Massage Spa. If you inquire

about sex, you will be asked to leave with no refund. No sexual contact. Hey, it's a good rule.

00:09:37 Ross Host And Carrie saw this, which makes it all the stranger that you still requested sex—

00:09:42 Carrie Host I did not. I did not.

00:09:43 Ross Host —and got kicked out.

00:09:44 Carrie Host Fake news.

00:09:45 Ross Host *[Laughs.]* Hey, at least you know what fake news actually means.

00:09:48 Carrie Host Yes, this is true.

00:09:49 Ross Host Okay, that did not happen. So, yeah, what did we do?

00:09:52 Carrie Host So, we said to them, “Excuse me, we have a Groupon. Yes, we’ve arrived. People who have a Groupon.” And they were like, “Oh my God, Mister and Miss Groupon. Please. Come on through.” *[Ross laughs.]*

So I gave her my little voucher, she scanned it, we sat down with a folder she had handed us that has the detoxification color reference chart, so we can figure out, okay, whatever color the water turns is going to tell us which toxins have left my body.

00:10:25 Ross Host Okay, yeah. So what's the first option?

00:10:28 Carrie Host Okay, so there's yellow-green. That means detoxification from the kidney, bladder, urinary tract, or female/prostate area.

00:10:40 Ross Host Yeah, it says “protate” area, but whatever.

00:10:42 Carrie Host Kidney, bladder, urine—it seems like someone was just like, “Yellow, that makes me think of urine.”

00:10:48 Ross Host Yeah, there's a couple of spelling errors here. It also says on the side that it's a professional detoxification treatment, which “healps” with total body purification. I guess if you put together helps and heals, you get “healps.”

00:11:02 Carrie Host Alright, there you go. If your water turns orange, what have you got there?

00:11:06 Ross Host Detoxification from joints. That's what you've got with orange. Then next is code brown.

00:11:13 Carrie Host Detoxification from liver, tobacco, and cellular debris.

00:11:18 Ross Host I was looking online at some other, very similar charts for other foot baths, and it mentioned waste products under brown. So it was a nice little way of saying like, “Oh, maybe we pulled some fecal out of you.”

00:11:31 Carrie Host Got a little poop out of there. What's black?

00:11:34 Ross Host Oh. Well, besides being gross, if your water turns black that's detoxification from the liver and gallbladder. But what about dark

green?

00:11:45	Carrie	Host	Detoxification from just the gallbladder.
00:11:48	Ross	Host	Okay, none of that liver nonsense. Then you have the option of white foam. This all sounds really gross.
00:11:55	Carrie	Host	White foam is mucus from the lymphatic system.
00:11:58	Ross	Host	I'm picturing my water that's like dark green and brown and has white foam on it.
00:12:03	Carrie	Host	I got white foam.
00:12:04	Ross	Host	Yeah, none of that sounds good. Then you have white speckles.
00:12:08	Carrie	Host	That's mostly yeast. Make a nice bread.
00:12:11	Ross	Host	Okay. You could also have black speckles.
00:12:13	Carrie	Host	Which is heavy metals.
00:12:15	Ross	Host	And red speckles.
00:12:17	Carrie	Host	Blood clot materials, though it says blood "cot", which—
00:12:22	Ross	Host	Blood "cot" materials.
00:12:23	Carrie	Host	—ugh, you really don't want that.
00:12:24	Ross	Host	Can you imagine—
00:12:25	Carrie	Host	—laying on a blood cot? No thank you. So, they pretty quickly ushered us back in the back room.
00:12:32	Ross	Host	Yeah, normally when we talk about doing these sorts of treatments we have to fill out a little bit of paperwork.
00:12:38	Carrie	Host	Yeah, there was none of that. I don't think they even asked our names. Although, I had given them my name when I called, but still.
00:12:45	Ross	Host	They had no idea who this mystery man was. We weren't even on a first name basis.
00:12:50	Carrie	Host	I knew what her name was, though.
00:12:51	Ross	Host	Oh, did you?
00:12:52	Carrie	Host	It was... the name of a Pixar film. So we'll say her name was Brave, but it wasn't.
00:13:02	Ross	Host	So Brave then led us down a hallway with—
00:13:05	Carrie	Host	Okay. ... I don't know why I'm saying "Okay," that's correct.
00:13:10	Ross	Host	—with a bunch of, like, I don't know, the Christmas icicle lights. Pretty. Long hallway, and those were covered in sort of dangling green fake leaves.
00:13:23	Carrie	Host	You know like, if you walk through a doorway at a hippie's house, there's going to be something hanging there? That's what it was.

00:13:30	Ross	Host	Well, it's not like something you would see at a hastily assembled haunted house, but it had that sort of feeling like, "Hey, we bought some lights and we put them up on the wall."
			Then as you walk down this hallway, to your left there's a bunch of little rooms covered by—
00:13:45	Carrie	Host	Curtains?
00:13:46	Ross	Host	Yeah. So they led us to one of the couples' rooms.
00:13:50	Carrie	Host	Yes! So, it turns out if you get the foot bath for two, you get to go in together, so that's nice.
00:13:56	Ross	Host	Yeah! We got to have a moment.
00:13:58	Carrie	Host	There were two blood cots there that we got to lay down on. There was no blood, it was just a cot. And, you know, there was very pleasant music playing.
00:14:09	Ross	Host	Yeah, we liked the music, and it wasn't what we might have expected.
00:14:12	Carrie	Host	Yeah, I'm used to, at so many things we go to, they play relaxing music that's pleasant enough, but has this very new-agey, twangy <i>[imitates twang sounds]</i> quality. And this was just straight up bells. <i>[Imitates bell songs.]</i> Reminded me of church, when people had the hand bells.
00:14:41	Ross	Host	Yeah. Later on, they did go back to new-agey kind of music.
00:14:43	Carrie	Host	<i>[Resumes twang impression.]</i>
00:14:48	Ross	Host	I feel like we should make an album that is just you doing that. Sixty minutes of Carrie <i>[imitates Carrie's imitation of twanging.]</i>
00:14:56	Carrie	Host	If we get to seven thousand new and upgrading members in five months.
00:15:03	Ross	Host	So, I've got a very alluring picture of Carrie here—
00:15:06	Carrie	Host	Oh, yes. I didn't really realize how alluring I was until I saw this photo.
00:15:11	Ross	Host	—on her blood cot, and you'd worn a skirt, as you normally do. I was wearing jeans, so I rolled them up enough that my feet would be exposed.
00:15:20	Carrie	Host	I'm always telling Ross, "You gotta wear a skirt to these investigations."
00:15:25	Ross	Host	I was wondering if I should wear shorts, but I figured, eh.
00:15:27	Carrie	Host	Ah, it doesn't actually matter.
00:15:29	Ross	Host	It's not going to be full body immersion or anything.
00:15:31	Carrie	Host	<i>[Laughs.]</i> Detox baptism.
00:15:35	Ross	Host	There's a bucket that they bring in. It's like our amigo friends from

Rythmia, but this one is lined with plastic.

00:15:44	Carrie	Host	Yes, a thin plastic, like picture a shopping bag from a grocery store.
00:15:49	Ross	Host	And I think we'll later learn why they want that in there, between the water and the bucket itself. Yeah, so then they bring out some warm water, and have us—
00:16:02	Carrie	Host	Really warm. It kind of surprised me at first.
00:16:06	Ross	Host	I just thought it was pleasantly warm.
00:16:09	Carrie	Host	I mean, it grew on me. So the basin that you're putting your feet in is sort of horseshoe-shaped, right?
00:16:15	Ross	Host	At least, mine was just a regular bucket, but on the bottom there was like a plastic grill, essentially, that you put your feet on, and they had the shape of two feet. So I aligned my feet on top of these plastic feet.
00:16:34	Carrie	Host	Like putting your feet in the cement at Grauman's Chinese Theater.
00:16:37	Ross	Host	Yeah, except it was, rather than concave, it was extruded upward, with kind of—you know in some bathroom mats, they'll have it so—
00:16:47	Carrie	Host	Yeah, little bumpy-bumpies.
00:16:49	Ross	Host	Yeah, thank you, bumps. That's the—bumpy-bumpies, that was the term I was looking for.
00:16:53	Carrie	Host	Trying to think of that exact word.
00:16:55	Ross	Host	That minimizes the surface area of your foot that is touching, you know, whatever it may be. I think that was the idea. So I placed my foot on those.
00:17:04	Carrie	Host	I probably did, too, but there's a reason I don't remember, and that's that as soon as they left, I took my feet out. I was like, "Oh, if you're going to leave, let's AB test this thing."
00:17:15	Ross	Host	Yeah, Carrie and I got to chat as we were waiting for them to grab all their materials. They would kind of disappear for a while, and then we would see their feet as they came back. Then there were other we would hear them interacting with, the people to our right and our left.
00:17:27	Carrie	Host	And I'd be like, "Ah, should I put my feet back? No."
00:17:30	Ross	Host	We're taking photos of everything, and like, our flashes are going off, because it's very dark in there, and I'm thinking, "Oh no, it's gonna look really odd that this one room has bursts of light coming from it."

But yeah, we should describe the equipment itself. So, we have our feet in this water, but then they're also bringing in an electronic device, and the business end that goes in the water with your feet is this black cylinder, and it's attached via a long electric cable, and then that attaches to a breakout box of sorts. It's plugged in, and then on the other end of that white box, there's a power plug that

then is extended to the wall. That gizmo has various lights on it.

00:18:19 Carrie Host Yeah, you gotta turn that on.

00:18:21 Ross Host Turns on with three green lights. I assume they are indicators of some sort.

00:18:27 Carrie Host Of being on.

00:18:28 Ross Host And it says Foot Spa.

00:18:30 Carrie Host Foot Spa.

00:18:32 Ross Host It's kind of like hutzpah. It's interesting, I had a guy, and you had a gal who set us up. He sort of plunked that in a little basket, so there was a separate basket just for this little breakout box.

00:18:45 Carrie Host This was all very perfunctory.

00:18:47 Ross Host Yes. Oh yeah, absolutely. Just, you know, "Oh, we're trying to get a lot of things done right now. You put your feet—okay, I'm gonna put this here. This is the process, okay, goodbye, fifteen minutes, see you later."

00:18:57 Carrie Host Yeah, I asked him twice, "How long, when are you—are you coming back, or what?" He wanted to get out of there.

00:19:04 Ross Host And you could tell English was not either of their first language, which is—it was kind of minimal communication, just what we need to get by.

00:19:12 Carrie Host But we got the information we needed. So, it was going to be fifteen minutes, and he was just going to come by at the very end. We're like, "Oh, perfect. Thank you for leaving us in our laboratory."

00:19:24 Ross Host Time for us to thoroughly examine everything. I didn't unplug anything, but you, you had an idea of how you were going to provide a comparison test.

00:19:34 Carrie Host Yeah, like I said, just take my feet out, and if my bath does about the same thing as yours does, then it has more to do with whatever is in the water and whatever is in that pump, and less to do with my feet.

00:19:48 Ross Host So this may remind you, if you've listened to our—I think it was our second episode.

00:19:52 Carrie Host Second.

00:19:53 Ross Host Yeah, we got ear candling done. So our suspicion, just a suspicion, was that this would be very similar to that investigation, where the ear candles themselves had the wax.

00:20:06 Carrie Host So the people who make them say you take these conical candles, put them in your ear, light one end on fire, and they suck wax into them. Out of your ear and into them.

00:20:18 Ross Host Yeah, as if they could generate that kind of vacuum force.

00:20:21 Carrie Host Right, and as if we need this for some reason?

00:20:24	Ross	Host	Right, there's a couple things wrong with the claim.
00:20:26	Carrie	Host	Yeah. If you have excess ear wax, fine, but get some swimmer's friend.
00:20:31	Ross	Host	And so here they are, making the claim that they are using ionized water.
00:20:36	Carrie	Host	But back to the ear candling, we demonstrating that you could actually get the same effect by just setting them on fire on the table in front of you.
00:20:44	Ross	Host	Right, so that's what Carrie is doing here, is saying, "Okay, these are supposed to be removing toxins out of our feet, but if I remove my feet from the process, will toxins still show up?"
00:20:56	Carrie	Host	Yeah, pretty smart. Yeah.
00:21:00	Ross	Host	Carrie's got a very smart look on her face.
00:21:02	Carrie	Host	Or a look like someone who's in <i>Newsies</i> .
00:21:05	Ross	Host	<i>[Laughs]</i> That's right. So, I kept my feet in the whole time, and the water started turning yellow—
00:21:13	Carrie	Host	Woah.
00:21:14	Ross	Host	—and then orange—
00:21:15	Carrie	Host	Woah!
00:21:16	Ross	Host	—to the point where, yeah, I gotta say, the water's changing color, that's for sure. It got to the point where it looked like morning pee.
00:21:26	Carrie	Host	Ugh. Like really saturated yellow.
00:21:28	Ross	Host	Yeah, like you better drink some water kind of pee.
00:21:31	Carrie	Host	Right. Okay, so you went from yellow to orange to brown.
00:21:34	Ross	Host	It gave me flashbacks to all my foot soaks in my own urine.
00:21:38	Carrie	Host	Oh, gross.
00:21:39	Ross	Host	Yeah, the photo I took here looks totally like that.
00:21:42	Carrie	Host	Oh, that's disgusting. God.
00:21:44	Ross	Host	<i>[Laughs]</i> Look at it, Carrie.
00:21:46	Carrie	Host	It looks like orange Crush, you guys. Ugh. Okay, so orange, that's detoxification from joints. I wonder if the colors, if you're only supposed to look at the color you end up with, or—
00:22:00	Ross	Host	The in between colors, yeah, that's a good point, because it goes through stages.
00:22:05	Carrie	Host	Right, so maybe at first we were dealing with your kidney, bladder, urinary tract, and female/prostate area, and then we got to the detoxification from your joints. And so, did it get past orange?

Because that's only stage two.

00:22:20	Ross	Host	You know, I think at the end it was still just an intense orange. I wouldn't say it was even into the brown category yet.
00:22:28	Carrie	Host	Did you get any white foam?
00:22:30	Ross	Host	Not that I noticed.
00:22:32	Carrie	Host	Okay, white speckles?
00:22:33	Ross	Host	Nope.
00:22:35	Carrie	Host	Black speckles?
00:22:36	Ross	Host	Nope.
00:22:37	Carrie	Host	Red speckles?
00:22:40	Ross	Host	No. Sorry, it really was just that intense orange by the end.
00:22:45	Carrie	Host	Well.
00:22:46	Ross	Host	How about you? Yours should have been sparkling white, because your feet barely touched the water.
00:22:51	Carrie	Promo	I would love to tell you, Ross, but first.
00:22:55	Ross	Promo	Yes?
00:22:56	Carrie	Promo	Listeners are probably thinking right now, "God, I love my feet. I'm so glad they're talking about this, because my feet are my favorite part of my body, and I want to honor them."
00:23:07	Ross	Promo	This is the listener saying that?
00:23:09	Carrie	Promo	Mhmm.
00:23:10	Ross	Promo	Okay, and they're probably thinking, "I want to get an ionic foot detox, but I'm not sure yet. The episode's not over. I don't know whether this is legit."
00:23:19	Carrie	Promo	"It's probably going to be completely on the up-and-up, but I'm not positive."
00:23:24	Ross	Promo	"So, in the meantime, what is something I could order for my feet to show them that I care for them?"
00:23:29	Carrie	Promo	Exactly, and we have the answer for you. You want to get some Rothy's.
00:23:34	Ross	Promo	Rothy's!
00:23:35	Carrie	Promo	Rothy's is making stylish shoes for women and girls out of recycled plastic water bottles. They are super comfortable, and they're fully machine washable.
00:23:44	Ross	Promo	And these are fine looking shoes as well.
00:23:46	Carrie	Promo	Yeah, super cute.

00:23:47	Ross	Promo	You've got some Rothy's. My wife has some Rothy's.
00:23:51	Carrie	Promo	Yeah. They're nice and soft and pliable. I can't even liken them to another material, because they're just very pleasant.
00:24:00	Ross	Promo	It's true, and they're perfect everyday shoes for life on the go. They're stylish, they're comfortable, they go with everything from yoga pants to dresses and skirts.
00:24:10	Carrie	Promo	And Rothy's comes in an ever-changing array of colors, prints, and patterns, and they're available in a range of styles, like sneakers, loafers, points, and more.
00:24:20	Ross	Promo	And—you may have heard us say this before, this is cool—Rothy's has diverted over thirty-five million water bottles from landfills to make these shoes. That's right. They're made from recycled water bottles, or plastics in general. That's amazing.
00:24:36	Carrie	Promo	Plus, Rothy's ship directly in their shoebox, so there's none of that unnecessary packaging. Thank God. That drives me up the wall.
00:24:45	Ross	Promo	So, we've got a couple methods by which they're very environmentally friendly. For that, we thank them.
00:24:51	Carrie	Promo	These are feel-good flats in more ways than one.
00:24:56	Ross	Promo	So, check out all the amazing styles available right now at Rothys.com/ohno .
00:25:03	Carrie	Promo	Go to Rothys.com/ohno to get your new favorite flats.
00:25:10	Ross	Promo	Comfort, style, and sustainability. These are the shoes you've been waiting for.
00:25:15	Carrie	Promo	Head to Rothys.com/ohno today.
00:25:17	Ross	Promo	Alright, now that you've got your shoe situation figured out, you're probably wondering, "What can I play on my phone?"
00:25:23	Carrie	Promo	I am.
00:25:24	Ross	Promo	It's a logical conclusion.
00:25:26	Carrie	Promo	When I put on my shoes, the first thing I think is, "God, I wish I could play a game."
00:25:31	Ross	Promo	We were talking about Segways. That's my version of a Segway right there.
00:25:36	Carrie	Promo	And that's why you and I are <i>Best Fiends</i> . Segway. Segway.
00:25:40	Ross	Promo	I see what you did there. That was better than my Segway. Yeah, so there's an app called <i>Best Fiends</i> . It's a free download, and it's a lot of fun. I've been playing it. I am now at level 61.
00:25:53	Carrie	Promo	Wow, that's a lot.
00:25:54	Ross	Promo	I was just playing it in front of Carrie just a moment ago, so she could see my progress.

00:25:58	Carrie	Promo	It seems like it plays an important role in your life.
00:26:00	Ross	Promo	Oh, wait a second. Okay. My time is now available that I can spin the VIP wheel again, so pardon me while I do that and get six diamonds.
00:26:10	Carrie	Promo	Oh, I'm watching it happen.
00:26:11	Ross	Promo	Oh, I get to spin again. Oh, six diamonds again. Alright, I'll take them. I got 1,968 diamonds, things are looking up. What I like about it is that it's not time-based, so you don't have to quickly do something. You can look at the board and think, "Okay, I want to connect the leaves here, now I need to go to the mushrooms."
			So, you're clearing stuff to accomplish these goals, so you have to either knock out a bunch of crates, or you've got to get a certain number of mushrooms, or you've got to take down seven slugs. Then if you beat all the goals, then you get all these extra little rewards and stuff, like an awesome bomb that clears the whole board.
00:26:50	Carrie	Promo	Let me see a fiend. I have a feeling the fiends are going to be the best part.
00:26:54	Ross	Promo	There we go. Those.
00:26:55	Carrie	Promo	Aw, yeah, we got cute little fiends, you guys. Okay, so they're little bugs with big buggy eyes, and slightly anthropomorphized.
00:27:06	Ross	Promo	Right, yeah. Like the purple one.
00:27:09	Carrie	Promo	This one?
00:27:10	Ross	Promo	Well, that's the slug.
00:27:11	Carrie	Promo	She's cute.
00:27:13	Ross	Promo	Yeah, well, I'm attacking her.
00:27:15	Carrie	Promo	Oh.
00:27:16	Ross	Promo	Though, she doesn't die or anything. She just gets pushed off to the side, because she's in the way or whatever. But yeah, there's five different colors of these fiends, and then you get new fiends and you upgrade them. It's very compelling.
00:27:28	Carrie	Promo	What's cool about it is that it's a casual game, anybody can play, but it's made for adults. You don't have to be some big old gamer to love this. It's great for everybody.
00:27:37	Ross	Promo	See, I gotta stop. Now I'm just playing it, and not paying attention to what we're doing here. Wait, let me just clear the water.
00:27:43	Carrie	Promo	So, if you're looking for a fun way to pass the time, like Ross is, while engaging your brain, try <i>Best Fiends</i> . And it doesn't require internet to play. You can play anywhere, so it's great for traveling.
00:27:54	Ross	Promo	I don't know if this an issue for you. I play a lot of games on my phone. So it's nice, like, "Oh, I can play this one without the

internet.”

00:28:01	Carrie	Promo	Oh, sure. Yeah. Totally. So engage your brain with fun puzzles and collect tons of cute characters.
00:28:07	Ross	Promo	It's a five star mobile puzzle game on the Apple app store and Google Play.
00:28:11	Carrie	Promo	Download free on the Apple app store or Google Play.
00:28:15	Ross	Promo	That's friends without the 'R'. <i>Best Fiends</i> .
00:28:18	Carrie	Promo	<u>Fiends</u> .
00:28:20	Ross	Host	Alright, friend. Here we are again. We're back in our little room at the Garden Spa.
00:28:26	Carrie	Host	Ding ding dong. Church bells.
00:28:28	Ross	Host	They come back, and you had your feet out of the water when the guy opened—
00:28:32	Carrie	Host	Yes, I did. You know what I had to do, too? He came really fast, and I was like, “Oh shit—”
00:28:38	Ross	Host	That's what she said.
00:28:40	Carrie	Host	<i>[Laughs.]</i> It's going to continue. I grabbed a towel. He came so fast, I had to grab a towel, and I just started “drying” my feet with it like immediately, so at least when they came up and saw my feet, they'd be explanatorily dry.
00:28:59	Ross	Host	<i>[Laughs.]</i> Yeah. Okay. Yeah, that was an awkward moment. They didn't react at all, too.
00:29:03	Carrie	Host	I think he just thought I had just taken them out, and I tried to make it look like that was the case.
00:29:08	Ross	Host	And they didn't make a big deal about the color of the water. I think if we hadn't said anything, they would have just taken our feet out and dried us off and that would have been that.
00:29:17	Carrie	Host	Yeah. I had taken a picture with my flash, but flash doesn't capture color all that well, so I was like, “I can't really see it, because it's dark in there.”
00:29:28	Ross	Host	You would expect them to want to do a little consultation and say, “Look what we've done. We've greatly increased your health.”
00:29:35	Carrie	Host	So, maybe to their credit, I don't even know, but they certainly weren't going hard at that particular part of it. So, I said, “What color is mine?” He said, “Orange with some brown and some white foam.” I could definitely see the white foam, it was pooling all around the—
00:29:51	Ross	Host	That is gross.
00:29:53	Carrie	Host	—device, yeah. So, orange would be detoxification from joints. Then brown, detoxification from liver. That's good. Tobacco. Like, liver and tobacco, are we talking about body parts or are we talking about specific toxins?

00:30:14	Ross	Host	This is a little apples and oranges.
00:30:16	Carrie	Host	Yeah, exactly. Then the third one was cellular debris.
00:30:20	Ross	Host	Okay.
00:30:21	Carrie	Host	Yeah, apples and oranges and kiwis.
00:30:23	Ross	Host	Right, yeah. Cellular debris. Okay.
00:30:26	Carrie	Host	Yeah, what is that? I guess that would mean the cells of my body?
00:30:30	Ross	Host	Like, sloughed off cells that just are waste products, maybe? Hopefully—
00:30:36	Carrie	Host	Somatic cells?
00:30:37	Ross	Host	Hopefully it's not destroying cells that you need.
00:30:40	Carrie	Host	Yeah, good point. Oh, and then the white foam, of course. That is mucus from my lymphatic system.
00:30:48	Ross	Host	You are secreting mucus.
00:30:50	Carrie	Host	But what's amazing about this is that my feet were not in the water. So, it's magical, it can get out—it detoxes my joints, my liver, my tobacco—
00:31:02	Ross	Host	All without making physical contact. Huh. Unless it pulled all of that out of your feet super fast.
00:31:09	Carrie	Host	Yeah, when I took my feet out the water was totally colorless, but may have started to have a little bit of the white foam.
00:31:20	Ross	Host	Yeah, they walk off with the amigos, for lack of a better term, and really didn't say or do much about that. It was just, "Yup, you've had it, we're done." Except you got a nice massage from your lady.
00:31:33	Carrie	Host	Oh, yeah. My nice friend. She massaged my feet and my lower legs.
00:31:38	Ross	Host	She spent a long time. She's pushing down on your thighs and your lower legs, then she's toweling off each foot individually, and kind of pressing on it, and I'm thinking, "Oh, yeah, that looks nice. It'd be very comfortable."
00:31:52	Carrie	Host	You're thinking, "I can't wait for my turn."
00:31:54	Ross	Host	Right, and the water was warm and comfortable, and you had warned me about the itchiness. I didn't feel any particular itchiness. Then again, I'm used to my feet being itchy, at least one of them. But finally, my guy comes back in, and he leans over, and he grabs both my thighs, and he squeezes them once, squeezes them in a slightly different place, squeezes them in a third place, and that's it. We're done here. Wham, bam, thank you sir.
00:32:18	Carrie	Host	Wow. Real Goldilocks situation. Three and that's it. Okay, I got better service, and I didn't even put my feet in. Hardly fair. Well, so then we went up front, and talked to the woman up front who had taken my Groupon originally—

00:32:39	Ross	Host	Brave.
00:32:40	Carrie	Host	—Brave, and said, “Yeah, it was really amazing. These were the colors we saw. So I guess that means like, detox from my joints.” You know, sort of looking to her for confirmation, and she just pointed to the orange spot on the chart. I was like, “Yeah, okay.”
00:32:57	Ross	Host	Kind of smiled and said yeah.
00:32:59	Carrie	Host	“Yeah, if that’s what’s written here, then sure.”
00:33:01	Ross	Host	So, clearly this isn’t something they take great investment and pride in, removing these toxins and taking credit for them. I think they just leave it up to your imagination. “Hey, you want this detox thing? We got it.”
00:33:15	Carrie	Host	“I’m not gonna say no.”
00:33:17	Ross	Host	“We’ll do it.” So, we had to kind of look this up, and figure out what was going on.
00:33:22	Carrie	Host	What is this? So, I figured it’s got to be rust or something that just accumulates from the little power thing that you put in the water.
00:33:32	Ross	Host	Yeah, and you had the right idea. So, it is electrified. You have electrolysis going on. Not hair removal.
00:33:40	Carrie	Host	Right. When I think of electricity, the first thing I think is just put it right in water, and then put yourself in the water!
00:33:46	Ross	Host	<i>[Laughs]</i> Right, yeah. Let’s electrify the water and stick our feet in it with this device that’s plugged into the wall.
00:33:52	Carrie	Host	This will go well, I saw <i>Home Alone</i> . Wait, is it <i>Home Alone</i> or is it <i>Groundhog’s Day</i> ? It’s <i>Groundhog’s Day</i> . Where he grabs a toaster, and then he gets in the tub? Everybody, we’re all with me? Cool.
00:34:06	Ross	Host	Yeah, you know what, now that I think about it, I should have been a little more worried about that.
00:34:10	Carrie	Host	I thought about it, but since I’d had the experience before and had only been itchy, I thought, “Eh, should be fine.”
00:34:16	Ross	Host	So, there’s a DC current being piped through this water, and it’s not just water. They also put in some salt. Some regular old salt, to provide the ions that we were talking about. You want a bunch of free ions that you can rip off all these little electrons and move them to other elements. A little too ionic.
00:34:39	Carrie	Host	Mm. And isn’t it ionic.
00:34:40	Ross	Host	Don’t you think? So, did you know she wrote that song when she was nineteen?
00:34:45	Carrie	Host	Oh, that sounds right.
00:34:46	Ross	Host	So lay off of her, everybody. Everyone’s like, “That’s not actual irony.”
00:34:51	Carrie	Host	Also, yes it is. I mean, stop everything.

00:34:54	Ross	Host	Irony's all about an expectation that is—
00:34:57	Carrie	Host	That you then subvert. Now, she's adding an extra thing, that it also sucks. That's true, but all these things are still unexpected. Rain on your wedding day. You didn't think it would happen, and then it did. It's bad, but it is also ironic, so fuck all y'all. <i>[Ross laughs.]</i>
			Anyway, I love Alanis.
00:35:18	Ross	Host	Maybe she'll come on our show now.
00:35:19	Carrie	Host	I hope so.
00:35:20	Ross	Host	We just defended her.
00:35:22	Carrie	Host	Okay, what are we talking about? Feet?
00:35:24	Ross	Host	Oh, the process here. So, then there's another important piece in all of this, and that is this cylinder that they're putting in the water. As we saw, it was just this black hunk of plastic.
00:35:37	Carrie	Host	Like the top of an immersion blender or something.
00:35:40	Ross	Host	Oh, that doesn't give me any mental image, but maybe it does for our listeners.
00:35:45	Carrie	Host	I hope so.
00:35:46	Ross	Host	It wasn't a solid piece, there was a grating to it. So, there was something inside that the water could seep through to.
00:35:53	Carrie	Host	Something's happening.
00:35:54	Ross	Host	Something's in there. So yes, it turns out, in these ionic foot baths, that there is a coil inside that is stainless steel. That is an alloy that includes a few different metals, but they include chromium and often nickel, so now you've got electricity coming through, you've got salt, and you've got this metal, and guess what? You start getting some corrosion.
00:36:19	Carrie	Host	Gross.
00:36:20	Ross	Host	Yeah, and that is why, even without Carrie's gnarly feet in the water, still all this stuff could come out.
00:36:29	Carrie	Host	It's true.
00:36:30	Ross	Host	Your feet are lovely.
00:36:31	Carrie	Host	They're totally norms.
00:36:32	Ross	Host	Yeah. I'm one to talk, right? So yeah, that's what is happening is that just the metal is interacting with the salt and the electricity, and it's pulling off stuff from the metal and exchanging a bunch of electrons, and it's creating all this goopy gunky stuff in your water.
00:36:50	Carrie	Host	And nickel, of course, very common topical... what's the word? Makes you all itchy. Irritant.
00:36:57	Ross	Host	So, you think that's why maybe you were feeling itchy the first time?

[Ross responds emphatically as Carrie speaks.]

00:37:01	Carrie	Host	I think so. Because I know nickel earrings will make my ears itchy. That's why they make nickel-free earrings, very common.
00:37:10	Ross	Host	Interesting. Okay, so we've solved that little mystery from your past.
00:37:13	Carrie	Host	Yeah, probably. Now, I actually looked up an interesting study from the National Institute of Health. Ever heard of it?
00:37:23	Ross	Host	I have. The NIH. While you're looking that up, I'll mention that it doesn't seem that, even with that interaction and the orange gunk coming off of these coils, it doesn't seem like it really corrodes the metal that much, so you probably get a lot of uses out of this.
00:37:40	Carrie	Host	Oh, right, before you completely destroy it, you mean?
00:37:42	Ross	Host	Without, yeah, having to worry about the metal completely degrading and disappearing.
00:37:47	Carrie	Host	Yeah, that's an interesting point. I wonder at what point it just becomes inoperable because you've destroyed it through regular use. So, in 2012 the <i>Journal of Environmental and Public Health</i> published this study. It was a relatively small study, but they took a couple of these basins, and these—
00:38:11	Ross	Host	Commercial products.
00:38:13	Carrie	Host	—and the device—
00:38:14	Ross	Host	Probe?
00:38:15	Carrie	Host	The probe.
00:38:16	Ross	Host	It's not probing anything.
00:38:18	Carrie	Host	The device that has the coil in it.
00:38:20	Ross	Host	The business end.
00:38:21	Carrie	Host	Right, and they did exactly what we did. They had some people put their feet in, and then they also just ran some without feet in them.
00:38:28	Ross	Host	Pretty simple test. Apparently some of these devices will have like a wrist band or something that maybe attaches onto the back of your neck, that is likely just to confirm that there is a person attached to this whole rig, so it can kind of have a turn-off incase, oh, there's no person here, just so it doesn't give away—
00:38:48	Carrie	Host	The game.
00:38:49	Ross	Host	—what's actually happening, yeah.
00:38:50	Carrie	Host	Though, of course, you could easily outsmart this, but at least it won't just wave at you and say, "I'm working without you."
00:38:58	Ross	Host	I wonder if that's even for the people running it, to help preserve the illusion for them as well.

00:39:04	Carrie	Host	Oh, yeah, yeah, yeah. I would imagine people at Garden Massage Spa are not informed on what this actually does.
00:39:11	Ross	Host	They just know step one, plug it in, step two, put this in the little basket, step three, put this in the water.
00:39:17	Carrie	Host	And people seem to like it.
00:39:19	Ross	Host	Step four, set your alarm for fifteen minutes and come back.
00:39:22	Carrie	Host	Step five, this lady's feet are totally dry.
00:39:25	Ross	Host	Why are there flashes coming out of her room?
00:39:28	Carrie	Host	So, in this study, of course, what are they testing? They're testing whether toxins actually came out of your body, so, how do you do that? We're going to have to clip people's hair before and after. We're going to have to test their urine before and after. I'm picturing all these scientists being like, "Yeah, alright, well."
00:39:46	Ross	Host	"Gotta do due diligence."
00:39:47	Carrie	Host	This is one of the irritating things about being science-minded is like, person A gets to just say anything the fuck they want, and person B has to be like, "Alright, well, if that were true, I guess—alright, then the world would be like this, which means that in order to test that, I would have to do this ridiculous thing, then there's this, and—" But, if you're like me and Ross, you enjoy that, anyway.
			So, they did all that, and what do you think the results were?
00:40:16	Ross	Host	Uh, let's see. Just a wild guess, but I'm going to say that probably there was no change in blood toxicity or any other noticeable measure of bodily wellbeing.
00:40:25	Carrie	Host	That is correct.
00:40:27	Ross	Host	Hey!
00:40:28	Carrie	Host	<u>But</u> . But.
00:40:29	Ross	Host	Oh, what?
00:40:30	Carrie	Host	Young Jedi.
00:40:32	Ross	Host	Padawan.
00:40:33	Carrie	Host	Padawan. Is that also <i>Star Wars</i> ?
00:40:35	Ross	Host	Yes, that's a Jedi in training.
00:40:37	Carrie	Host	Oh, oh! Perfect. Pa- <u>doh</u> -wan?
00:40:40	Ross	Host	<u>Pa</u> -da-wan.
00:40:42	Carrie	Host	Pa- <u>dah</u> -wan? With an a?
00:40:43	Ross	Host	P-A-D-A-W-A-N.
00:40:45	Carrie	Host	Pa- <u>dah</u> -wan.

00:40:46	Ross	Host	<i>[Mimicking Carrie]</i> “Pa- <u>dah</u> -wan.” No one says it like that.
00:40:48	Carrie	Host	<i>[Laughs]</i> What were we talking about? Oh! But, the water itself does have toxins in it afterward.
00:40:59	Ross	Host	Which means that now you have stewed your feet in some toxins.
00:41:04	Carrie	Host	You’re probably adding toxins—
00:41:07	Ross	Host	Some of them have been absorbed.
00:41:08	Carrie	Host	—to your body.
00:41:10	Ross	Host	Yeah, you might have some extra cadmium, or compounds that you weren’t anticipating.
00:41:16	Carrie	Host	Now, these researchers, you know, not wanting to be too ironic with their ionic bath, did say, “Hey, listen. It’s a very small amount. It’s probably not dangerous. You’re not absorbing anything too ugly. But, you know, we’re all LOLing in the background.”
00:41:35	Ross	Host	Yeah. If the toxins are flowing in any direction, it’s <u>into</u> your foot.
00:41:39	Carrie	Host	It’s in. And that’s fun.
00:41:42	Ross	Host	Ironic.
00:41:43	Carrie	Host	Yes! It’s ironic. It’s iconic. It’s the ionic foot bath.
00:41:46	Ross	Host	It’s bionic.
00:41:48	Carrie	Host	Oh, shit! Yup. Mmhm. Semiso—nope. Is that it? Is that just all the ionics?
00:41:55	Ross	Host	Semisonic, yeah.
00:41:56	Carrie	Host	I don’t think there are any others.
00:41:57	Ross	Host	I don’t know. I’m going to lay down and lie on it.
00:41:59	Carrie	Host	<i>[Chortles]</i> Boo! End of show!
00:42:01	Ross	Host	<i>[Laughs]</i> End of the podcast.
00:42:06	Carrie	Host	Not just this episode.
00:42:07	Ross	Host	Our collaboration.
00:42:10	Carrie	Host	But I think that really is it for this episode.
00:42:12	Ross	Host	Yeah, I think we solved this “mystery”, or other people solved this mystery.
00:42:19	Carrie	Host	But y’all, I’m going to put on some home foot detox pads as soon as I get off this microphone, so that we can try some other home goods.
00:42:30	Ross	Host	Oh, you’re telling them about our next investigation, huh?
00:42:33	Carrie	Host	Just an idea. But, we’ll see over the next few days how they work. Are they any better or worse than the foot bath?

00:42:41	Ross	Host	So, we've done foot reflexology before, and that is powered by this connection, supposedly, that different points of the feet have with other parts of the body. So that's one area of foot "medicine" or treatment.
00:42:58	Carrie	Host	"Pedigogy" (<i>pedagogy</i>).
00:42:59	Ross	Host	[Laughs] Oh, nicely done!
00:43:01	Carrie	Host	Thanks.
00:43:02	Ross	Host	I like it.
00:43:03	Carrie	Host	I don't know if that was very good.
00:43:04	Ross	Host	No, that warmed the cockles of my heart. But, now we've also tried the ionic foot bath. But yeah, there's also these products that are supposed to pull toxins from your feet, and that come in the form of pads. So, we've bought a bunch of those, and we'll tell you about them later.
00:43:19	Carrie	Host	Yeah, in, you know, a week or so. But if you want to join us, buy some foot detox pads. Send us pictures of your feet.
00:43:27	Ross	Host	Or don't.
00:43:28	Carrie	Host	Or don't, because we show up...
00:43:30	Crosstalk	Crosstalk	In unison: So you don't have to.
00:43:33	Carrie	Host	[Singing intro jingle.]
00:43:36	Ross	Host	I just feel bad if all of the sudden a bunch of people are paying for these products.
00:43:40	Carrie	Host	Well, we don't know if they work, yet.
00:43:41	Ross	Host	That's true, actually. We're both wearing them right now, aren't we?
00:43:45	Carrie	Host	No, I haven't put mine on yet. But you are.
00:43:47	Ross	Host	We'll save our ratings for all the foot products. We'll talk about them then.
00:43:52	Carrie	Host	We'll just rate feet. Good, bad.
00:43:55	Ross	Host	Feet?
00:43:56	Carrie	Host	Different.
00:43:57	Ross	Host	Are they good? Are they bad?
00:44:00	Carrie	Host	Or are we "defeetist" (<i>defeatist</i>)?
00:44:02	Ross	Host	[Laughs] Okay. That's it for our show.
00:44:07	Carrie	Host	Our theme music is by Brian Keith Dalton.
00:44:10	Ross	Host	Our editor is Victor Figueroa.
00:44:12	Carrie	Host	And our administrative manager is Ian Kramer.

00:44:15	Ross	Host	You can find us online facebook.com/onrac .
00:44:21	Carrie	Host	Or on Twitter @ohnopodcast.
00:44:23	Ross	Host	Or on Maximum Fun, where you can also click the donate button and support our investigations, which we would greatly appreciate, and then you could join all of the other amazing people—our favorite people, dare I say—who support the show with their donations.
00:44:37	Carrie	Host	Yup.
00:44:39	Ross	Host	Carrie's real favorite person is probably—
00:44:41	Carrie	Host	Ella.
00:44:42	Ross	Host	Oh. Okay.
00:44:43	Carrie	Host	Yeah, that's my girl.
00:44:46	Ross	Host	But if you had to pick a second favorite person.
00:44:48	Carrie	Host	Dick Van Dyke.
00:44:49	Ross	Host	Alright. Okay. A third? Let's just keep going down the line.
00:44:53	Carrie	Host	A third, after Dick Van Dyke. Well, living or dead, or just living?
00:44:58	Ross	Host	Living.
00:44:59	Carrie	Host	Drew?
00:45:00	Ross	Host	[Laughs.] Yeah, okay. Drew Spears.
00:45:02	Carrie	Host	Yeah.
00:45:03	Ross	Host	How are you guys doing?
00:45:04	Carrie	Host	We're doing really well. Are you reminding me that we got engaged yesterday?
00:45:08	Ross	Host	Yeah.
00:45:09	Carrie	Host	Oh, okay. Yeah, yeah, yeah.
00:45:10	Ross	Host	I thought maybe I would lead toward that.
00:45:13	Carrie	Host	Well, people can hear that in real time if they go and listen to my episode of <i>This Podcast Is Self Care</i> , where I am the special guest.
00:45:25	Ross	Host	People are really excited now. So, you want to hear the story? You want to hear this go down in real time?
00:45:30	Carrie	Host	Ross hasn't heard it.
00:45:31	Ross	Host	Like Carrie said, go download—well, it hasn't been released yet, but it will be. <i>This Podcast Is Self Care</i> .
00:45:37	Carrie	Host	Yeah, so go subscribe to it.
00:45:39	Ross	Host	You and I can both now listen to this and hear the engagement go

down.

00:45:44	Carrie	Host	Ross is actually gesturing toward the audience. Yeah, there they are. That's not my TV, that's the audience.
00:45:53	Ross	Host	No, no, no, to the right of the TV.
00:45:54	Carrie	Host	Oh, my vase. Okay.
00:45:59	Ross	Host	Mazel Tov.
00:46:01	Carrie	Host	Oh, thank you!
00:46:02	Ross	Host	This is exciting.
00:46:03	Carrie	Host	Yeah, yeah. You're married.
00:46:05	Ross	Host	Yes. In fact, Friday is our 19th anniversary, so I got a little head start on you, there.
00:46:13	Carrie	Host	Yeah, yeah, yeah.
00:46:15	Ross	Host	But, we're happy for you lovebirds.
00:46:17	Carrie	Host	Thank you, Uncle Ross.
00:46:19	Ross	Host	Exciting. Alright, I guess—
00:46:22	Carrie	Host	Oh, I'm not in that play anymore. I had to quit. So, don't buy tickets, everybody. Did you already buy tickets?
00:46:28	Ross	Host	I didn't.
00:46:29	Carrie	Host	Oh, good.
00:46:30	Ross	Host	You're not in the play?
00:46:31	Carrie	Host	No, they're—another thing I can't really spill the details of, but for a good reason. There's a conflict. But it's a good conflict, so it's okay, and I had an understudy, and it's fine.
00:46:43	Ross	Host	Yeah, we were going to record yesterday and then Carrie called me and said, "Well, we're engaged now, Drew and I—"
00:46:51	Carrie	Host	"I <u>can</u> still record."
00:46:54	Ross	Host	"—if you need to, we can—" I was like, "No, you go celebrate being engaged."
00:47:00	Carrie	Host	So we went to Crossroads. Crossroads is really good. Then we told the waiter—this show will never end—we told the waiter that we had just been engaged.
00:47:12	Ross	Host	You can just turn this off if you're not interested in these interpersonal issues, but I am. Go on.
00:47:17	Carrie	Host	And he said, "Aw, that's amazing! Happy anniversary, guys." We were like, "What?" And then he proceeded to tell us, "Ugh, wonderful to have you here for your anniversary." And at the end he's like, "Thank you for thinking of us for your—" By that point, we

were in, we couldn't be like, "Well, it's an engagement."

Then, on the way into the restaurant, the hostess, she said—she had it down on her little RSVP reservation description—she had "a new engagement", so she said, "Aw, congratulations!" Then she turned to Drew and said, "Well, I guess I really mean congratulations to you, because you did the brave part. You asked."

And I said, "Oh, no. I asked."

00:48:05	Ross	Host	Oh, you're giving it away.
00:48:07	Carrie	Host	Well, just that. There's more to it.
00:48:11	Ross	Host	Oh, okay.
00:48:12	Carrie	Host	And she was like, "What?" She was like flummoxed by that. "You? You asked? Oh. Really?" Like, yeah, yeah. It's 2019, babe.
00:48:25	Ross	Host	You've thrown me off my script.
00:48:27	Carrie	Host	Afterward, I felt—I was like, "Aw, I wish I had said, and it was on a podcast! Like and subscribe."
00:48:34	Ross	Host	Now, it doesn't get more 2019 than that. Awesome. Well, this is great news, and—
00:48:40	Carrie	Host	Thank you.
00:48:41	Ross	Host	We are all excited for you and Drew.
00:48:42	Carrie	Host	I'll see if we invite you.
00:48:44	Ross	Host	All of us. You, me, and the vase.
00:48:46	Carrie	Host	And the vase. And Ella. Okay..
00:48:51	Ross	Host	Bye.
00:48:52	Carrie	Host	Bye Ross, and Dorian, bye, bye, Victor, bye.
00:48:54	Music	Music	" <i>Oh No, Ross and Carrie!</i> Theme Song" plays again.
00:49:03	Promo	Promo	

[Ocean sounds in the background.]

Speaker 1: *[Piratey voice]* Ahh. There's nothing quite like sailing in the calm, international waters on my ship, the *S.S. Biopic* (*bi-AH-pic*).

[Ship's horn toots.]

Speaker 2: *[Piratey voice]* Avast! It's actually pronounced... "Bi-oh-pic."

Speaker 1: No, ya dingus! It's "Bi-AH-pic!"

Speaker 2: Who the hell says that? It's "Bl-oh-pic!" It comes from the words "biology"—

Speaker 1: It's the words for "biography" and "picture!"

[Boat horn honks.]

Speaker 2: If you—

Dave Holmes: Alright, that is enough! Ahoy! I'm Dave Holmes; I'm the host of the newly-rebooted podcast formerly known as *International Waters*! Designed to resolve petty—but persistent—arguments like this! How? By pitting two teams of opinionated comedians against each other with trivia and improv games, of course! Winner takes home the right to be right.

Speaker 1: What podcast be this?

Dave: It's called *Troubled Waters*! *[Boat engine revving, driving off.]* Where we disagree to disagreeeee! *[Voice trails off into the distance.]*

00:49:53	Speaker 1	Promo	MaximumFun.org .
00:49:56	Speaker 2	Promo	Comedy and culture.
00:49:57	Speaker 3	Promo	Artist owned—
00:49:58	Speaker 4	Promo	—Audience supported.